

# Feeling Sad

Feeling sad or unhappy is normal when something goes wrong or you lose someone. These feelings often go away with time and you feel better.

If these feelings are severe or affect your everyday life for more than 2 weeks, see your doctor. Treatment can help.

## Signs

- Lose interest in things that you enjoy
- Feel restless
- Sleep too much or are not able to sleep
- Feel tired all the time or lack energy
- Gain or lose weight
- Lose your appetite
- Have a hard time concentrating or remembering
- Feel hopeless, guilty, worthless, or helpless
- Have headaches, stomach aches, bowel problems, or pain that does not get better with treatment

If you have any of these signs for more than 2 weeks or you are thinking of harming yourself or others, see your doctor. You may have depression.

## Your Care

The first step to feeling better is talking to someone who can help you. This might be a doctor or a counselor. Your care may include medicine and counseling. Here are things you can do that can help:

- Eat a healthy diet and avoid junk food.
- Drink plenty of water.
- Avoid alcohol and street drugs.
- Try to get 7-8 hours of sleep each night.
- Stay active, even if you do not feel like it.
- Plan activities for the day.
- Set a small goal each day that you can do, such as do a small task or take a walk.

# 感到忧伤

当事出有误或当您失去了一个人时感到忧伤或不快乐是正常的。这些感觉经常会逐渐消失，您会觉得好转。

如果这些感觉很严重或影响您的日常生活两周以上，请去看医生。治疗可提供帮助。

## 症状

- 对您喜爱的事物失去兴趣
- 觉得不安
- 睡觉太多或不能睡觉
- 始终觉得疲惫或没有精力
- 体重增加或减少
- 失去食欲
- 很难集中注意力或记起事情
- 觉得无望、有罪、无价值或无助
- 有头痛、胃痛、肠道问题或经治疗而不愈的疼痛

如果您有任何这些症状超过两个星期，或者您想伤害自己或伤害他人，请去看医生。您可能患了忧郁症。

## 您的护理

感觉好转的第一步是和某个能帮助您的人谈一谈。这个人可能是医生或是咨询辅导人员。您的医疗可能包括药物和咨询辅导。这里有一些事项您做了会有帮助：

- 吃健康饮食，避免无营养食品。
- 喝大量的水。
- 避免饮酒及使用街头毒品。
- 尽量每晚睡觉 7-8 个小时。
- 保持活动，即使是在您不想这样时。
- 为当天计划一些活动。
- 为每一天设定一个您能做到的小目标，例如做一件小任务或散一次步。

- Avoid stress if possible.
- Avoid being alone.
- Join a support group.
- Talk to clergy or spiritual leaders.
- Pray or meditate.
- Share your feelings with family or friends.
- Write down your thoughts and feelings.
- Let your family and friends help you.

### **Family and friends can help.**

Helping someone get treatment is important. Your loved one may not have the energy or desire to ask for help. Ways to help:

- Offer to go to the doctor with your loved one. You can ask questions and write down notes.
- Invite the person to go for walks or outings. Do not be discouraged if he or she says no. Continue asking, but do not push.
- Give emotional support through talking and careful listening. Do not ignore feelings, but point out realities and offer hope.
- Offer reassurance that with time he or she will feel better.
- **Do not ignore** words or actions that show the person thinks life is worthless. **Do not ignore** words or actions about hurting others. Seek help **right away** at a hospital emergency department.

**Talk to your doctor if you think you or a loved one has feelings of sadness that last for more than 2 weeks.**

- 如果可能，请避免压力。
- 避免孤独。
- 参加一个支持团组。
- 和牧师或精神领袖谈一谈。
- 祈祷或默想。
- 与家人或朋友分享您的感觉。
- 写下您的想法和感觉。
- 让您的家人和朋友帮助您。

### **家人和朋友可提供帮助。**

帮助某人得到治疗很重要。您的亲人可能没有要求帮助的精力或欲望。  
帮助的方法：

- 主动与您的亲人同去看医生。您可提问并记笔记。
- 邀请这个人去散步或外出一趟。如果此人说不，请别气馁，继续向他或她要求，但不要逼迫。
- 通过谈话和细心地聆听给予感情上的支持。不要忽视感觉，但要指出实际情况并提出希望。
- 说他或她会逐渐好转以让其放心。
- **不要忽略**表明此人认为生命无价值的言行。**不要忽略**有关伤害他人的言行。请**立刻**在医院急诊部寻求帮助。

**如果您认为您或您的亲人感觉悲哀已持续两个多星期，请和您的医生谈一谈。**

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