

一起手拉手，關懷你和我

生活中有時候會出現我們難以預料的事情影響我們的心情，

- 情緒：驚嚇、害怕、悲傷、難以接受、罪惡感、易怒、易緊張.....
- 生理：食慾及睡眠受影響、頭痛、拉肚子、身體緊繃.....
- 行為：哭泣、責備自己及他人、什麼都不想做或做很多的事、喝酒、抽菸.....
- 認知：反覆憶起事件、注意力無法集中、自責的念頭、人生無常.....

當我們身心出現這些改變時，你可以試試這些方法，
協助自己穩定情緒：

- 維持作息：盡可能維持規律的作息，有助穩定身心狀態。
- 找人陪伴：找家人、朋友及師長聊天、吃飯或是散心。
- 興趣抒壓：透過喜歡的休閒協助自己轉換情緒。
- 運動宣洩：撥出時間運動以緩解壓力。
- 宗教信仰：透過宗教信仰協助自己平靜心情。

當我觀察到身邊的人心情很不好，甚至想傷害自己時，
我可以

1. 問：主動關懷及積極聆聽。
2. 應：適當回應和支持陪伴。
3. 轉介：資源轉介與持續關懷，透過多方陪伴提供更好的支持。

如有立即性的危機，請直撥 **119** 請求協助

24小時校安中心：(06)238-1187 或校內分機 55555
心輔組：校內分機 50328

找到他的家長、朋友 → 連絡系所(導師、系主任、系辦行政人員)、宿舍管理員、輔導員、房東

如果這些情形嚴重影響生活，
或是持續超過一個月以上，
請務必尋求專業人員的協助，
尋求協助不是脆弱而是堅強，
需要時歡迎預約心輔組諮商，
讓心理師陪你一起度過。



心輔組諮商預約

Let's hold each other's hand and take care of each other

Sometimes things happen unexpectedly in our lives that affect our moods,

- Feelings: shocked, scared, sad, unbearable, guilty, irritable, tensed...
- Physical: loss of appetite and sleep, headache, diarrhea, tense body...
- Behaviors: crying, blaming self and others, not feeling like doing anything or doing too many things, drinking, smoking...
- Thoughts: recurrent thoughts or memories, difficulty concentrating, self-blaming, feeling uncertain about life...

When we feel those changes in our body and mind, you could try the following ways to you stabilize your mood:

- Keep your routine: Trying to keep your daily routine and activities can help you feel grounded in your mind and body.
- Reach out to other people: Talk to your family, friends, and teachers, have meals with them, or relax.
- Do things that you like: Doing activities you like for recreation can help you change your mood.
- Sports: Finding time for sport can reduce stress.
- Religious and spiritual belief: Religious and spiritual practice can help you feel calm.

If someone around me feeling distressed, or even wanting to hurt themselves, I can--

1 Ask: Show your care and be an active listener.

2 Respond: Respond appropriately, offer your support and be there for them.

3 Referrals: Reach out to other resources and continue to provide support. Seeking out multiple resources can provide better care.

- For immediate danger, please dial 119 for help.
- 24/7 hotline through NCKU security center: (06)238-1187 or Ext.55555.
- Ext. 50328 for Counseling and Wellness Services Division.
- Reach out to their parents and friends.
- Contact the Department (Professor, Department Chair, Department Secretary), Student Housing Managers, Counselors, or Landlord.

If these conditions seriously affect your life, or last more than 1 month, please seek professional help. Seeking help is not a sign of weakness, instead it's a sign of strength. Please make an appointment when you feel a need. Let counselors support you through this time.



For appointments: