

CARING ABOUT YOUR EMOTIONS DURING CANCER

在癌症期间照顾您的情绪



A Guide for Cancer
Fighters and Their Families
抗癌勇士及其家人的指南

ABOUT THIS BOOKLET

关于本手册

Following a cancer diagnosis, you may experience a range of emotions including anxiety, anger, and sadness. This booklet offers suggestions on how these emotions can be managed. Some of the information in this booklet might be helpful, but not everything may apply to you.

You might experience different emotions from other people with cancer and that is alright, as there is no right or wrong way to feel when you are trying to come to terms with cancer.

诊断出癌症之后，您可能经受一系列情绪，包括焦虑、愤怒和悲伤。此手册就如何调理这些情绪提供一些建议。本手册中有些信息可能会对您有所帮助，但并非每项都适用于您。您所经历的情绪与其他患者可能并不相同，这没关系，因为当您试图正视与接受自己的病情，怎样感受并没有所谓正确和错误方法。



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ANXIETY

焦虑



WHAT IS ANXIETY?

什么是焦虑？

Anxiety is an emotion characterised by worrying thoughts, feelings of uneasiness and nervousness. Physical symptoms such as headache, rapid heartbeat and muscle tension can also occur.

焦虑是一种情绪，其特征是忧心忡忡和紧张不安的感觉。还可能出现头痛、心跳加速和肌肉紧张等身体信号。

Experiencing occasional anxiety, especially under stressful circumstances, is a normal part of our everyday lives. Anxiety can be helpful in certain instances, for example, when it warns the body of impending threats and signals the body to react to dangers.

偶尔感到焦虑在日常生活中实属平常，尤其是在压力巨大的情况下。在某些情形中，焦虑还对我们有所帮助，例如，它会警告身体即将有危害发生并指示身体对危险做出回应。



CANCER RELATED ANXIETY

癌症相关的焦虑

When your cancer-fighting journey is filled with uncertainties, it is natural to feel terrified about what might happen. You might have a lot of worries on your mind, such as the impact of cancer on your family, work, finances and future. You might also be concerned about the treatment options, side effects, outcomes and pain.

当您的抗癌之路充满未知数，对可能发生的事情感到恐惧是自然不过。您的脑海中可能充满了忧虑，担忧癌症对您的家庭、工作、财务和未来造成影响。您可能担心所选的治疗、副作用、治疗结果和疼痛。



YOU MAY FIND YOURSELF FEELING ANXIOUS WHEN YOU ARE:

处于以下情况时，您可能会感到焦虑：

1. Undergoing a screening test
 2. Awaiting for test results
 3. Receiving the cancer diagnosis
 4. Going through the treatment process
 5. Fearing for cancer recurrence
1. 进行了筛查测试
 2. 正等待领取报告结果
 3. 收到癌症确诊结果
 4. 接受治疗的过程中
 5. 害怕癌症会复发

UNDERSTANDING ANXIETY—THE FIGHT OR FLIGHT RESPONSE

了解焦虑-战斗或逃跑反应

When the body encounters stressful or frightening situations, it releases adrenaline to prepare the body for emergency action—confront the stress (fight) or escape the situation (flight). This is referred to as the fight or flight response.

A few body processes are activated to improve its chances of survival. For example, sugar is quickly released into the bloodstream to supply the body with energy, the heart beats quicker to provide blood for the muscles, digestion is temporarily slowed down and so on.

当身体遇到压力或可怕的情况，会释放肾上腺素，以让身体准备做出紧急对应—是要面对压力（战斗）或逃避现实（逃跑）。这被称为战斗或逃跑反应。

为了提高其生存机会，身体的某些本能会被激活。例如，糖分会迅速释放到血液中，为身体提供能量，心跳会加快为肌肉提供血液，消化系统则暂时变得缓慢下来等。



WHEN DOES ANXIETY BECOME A PROBLEM?

什么时候焦虑会成为问题？

The natural body response that is intended to protect us can become a problem when typical anxiety creates abnormally high distress and becomes incapacitating.

当典型的焦虑造成了异常大的痛苦并且使生活瘫痪，旨在保护我们身体的自然反应可能会变成问题。

FEELINGS OF ANXIETY CAN BECOME A PROBLEM WHEN IT:

当出现以下情况时，焦虑感可能会成为问题：

1. Involves excessive fear or worry
2. Is frequent, persistent and excessive
3. Becomes difficult to control
4. Interferes with daily activities
5. Is out of proportion to then actual danger
6. Leads to avoidance of places or situations

1. 出现过度恐惧或担忧
2. 频繁、持续且过度
3. 变得难以控制
4. 干扰日常活动
5. 其不相称地大于实际存在的危险
6. 导致回避某些地方或某种情境



You also may refer to the following questions to better understand the anxiety you are experiencing.

您也可以参考以下页中的问题，更好地了解您正在经历的焦虑。

1. Do you feel nervous or on edge?
2. Have you had to avoid any places or activities due to fear?
3. Have you had difficulties catching your breath when you are nervous?
4. Have you experienced any unusual sweating or trembling?
5. Have you felt any tight feeling in your stomach or throat?
6. Are you afraid to sleep at night for fear that you may die in your sleep?
7. Do you worry about the next medical appointment, or test results, weeks in advance?
8. Do you frequently fear when your pain will return and how bad it will get?
9. Do you spend excessive time in bed because you are scared that the pain will worsen if you get up or move around?
10. Have you recently felt confused or disoriented?

1. 您感到紧张或烦躁吗？
2. 您是否因恐惧而不得不避开某些地方或某些活动？
3. 当您感到紧张时，是否会出现呼吸不畅？
4. 您是否经受过异常出汗或发抖？
5. 您是否感到胃部或喉咙紧绷？
6. 您是否会因为担心在睡梦中死去而在晚上睡觉时感到害怕？
7. 您是否在几周前就开始担心下一次预约的诊疗或检查结果？
8. 您是否经常担心疼痛何时会复发以及会变得多严重？
9. 您是否因为害怕起床或四处走动会加重疼痛而耗太多时间躺在床上？
10. 您最近是否感到思绪混乱或思路不定？

If you answer yes to any of those questions, or frequently find yourself in a state of panic and worries which interferes with your daily life, you might want to seek professional help. Talk to your trusted doctors or healthcare professionals to address your concerns.

只要对这些问题中的一个，您的回答为肯定，或者您经常发觉自己处于恐慌和忧虑的状态，而这干扰您的日常生活，这时您可能需要寻求专业帮助。与您信任的医生或医疗保健人员交流，让他们了解您所怀的忧虑。

WAYS TO COPE WITH ANXIETY

应对焦虑的方法

1. Attend medical appointments with a supportive friend or family member.
2. Get reassurance from your nurses and doctors.
3. Discuss your anxiety with someone you can trust and who is a good listener. It could be a friend, partner or family member.
4. Pause to take long, deep breaths. This may help your body relax and manage some symptoms of anxiety.
5. Find ways to distract yourself when you realise you are overthinking. You could try refocusing your attention on a hobby or interesting activity and consider the things you have control over.
6. Schedule some social activities or spend some time outdoors. This could be a simple 30-minute walk. If you are worried about your health, remember to consult your doctor before engaging in any physical activity.

1. 在一位支持自己的朋友或家人陪同下去进行约定的诊疗。
2. 从护士和医生那里获得安心的信息。
3. 与您信任且善于倾听的人讨论您的焦虑。可以是朋友、伴侣或家人。
4. 停下来进行深呼吸。深呼吸可帮助您的身体放松，并调理某些焦虑症状。
5. 当您意识到自己思虑过多时，想办法转移自己的焦点。可以尝试将注意力转到集中于自己的爱好或有趣的活动中，并思量您可以自主控制的事情。
6. 安排一些社交活动或花一些时间在户外。这可以是简简单单的 30 分钟散步。如果您担心自己的健康，在进行任何体育活动之前，记得咨询您的医生。



ANGER

愤怒



WHAT IS ANGER?

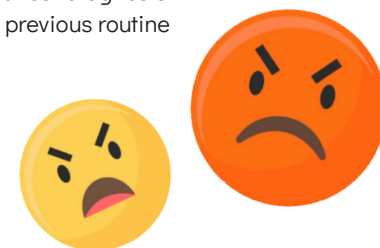
什么是愤怒？

Following a cancer diagnosis or any time throughout treatment and survivorship, anger can arise. You could feel upset over a range of things, with a few being:

随着诊断出癌症或在整个治疗和求治期间，愤怒可以油然而生。您可能会对一系列事情感到不爽，例如：

1. The way your family or friends had reacted to the cancer diagnosis
2. The way cancer and treatment had disrupted your previous routine
3. Doing everything right and still got cancer
4. The arrival of a hardship

1. 您的家人或朋友对癌症诊断的反应方式
2. 癌症和治疗如何打乱了您之前的日常
3. 即使您什么防范都做对了，但还是得了癌症
4. 困苦来临



Some may believe that it is inappropriate of them to feel angry and as a result, they may attempt to deny the anger. However, ignoring your anger will not make it go away. Repressing uncomfortable emotions can make coping much more difficult. Eventually, the unresolved anger could manifest into irritation over trivial matters that previously did not bother you. Understand that you are allowed to experience a certain amount of anger and that it needs to be expressed in healthy ways.

有些人可能认为感到愤怒很不恰当，因此，他们可能会试图隔绝愤怒。然而，忽视自己的愤怒并不能使其消失。压抑不舒服的情绪会使应对愤怒变得更加困难。最终，未消解的愤怒情绪可能会在微小的事情上显现。琐碎的小事会激怒您，而这些事情您可能以前从不在意。您可以允许自己感受一定程度的愤怒，但这需要以适当的方式来表达。

WHEN DOES ANGER BECOME A PROBLEM?

愤怒什么时候成为问题？

While some amount of anger is normal and healthy, it can be detrimental to develop issues with managing anger. Notice how you experience anger and seek help if necessary. You may be experiencing issues with anger management if you find yourself:

虽然偶尔生气是正常以及健康的反应，但它在管理自己的愤怒时却可能造成各种问题。关注您愤怒时的体验并在必要时寻求帮助。如果您发现自己有以下情况，那么您或许正在经历愤怒管理方面的问题：

1. Hurting oneself or others either verbally or physically
2. Constantly feeling angry
3. Feeling that your anger is out of control
4. Frequently regretting something you've said or done when angry
5. Getting worked up over trivial matters

1. 以言语或者身体行为伤害自己或者他人
2. 总是感到愤怒
3. 感觉自己的怒气无法控制
4. 经常后悔自己所说或者所做过的事
5. 常常因为一些无关紧要的小事而生气



HEALTHY ANGER MANAGEMENT

健康的愤怒情绪管理

Anger, when expressed healthily, may result in positive changes. For instance, it may provide you with the energy and strength to tackle the challenges faced while undergoing treatment.

当以健康的方式表达愤怒时，可能会产生积极有利的变化。例如，它可以给您提供活力和能量，以应对接受治疗时所面临的挑战。



WAYS TO MANAGE ANGER

愤怒情绪的管理方法

1

RECOGNISE AND ACKNOWLEDGE THAT YOU ARE ANGRY. YOU COULD LOOK OUT FOR VERBAL AND PHYSICAL SIGNS OF ANGER.

认识到并承认自己感到愤怒。您可以留意愤怒时的语言和身体信号。

Verbal expressions of anger include:

愤怒的语言表现包括：

1. Shouting
2. Arguing
3. Using swear words
4. Being sarcastic
5. Finding fault in others

1. 大喊大叫
2. 争论
3. 说脏话
4. 讽刺挖苦
5. 挑别人的错

Physical expressions of anger include:

愤怒的身体表现包括：

1. Clenching fist
2. Throwing an object into the floor
3. Breaking an object
4. Hitting an object

1. 握紧拳头
2. 朝地上扔东西
3. 毁坏东西
4. 捶打东西



2

CONSIDER THE OTHER EMOTIONS YOU ARE FEELING BENEATH THE ANGER.

察觉愤怒之下所蕴藏的其他情绪

There may be other uncomfortable emotions, such as fear, worry and sadness, hidden beneath the anger. As you may be unaware of it, you could consciously take some time to consider possible reasons for your anger.

可能还有其他不舒服的情绪，比如恐惧、担心和悲伤，这些情绪都隐藏在愤怒底下。您可能未曾意识到这一点，您可以有意识地花点时间来思考您感到愤怒的可能原因。

3

TRY TO AVOID TAKING OUT YOUR ANGER ON OTHERS.

尽量避免把愤怒发泄到别人身上。

To do so, you may first need to identify what causes you to be angry. If you don't, you may find yourself venting your frustrations on others, finding fault with friends or family or getting worked up about trivial matters. As a result, you may drive away your loved ones when you need them most.

为此，您首先可能需要确定致使您愤怒的原因。如果您不这么做，您可能会发觉自己老是把您的挫败感发泄到别人身上，挑朋友或家人的错，或者为琐碎小事大动肝火。最终您可能会在最需要自己所爱的人时将他们推离。



4

DON'T WAIT FOR THE ANGER TO BUILD UP.

不要等到愤怒累积起来。



When anger is bottled up, it is more likely to be expressed in an unhealthy manner. When you realise and recognise that you are angry, express it to someone you are comfortable with.

当愤怒被压抑时，它更可能以不恰当的方式表现出来。当您意识到并确定自己很愤怒时，请告诉那个可以与您舒坦交谈的人。

5

EXPLORE SAFE WAYS TO EXPRESS YOUR ANGER.

探索如何安全地表达愤怒。

Some healthy ways to express your anger could be:

以下是健康表达愤怒的一些方法：

1. Discuss possible reasons for your anger with a trusted family member or friend
2. Be honest about how you feel
3. Engage in a physical activity to release your anger



1. 与可信赖的家人或朋友讨论您愤怒的一些原因
2. 诚实地表达自己的感受
3. 参加体育活动来释放您的愤怒

SADNESS

悲伤



WHAT IS SADNESS?

什么是悲伤？

Sadness is a natural response to any loss, change or disappointment. It is common to experience sadness following a cancer diagnosis. You may be saddened by the way cancer has changed your daily life, future plans, health and body. It could take some time to process and accept the changes that are occurring.

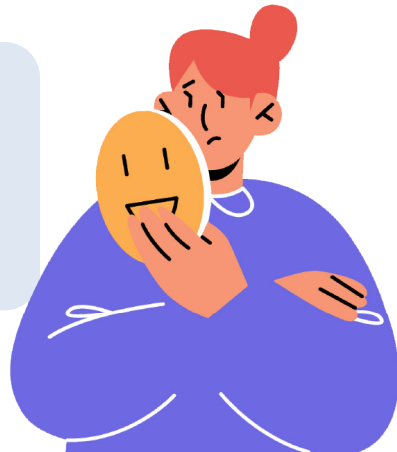
悲伤是对任何的失却、恶变或失望的自然反应。在诊断患癌后，通常都会感到悲伤。对癌症怎样改变了您的日常生活、未来计划、健康和身体，您可能会感到非常悲伤。消化和接受正在发生的改变可能需要花费一些时间。

PRESSURE TO BE POSITIVE

做出积极样子的压力

You might try to hide your sadness and appear positive, in order to make the situation easier for your loved ones. However, pretending to be fine requires plenty of energy and is exhausting. It could also create distance between you and your loved ones. When everyone is trying too hard to act as if everything is fine, they would not be able to convey how they truly feel.

您可能会试图隐藏自己的悲伤并看起来积极，以使您所爱的人处境变得较为轻松。然而，假装自己一切完好会耗费大量精力，并令您精疲力尽。还会使您和您所爱的人之间产生距离。当每个人都努力表现得好像一切都安好时，大家就无法表达自己的真实感受。



DESIRE TO BE LEFT ALONE

渴望独处

There could be times when you need some time alone to process your emotions. Some of your loved ones may want to be there to support you but may not understand your desire to be left alone. You can consider letting them know that you:



有时您可能需要一些时间独处，以便调整自己的情绪。您的亲友可能想在您身边为您提供支持和帮助，但他们可能不了解您想要独处的欲望。您可以考虑让他们了解您的心情：

1. Appreciate their help, but need some time alone
2. Still love them even though you do not feel like talking at the moment
3. Aren't comfortable talking about your condition at the moment, but would like to speak to them when you feel ready

1. 很感激他们的帮助，但您需要一些独处的时间
2. 即使您现在不想说话，但仍然很爱他们
3. 现在谈论您的状况，您会觉得不舒服，打算您觉得准备好时才跟他们倾谈

AM I STRUGGLING TO COPE WITH SADNESS?

应对悲伤时，我是否会觉得挣扎？

When you are sad, you may have very little energy, feel tired, or have little appetite to eat. For some, these feelings gradually fade or diminish over time. However, for others, these feelings can become more intense. When sadness does not go away, or starts to interfere with your day-to-day life and makes it difficult for you to feel good about anything, it could be a sign that you need professional help.

当您感到悲伤时，您可能会感到无精打采、感到疲倦或缺乏食欲。在某些人，这些感觉会随着时间推移逐渐消失或减弱。然而，对另一些人来说，这些感觉可能会变得更加强烈。当悲伤迟迟没有消失，或者开始干扰日常生活，且令您对任何事情都不觉得惬意时，这些可能是您需要专业帮助的迹象。



IF YOU ARE UNSURE ABOUT IT, YOU MAY REFER TO THE FOLLOWING QUESTIONS TO BETTER UNDERSTAND THE SADNESS YOU ARE EXPERIENCING.

如果您不确定自己的情况，可以参考以下问题，以便更好地了解您正在经历的悲伤。



1. Are you frequently bothered by feelings of worthlessness, helplessness, pessimism, or hopelessness?
 2. Do you frequently feel like you have little or no energy to do things?
 3. Do you frequently feel tired or drained through out the day?
 4. Do you frequently have trouble falling asleep, staying asleep, or do you sleep excessively?
 5. Do you frequently feel bad about yourself, like you are a failure, or that you have let yourself or your family down?
 6. Have you stopped seeing family or friends?
 7. Are you eating a lot less or a lot more than usual?
 8. Are you frequently unable to concentrate on routine tasks?
 9. Do you have recurrent thoughts of harming yourself?
1. 您是否经常被自觉无价值、无助、悲观或绝望的感觉所困扰？
 2. 您是否经常觉得自己缺少或者没有精力做事？
 3. 您是否经常整天感到疲倦或精疲力竭？
 4. 您是否经常难以入睡，昏昏欲睡或睡得太多？
 5. 您是否经常感觉自己很糟糕，比如觉得自己是个失败者，或者您觉得让自己或者家人感到失望？
 6. 您是否停止与家人或朋友见面？
 7. 您的食量比平时少很多还是多很多？
 8. 您是否经常无法专注于日常事务？
 9. 您是否老有伤害自己的想法？

If you answer yes for any of those questions, or notice that you are struggling to cope with the sadness, you might want to seek professional help. Talk to your trusted doctors or healthcare providers and let them know your concerns.

只要您对这其中任何一项问题的回答是肯定，或者意识到您正在努力应对悲伤，您可能需要寻求专业帮助。与您信任的医生或医疗保健人员交流，使他们了解您所怀的忧虑。

WAYS TO OVERCOME SADNESS

克服悲伤的方法

1. Acknowledge that you feel sad. Repressing or denying uncomfortable emotions may cause more harm than good over time.
2. Allow yourself to cry. After crying it out, you may notice some form of relief.
3. Reach out to people you feel close to for emotional support.
4. Think about the context of the sadness in a non judgemental way to find out why you may be sad. You may ask yourself, "Are they related to an unhappy event or a loss?"
5. Give yourself more than enough time to find comfort and heal on your own schedule.



1. 承认自己感到悲伤。随着时间推移，压抑或否认不舒服的情绪可能弊大于利。
2. 允许自己哭泣。哭出来之后，您可能会得到某种形式的释放。
3. 向您觉得关系亲密的人寻求情感支持。
4. 以非评判的方式思量产生悲伤的情境，找出您感到悲伤的可能原因。您可能会问自己，“这些悲伤与这件不愉快的事情相关，还是与我的失去相关？”
5. 给自己充足的时间寻求慰藉，按照自己的节奏逐渐痊愈。



ABOUT COUNSELLING

关于心理咨询



HOW CAN COUNSELLING HELP?

心理咨询如何提供帮助？

When you attend counselling, you talk to a trained counsellor about your problems in a safe and supportive environment. There could be many times in our lives when we need someone to listen to us. If you have cancer, you may find it difficult to cope with your diagnosis, or you may feel a little lost amongst all the treatments and medical appointments. You may also be experiencing family and relationship issues, personal issues or emotional issues. This is when counselling may assist you in addressing various types of concerns that could arise as a result of your cancer diagnosis.

当您进行心理咨询，您将会跟训练有序的咨询师将会在一个安适和关切的环境中讨论您的问题。在我们的生命历程中，我们很多时候需要有人倾听我们的心声。如果您患有癌症，您可能会发现难以接受您的诊断结果，或者对所有治疗方式和医疗预约，您都会感到有点迷茫。您可能还会遇到家庭和人际关系问题、个人问题或情感问题。此时，心理咨询可能会帮助您应对因癌症诊断而可能出现的各种各样问题。



However, counselling is not meant to be a quick solution. The counsellor is not there to tell you what the problems are and how you should “fix” them. Rather, it is a journey that involves collaborative efforts between you and your counsellor to explore your concerns, examine options, and help you find out what best works for you.

然而，心理咨询也并非一种即刻解决方案。心理咨询师虽然就在那里，但他不能立马告诉您问题是什么，以及您应该如何“解决”它们。应该说，这是一段旅程，需要您协同心理咨询师一起努力，探讨您所怀的忧虑，审视各种可选的方案，并帮助您找出对您最有效管用的方法。

REACH OUT TO US

联系我们

If you know someone close to you with cancer, you might need some time to think about how you can cope and be there for your loved one. It is normal to have feelings of your own which you might not wish to burden your loved one with. As a result, you may try to hide your emotions. However, being able to express your emotions would allow you to provide support for your loved one in a more effective manner. Keep in mind that it is alright for you to reach out to a counsellor if you feel the need to talk to someone supportive.

如果您知道某个与您关系亲密的人患有癌症，您可能需要一些时间来思考如何应对这个情形并随时给予您所爱的人援手。您有自己的感受，可您可能不想对您所爱的人造成心理重负，这很正常。因此，您可能会试图隐藏自己的情绪。但是，能够表达自己的情绪会使您以更有效的姿态为所爱的人提供支持。请记住，如果您需要与一个能给予支持的人交谈，您大可以打开心房联系一位心理咨询师。



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