



心理健康

Mental Health



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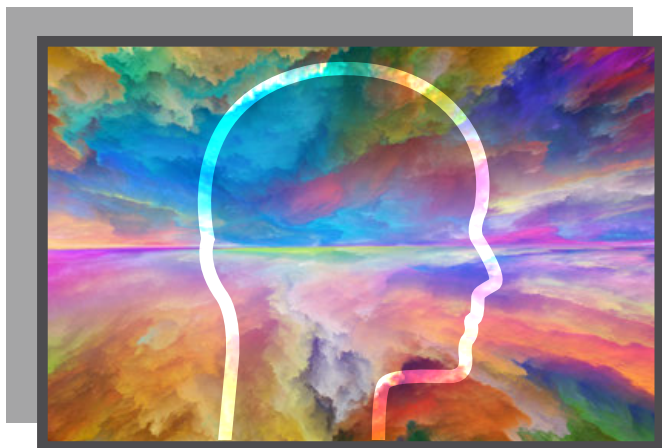


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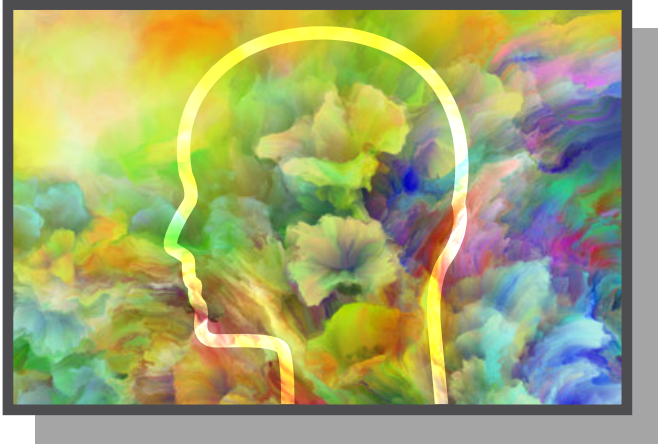
I. 簡介



A. 無需依賴電子產品也可以輕鬆減壓

在疫情期間，抑鬱症和焦慮症的發生率以及壓力的水平都大增。現在生活正在慢慢恢復正常，研究表明，過度使用科技、濫用藥物和不健康飲食等不良的應對方式有所增加。以下是一些方法幫您減輕壓力和促進更健康和充實的生活。

I. Introduction



A. Easy Ways to Destress Without Technology

During the pandemic, depression and anxiety rates have shot up, as well as stress levels. Now that life is slowly returning to normal, studies show that unhealthy coping mechanisms such as overuse of technology, substance abuse, and unhealthy diets have increased as a result. Here are some ways to destress and promote a healthier, more productive lifestyle.

II. 健康的活動



A. 園藝

即使沒有一塊土地，園藝也是戶外活動的好選擇。即使沒有任何園藝經驗的人也可以種植一些簡單的植物，包括任何種類的綠蘿和喜林芋等等！與大自然和環境接觸是減壓和享受樂趣的好方式！

II. Healthy Activities



A. Gardening

Even without a plot of land, gardening is a great way to get outdoors and exercise. Some basic plants that even those without a green thumb can cultivate include any species of a pothos plant and philodendrons, and more! Getting in touch with nature and the environment is a fantastic way to destress and have some fun!

II. 健康的活動



B. 拿起樂器

不管您有沒有任何音樂背景，任何時候拿起樂器也不會太遲。購買二手或便宜的樂器並下載像 Yousician 或 Simply Piano 的免費應用程式就可以開始了。研究證明，每天玩樂器和聽音樂可以降低壓力水平並提高生活質量。

II. Healthy Activities



B. Pick up an Instrument

It doesn't matter if you have any musical experience or not – it's never too late to pick up an instrument. Purchase a used or cheap instrument and download a free app like Yousician or Simply Piano to get started. It has been proven that individuals that play an instrument and listen to music daily have decreased stress levels as well as better quality of life.

II. 健康的活動



C. 繪畫、畫畫、素描

拿起畫筆或鋼筆打開您的藝術性的一面！類似其他活動一樣，熟能生巧。首先拿一張紙和觀看在線教程。藝術將運動系統和大腦聯繫起來，可以成為放鬆和分散注意力的好方法。

II. Healthy Activities



C. Painting, Drawing, Sketching

Get in touch with your artistic side by picking up a brush or pen! Like any other activity, practice makes perfect. Start by grabbing a piece of paper and watching an online tutorial. Artistic pursuits calibrate the motor system with the mind and can be a great medium for relaxation and distraction.

II. 健康的活動



D. 針織/鉤針編織

與繪畫或畫畫一樣，很多人誤以為必須具備先前的知識和技能才能享受這項活動。這是完全不真實的，任何人只要稍加練習就可以學會鉤針編織或針織。重複的動作和有趣的項目，例如被子或開襟衫，可以通過熟悉的身體動作舒緩心靈並減輕身體的壓力。

需要的材料：鉤針或者編織針，紗線，和剪刀。

II. Healthy Activities



D. Knitting/Crocheting

Like painting or drawing, knitting and crocheting fly under the radar of distress techniques from the misconception that one has to have previous knowledge and skills in order to enjoy the activity. This is completely untrue— anyone can pick up crocheting or knitting with a little practice. Repetitive motions and an interesting project, like a blanket or cardigan, can soothe the mind and distress the body through familiar physical movements.

What you'll need: crochet hook or knitting needles, yarn, and scissors.

II. 健康的活動



E. 帶氧運動

帶氧運動包括瑜伽、跳舞、遠足、跳繩等等。運動不但可以促進身體健康，還可以釋放大腦中的安多芬，讓我們快樂並減輕壓力。起初，定期運動乎很困難，尤其是對於那些不運動或很忙的人來說，但散步或短時間的伸展是可以容易融入您的日常生活的運動。

II. Healthy Activities



E. Aerobic Exercise

Aerobic or cardiovascular exercise ranges from yoga, dancing, hiking, jumping rope, and so much more. Not only does exercise promote physical health, but also releases endorphins in the brain that make us happy and less stressed. It may seem daunting at first to exercise on a regular basis, especially to those who aren't athletic or are busy, but taking small walks or short stretching routines will integrate right into your daily lifestyle.

II. 健康的活動



F. 日記

日記是反思日常事件和規劃未來的好方式。當您有壓力時，寫下重要的任務和完成它們的小步驟，而不是將壓力變成不良的習慣。清單、情緒板和老式日記都將幫助自我反省和減壓。

II. Healthy Activities



F. Journaling

Journaling is a fantastic way to reflect on daily happenings and plan for the future. When stressed, it can be helpful to write down important tasks and small steps to take to get them done, instead of turning the stress into unhealthy habits. Bullet journaling, mood boards, and the old-fashioned diary will all improve self-reflection and destressing.

III. 應避免的不健康應對方式



A. 花太多時間在電子產品上

如果您發現自己花太多時間躺在床上瀏覽社交媒體，這可能顯示您對科技上癮了。這在青少年和年輕人中尤為常見，而且隨著疫情，大部分生活都轉移到網上了。研究表明，增加使用手機會降低工作效率和增加與心理健康相關的問題。

III. Unhealthy Coping Activities to Avoid



A. Spending Too Much Time Using Technology

Particularly if you find yourself spending too much time laying on the bed and scrolling on social media, it can be a sign that you're addicted to technology. It's especially common in teens and young adults, and with the pandemic, much of life has moved online. However, studies show that increased phone use has decreased productivity and increased mental health-related issues.

III. 應避免的不健康應對方式



B. 濫用藥物

更多的濫用電子煙、酒精等與疫情期間的壓力有關。事實證明，大量使用藥物不但不健康，而且不利於心理健康和控制壓力。請記住，如果您正在與藥物上癮鬥爭，永遠不會太遲戒菸和轉移到更健康的應對方式。

如果有需要，您可以致電或以短訊聯絡 9-8-8 向專業人士尋求協助。

III. Unhealthy Coping Activities to Avoid



B. Substance Use

Abuse of substances like vapes, alcohol, and more has increased in correlation with stress levels over the pandemic. However, it has been proven that substance use is not only unhealthy when consumed in large amounts, but also detrimental to mental health and stress control. If you're struggling with substance addiction, it is never too late to quit and transition to a more healthy coping mechanism.

It's okay to ask for help if you need it. Call or text 9-8-8 to talk to a professional.

IV. 資源

- 美國疾病預防控制中心
<https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>
- 美國藥物濫用和心理健康服務管理局
<https://www.samhsa.gov/language-assistance-services#chinese>
- 英國心理健康基金會
<https://www.mentalhealth.org.uk/a-to-z/s/stress#:~:text=Stress%20is%20our%20body's%20response,all%20deal%20with%20stress%20differently>

IV. Resources

- **Centers for Disease Control and Prevention**
<https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>
- **Substance Abuse and Mental Health Services Administration**
<https://www.samhsa.gov/find-help/national-helpline>
- **Mental Health Foundation**
<https://www.mentalhealth.org.uk/a-to-z/s/stress#:~:text=Stress%20is%20our%20body's%20response,all%20deal%20with%20stress%20differently>

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