



哀傷的徵狀及處理失缺的建議

Symptoms of Grief and Tips for Coping with a Loss

如果你現時感到哀傷，你的言行、感覺和想法可能有改變，這都是正常的。當一段感情終結、身體功能失去、生活模式需要改動等，這些失缺或改變都會令人感到哀傷。哀痛的歷程和程度因事情的境況而有不同，起伏情緒亦會隨時間而反覆交替出現。想一想自己的反應，學習一些應對方法，可以幫助你面對癌病帶來的失缺或改變。

When you are grieving it is normal to feel changes in the way you think, feel and behave. You may have grief when a relationship ends, if you lose a normal body function or even if you need to make a change in lifestyle. The intensity and expression of your grief can shift over time and during different situations. If you think about your reactions and learn some tips you may be able to cope better with all the changes that come with having cancer.

哀傷的徵狀包括： Symptoms include:

言行方面的改變： Changes in behaviors:

- 哭泣
Crying
- 無精打采、欠缺衝勁
Lack of energy
- 飲食、睡眠習慣改變
Changes in eating or sleeping patterns
- 軟弱無力、氣虛
Feeling often “under the weather”
- 不想與人接觸
Withdrawing socially
- 什麼事也做不來
Less productivity
- 坐立不安、焦慮
Increased unrest and anxiety
- 失去自信、需要別人的肯定
Increased need for reassurance from others
- 性生活意慾改變
Changes in sexual interest/activity

思維方面的改變： Changes in thinking:

- 抗拒、否認自己的失缺或改變
Avoiding or denying the loss
- 心不在焉、記憶力減退
Not being able remember, pay attention or concentrate
- 重複思索自己的失缺或改變
Thinking about your loss almost all of the time
- 認為過往的狀況、事情是最完美理想
Idealizing the past
- 重複思索失缺的因由
Focusing on searching for reasons for the loss
- 著重於錯失、或想像出來的錯失，然後後悔
Dwelling on mistakes and regrets, real or imagined

情緒方面的改變： Changes in feelings:

- 感覺疲累、虛弱
Feeling tired or weak
- 憤怒
Anger
- 妒忌或羨慕別人
Envy at seeing others
- 越來越悲傷
Increased sadness
- 情緒低落
Increased low mood
- 思維混亂
Confusion
- 面無表情
Increased flatness in mood
- 情感反應變得敏感
Hypersensitivity

處理失缺的建議

Tips for Coping with a Loss



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

失缺可以是失去一段感情、失去一些身體功能，或失去以往常軌性的正常生活。以下所列的建議可以幫助你在面對癌症時處理失缺。

Losses can include a loss of relationship, body function or even normal lifestyle. Here are some tips to help you handle loss when you are coping with cancer.

- 接納及容許自己感受失缺帶來的哀痛。讓自己宣洩情緒和大哭一場，都可緩和失缺的痛楚。
Go ahead and feel the pain of the loss. Express your feelings. Let yourself cry. Both are helpful for healing
- 哀傷失去是一個歷程，需要耐性慢慢緩和。不要對自己作出期望而背負壓力。
Be patient with the steps of grief and do not pressure yourself with too many expectations
- 接納每個人經歷哀傷的歷程是不同的，緩和復元的時間也不一樣。
Accept that you need to go through your own healing in your own time
- 不要批判自己的情緒或將自己與別人比較。
Do not judge your feelings or compare yourself to others.
- 接受別人的幫助，並向別人傾訴自己失缺、回憶、和在失缺前的生活。
Accept support from other people and tell people what you need. Talk about your loss, your memories, and your life before your loss
- 計劃將來
Make plans for the future
- 對自己過去的言行或及那些仍未付諸實行的事情放下，原諒自己。學習放開!
Forgive yourself for all the things you said or did not say or do. Learn to let go!
- 在經歷失缺期間，避免在生活上作出重大改變（例如搬家、轉工、轉變重要的人際關係）。
Stay away from major life changes (such as, moving, changing jobs, altering vital relationships) while having a recent loss
- 盡量維持平日的生活方式，這可讓你在一些生活層面上得到安全感。
Try to keep up your normal life patterns as much as possible. This gives you a sense of safety in some parts of your life
- 好好照顧自己，飲食得宜和保持運動。用一些簡單的方式給自己點點慰藉，例如熱浴、睡午覺和吃些自己喜歡的食物。
Take care of your body. Eat well and exercise. Give yourself comfort in small ways such as hot baths, naps and favourite foods

- 短暫拋開哀痛。做些自己喜歡的事情讓自己暫時忘懷，是健康的做法。例如看電影、聽音樂和讀一本好書。
Give yourself a break from the grief. It is healthy to find fun distractions like going to a movie, listening to music or reading a good book
- 有些特別日子是非常困難渡過的，例如節日、紀念日。預先計劃如何和與那些人在這些日子一起共度時光。
Holidays and anniversaries can be extremely difficult prepare ahead and plan how you want to spend your time and with whom.

如要更多有關處理情緒的資訊，請瀏覽卑詩癌症局網站 www.bccancer.bc.ca
For further information, please go to BC Cancer Agency website at: www.bccancer.bc.ca