



情緒自我覺察與照顧 Emotional Self-awareness and Care

撰文者：諮商輔導中心 黃千珊社工師
譯者：銘傳大學 翻譯小組

※詳述之原文請參閱：<https://reurl.cc/n1bn48>

可能與精神疾病相關的10種徵兆

10 Mental Illness Signs

1

已經超過兩個禮拜以上感到沮喪和憂鬱

You're having feelings of sadness or depression that last longer than 2 weeks.

2

沒來由地異常情緒起伏波動

You're having extreme mood swings and don't know why.

3

無法控制的擔心和焦慮

Your worry and anxiety have gotten out of control.

4

避開人群孤立自己

You've starting withdrawing from others or isolating yourself.

5

發現有妄想和幻覺

You may have noticed you're having delusions or hallucinations.



6

越來越難面對與處理生活大小事

You're having more and more difficulty with normal life situations.

7

睡得過量或過少

You're sleeping too much or too little.

8

開始濫用藥物或酒精

You've started abusing drugs or alcohol.

9

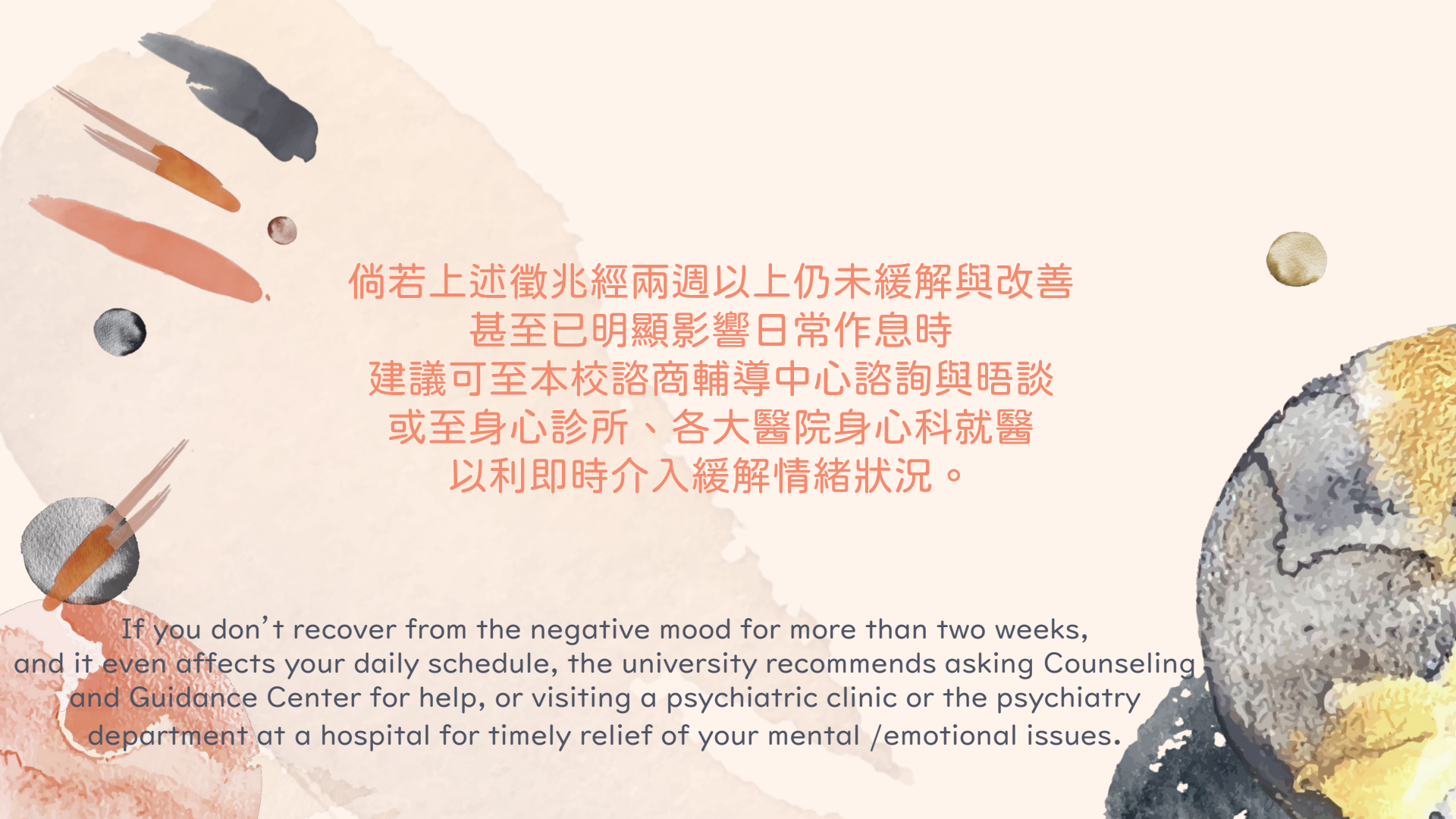
常勃然大怒

You're having extreme anger outbursts.

10

開始有自我傷害或自殺意念

You've started thinking of self-harm or suicide.



倘若上述徵兆經兩週以上仍未緩解與改善
甚至已明顯影響日常作息時
建議可至本校諮商輔導中心諮詢與晤談
或至身心診所、各大醫院身心科就醫
以利即時介入緩解情緒狀況。

If you don't recover from the negative mood for more than two weeks, and it even affects your daily schedule, the university recommends asking Counseling and Guidance Center for help, or visiting a psychiatric clinic or the psychiatry department at a hospital for timely relief of your mental /emotional issues.