

English	简体中文 Simplified Chinese (Mandarin)
<p>Long COVID: Anxiety</p> <p>If you're feeling distressed, in a state of despair, suicidal or in need of emotional support you can phone NHS 24 on 111.</p>	<p>新冠长期症状：焦虑</p> <p>如果您感到痛苦、绝望、有自杀倾向或需要精神支持，可以拨打 NHS 24 的电话 111。</p>
<p>Everyone experiences feelings of anxiety - it's a normal reaction when we're in danger or under threat. Ongoing anxiety can start when we don't feel in control.</p> <p>A stressful event like having coronavirus (COVID-19) or experiencing a stay in hospital can cause anxiety. This can be particularly true if you've had a stay in an intensive care unit (ICU), which can be a very traumatic experience. You may also experience nightmares and/or flashbacks of your time in ICU. In</p>	<p>每个人都会出现焦虑。我们面临危险或受到威胁时感到焦虑是一种正常反应。当我们感觉某些情况无法掌控时，就会开始焦虑。</p> <p>经历感染新冠病毒(COVID-19)或住院之类的压力事件，可引起焦虑。如果您在重症监护病房（ICU）度过了一段非常痛苦的时期，这一点尤其正确。您在 ICU 经历还可能让您做噩梦和/或在您的脑中闪现。大部分情况下，这些会随时间推移减少，但某些人可能持续很久。</p>

most cases these reduce over time, but may continue for some people.

You may worry that you may contract coronavirus again, or have another stay in hospital and this can make you feel more anxious about the future. These concerns are normal and common.

Typical worries that people who've had coronavirus have include:

- fears about health and recovery - for example, thinking "I'll never get back to how I was"
- stress about being off work and the impact on finances - for example, thinking "I'll lose my job"
- worries about family and friends also getting ill - for example, thinking "What if my mother gets it?"

Symptoms of anxiety

Anxiety affects people in different ways. These symptoms are part of the body's natural 'fight, flight, or freeze' response.

您可能会担心自己可能会再次感染新冠病毒或再次住院，这会让您对未来感到更加焦虑。 这些问题是正常且常见的。

感染过新冠病毒的人的典型担忧包括：

- 对健康和康复的恐惧 - 例如，想“我永远也无法回到原来的样子”
- 失业的压力和对经济的影响 - 例如，想到“我会失业”
- 担心家人和朋友也会生病 - 例如，想“如果我妈妈得了病该怎么办？”

焦虑的症状

焦虑会对人们产生不同的影响。 这些症状是身体自然反应的一部分，是“战斗、逃跑或是僵住”。

You may experience:

- trouble sleeping
- difficulty concentrating
- difficulty remembering things
- changes in mood
- flashbacks
- more breathlessness
- rapid shallow breathing
- difficulty slowing your breathing down
- chest pain
- racing thoughts

For many people these symptoms will only last for short periods of time, but some symptoms may continue for longer and can start to affect your daily life.

您可能会经历：

- 睡眠困难
- 难以集中精神
- 健忘
- 情绪变化
- 闪回
- 更严重的呼吸急促
- 短促的呼吸
- 很难缓慢呼吸
- 胸部疼痛
- 思绪翻腾

对于许多人来说，这些症状只会持续很短的时间，但有些症状可能会持续更长时间，并可能开始影响您的日常生活。

Managing anxiety

If your anxiety symptoms are affecting your life, there are some things you can do.

管理焦虑

如果您的焦虑症状正在影响您的生活，您可以采取一些措施。

Relaxation techniques

When people feel stressed or anxious, their bodies tense up. You may experience symptoms such as headaches, shallow breathing, and dizziness.

Relaxation can be used to help to manage these physical symptoms of anxiety. You could try doing an activity you already find relaxing - for example, reading a book, having a bath, sitting outside, or having a short walk. You could also try [specific relaxation techniques](#).

Using these techniques can also help you to better manage post-viral fatigue (link to fatigue page on microsite).

放松方法

当人们感到有压力或焦虑时，他们的身体就会紧张起来。您可能会出现头痛、呼吸短促和头晕等症状。

可以通过放松来帮助控制这些焦虑引起的身体症状。您可以尝试做一项确定能让自己放松的活动 - 例如，看书、洗澡、坐在外面或散步。您还可以尝试[特定的放松方法](#)。

使用这些方法还可以帮助您更好的应对感染病毒后的疲劳（微网站有关疲劳的页面链接）。

Mindfulness

After being unwell, people can become caught up in worries about the future, or difficult memories from being unwell. Sometimes people find it hard to focus on the 'here and now'. The aim of mindfulness is to help you to focus on the present moment, and to 'step back' from any worries.

[Further information on mindfulness](#)

正念

身体不适后，人们可能会陷入对未来的担忧，或因身体不适而导致的困难回忆。有时，人们发现很难专注于“此时此地”。正念的目的是帮助您专注于当下，并从任何担忧中“退一步”。

[有关正念的更多信息](#)

Getting back to usual activities

It's normal, when you've been through a difficult time, to stop doing things which feel too hard or unsafe. This can help you to cope with being unwell, but you can lose sight of what is important to you. Avoiding activities can also make them feel even more scary.

Getting back to normal activities may feel overwhelming, but breaking activities down into small steps may help them feel more achievable, and can help you to manage your energy. For example, if you're keen to get back to shopping, try visiting a local

恢复正常活动

当您经历了一段困难时期，您可能会停止做那些感觉太难或不安全的事情，这是很正常的。这样做能帮助您应对不适，但也可能会让忽视对您来说重要的事情。逃避也会让他们感觉更加害怕去做这些事情。

恢复正常活动可能会让人感到不知所措，但将活动分解成小的步骤可能会让人感觉更容易实现，并可以帮助您管理自己的精力。例如

<p>shop for one or two items, rather than trying to visit a busy supermarket or shopping centre right away. You can then build this up gradually over time.</p>	<p>，如果您很想去购买日常生活用品，试着去家旁边的商店买一两样东西，而不是马上去繁忙的超市或购物中心。随着时间的推移，您可以逐渐增加。</p>
<p>Positive self-talk</p> <p>When you're noticing racing thoughts and worries, it can be helpful to try to take a step back and reassure yourself. Try to notice what the worry or difficult thought is, then write it down and see if you can think of an alternative, kinder thought.</p> <p>For example, if you notice yourself thinking "I'll never get back to how I was", you could try telling yourself "I'm making progress but recovery takes time. It's ok to take time to rest and look after myself".</p>	<p>积极的自我对话</p> <p>当您注意到思绪翻腾和担忧时，试着退一步并安抚自己，这可能会有帮助。试着留意自己担心或感觉困难的事情是什么，然后把它写下来，看看您是否能想出另一种更积极的想法。</p> <p>例如，如果您注意到自己在想“我再也回不到以前的样子了”，您可以试着告诉自己“我正在进步，但恢复需要时间。花点时间休息和照顾自己，这是可以接受的。”</p>
<p>Anxiety self-help guide</p>	<p>焦虑自助指南</p>

<p>Work through our self-help guide for anxiety that uses cognitive behavioural therapy (CBT).</p>	<p>阅读我们的焦虑自助指南，尝试认知行为疗法（CBT）。</p>
<p>When to seek help</p> <p>Although feelings of anxiety at certain times are completely normal, you should see your GP if anxiety is affecting your daily life. For example, if anxiety stops you doing things that matter to you.</p> <p>Your GP will ask you about your symptoms and your worries, fears and emotions and let you know what help might be available in your area.</p> <p>You may be able to access a computerised Cognitive Behavioural Therapy (CBT) course or be referred for further support, such as talking therapies.</p>	<p>何时寻求帮助</p> <p>虽然焦虑感在某些时候是完全正常的，但如果焦虑影响您的日常生活，您应该去看您的 GP。例如，焦虑妨碍您做一些重要的事情。</p> <p>您的 GP 会询问您的症状、担忧、恐惧和情绪，并让您知道您可能会得到什么帮助。</p> <p>您可以参加网上认知行为治疗（CBT）课程，或被转诊获得进一步的支持，如谈话疗法。</p>
<p>For more information in Chinese (Simplified) go to www.nhsinform.scot/translations/languages/chinese</p>	<p>更多简体中文信息，请浏览 www.nhsinform.scot/translations/languages/chinese</p>

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