

你雙心嗎?

Stress management to lower risk of heart disease

常見資源 General Resources

心血管疾病一般的心理／行為症狀

Common psycho-behavioural symptoms of Cardiovascular disease

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| <ul style="list-style-type: none">• 焦慮• 憂鬱• 失眠• 胃口不良• 記憶力衰退• 情緒暴躁 | <ul style="list-style-type: none">• Anxiety• Depressed• Insomnia• Poor appetite• Declining Memory• Irritability |
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察覺壓力的跡象 Recognizing signs of stress

生理上	Physically
心跳加速、疲倦、頭痛、胃痛、睡眠改變、哭泣、胃口改變	Heart beats faster, tired, headaches, stomach aches, sleep changes, crying, appetite change
情緒上	Emotionally
緊張、擔憂、憤怒、孤立、抑鬱、失控	Nervous, worrying, angry, withdrawn, depressed, losing control

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思維方式, 是否:
Ways of thinking. Is it:

太負面	too negative
太過單一的方向	too one-track minded
只看到缺點: 而看不到優點	seeing only shortcomings: but not advantages
改變不了: 而看不到選擇	not open to changes: and missing out on options

 www.iconproject.org

 icon.support@ubc.ca

 <https://www.youtube.com/@ehealthstrategy>



歡迎掃描二維碼訂閱「安康」通訊, 定時接收最新活動消息和健康生活資訊。

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