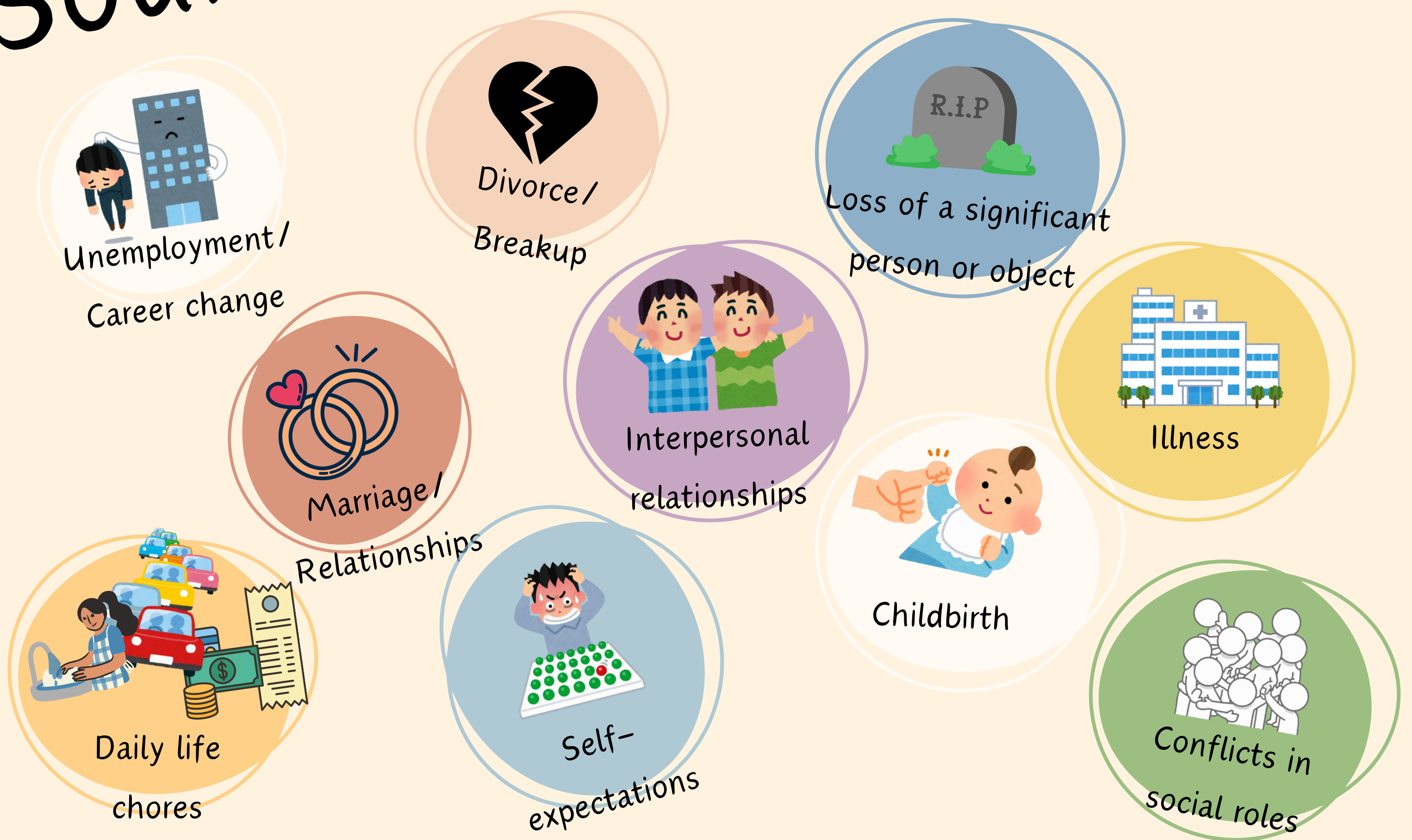


Sources of Common Stress



Life Events Stress Scale (Holmes & Rahe, 1967)

Rank	Life Event	Mean Value	Rank	Life Event	Mean Value
1.	Death of spouse	100	23.	Son or daughter leaving home	29
2.	Divorce	73	24.	Trouble with in-laws	29
3.	Marital separation	65	25.	Outstanding personal achievement	28
4.	Jail term	63	26.	Wife begins or stops work	26
5.	Death of close family member	63	27.	Begin or end school	26
6.	Personal injury or illness	53	28.	Change in living conditions	25
7.	Marriage	50	29.	Revision of personal habits	24
8.	Fired at work	47	30.	Trouble with boss	23
9.	Marital reconciliation	45	31.	Change in work hours or conditions	20
10.	Retirement	45	32.	Change in residence	20
11.	Change in health of family member	44	33.	Change in schools	20
12.	Pregnancy	40	34.	Change in recreation	19
13.	Sex difficulties	39	35.	Change in church activities	19
14.	Gain of new family member	39	36.	Change in social activities	18
15.	Business readjustment	39	37.	Mortgage or loan less than \$ 10,000	17
16.	Change in financial state	38	38.	Change in sleeping habits	16
17.	Death of close friend	37	39.	Change in number of family get-togethers	15
18.	Change to different line of work	36	40.	Change in eating habits	15
19.	Change in number of arguments				

Take a moment to reflect. Have any of the above events happened to you? Add up the scores of the events that have occurred. The higher the score, the more likely you are to experience anxiety, depression, or irritability. It is recommended to seek professional help at the right time!

資料來源：新北市政府衛生局 - 我有哪些壓力源？ 更新時間：110/05/14

臺北榮總護理部健康e點通 - 壓力的自我調適 更新時間：112/04/14

資料來源：林嘉俊醫師 - 你的壓力指數有幾分？ 更新日期：113/07/13

Common Symptoms or Diseases

Triggered by Stress

💡 Don't Ignore Your Body's Warnings!

Rapid breathing,
hyperventilation, chills,
frequent headaches

Palpitations, arrhythmias,
hypertension, heart disease,
stroke

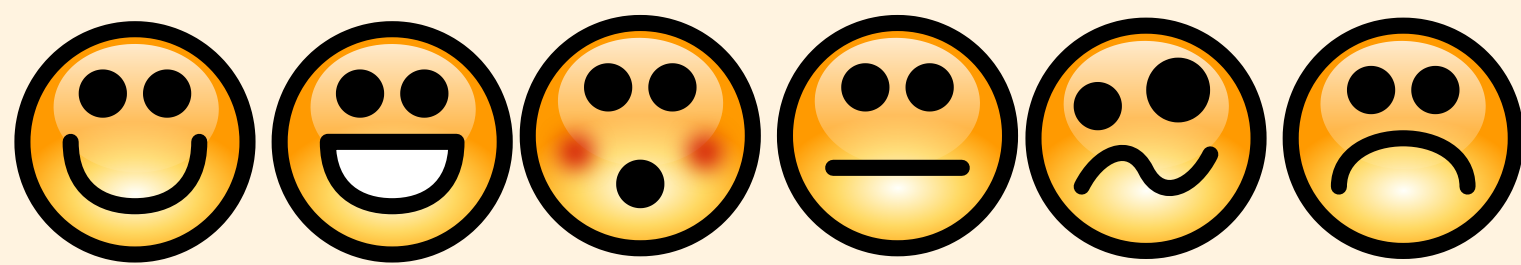
Dry mouth, difficulty
swallowing, poor appetite,
indigestion, nausea or vomiting,
stomach discomfort, stomach
ulcers, diarrhea, or constipation,
overweight

Pain (e.g., neck, shoulder,
arm pain), tendonitis, carpal
tunnel syndrome, lower back
pain, muscle tension

Frequent illnesses, respiratory
infections, increased colds,
changes in menstrual cycle, poor
skin condition

心情溫度計

Brief Symptom Rating Scale (BSRS-5)



Please circle the level of distress caused by each of the following items in the past week (including today).

	None	Mild	Moderate	Severe	Very Severe
Difficulty in sleeping, such as difficulty in falling asleep, waking up easily or early	0	1	2	3	4
Feeling nervous	0	1	2	3	4
Feeling easily distressed or irritated	0	1	2	3	4
Feeling melancholy and depressed	0	1	2	3	4
Feeling inferior to others	0	1	2	3	4
★Suicidal thoughts	0	1	2	3	4

Explanation:

Total score for questions (1) to (5):

0–5 points: Good mental and physical adaptation.

6–9 points: Mild emotional distress; it is recommended to talk to family or friends to express emotions and receive emotional support.

10–14 points: Moderate emotional distress; it is recommended to seek psychological counseling or professional consultation.

15 points: Severe emotional distress; high care is required, and it is recommended to refer to psychiatric treatment or professional counseling.

★For the "Suicidal Thoughts" item:

This is an additional item. If the total score for the first five questions is less than 6 points but the score for this item is 2 or higher, it is recommended to seek psychiatric care.

微笑 5 步驟， 憂鬱拋腦後

SLEEP – Sleep well

Reduce the use of electronic devices before bed, or help yourself fall asleep with meditation, stretching, or relaxation techniques. Maintain sufficient and regular sleep to reduce fatigue.

MOBILE – Exercise

Try activities that relieve stress, such as relaxation, massage, meditation, or singing. Regular exercise increases serotonin levels, improving mood.

INTERACT – Socialize

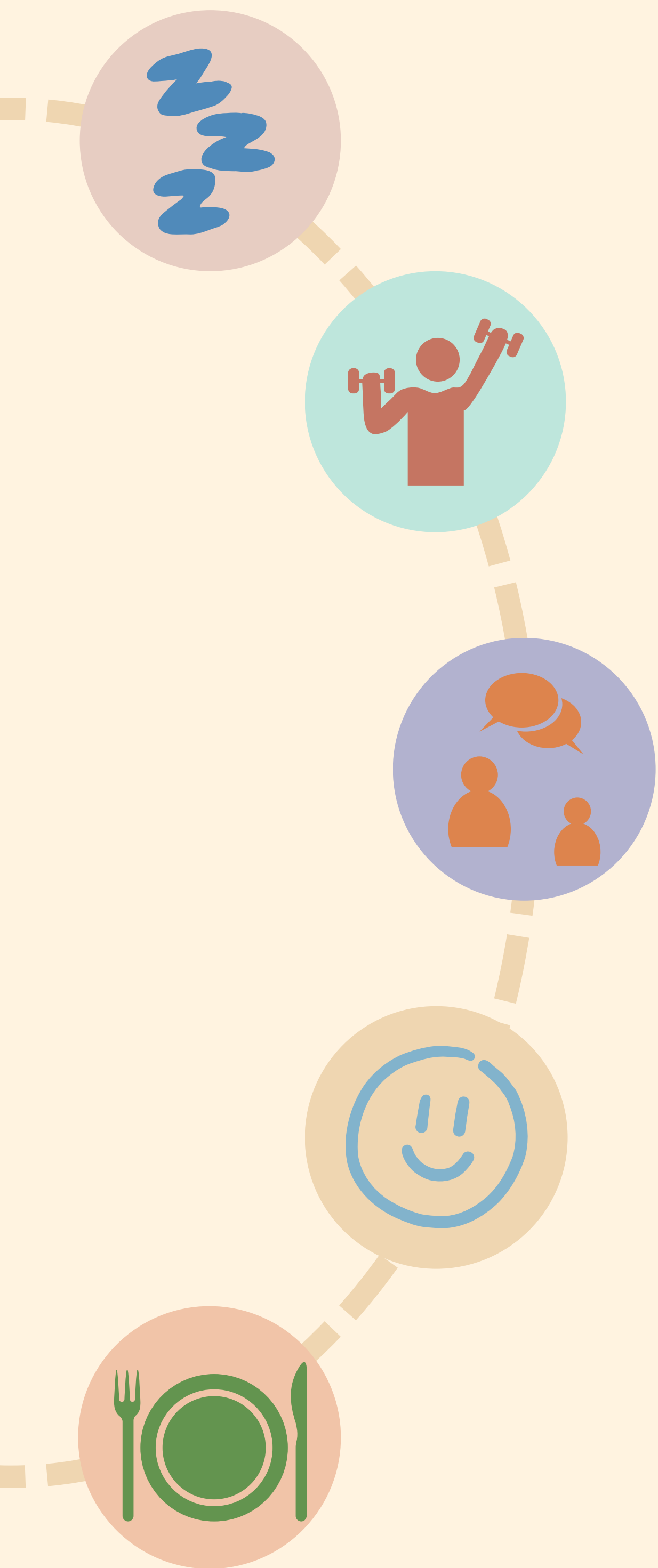
Engage in conversations with friends and family to relieve stress, and listen to their helpful suggestions and support.

LOVE / LAUGH – Care/Laugh more

Show care for those around you, maintain a smile, and adopt a positive attitude.

EAT – Eat healthily

Pay attention to a balanced and healthy diet, and supplement with vitamin B-rich foods (such as whole grains, dark green vegetables, nuts) to help reduce anxiety.



Community Mental Health Resources

- Ministry of Health and Welfare 24-Hour Free Hotline: **1925**
- Lifeline 24-Hour Free Hotline **1995**
- Teacher Chang Counseling Hotline (free for calls made through Chunghwa Telecom, other calls charged as local calls): **1980**



• Taoyuan City Community Mental Health Center – Online Consultation Appointment

Notice:

1. Eligible Individuals: **Residents or those living in Taoyuan City.**
2. Service Content: "One-on-one" psychological counseling sessions. Appointment slots for the following month will open before the 16th of each month.
3. Cost: Fully subsidized by the government. Since the resources for this service are limited, please use them responsibly. If you need to cancel or reschedule your appointment, kindly contact the responsible institution for your area in advance to avoid wasting resources.
4. Appointment Limit: Currently, the maximum number of services available per person each year is four. If further services are needed after four sessions, it is recommended to seek professional psychiatric assistance.

• New Taipei City Linkou District Health Center – Free Counselor Consultation

1. Event Date: Once per month
2. By appointment only. Please register in advance.

• Taipei City Community Mental Health Center – Community Counseling Services

1. Registration Method: Please make a phone appointment during the service hours of each clinic, or register online via the Taipei City Hospital website.
2. Payment Method: Please refer to the webpage for details.

- Ministry of Health and Welfare 'Well Being' Mental Health Platform
- Linkou Chang Gung Memorial Hospital – Psychiatry and Mental Health Information

