

Physical effects of grief

Language: Simplified
Chinese

Cruse
Bereavement
Support

悲伤对身体的影响

悲伤以您意想不到的方式影响着身体。这些变化可能令人担忧，甚至令人恐惧。

食欲和消化

在某人去世后的一段时间，您可能不想吃东西。您可能感觉难以下咽，食物可能味道奇怪。或者您可能会发现您比平时吃得多，或者只吃您喜欢的食物。消化不良也很常见。

这很正常。如果您的饮食改变了，请不要对自己太苛刻。如果注意到这些变化，请不要惊慌。

什么有解决办法？

试着找到对您有效的方法。如果您不想吃东西，试着为自己提供少量的、易于管理的食物。如果您不想做饭，试试即食餐，或一些不需要准备的食物。对自己放松点。如果您不像平时那样吃东西，这是可以的，但慢慢地回到同一时间吃饭的习惯会有所帮助。

如果几周后您仍然担心，请和您的全科医生谈谈。

睡眠

有人去世了，您感到愤怒是正常的。您可能会因为做恶梦而害怕入睡。或者您可能会发现很难入睡，因为您的大脑在加速运转。有时，您可能会梦见已逝去的人还活着，发现醒来很痛苦。

什么有解决办法？

- 尝试慢慢地回到晚间惯习之中。
- 睡前泡个澡或淋浴有助您放松。
- 运动也确实有助您缓解身体疲倦。
- 如果您不想做剧烈运动，散步和瑜伽是比较温和的运动。

- 尽量不要上床睡觉，除非您真的准备好睡觉了。
- 听轻松的音乐或睡眠播客。

焦虑

悲伤会让您感到非常焦虑。有时这会导致呼吸困难，心悸，甚至惊恐发作。后果可能会很可怕。如果您定期出现这些症状，请联系您的医生。

什么有解决办法？

- 运动对您的身体来说是一种减少紧张的有效方式，有助于用尽让您感到焦虑的肾上腺素。但是，如果您只能做简单的运动，比如散步时，不要尝试让人劳累的健身课。
- 呼吸练习和冥想会很有帮助。
- 饮食——有些人发现某些食物和饮料，如咖啡，会使病情恶化，有些人发现它可以起到帮助。写食物日记有助于弄清楚是什么影响了您。
- 和别人谈谈令您焦虑的事情也会有帮助。告诉您的朋友、家人和同事发生了什么，让他们知道如何支持您。或者联系支持组织，如 CRUSE。

身体的疼痛和其他疾病

在亲友去世后，您感到身体疼痛，或出现小病是很常见的。悲伤的情绪会影响您的整个身体。它会使您的身体更难抵抗轻微的感染。

什么有解决办法？

通常，身体疼痛的感觉会随着时间的推移而减轻。但是要尽可能多休息，了解您的身体需要什么。

如果您感到非常不舒服，或者几周后发现您仍然生病，或仍然感到疼痛，请联系您的全科医生。

联系 Cruse 的帮助热线

如需更多帮助，但又不会说英语，我们可以通过一个名为 **Languageline**（语言热线）的服务，为您提供帮助。

帮助流程

1. 拨打 0808 808 1677。

2. 您将会听到一段用英语录制的信息。请耐心等待接听。有很多人都希望获得我们的服务，如果无人应答，请您稍后再尝试拨打。
3. 当志愿者接听您的来电时，请用英语清楚地告诉他们您的语言。
4. 随后我们的志愿者会打电话给我们的翻译服务，您将会听到他们在和其他人沟通连线，请您不要挂机。您可能需要等待几分钟。
5. 接着口译员会加入通话，协助您和帮助热线的志愿者沟通。
6. 因为这是一个三方对话，它会比通常的帮助热线电话需要更长的时间，所以请您耐心等待。

我们的求助热线服务时间如下：

- 星期一：上午 9:30-下午 5:00
- 星期二：上午 9:30-晚上 8:00
- 星期三：上午 9:30-晚上 8:00
- 星期四：上午 9:30-晚上 8:00
- 星期五：上午 9:30-下午 5:00
- 周末：上午 10:00-下午 2:00

English version

Physical effects of grief

Grief affects the body in ways you might not expect. These changes can be worrying or even frightening.

Appetite and digestion

You may not feel like eating in the early days after someone dies. It may feel difficult to swallow and food can taste strange. Or you might find you're eating a lot more than usual, or only eating foods that you find comforting. Digestive upsets are also common.

This is very normal. Try not to be too hard on yourself if your diet looks different right now. And try not to panic if you notice these changes.

What helps?

Try to find what works for you. If you don't feel like eating, try serving yourself small, manageable portions. If you don't feel like cooking, try a ready-meal or something that takes little preparation. Go easy on yourself. It's okay if you're not eating as you normally would, but slowly getting back to a routine of eating at the same times can help.

If you're still worried after several weeks, speak to your GP.

cruse.org.uk

帮助热线：0808 808 1677

注册慈善机构编号 208078

Sleep

It's normal to have trouble sleeping after someone dies. You might be frightened to go to sleep because of bad dreams or nightmares. Or you might find it difficult to get to sleep because your mind is racing. Sometimes, you may dream that the person who died is still alive and find waking up to be very painful.

What helps?

- Try to slowly get back into a night-time routine.
- Things like taking a bath or showering before bed are good ways to help you relax into the evening.
- Exercise can also be really helpful to tire your body out.
- Walking and yoga are gentle ways to get moving if you don't feel up for energetic exercise.
- Try not getting into bed until you feel really ready to sleep.
- Try listening to relaxing music or sleep podcasts.

Anxiety

Grief can make you feel very anxious. Sometimes this can result in feeling breathless, having heart palpitations or even a panic attack. This can be very scary. If you start to have these regularly, it's a good idea to contact your doctor.

What helps?

- Exercise is a useful way for your body to reduce tension, and use up the adrenalin that it's producing that's making you feel anxious. But don't try and start an extreme new gym class when a gentle walk is all you can manage.
- Breathing exercises and meditation can be very helpful.
- Diet – some people find certain foods and drinks like coffee can make it worse, and some find it helps. Keeping a food diary could help work out what is affecting you.
- Talking to someone about what's making you anxious can also really help. Tell your friends, family and colleagues what's going on so they know how to support you. Or contact a support organisation such as Cruse.

Physical pain and other illness

It's common to feel physical pain, and have minor illnesses after someone dies. Grief can affect your whole body. It can make it harder for your body to fight off minor infections.

What helps?

Normally, feelings of physical pain will ease with time. But try to get as much rest as possible and listen to what your body needs.

Speak with your GP if you feel very unwell, or find you're still ill or in pain after several weeks.

Contacting the Cruse Helpline

If you need more help, and don't speak English, we can arrange for support on our helpline through a service called LanguageLine.

How it works

1. Call 0808 808 1677.
2. You will hear a recorded message in English. Please hold to speak to someone. There is a lot of demand for our service so you might have to try again at a less busy time if no one is able to answer.
3. When a helpline volunteer answers clearly tell them the name of the language you speak in English.
4. The volunteer will then call up our translation service – you will hear them talking to someone else to set the call up, please stay on the line. This could take a few minutes.
5. An interpreter will then join the call and translate between your language and English for you and for the helpline volunteer.
6. Because this is a three-way conversation it will take a little longer than a usual helpline call so please be patient.

Our helpline hours are:

- Monday: 9.30am-5pm
- Tuesday: 9.30am-8pm
- Wednesday: 9.30am-8pm
- Thursday: 9.30am-8pm
- Friday: 9.30am-5pm
- Saturday and Sunday: 10am -2pm