



在患有癌病期間，如果你經常感到焦慮，這會影響你的日常生活，更會減弱你應付癌病治療和康復的能力。本文列出一些常見的焦慮徵狀和處理方法，助你應付疾病和生活。如果你持續地受焦慮困擾，你可以向癌症局的「病人及家屬輔導部」(Patient & Family Counselling Services) 尋求幫助。

Anxiety can be very troublesome during the weeks and months after your cancer diagnosis. It can change how you handle your daily life as well as impact how you react to your cancer care and healing. This handout may help you point out common signs of anxiety and give you some tips to help you cope better. If you keep on having problems with anxiety you may find help by calling your cancer centre's Patient & Family Counselling Services.

## 焦慮的徵狀 Signs

- 對每件事情或每項行動過度擔心 Too many worries about events or actions
- 肌肉收緊 Muscle tension
- 睡眠困擾（無法入睡、睡眠過量）  
Sleep changes (either not being able to sleep or sleeping more than usual)
- 坐立不安 Restlessness
- 心跳急速、流汗、心悸、發抖、氣促、胸口鬱悶、噁心、腹瀉、面紅、暈眩或血壓高等生理反應  
Bodily signs such as rapid heartbeat, sweating, palpitations, trembling, hard to breathe, chest tightness, sickness, diarrhoea, flushing, flushing, faintness or high blood pressure
- 極度疲累 Very tired
- 難以集中精神 Problem focusing
- 思緒雜亂 Racing thoughts
- 煩躁不安 Irritability

- 身體無故不適（例如無故疼痛） Bodily complaints (such as: unanswered aches and pains)
- 內心發抖、精神緊張 Feeling shaky or nervous
- 恐懼前往某些地方或參與某些活動 Avoiding certain places or events because of fear
- 緊張時呼吸困難 Have you had trouble catching your breath when nervous
- 來回踱步 Pacing
- 聽取診斷報告之前或之後的數星期都在擔心結果，影響日常生活  
Worrying about diagnostic tests weeks before or weeks after getting the results which is swaying your ability to cope with daily living
- 恐懼死亡、精神崩潰或失去自主能力 Recent fears of losing control, going crazy or dying
- 持續地憂慮病徵重現或病情惡化  
Lasting worry about when your signs will return or how bad it will get

### 處理焦慮的方法 Ways for handling stress

- 記下引發焦慮增加的情況、時間和徵狀，讓醫護人員更了解你。  
Keep a diary or record of how and when anxiety increases. Let your healthcare expert know if your signs are getting better or worse.
- 定立生活規律，包括適量的運動、合宜的飲食習慣和作息定時。  
Set up routine patterns of exercise, sleep hygiene and proper eating habits.
- 向社工或輔導員尋求專業輔導，幫助你了解焦慮的情況和處理方法。  
Work with a social worker or counsellor to get to know your anxiety better and find ways that you can do to handle it.
- 學習鬆弛技巧以紓緩緊張焦慮情緒，例如深呼吸和放鬆肌肉練習。  
Find a relaxation technique that works for you to lower your anxiety such as deep breathing and muscle relaxation.
- 參加互助小組。  
Attend a Support Group.
- 聆聽柔和的音樂以分散注意。  
Listen to calming music and/or take part in pleasant distractions.

- 按醫生指示服用處理焦慮或助你放鬆的藥物。不要在未徵詢醫生的情況下自行停服藥物。  
If anti-anxiety drugs are a part of your health care plan, take it as prescribed. Do not stop taking meds without checking with your doctor first.
- 學習、計劃和應用處理壓力的方法。  
Learn, plan for and daily practice ways to handle the stress in your life.

若需要更多應付癌症的資訊，題目包括處理不同情緒困擾及社區資源，請瀏覽卑詩癌症局網站 [www.bccancer.bc.ca](http://www.bccancer.bc.ca) 點擊 Health Info - Coping with Cancer – Resources  
For more information go to BC Cancer Agency website [www.bccancer.bc.ca](http://www.bccancer.bc.ca)