

Tips for maintaining psychological health under the pandemic

疫情下 保持心理健康的小貼士

轉眼間，「新型冠狀病毒病」已影響全球超過一年了。疫情之下，為了減少社交接觸，服務使用者、職員以及家人，都少不免改變以往的生活模式，例如暫停外出和回家度假等安排，大家的情緒必然會受到一定程度的影響。面對這場疫症，我們除了要保持身體健康之外，注意心靈的健康亦十分重要。

以下是本會臨床心理學家提供的「F.A.C.E」抗疫小貼士，有助大家調節自己的情緒：

In the blink of an eye, COVID-19 has already affected the world for over a year. To reduce social contact, service users, staff and family members have to make inevitable changes to their past ways of life as a response to the pandemic, such as remaining indoors or suspension of home leave. Our emotions are bound to be affected to a certain extent. Apart from physical health, mental health is also extremely important when we come face-to-face with this pandemic.

Our clinical psychologist suggests the 'F.A.C.E' tips which may help you manage your emotions brought by the pandemic:

F – Focus

專注在可控制的事情上

我們不能夠控制疫情何時會過去，更不能控制其他人面對疫情的反應和態度。與其望天打卦，終日為不可預知的未來擔憂，不如專注於我們在此時此刻可以做到的事吧。

Focus on things that are controllable

We cannot control when the pandemic will pass, as well as the other's reactions and attitudes towards the pandemic. Rather than worrying about a future that cannot be predicted, let's focus on the things that can be done right here and right now.

A – Accept

接納自己的情緒和想法

在疫情下，大家難免會感到恐懼、擔心、緊張、焦慮及孤獨等等，其實這些都是正常的心理反應。嘗試不批判這些想法和感受，學會與它們共處，接納它們是你的一部分。

Accept your own emotions and thoughts

Under the pandemic, it is natural to be scared, worried, nervous, anxious, lonely, and so on. These are all normal psychological reactions. Try not to criticise these thoughts and feelings, learn to live with them and accept that they are a part of you.

C – Connect

保持聯繫

雖然未能與家人和朋友經常見面，但一個電話，一個 WhatsApp，也可表達你對他們的關心和支持。

Keep connections

Even though we cannot meet our friends and family regularly, a phone call and a WhatsApp message can express your care and support to them.

幫助服務使用者面對疫情帶來的挑戰：

至於服務使用者，我們亦可以透過不同的方法，包括圖像、照片和社交故事等等，讓他們明白疫情是什麼，預先了解被隔離時會有什麼狀況出現，更可透過獎勵法鼓勵他們遵守防疫措施，包括勤洗手、戴口罩等等。

E – Engage

投入當下的生活

維持有規律的日常生活作息，注意飲食均衡，有足夠休息，在家中可以做一些讓人放鬆和有意義的活動。你會畫一幅畫，讀一本好書，還是看一場精彩的電影？緊記保持活躍的生活方式，留在家中，也可過得寫意和充實。

Engage with your everyday life

Maintain a regular daily routine, make sure your diet is balanced and you are getting enough rest; also, do activities that are relaxing and meaningful while at home. When you have a moment to spare, have you ever considered painting a picture, reading an engrossing book, or watch a captivating movie? Remember to maintain a positive lifestyle. You can still live a relaxing and fulfilling life even if you stay at home.

Helping our service users to face the challenges brought on by the pandemic:

As for our service users, we can let them understand the pandemic through multiple ways, including images, pictures and stories, etc., so that they will know what to expect in case they need to be quarantined. They can be encouraged to follow pandemic prevention measures, such as regular hand-washing, mask wearing, etc, through rewards.

