

5 Ways to Cope with Health-related Anxiety



The recent reports of Coronavirus worldwide have certainly aroused concerns to all of us. As the number of people infected increases day-by-day, it may likely cause anxiety and stress for you and your family.

Symptoms of Stress and Anxiety:

- Rapid heart rate and breathing, muscle twitching, difficulties in falling or staying asleep, and digestive problem
- Intense fear, helplessness, irritability or outbursts of anger, hypervigilance, low concentration, obsession about certain ideas, and avoiding stimuli that trigger the anxiety

HERE ARE 5 WAYS TO MANAGE YOUR STRESS AND ANXIETY:

1. RIGHT TO FEAR

It is completely normal to be worried when we feel like we don't have control over things around our lives. While changing a difficult situation is not readily possible, acknowledging your fear is important instead of ignoring it.

2. RIGHT TO ADOPT A HEALTH LIFESTYLE

Eat a healthy diet, exercise regularly, get adequate sleep, enjoy the sunshine, and talk to somebody are some essentials to break the cycle of anxiety.

3. RIGHT TO TAKE CHARGE

Sometimes, anxiety cannot be vanished by itself especially when the emotion is so dominant and the rational thinking cannot function at all. But you can take charge by using these steps:

- Take a deep breath and say to yourself, “Stay cool! I can manage it!” five times.
- Ask yourself, “What am I worried about?”, Jot it down on a piece of paper about your fear and reasons for fear.
- Ask yourself, “Where does it the information come from, and is it a fact or just a rumor? Do I have all the information to make a sound judgment?”
- Then take long, slow and deep breaths. Gently disengage your mind from distracting thoughts and focus on breathing itself.

4. RIGHT TO ASK

When we are afraid, we should take positive actions to seek proper information from accurate sources. Here are a few links for your references:

- Department of Health, HKSAR:
<https://www.chp.gov.hk/en/features/102465.html>
- World Health Organization:
<https://www.who.int/westernpacific/emergencies/novel-coronavirus>

5. RIGHT TO CONSULT

Whenever you are not certain about the information or you are worried about your conditions, it is absolutely fine to seek for consultation from medical and other suitable professionals. Nobody will be blamed for asking about or taking good care of one’s health.





應對健康焦慮的5大策略



近日在全球爆發的新型冠狀病毒已引起全民密切關注。隨著感染數字不斷攀升，您和您的家人均可能有焦慮與不安的情緒。

焦慮與壓力的徵狀：

- 心跳和呼吸急促，肌肉繃緊，失眠及腸胃不適
- 過份恐懼無助，脾氣變得暴躁和憤怒，經常處於戒備狀態，心不在焉，無法擺脫某些念頭及逃避引起焦慮的事情

處理焦慮的方法：

1. 感到焦慮是自然反應

面對生活中無法控制的事情時，感到擔心是完全正常的。當改變當前困境並不容易時，坦然承認比把害怕的感覺抑壓更為適當。

2. 保持健康生活

飲食健康，定期運動，充足睡眠，曬曬太陽和跟他人分享都有助打破焦慮的循環。

3. 理性主導

有時，當我們的理性思考與情緒管理不能發揮其功能時，憂慮的情緒往往揮之不去。您可以嘗試以下措施：

- 深呼吸並向自己說五次：「保持冷靜，我是有能力應付的！」
- 問問自己：「我在擔心什麼？」並在紙上寫下憂慮及憂慮的原因。
- 再自問：「手上有的資料是從哪裡來的？是事實抑或是流言？我有足夠的資料去作出理智的判斷嗎？」
- 然後嘗試深、長、慢的呼吸。稍為將注意力從困擾思緒挪開，只專注於呼吸。

4. 有疑問要提出

在徬徨時，我們適宜接收最新而準確的染病情況及預防資訊以便採取積極行動。以下是一些有用網址：

- 政府衛生署衛生防護中心
<https://www.chp.gov.hk/tc/features/102465.html>
- 世界衛生組織
<https://www.who.int/westernpacific/emergencies/novel-coronavirus>



5. 尋求專業協助

當您不肯定所得資料是否正確或擔心自己的情況，您絕對可以尋求醫護人員協助。關注及保持個人身心健康是理所當然的事。