

處理壓力

Tips for Managing Stress



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

在日常生活中感到有壓力是很正常的。在得悉患有癌症後，你可能感到壓力很大。你可能已經習慣一些壓力的徵狀反應，但有些徵狀是你從未感受過、有些會令你煩厭、有些更會引起你關注。如果你自己或醫護人員認為你的徵狀是與壓力有關，你可嘗試以下方法處理壓力。

It is normal to feel stress, and in the days and weeks following your cancer diagnosis your stress will most likely increase. Some signs of stress may be normal for you and some you may not have felt before. Some may just be bothersome but others may give you real cause for concern. If you or your healthcare team thinks that your symptoms may be stress-related, see if our tips can help you manage your stress.

壓力引發的生理反應 Signs of stress – Physical

- | | |
|---|---|
| <input type="checkbox"/> 肌肉拉緊 Muscle tension | <input type="checkbox"/> 心跳急速 Heart racing |
| <input type="checkbox"/> 頸緊膊痛 Stiff neck | <input type="checkbox"/> 背痛 Back pain |
| <input type="checkbox"/> 手出冷汗 Cold sweaty hands | <input type="checkbox"/> 頷骨拉緊 Jaw tension |
| <input type="checkbox"/> 疲累、缺乏體力 Fatigue | <input type="checkbox"/> 胃部空虛抽緊 Nervous stomach |
| <input type="checkbox"/> 頭痛 Tension headaches | <input type="checkbox"/> 噁心 Nausea |
| <input type="checkbox"/> 面部抽動 Facial tics | <input type="checkbox"/> 腹瀉 Diarrhea |
| <input type="checkbox"/> 血壓升高 High blood pressure | <input type="checkbox"/> 磨牙 Teeth grinding |
| | <input type="checkbox"/> 食慾改變 Appetite changes |

壓力引發的情緒反應 Signs of stress – Emotional

- | | |
|--|---|
| <input type="checkbox"/> 焦慮 Anxiety | <input type="checkbox"/> 欠缺耐性 Impatience |
| <input type="checkbox"/> 恐懼 Fear | <input type="checkbox"/> 情緒低落 Depression |
| <input type="checkbox"/> 煩躁不安 Irritable | <input type="checkbox"/> 緊張 Nervousness |
| <input type="checkbox"/> 感到絕望 Hopelessness | <input type="checkbox"/> 不知所措 Overwhelmed |
| <input type="checkbox"/> 感覺無助 Helplessness | <input type="checkbox"/> 冷漠 Apathy |
| | <input type="checkbox"/> 心神不定 Loss of concentration |

壓力引發的行為反應 Signs of stress - Behavioural

- | | |
|---|--|
| <input type="checkbox"/> 胃口改變 Change in appetite | <input type="checkbox"/> 不想接觸別人 Social withdrawal |
| <input type="checkbox"/> 睡眠困擾、失眠 Sleep disturbances | <input type="checkbox"/> 拿不定主意 Indecisive |
| <input type="checkbox"/> 健忘 Forgetfulness | <input type="checkbox"/> 多用酒精類飲料、毒品 Increased use of alcohol or drugs |
| <input type="checkbox"/> 容易發怒 Angry outbursts | <input type="checkbox"/> 多用咖啡因飲料、煙草 Increased use of caffeine or tobacco |
| <input type="checkbox"/> 做不成事 Decline in productivity | |

處理壓力的方法 **Managing your stress**

在意自己的思維

我們有時會不停地思想和憂慮。問問自己或你信任的朋友：你的憂慮、恐懼、失望是否過度？你可告訴自己你不能一下子解決所有問題，而且問題也有超過一個解決方法。

Check your thinking

Sometimes we get carried away with our thoughts and worries. Ask yourself or friend if your worries, fears, frustrations are reasonable or perhaps excessive. Remind yourself that you cannot solve all your problems at once and some problems have more than one answer.

抱著實際的觀點

時間有助處理問題。雖然問題不會自動消失，但你可暫時抽離事情，讓自己有時間和機會考慮其他方案；而且你亦不用即時把所有問題解決。

Keep a realistic and appropriate perspective

Remember that time helps work things out. This does not mean that some challenges will end or go away but it does help you remember that not everything has to be dealt with right away. Stepping back temporarily also gives you an opportunity to reflect upon all the alternatives and options.

保持專注

如果你在同一時間想著所有問題、需要和希望，您會感到不勝負荷。與其顧此失彼，不如選擇專注於一項事情上。若你覺得自己的思緒紊亂，你要著令自己停止再想，然後再集中於你要專注的事項上。你亦可把要處理的事情記下來，讓自己的思維暫時休息一下，日後再想辦法。

Stay focused

If you allow yourself time to think about all of your problems, needs and wants at any given moment you can become very overwhelmed. Instead of getting lost in all your thoughts, stay focused on one thing at a time. When you find your thoughts wandering, order yourself to stop; then, return to the one thing that you have chosen as your focus for that moment. You may want to use a journal to write down things down so you can reflect on things later and get them off your mind in the short term.

計劃時間

分配時間、量力而為。列出實際可行的工作清單，按事情的緩急先後按步處理。把繁複的工作項目分成多個小任務。你可準備一本記事簿，記下要經常處理的或要緊記的事情和日期，例如覆診時間和向醫護人員提出的問題等等。

Manage time

Manage your time and tasks and accomplish what you can. Make a realistic list of tasks to do. Prioritize and schedule your tasks into your day. Break larger tasks down into smaller components. Keep an appointment book with times for your regular obligations and commitments. Write down anything that you must remember to include in that appointment, such as questions to ask your healthcare professional.

適量休息

一般來說，成年人有六至八小時的睡眠便足夠。嘗試每晚在同一時間上床，每天早上在同一時間起床。

Rest

Generally, six (6) to eight (8) hours of sleep is adequate for an adult. Try to go to bed at the same time every night and keep the same wake-up time every morning.

鍛鍊身體

運動可以紓緩壓力對身體構成的負面影響。大部分成年人在每週進行三次20至30分鐘的中度運動，對身心都有益處。然而，你要先向家庭醫生諮詢，訂立一個在療程前和治療後都可以付諸實行的運動計劃。即使你躺在床上，你可慢慢放鬆和收緊每組肌肉來鍛鍊身體。

Exercise

Exercise can reduce the negative effects of stress on your body. Most adults can benefit from 20-30 minutes of moderate exercise three times weekly. However, you will need to talk with your family doctor to develop an exercise plan that you can realistically manage before during and after treatment. However, even if you are in bed there are exercises that can help such as isolating each muscle group – tightening and loosening at regular intervals.

飲食得宜

你需要適當的營養來維持體力、精力及維繫穩定的情緒。少吃甜食和零食，多喝飲料。

Proper nutrition

Good nourishment is required for both physical and mental energy as well as emotional stability. Limit sweets and other "junk" foods. Drink plenty of fluids.

尋求平衡

如果你經常單一想着癌病和治療，你會感到吃不消。你可重新訂立生活新規律，繼續做你喜歡做的事情。例如，有些人在療程期間繼續工作，以分散對疾病的注意，有助減輕壓力。但對其他人來說，繼續上班會增添壓力和身體不適。你要為自己尋找平衡。

Seek balance

If all the focus is on your cancer and your treatment, you can become overwhelmed. Remember to continue to create routines and do things that you enjoy. For example: for some people continuing to work during cancer treatment may be a distraction and help manage stress but for others it might create more stress and discomfort. Find the right balance for you.

開懷歡笑

幽默是消除壓力的良方。和朋友一起開懷大笑、觀看一齣笑劇或諧星表演、與一個風趣的朋友通電話等，都可以紓解壓力。

Laugh

Humor can be a wonderful stress reducer. Spend time with friends laughing. Rent a comedy or a video of a favorite comedian in concert or call a friend who makes you laugh.

音樂與創意藝術

音樂和創作藝術融合了放鬆和平靜的元素。收聽你喜歡的音樂，讓自己做些藝術創作，例如寫書法、繪畫山水畫。

Music and creative arts

Listen to your favorite music or engage in a creative art form. Let your creativity flow.

白日夢

讓自己發發白日夢，幻想前往你渴望旅遊的渡假勝地。另一方面，你亦可緬懷你以前的旅遊經歷。

Daydream

Take time to dream and fantasize about places you would like to go for vacations or getaways. On the other hand, reminisce about somewhere you went on a previous vacation.

尋求專業支援

與第三者傾談可以幫助你。有時你只需要跟家人或朋友傾訴便可以，但有時你會想聽聽其他「同路人」的經歷，你便可以參加癌症互助小組。亦有些時候，你需要向輔導員或社工尋求專業輔導。

Get support

Talking to another person can be helpful. Sometimes, hearing yourself talk things through with a family member or a friend is all you need. Other times, you may want to hear what other people are going through by attending a cancer support program. Occasionally, you may need a little more support by talking with a professional counsellor.

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 點擊 Health Info - Coping with Cancer – Resources

For more information go to BC Cancer Agency website www.bccancer.bc.ca