

English	简体中文 Simplified Chinese (Mandarin)
<p>Long COVID: Low mood and depression</p> <p>If you're feeling distressed, in a state of despair, suicidal or in need of emotional support you can phone NHS 24 on 111.</p> <p>Being unwell can have an impact on your mental health. It's not unusual to experience lower mood after being through a significant event such as coronavirus (COVID-19). It can take a while to process what you've been through and the impact this has had and may still be having on your life. If you haven't been able to do the activities you would usually do, this can have a big impact on your mood as well.</p>	<p>新冠长期症状：情绪低落和抑郁</p> <p>如果您感到痛苦、绝望、有自杀倾向或需要精神支持，可以拨打 NHS 24 的电话 111。</p> <p>身体不适会影响您的精神健康。经历了诸如新冠病毒（COVID-19）等重大事件后，情绪低落并不罕见。您可能需要一段时间来处理您所经历的一切，以及这些经历对您生活产生的影响。如果您还不能做自己平时能做的活动，这也会对您的情绪产生很大的影响。</p>

Symptoms of low mood and depression

Signs and symptoms of low mood can include:

- sadness
- feeling [anxious or panicky](#)
- worry
- tiredness
- low self-esteem
- frustration
- [anger](#)
- feelings of hopelessness

A low mood usually lifts after a few days or weeks. However, a low mood that doesn't go away can be a sign of [depression](#).

In addition to the symptoms above, depression can include:

- low mood lasting 2 weeks or more

情绪低落和抑郁的症状

情绪低落的体征和症状可能包括：

- 悲伤
- 感到[焦虑或恐慌](#)
- 担忧
- 劳累
- 自卑
- 挫败
- [愤怒](#)
- 感觉没有希望

情绪低落通常在几天或几周后缓解。然而，没有消失的情绪低落可能是 [抑郁](#) 的征兆。

除了上述症状，抑郁可能包括：

- not getting any enjoyment out of life
- feeling hopeless
- feeling tired or lacking energy
- not being able to concentrate on everyday things, like reading the paper or watching television
- comfort eating or losing your appetite
- sleeping more than usual, or being unable to sleep
- having [suicidal thoughts](#) or thoughts about [harming yourself](#)

If negative feelings don't go away, are too much for you to cope with, or are stopping you from carrying on with your normal life, you may need to make some changes and get some extra support.

If you experience depression symptoms most of the day, every day, for more than two weeks, you should visit your GP.

[Learn more about depression](#)

- 持续 2 周或更久的情绪低落
- 没有从生活中得到任何乐趣
- 感觉没有希望
- 感到疲倦或缺乏精力
- 不能在日常事情上集中精神, 比如读报纸或看电视
- 借吃消愁或没胃口
- 睡得比平时多, 或不能入睡
- 有[自杀想法](#)或关于[自伤的想法](#)

如果负面情绪没有消失, 对您来说太多而无法应付, 或者妨碍您继续正常生活, 您可能需要做出一些改变并获得一些额外的支持。

如果您每天的大部分时间都有抑郁症状, 并持续超过 2 周, 那么您应去看 GP。

[了解更多关于抑郁的信息](#)

Managing low mood

These are some things you can do to manage your mood.

管理情绪低落

这里有一些您可以控制自己情绪的东西。

Look after yourself

Simple lifestyle factors can have a big effect on mood. Try to:

- stick to a routine
- limit your alcohol intake
- choose a well-balanced diet
- do some exercise
- get enough sleep

照顾好您自己

简单的生活方式因素会对情绪产生很大影响。尽量：

- 坚持作息规律
- 限制酒精摄入
- 选择均衡的饮食
- 做一些锻炼
- 充足睡眠

Connect with others

Reach out to family and friends and speak with them on the phone, or through [video calls](#) if you're unable to see them face to

与他人联系

face. If talking feels too much, try to stay in touch through messages instead.

Take part in meaningful activities

When people feel low, they sometimes don't feel like doing their usual activities. You might also find that you can't do all the activities you used to do while you're recovering from coronavirus.

Try to think about small, achievable activities you can complete every day that will give you a sense of enjoyment and accomplishment.

Write a recovery diary

Try writing down how your recovery is going and the achievements you've made along the way, both big and small. It can be helpful to look back on the positive progress you've made.

It can also be helpful to write down any difficult thoughts and feelings you've been experiencing, in order to help you to 'step back' from them.

联系家人和朋友，如果您无法与他们面对面交流，通过 [电话或视频电话](#)与他们交谈。如果感觉不想说话，请尝试[通过消息](#)保持联系。

参加有意义的活动

当人们情绪低落时，他们有时会不想做日常活动。您可能还会发现，在您从新冠病毒中恢复过来时，您无法完成过去做的所有活动。

试着考虑您每天可以完成的小而可行的活动，这些活动会给您带来享受和成就感。

写恢复日志

试着记下您的恢复过程和您在这条道路上的成就，无论大小。回顾您所取得的积极进步可能会有所帮助。

写下您遇到的任何困难想法和感受也很有帮助，以帮助您“退后一步”。

善待自己

<p>Be kind to yourself</p> <p>Recovery takes time and it's important to let yourself rest and recover. This can feel difficult if any ongoing symptoms are 'hidden'.</p> <p>You might find that you're being very hard on yourself, and seeing yourself as 'lazy'. However, if you broke your leg, you wouldn't try to run a race straight away. It can be helpful to think about what you'd say to a close friend or family member if they were in your position.</p> <p>How to feel happier</p>	<p>恢复需要时间，让自己休息和恢复很重要。如果任何正在进行的症状被“隐藏”，这会让人感到艰难。</p> <p>您可能会发现对自己很苛刻，认为自己“懒惰”。但如果您的腿断了，您肯定不会马上参加比赛。想想如果您的亲密朋友或家人处在您的位置，您会对他们说些什么，这样做可能有帮助。</p> <p>如何感觉更快乐</p>
<p>Depression self-help guide</p> <p>Work through our self-help guide for depression that uses cognitive behavioural therapy (CBT).</p>	<p>抑郁自助指南</p> <p>通过我们使用认知行为疗法（CBT）的抑郁自助指南开展工作。</p>

When to seek help

If you're still feeling down after a couple of weeks, talk to your GP.

It's especially important to seek help if:

- you have symptoms of depression that aren't getting any better
- your work, relationships with friends and family, or interests are affected by your mood

If you are diagnosed with depression, your GP will discuss all of the available treatment options with you, including self-help, talking therapies and antidepressants.

You may be able to access a computerised Cognitive Behavioural Therapy (CBT) course or be referred for further support, such as talking therapies.

何时寻求帮助

如果几周后您仍然感觉不舒服，那么和您的 GP 谈谈。

如果出现以下情况，寻求帮助尤为重要：

- 您的抑郁症状没有任何好转
- 您的工作、与朋友和家人的关系或兴趣都受到您情绪的影响

如果您被诊断为抑郁，您的 GP 将与您讨论所有可用的治疗方案，包括自助、谈话疗法和抗抑郁药。

您可以参加网上认知行为治疗 (CBT) 课程，或被转诊获得进一步的支持，如谈话疗法。

<p>More help and information</p> <p>If you're feeling low and want to talk to someone, you can phone Breathing Space on 0800 83 85 87.</p> <p>The Breathing Space phonenumber is available:</p> <ul style="list-style-type: none">• 24 hours at weekends (6pm Friday to 6am Monday)• 6pm to 2am on weekdays (Monday to Thursday)	<p>更多帮助和信息</p> <p>如果您情绪低落，想和某人说说话，您可以打电话给Breathing Space，电话号码是0800 83 85 87。</p> <p>Breathing Space 电话热线可用时间：</p> <ul style="list-style-type: none">• 周末全天（周五 6pm 到周一 6am）• 工作日 6pm 至 2am（周一至周四）
<p>For more information in Chinese (Simplified) go to www.nhsinform.scot/translations/languages/chinese</p>	<p>更多简体中文信息，请浏览 www.nhsinform.scot/translations/languages/chinese</p>
<p>October 2021</p>	<p>2021年10月</p>