

# Managing Mental Health During COVID-19



COVID-19 has spread all over the world. As we face many cases and unfortunate news about the disease, feelings of loneliness, anxiety, and depression can increase. It's important to look after your mental health. How you feel can affect your well-being and your body's ability to fight the virus.



## Warning signs of mental illness



Feelings of numbness, disbelief, anxiety, or fear



Increased use of alcohol, tobacco, or other drugs



Headaches, body pains, stomach problems



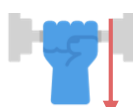
Difficulty concentrating



Difficulty sleeping or frequent nightmares



Changes in appetite



Decline in energy and activity levels



Anger or short temper



Worsening of chronic diseases

## How to cope with stress



Exercise to increase “feel-good” hormones - commit at least 20-30 minutes daily



Sleep at least 7- 8 hours a day with good sleep hygiene



Keep positive thoughts with deep breathing exercises



Eat a well-balanced diet



Connect with others and avoid too much negative information



Get enough Vitamin D and sunlight exposure

## How to help others cope with stress

- Help seniors and those in need stay connected with others in new ways. Use technology like Zoom, Facetime, or WeChat to meet family and friends virtually.
- Provide information in a reassuring way
- Be supportive and give more attention
- Encourage healthy habits and good hygiene practices



## Need help?

If you, or someone you care about, are feeling overwhelmed with emotions, such as if you want to harm yourself or others, call 911 if necessary or seek help by calling:

- ❖ Psychiatric Emergency Services (interpreters available) (628) 206-8125
- ❖ Community Behavioral Health Services Hotline (888) 246-3333
- ❖ Asian Lifenet Hotline (Chinese languages available) (877) 990-8585
- ❖ SF Suicide Prevention (interpreters available) (415) 781-0500



To learn more about our medical group, call Member Relations: (415) 590-7418



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# 關注疫情下的心理健康



新冠肺炎世紀疫情在全球蔓延，面對確診與死亡人數的持續增長，以及各種疫情相關的負面信息，加上受居家避疫、社交距離等非常時期的政策影響，很容易令人產生的孤獨，焦慮和沮喪。此時，學會管理自己的心理健康變得尤其重要。您的情緒不僅會影響您的生活質量，還會影響身體抵抗病毒的能力。

## 心理壓力的信號



出現麻木，多疑，  
焦慮或恐懼的感覺



增加酒精，煙草，或其  
他藥物的使用



頭痛、身體疼痛、  
胃部問題



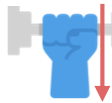
難以集中精神



難以入睡或經常做惡夢



飲食習慣發生  
改變



體力不濟、活  
動能力減弱



憤怒或脾氣暴躁



慢性病惡化

## 如何應對壓力



運動能增加多巴胺 -- “感  
覺良好” 激素的分泌，每  
天至少鍛煉20-30分鐘



每天至少睡7-8小時，  
保持良好睡眠衛生



深呼吸、保持積極的態度



嘗試健康、營養均  
衡的飲食



與他人保持聯繫，避  
免過多收看負面信息



補充足夠的維生素D和  
日照時間

## 如何幫助他人緩解壓力

- 幫助長者及有需要幫助的人以新的方式與他人保持聯繫。例如幫助他們使用Zoom，Facetime，微信等方式與家人和朋友線上見面。
- 以令人安心的方式傳達信息
- 給予支持和更多的關注
- 鼓勵他們養成健康的習慣和良好的衛生習慣



## 需要更多幫助？



如果您或您所關心的人正深陷難過，抑鬱，擔憂等情緒並感到難以承受，有自殘或傷害別人的想法，請根據需要撥打911，或向以下機構尋求幫助：(以下機構提供語言翻譯)

- ❖ 精神科急診服務 (提供語言翻譯) 628-206-8125
- ❖ 社區行為健康服務熱線 (提供語言翻譯) 888-246-3333
- ❖ 全美亞裔生命熱線 (熱線提供粵語, 普通話, 福建話) 877-990-8585
- ❖ 三藩市預防自殺熱線 (提供語言翻譯) 415-781-0500



要了解我們的醫療集團，  
請致電會員服務部：(415) 590-7418



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