

Looking After Your Mental Health

照顾好您的精神健康



The COVID-19 Pandemic is now known as the biggest global crisis in generations. In most countries, the government's response to the COVID-19 Pandemic from 2020-2021 has had far-reaching repercussions for health systems, economies and societies.

People have lost their livelihoods and fallen below the poverty line, children and young people missed out on learning and socializing, and businesses have gone bankrupt. Naturally, when lives are drastically affected in this manner, there would be an increase in rates of anxiety, depression, and post-traumatic stress disorder. When left untreated or unmanaged, mental health problems can cause further complications like the following:

- Unhappiness
- Decreased enjoyment in life
- Family conflicts
- Relationship difficulties
- Social isolation
- Problems with tobacco, alcohol and other drugs
- Missed work or school, or other problems related to work performance or school results.
- Legal and financial problems
- Poverty and homelessness
- Self-harm and harm to others, including suicide or homicide
- A weakened immune system, so your body has a hard time resisting infection
- Heart disease and other medical conditions

Government, international and national organizations recognize that this is an increasing problem especially on the rising suicidal rates and have taken measures to come up with various ways to fix it. Meanwhile, as an individual, we can do our part in improving this situation.

How do we do that? Firstly, to take care of others, we first need to practise self-care. This does not mean that you are choosing yourself over your loved one. Rather, it means being mindful of your own needs so that you are better able to support the people you love and care about.

Self-care looks different for everyone, and it is important to find what you need and enjoy doing. It may take trial and error to find out what works for you. Here are some tips to help you get started:

1. Get Regular Exercise

When we exercise, our brain releases "feel-good" chemicals known as endorphins. This helps to improve mood, energy levels, and even sleep. Just 30 minutes of exercise daily will do the job. Small amounts of exercise add up over time.

Exercise suggestions:

- Rebounding exercise
- Brisk walking in the park or on the beach
- Resistance training
- High-Intensity Interval Training (HIIT)

新冠肺炎大流行现已被称为几代以来最大的全球危机。2020年到2021年，大多数国家政府对新冠肺炎大流行的应对措施，在卫生系统、经济和社会中都造成了深远的影响。

人们失去了生计，生活在贫困线以下，小孩和青年错过了学习和社交机会，企业破产。当生活受到了如此严重的打击时，焦虑、抑郁和创伤后应激障碍的发病率也就自然增加了。如果不治疗或对此置之不理，这些精神心理健康问题很可能会带来更严重的后果：

- 不快乐
- 生活乐趣减少
- 家庭冲突
- 人际关系困难
- 社交孤立
- 烟草、酒精和其他毒品问题
- 旷工或旷课，或其他与工作表现或学业成绩有关的问题
- 法律和财务问题
- 贫困和无家可归
- 自残和伤害他人，包括自杀或杀人
- 免疫系统减弱，因此更难抵抗感染
- 心脏病和其他疾病

政府、国际和国家组织都意识到这是一个日益严重的问题，尤其是不断增加的自杀率，因而采取了各种措施来解决这个问题。同时，我们也能以个人的力量，做好自己的本分来帮助改善这个情况。

我们应该怎么做呢？首先，在照顾其他人之前，我们首先要先学会自我照顾。这并不代表您只顾自己而不是您所爱的人。相反的，它意味着只有先关注您自己的需求，才能让您更好地支持您所关爱的人。

每个人的自我照顾方式都不一样，重要的是找到您需要什么，喜欢做什么。您可能需要反复试验才能找到适合自己的方法。这里有一些建议可以帮助您开始：

1. 经常锻炼身体

当我们运动时，我们的大脑会释放一种叫做内啡肽的“感觉良好”的化学物质。这有助于改善情绪，能量水平，甚至睡眠。每天只要锻炼30分钟就可以了。少量的运动积少成多。

运动建议：

- 弹跳练习
- 在公园或海滩快步
- 抗阻力训练
- 高强度间歇训练 (HIIT)

2. Fast Intermittently & Stay Hydrated

There are many different types of fasting and Intermittent Fasting (IF) is one of the most common methods.

This plan involves fasting for 16 hours and eating 2-3 meals during an 8-hour time period. Here is an example: you have breakfast at 10 AM, lunch at around 1 PM, then dinner by 6 PM. You then begin the 16-hour fasting period with no other food consumed until breakfast the next day. During your fasting hours, you may drink water, black coffee, or herbal tea with no sweeteners added.

How does fasting help with mental health? They have been known to reduce inflammation while improving mood and alertness. This can help to reduce symptoms of depression and anxiety in some cases.

3. Take Supplements

In addition to IF, you may consider taking the following supplements which have been known to support mental health.

2. 间歇性断食和保持水分

禁食有很多种，间歇性禁食 (IF) 是最常见的方法之一。

这个计划包括禁食16小时及在8小时内吃2-3顿饭。举个例子：早上10点吃早餐，下午1点吃午餐，傍晚6点吃晚餐。然后开始16个小时的禁食，直到第二天的早餐。在禁食的时间里，可以喝水、不添加甜味剂的黑咖啡或花草茶。

禁食如何有助于心理健康？禁食可以减少炎症，同时改善情绪和警觉性。在某些情况下，这有助于减轻抑郁和焦虑的症状。

3. 服用补充剂

除了间歇性禁食，您可以考虑服用以下补充剂，这些补充剂已知有助于精神健康。

NIACIN

Niacin is needed by the brain to function properly. Studies have shown that a deficiency in this important vitamin can lead to brain fog and mental health symptoms like depression and even schizophrenia.

Recommended dosage: 100mg 3 times daily after meals.

Note: it is a very common experience to feel a warm sensation, known as the "niacin flush", spreading across the body. Some people may be more sensitive to the flushing effect than others and would experience the flush after taking 50mg of niacin, while someone else might only experience it with 200mg or more.

Rest assured, the "niacin flush" is harmless and tends to last not more than 20 minutes. This reaction wears off as you continue to use niacin, so please be patient as you build up a tolerance to it.

It is wise to start at low doses (50mg three times daily) and gradually increase this amount every week until you get to your target. Splitting your dose to several times a day or taking it after a meal would also help to reduce the flush.



烟碱酸

烟碱酸是大脑正常运转所需的物质。研究表明，缺乏这种重要的维生素会导致脑雾和精神健康症状，如抑郁症，甚至精神分裂症。

建议剂量：100毫克，每日3次，饭后服用。

注意：服用烟碱酸20至30分钟后，体内血管扩张，全身会慢慢感到温热。这种感觉很常见，通常被称为“热潮红”。潮红的程度因人而异，有些人可能比较敏感，在服用50毫克烟碱酸后就会感到潮红，而有些人可能服用200毫克或更多才会体验潮红。

请放心，“烟碱酸潮红”是无害的，持续时间往往不超过20分钟。当您持续使用烟碱酸一段时间后，随着您对其的耐受性增强，这种反应就会消失，所以请耐心等待。

最好从低剂量开始（每天三次，每次50毫克），然后每周逐渐增加剂量，直到达到您的目标剂量。将剂量分成一天几次或饭后服用也有助于减少潮红。

B COMPLEX

Like niacin, the B vitamins help the brain and nervous system to function properly, and may help to reduce stress-related disorders. A deficiency can lead to unpleasant experiences such as panic and anxiety attacks.

Research has shown that optimum Vitamin B6 levels help to lighten anxiety, nervousness, irritability and confusion and improve some forms of depression. Taking **Vitamin B Complex** before sleep has been known to improve the quality of sleep.

Recommended dosage: 1 tablet 3 times daily after meal.

复合维生素B

像烟碱酸一样，维生素B有助于大脑和神经系统正常工作，并有助于减少与压力相关的疾病。缺乏维生素B会导致不愉快、不想要的经历，如恐慌和焦虑发作。

研究显示，保持一个最佳水平的维生素B6有助于减轻焦虑、紧张、易怒和困惑，并改善某些形式的抑郁。睡前服用**复合维生素B**已经被认为可以提高睡眠质量。

建议剂量：每日3次，每次1片，饭后服用。



FLAXSEED OIL

In a 2020 randomized, double-blind, placebo-controlled clinical trial, women with depression who were given twice-daily doses of flaxseed oil for 10 weeks experienced improved depression-related symptoms.

Recommended dosage: 2 tablespoons daily. Mix it in a bowl of homemade yoghurt.

亚麻籽油

在2020年的一项随机、双盲、安慰剂对照临床试验中，接受为期10周每日2次亚麻籽油治疗的抑郁症女性患者的抑郁相关症状有所改善。

建议用量：每天2汤匙。把它混合在一碗自制的酸奶中。



COLOSTRUMX

ColostrumX contains Eicosapentaenoic acid (EPA). In 2009, researchers reviewed data from 3 studies that used EPA in the treatment of depression. The large majority of subjects taking EPA showed significant improvement and benefited from EPA as compared to those with a placebo.

Recommended dosage: 1 packet 2 times daily.

初乳奶粉

初乳含有二十碳五烯酸 (EPA)。2009年，研究人员审查了三项使用EPA治疗抑郁症的研究数据。与服用安慰剂的受试者相比，绝大多数服用EPA的受试者表现出明显的改善和受益。

建议用量：每日2次，每次1包。

IMMUFLORA®

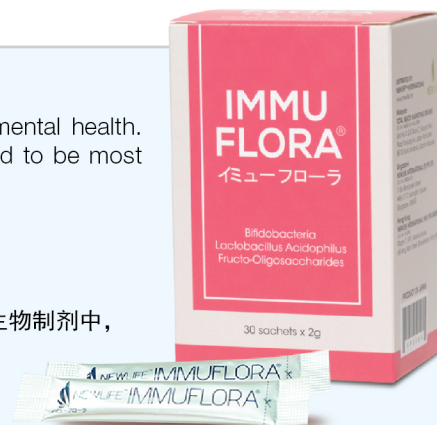
“Psychobiotics” is a term used by researchers to refer to probiotics used to benefit mental health. Among all the psychobiotics used, Lactobacillus and Bifidobacterium bacteria appeared to be most helpful for mental health.

Recommended dosage: 1 sachet twice daily.

免疫激菌植

“精神生物制剂”是研究人员用来指有益于心理健康的益生菌的术语。在所有使用的心理生物制剂中，乳酸菌和双歧杆菌似乎对心理健康最有帮助。

建议剂量：1包，每日两次。



4. Ensure that Cholesterol Is High Enough

This is for those on cholesterol lowering drugs (Statins). On page 236-237 of **Cholesterol: Guilty or Innocent**, Dr. Lynn highlighted that one's ability to deal with stress will be compromised if the cholesterol levels are too low.

5. Set Goals and Priorities

Prioritize what must be done now and what can wait. Say "no" to new tasks if you start to feel that it is too much. At the end of the day, take note of what you have accomplished, instead of what you have not been able to do.

6. Practise Gratitude

In the evening, write down the things that you are grateful for. Be specific.

7. Stay Connected

Reach out to your friends or family members who can provide emotional support and help.

4. 确保胆固醇足够高

这是写给那些服用降胆固醇药物(他汀类)的人。《胆固醇:有罪还是无辜?》第236-237页,陈林恩珠博士指出,如果胆固醇水平过低,一个人应对压力的能力就会降低。

5. 设定目标和优先次序

优先考虑现在必须做的和可以等待的。如果您开始觉得新任务太多了,就要懂得拒绝。在一天结束的时候,记下您已经完成的事情,而不是您还没能完成的事情。

6. 学会感恩

晚上,写下您感激的事情。要具体。

7. 保持联系

向您的朋友或家人寻求情感上的支持和帮助。

If you still feel weighed down by issues after trying the above, please reach out for help. Visit the following links if you are in the following locations:

如果在尝试了以上所有的自我护理措施后,您仍然感到压力重重,请寻求帮助。如果您位于以下住处,请访问对应链接:

Malaysia 马来西亚: <https://www.befrienders.org.my/>

Singapore 新加坡: <https://www.gov.sg/article/call-these-helplines-if-you-need-emotional-or-psychological-support>

