

Physical & Mental Health Are Linked

生理和心理健康是相關連的

Stress Can Make Us Sick!

壓力可以導致疾病!

Know When You Need to Regain Your Health

知道你在何時需要重新找回健康

Help Yourself or Friends Restore Hope

幫助自己或你的朋友重拾希望

Evaluate Your Physical and Mental Health Condition

Have You Experienced Any of These Symptoms in the Past Few Weeks?

評估你的生理和心理健康狀況。你最近幾個星期是否感到這樣?

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| 1. Physically tired or no energy
身體疲倦或疲乏無力 | 13. Worry about many things
很多事情讓你感到很擔心 |
| 2. Unable to sleep well
睡得不好 | 14. Feeling lonely
感到很寂寞 |
| 3. Unable to concentrate well
難以集中精神 | 15. Very afraid of having health problems
非常害怕健康有問題 |
| 4. Memory is worse than before
記憶力比以前差很多 | 16. Feeling very unhappy
感到非常不開心 |
| 5. Bodily aches and pains
渾身疼痛 | 17. Loss of interest in many things
對很多事情失去興趣 |
| 6. Heart palpitations or chest discomfort
心跳加速或胸悶 | 18. Feeling irritated
感到心煩氣燥 |
| 7. Mind is unclear or confused
頭腦不清醒 | 19. Feeling hopeless about the future
感到前途沒有希望 |
| 8. No appetite
沒有胃口 | 20. Feeling that life is meaningless
感到做人沒有意思 |
| 9. Stomach bloating or discomfort from digestion problems
胃氣脹,消化不良造成的不適 | 21. Not wanting to have contact with people, socialize or go out at all
完全不想和別人接觸,交往,或外出 |
| 10. Feeling of heaviness in head
頭重 | 22. Feeling that you are a burden to your family and society
覺得自己是家人和社會的負擔 |
| 11. Feeling dizzy
頭暈目眩 | 23. Always wanting to cry
時常想哭 |
| 12. Nausea or vomiting
作嘔惡心或嘔吐 | 24. Having thoughts of hurting yourself
有傷害自己的想法 |

Total number of symptoms: _____

一共有____項症狀

Warning

If your symptoms make you feel very distressed or you have thoughts of hurting yourself, please obtain help from a professional or call the 24-hour Crisis Hotline immediately.

請注意：當你的症狀令你感到極度不安或有傷害自己的想法，請你尋求專業人士的幫助或立刻致電24小時危機熱線。

San Francisco/三藩市：415-781-0500

National/全美：1-800-273-8255

Eight or fewer total symptoms

有八項或以下症狀

Pay attention to your symptoms. Obtain help if they become more severe.

要留意那些症狀並告訴醫生。

Nine or more total symptoms

有九項或以上症狀

You are very likely experiencing some physical and mental health changes.

Obtain help from a doctor immediately.

你極有可能正在經歷生理或心理健康方面的轉變。

立刻向醫生尋求幫助。

It is very common for people to experience these symptoms at some time in their lives due to stressors such as losing a significant other, chronic illness, lack of care or support from family members, financial problems, difficulties adapting to life in the US, and lack of social support.

在經歷喪偶、長期患病、缺乏家人關懷、經濟困難、難以融入美國生活和孤獨的壓力下，長者有這些症狀是很平常的事。

Symptoms usually will not go away on their own. Seeking help is important and effective.

症狀通常不會自動消失。尋求幫助是非常重要的和有效的方法。

Let Go of the Distress! A Brighter Future Is Ahead!

走出困境！光明在望！