

老生常談: 鬱結篇

Depression in Seniors

常見資源 General Resources



鬱結是什麼 What is Depression?

- 空虛及傷心的情緒
- 對一般活動失去興趣
- 睡眠及體重改變
- 無價值感及自責
- Feelings of emptiness and sadness
- No longer taking pleasure in previously enjoyed activities
- Sleep problems and weight changes
- Sense of worthlessness and self-blame

急性抑鬱症的症狀

Symptoms of Major Depressive Disorder (MDD)

- 睡眠改變
- 失去興趣
- 無價值感
- 失去精力
- 無法專注
- 胃口/體重改變
- 煩躁
- 自傷念頭
- 低落情緒
- Sleep disturbance
- Loss of interest
- Feeling of guilt or worthlessness
- Loss of energy
- Loss of concentration
- Change in Appetite / Weight
- Agitation
- Suicidal ideations
- Depressed mood



更多講座相關的社區資源已上載「安康」網站 (全面了解衰弱症活動頁面), 或[按此了解更多](#)。

You can find more related community resources on the iCON website (Event: 2024 Chinese Health Forum) or by [clicking here](#).