

面對重大事故，如何照顧心理壓力？

Caring for ourselves in times of crisis

悲傷
Upset

恐懼
Fear

擔憂
Anxiety

憤怒
Anger

無助
Helplessness

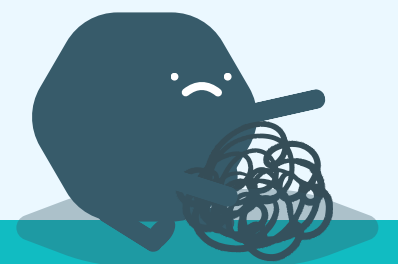


急性壓力反應

Acute Stress Reaction (ASR)

目睹或面對創傷事件如：交通意外、災難、別人受傷或離世等，有些人可能會出現「**急性壓力反應**」——因巨大威脅及壓力而觸發身體或精神出現的短暫反應，屬於一種正常的生理與心理機制，幫助應對壓力情境。

Witnessing or encountering overwhelming traumatic events, such as traffic accidents, disasters, injuries or the death of someone, may cause some individuals to experience "**Acute Stress Reaction**" (ASR) — a short-term reaction triggered by immense stress. It is a normal physiological and psychological mechanism designed to help individuals cope with stressful situations.



急性壓力症：徵狀一般持續數天至一個月，大部分人都能自行逐漸恢復過來，壓力徵狀亦會隨之消失。

Acute Stress Disorder (ASD): Symptoms typically last from a few days to up to one month. Most individuals are able to gradually recover on their own, and stress-related symptoms usually subside over time.



你可能出現以下徵狀：

You may experience the following:

身體徵狀 Physical Symptoms	情緒徵狀 Psychological Symptoms
疲累或失眠 Fatigue, sleep difficulties	在腦中反覆呈現事故畫面、噩夢 Experience flashbacks or nightmares
心悸、噁心 Palpitations, nausea	情緒低落或麻木 Low mood, numbness
冒汗、手抖 Sweating, trembling hands	迴避創傷有關的人事物 Avoidance of trauma-related events
胸口痛、呼吸困難 Chest pain, difficulty in breathing	專注力下降、失去記憶 Difficulty concentrating, memory loss
對潛在危險過份警覺 Hypervigilance to potential danger	無法感受正面情緒 Inability to experience positive emotions



此時此刻，你可以怎樣幫助自己

Ways to manage your emotions in the moment

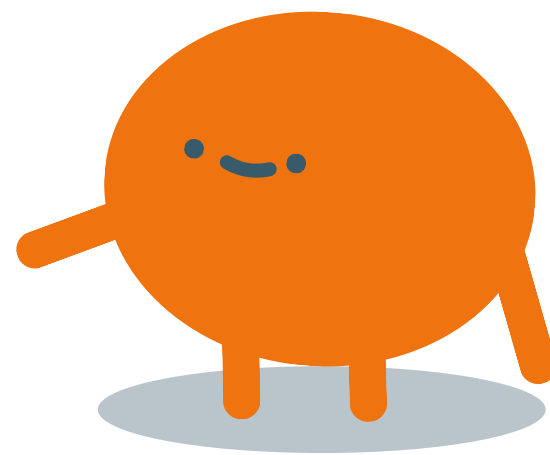
1

辨識可靠的資訊來源， 並暫時從大量資訊中抽離

Identify reliable information sources
and set boundaries on your information intake

大腦難以在短時間內消化過多的資訊。暫時停止或縮短查看新聞的時間，並追蹤可靠的資訊來源。同時避免傳送或轉發未經查證的訊息，減少接收過多資訊與負面情緒。

The brain can struggle to process an overwhelming amount of information. Take breaks or limit the time you spend on news, and follow only reliable sources. Avoid sharing unverified information to reduce information and emotional overload.



此時此刻，你可以怎樣幫助自己

Ways to manage your emotions in the moment

2

嘗試安定心神練習，幫助自己紓緩情緒

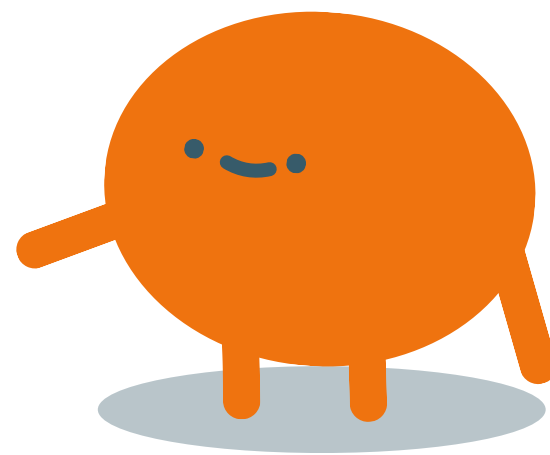
Practice grounding exercises to relieve difficult emotions

如果我們跌入了不安的情緒反應，可能會讓自己更混亂。邀請你一起進行安定心神的練習，靜下來，了解自己現在的狀態，然後再決定合適的行動去照顧自己。

When you find yourself caught in a spiral of unease and strong emotions, grounding exercises can help you pause, reflect, and check in with yourself before deciding on the next steps.



語音導航 Audio Guide (廣東話 Cantonese):
安定心神練習 Grounding exercise



你也可以這樣照顧自己：

Take good care of yourself by:



1

補充水分、讓自己進食和休息，保持身體溫暖等，減輕焦慮和壓力

Staying well-hydrated, eating and resting more, and keeping warm to maintain your energy levels and reduce stress.

2

讓自己有空間去面對強烈情緒，不用要求自己盡快恢復正常生活

Allowing yourself space to process your emotions. You do not have to rush yourself to “feel better”.

3

若你持續對事件有著強烈的情緒反應，便需要尋求專業心理健康支援，好讓情緒得以梳理和減輕壓力

Seeking professional mental health support if you keep having strong reactions to what happened. They can help you work through your feelings and reduce your stress.



尋求協助

Seek Help

如果你或身邊人正受情緒困擾想尋求協助，可參考以下支援：

If you are experiencing emotional distress and would like to seek support, you may consider the following resources:

情緒通 24 小時熱線

Mental Health Support 24-Hour Hotline

*同時提供WhatsApp支援

WhatsApp support is also available

18111

香港紅十字會即時心理支援熱線

Hong Kong Red Cross Psychological Support Hotline

服務時間 Service hours:

27 - 28/11: 10:00am - 10:00pm

5164 5040

24 小時網上支援平台 Open 嚟

Open Up - 24/7 online counselling platform

WhatsApp:

9101 2012

