

# Coping with Stress

Stress is an emotional and physical reaction to change. Everyone has stress. Stress can be positive and give you energy or it can be unhealthy and cause health problems. Stress for short periods may not affect you but stress over time can cause or make some illnesses worse, such as heart disease, stroke, high blood pressure, diabetes, irritable bowel syndrome, asthma or arthritis.

## Causes

Causes of stress vary from person to person. Some common causes of stress can be a death of a family member, illness, taking care of your family, relationship changes, work, job change, moving and money. Even small things such as long waits or delays or traffic can cause stress.

## Signs

Some common signs of unhealthy stress:

- Feeling nervous, sad or angry
- Fast pounding heartbeat
- Hard time breathing
- Sweating
- Pain or tense muscles in the neck, shoulders, back, jaw or face
- Headaches
- Feeling tired or having trouble sleeping
- Constipation or diarrhea
- Upset stomach, lack of appetite or weight loss

# 应对压力

人感到压力，是情绪和身体上对外界变化作出的反应。压力人人都有。压力可能产生积极作用，促使人积极奋进，也可能是不健康的，导致疾病。压力持续时间不长，可能不会影响健康，但是长时间处于压力下，可能引起疾病或使之恶化，例如心脏病、中风、高血压、糖尿病、肠易激综合症、哮喘或关节炎。

## 原因

产生压力的原因，人与人不一样。产生压力的一些常见原因有亲人死亡、疾病、照顾家庭、个人关系的变化、工作、职业变化、搬迁和金钱。很小的事情也会产生压力，例如长时间等候或拖延或交通堵塞。

## 症状

不利于健康的压力，有一些常见症状：

- 感到紧张、悲伤或愤怒
- 心跳加重加快
- 呼吸困难
- 出汗
- 颈、肩、背、颌 或面部疼痛或肌肉紧张
- 头痛
- 感到疲乏或睡眠困难
- 便秘或腹泻
- 胃不舒服、缺乏食欲或体重减轻

## **Tips for Coping with Stress**

Watch for signs of stress. When they occur, try to avoid the cause or change how you react. Other helpful tips:

- Do something that relaxes you such as: deep and slow breathing, stretching exercises, yoga, a massage, meditation, listening to music, reading, a hot bath or shower.
- Get a hobby or do something you enjoy.
- Learn to accept things that you cannot change.
- Think positive.
- Set limits. Learn to say no. Take one thing at a time.
- Get 8 hours of sleep each night.
- Eat a healthy diet that includes fruits, vegetables, protein and whole grains. Limit caffeine and sugar.
- Exercise regularly. Exercise will help relax tense muscles, improve your mood and help you sleep better.
- Talk to your family and friends about your problems.
- Do not deal with stress in unhealthy ways such as eating too much, not eating enough, using tobacco products, drinking alcohol or using drugs.
- Get help from a professional if you need it. A counselor can help you cope with stress and deal with problems. Your doctor may prescribe medicines to help with sad feelings, nervousness or trouble sleeping.

**Talk to your doctor or nurse if you have signs of stress.**

## 应对压力的方法

留心压力的症状。如有症状出现，试图避开导致压力的原因或调整自己的反应。其他有用的方法有：

- 做一些放松自己的事情，例如：缓慢深呼吸、伸展身体、瑜伽、按摩、入静、听音乐、读书、洗个热水澡或淋浴。
- 发展一个爱好，或做自己喜欢的事情。
- 学会接受自己无法改变的事物。
- 保持正面乐观。
- 设定限制。学会说不。一次只做一件事情。
- 每天睡满 8 小时。
- 保持饮食健康，吃水果、蔬菜、蛋白质和全谷物。限制咖啡因和糖的摄入量。
- 坚持运动。运动有助于放松紧张的肌肉，改善心情，提高睡眠质量。
- 向亲人和朋友倾诉。
- 遇到压力，不要采取对健康不利的做法，例如吃得太多、吃得太少、抽烟、喝酒或使用药物。
- 必要时，向专业人员求助。心理咨询师可帮助您应对压力，处理压力问题。医生可能会开药，协助缓解您的悲伤心情、紧张或睡眠困难。

如果有压力的症状，请咨询医生或护士。