

親愛的成年人：

隨著近日疫情升溫，相信大家都開始感受到不安的情緒，適逢學校辦理全大運期間，我們也密切注意疫情的變化，隨時做出相對的應變措施。

在這變動的疫情下，除了持續遵守防疫規定，守護好自己的身體健康，也別忘了關照自己的心情。建議可以和身邊的人聊聊你的不安，與親友互相關心，避免過度關注相關新聞，增加不必要的恐慌。

疫情不確定的狀況下，任何感受都是正常的；但若你的情緒已經嚴重影響到你的日常生活，建議你可以到心輔組跟心理師聊聊，一起找出安穩自己的方法。

變動的疫情下，我們齊心努力，一起挺過難關！

線上預約諮商網址：

https://happiness.osa.ncku.edu.tw/CS_NCKU/index.aspx



心輔組安心專線：

06-2757575 轉 50328、50334

心輔組電子信箱：em50320@email.ncku.edu.tw

Dear NCKU members,

As the increased spread of COVID-19, many of us are experiencing emotions such as fear and anxiety. Due to the period of National Intercollegiate Athletic Games, we are paying close attention as well as taking precautions and measures to respond to this changing situation.

During this time of crisis, in addition to following the CDC guidelines to protect yourself, please also remember to take care of your mental health.

We would like to offer some healthy ways for you to cope with stress.

Stay connected with your friends, family, or people you trust to talk about your concerns and how you are feeling.

Take breaks from watching, reading, or listening to the news stories. Hearing about the pandemic constantly may cause unnecessary stress.

During this time of uncertainty, it's normal to have all kinds of feelings, but if your emotion has caused struggles in your daily life, we would like to invite you to the counseling center to talk with one of our psychologists, hopefully together we could find a way through this challenging time.

For counseling appointment :

https://happiness.osa.ncku.edu.tw/CS_NCKU/index.aspx



Counseling Center Warm Line: 2757575 x 50382, 50334

Counseling Center Email: em50320@email.ncku.edu.tw