全球银龄学院

Global Academy of Lifelong Learning

How to Deal with Illness and Body Pain

如何应对疾病与身体疼痛

A self-study course in 8 lessons

自学课程，共 8 课

Practical ways to cope, keep records, and ask for help

应对疾病与疼痛的实用方法：记录、求助与自我照顾

全球银龄学院 / Global Academy of Lifelong Learning

This course is general education and coping strategies only. It does not diagnose, treat, or recommend specific medicines, doses, or therapies for any condition, and it does not promise to cure or control any illness. For health questions, please talk with your doctor.

本课程仅提供一般健康教育与应对策略，不诊断、不治疗任何疾病，也不推荐具体的药物、剂量或疗法，更不承诺治愈或控制任何疾病。健康问题请咨询医生。

Welcome / 欢迎

Welcome to How to Deal with Illness and Body Pain. This is a self-study course, so you can work through it at your own pace — one lesson a day, one a week, or all in your own rhythm. Each lesson takes about 60 minutes. Every lesson ends with a short self-graded quiz so you can check your own learning. You do not need to send your answers anywhere.

欢迎来到《如何应对疾病与身体疼痛》！这是一门自学课程，您可以按照自己的节奏学习——每天一课、每周一课，或者完全按自己的安排。每课大约需要 60 分钟。每课末尾都有一份简短的自测小测验，方便您自己检查学习效果，无需向任何人提交答案。

What you need: this course book, a pen, and a small notebook for your own care notes — symptoms,

medicines, and questions for your doctor. That is all.

您需要准备的：本课程讲义、一支笔和一本小笔记本，用来记录您自己的护理笔记——症状、用药和想问医生的问题。仅此而已。

When to get help promptly / 何时应及时求助

Most of this course is about everyday coping, but some symptoms need prompt help. Get help right away — call emergency services or your doctor — if you notice: new or suddenly severe pain; chest pain or trouble breathing; sudden weakness or changes in speech; fever with confusion; a fall with injury; or any symptom that feels urgent to you. Trust your feeling: if something feels wrong, do not wait to ask.

本课程大多讲的是日常应对，但有些症状需要及时求助。如果出现以下情况，请立即求助——拨打急救电话或联系医生：新出现或突然加重的疼痛；胸痛或呼吸困难；突然无力或说话变化；发烧伴意识混乱；跌倒受伤；或者任何让您感到紧急的症状。请相信自己的感觉：如果觉得不对劲，不要等，马上求助。

A word about tone: this course will never frighten you,

and it will never promise a cure. Illness and pain are hard, and living with them takes patience and kindness — toward your body and toward yourself. The tools here are small, practical, and within your control: pacing yourself, resting well, keeping simple records, talking clearly with your doctor, and asking for help without shame.

关于本课程的基调：本课程不会吓唬您，也不会承诺治愈。生病和疼痛都不容易，与之共处需要耐心和善意——对身体善意，对自己也善意。这里的工具都很小、很实际，而且都在您的掌控之中：量力而行、好好休息、做好简单记录、与医生清楚沟通、毫不羞愧地寻求帮助。

Lesson 1 / 第 1 课

Understanding Illness and Pain: What Your Body Is Telling You

理解疾病与疼痛：身体在告诉您什么

> **Goal / 学习目标：** By the end of this lesson, you can describe your pain or symptoms in simple words, and keep a short daily note that helps you and your doctor see patterns.

> 学完本课，您能用简单的语言描述自己的疼痛或症状，并坚持记简短的每日笔记，帮助您和医生发现规律。

What pain is / 疼痛是什么

Pain is a message, not a punishment. It is your body's way of saying: something needs attention, rest, or care. Pain can be sharp or dull, steady or coming and going, in one place or moving around. It can also change with weather, activity, sleep, or mood. None of this means you are imagining it, and none of it means you are weak. Pain is real, and describing it clearly is a skill — one that helps your doctor help you.

疼痛是一种信号，而不是惩罚。它是身体在说：某个地方需要注意、休息或照顾。疼痛可以是尖锐的或钝痛，可以持续不断或时有时无，可以固定在一处或游走不定。它还可能随天气、活动、睡眠或情绪而变化。这些都不意味着您在想象，也不意味着您软弱。疼痛是真实的，能够清楚地描述它是一项本领——它能帮助医生更好地帮助您。

Describing pain in simple words / 用简单的语言描述疼痛

Doctors often ask the same few questions. You can prepare answers in advance: **Where** is it? **What does it feel like** — sharp, dull, aching, burning, stiff? **When** did it start, and when is it better or worse? **How strong** is it, from 0 (no pain) to 10 (the worst)? **What helps**, even a little — rest, warmth, gentle movement? Write your answers down before an appointment, so you do not have to remember everything on the spot.

医生常常会问几个同样的问题。您可以提前准备好答案：**哪里**痛？**感觉如何**——尖锐、钝痛、酸痛、灼痛、僵硬？**何时**开始，何时好转或加重？**程度如何**，从 0（不痛）到 10（最痛）？**什么有帮助**，哪怕只是一点点——休息、热敷、轻柔活动？就诊前把答案写下来，这样您就不必当场凭记忆回答一切。

Step by step: a one-minute daily note / 一步一步来：一分钟每日记录

1. **Morning:** How did you sleep? How strong is the pain, 0 to 10? / **早上：**睡得怎么样？疼痛程度 0 到 10 是几？

2. **Midday:** What did you do, and did the pain change? / **中午：**做了什么，疼痛有变化吗?
3. **Evening:** What helped today, even a little? What do you want to ask the doctor? / **晚上：**今天什么有帮助，哪怕只是一点点？有什么想问医生?

> **Try this / 试一试：** Take your notebook and write today's note right now, using the three lines above. Keep it short — three lines are enough. After one week, read your notes back. You will often see a pattern you could not see day by day, such as: \"Pain is worse on rainy days,\" or \"Walking a little in the morning helps the afternoon.\"
>
> 拿起笔记本，现在就用上面的三行写下今天的记录。写得简短些——三行就够了。一周后回头读您的记录，您常常会发现逐日看不出的规律，比如：“雨天疼痛加重”，或者“早上稍微走一走，下午会好一些。”

Check yourself / 自我检查 — Lesson 1 Quiz

> 1.Is pain a message from your body, or a sign of weakness? / 疼痛是身体发出的信号，还是软弱的表现?

> 2.Name three things a doctor often asks about pain. / 说出医生常常询问的关于疼痛的三个方面。

3.What does 0 to 10 measure when you describe pain? / 描述疼痛时，0 到 10 衡量的是什么？

4.True or false: a short daily note can help you and your doctor see patterns. / 判断正误：简短的每日记录可以帮助您和医生发现规律。

5.Which of these needs prompt help: (a) a mild ache that comes and goes, (b) sudden chest pain? / 以下哪项需要及时求助：(a) 时有时无的轻微酸痛，(b) 突然的胸痛？

Answers / 答案： 1. A message from your body. / 身体发出的信号。 2. Any three of: where, what it feels like, when it started or when it is better/worse, how strong (0–10), what helps. / 其中任意三项：哪里痛、感觉如何、何时开始或何时好转/加重、程度（0–10）、什么有帮助。 3. How strong the pain is. / 疼痛的程度。 4. True. / 正确。 5. (b) — call emergency services or your doctor right away. / (b)——立即拨打急救电话或联系医生。

Lesson 2 / 第 2 课

Talking with Your Doctor: Questions, Notes, and Being Heard

与医生沟通：提问、记录与被听见

> **Goal / 学习目标：** By the end of this lesson, you can prepare three questions before an appointment, take short notes during it, and ask the doctor to repeat or explain anything unclear.
>
> 学完本课，您能在就诊前准备好三个问题，就诊时做简短记录，并请医生重复或解释任何不清楚的地方。

Why appointments feel rushed / 为什么就诊总觉得匆忙

Many people leave an appointment and only then remember what they wanted to ask. That is normal — appointments are short, and worry makes remembering harder. The answer is preparation, not memory: write your questions down at home, bring the paper with you, and read from it. Doctors welcome this. A prepared patient helps the doctor do a better job.

许多人离开诊室后才想起自己想问的问题。这很正常——就

诊时间短，而担忧会让记忆更难。解决办法是准备，而不是硬记：在家把问题写下来，带上这张纸去就诊，照着读。医生欢迎这样做。准备充分的患者能帮助医生做得更好。

Three questions worth asking every time / 每次都值得问的三个问题

1. **What is this, in plain words?** \"Can you explain it simply, as if to a friend?\" / **这到底是什么？请用通俗的话解释。** “您能简单地解释一下吗，就像对朋友解释那样？”
2. **What should I watch for?** \"What changes mean I should call you?\" / **我应该注意什么？** “出现哪些变化我应该给您打电话？”
3. **What do I do next?** \"What is the next step, and when?\" / **接下来我该做什么？** “下一步是什么，什么时候做？”

Step by step: getting the most from an appointment / 一步一步来：让就诊更有收获

1. **Before:** Write your top three questions and your current medicine list. Bring both. / **就诊前：**写下最重要的三个问题和目前的用药清单，两样都带上。
2. **During:** Take short notes — key words only. Ask: \"Could you say that again slowly?\" / **就诊时：**做简短记录——只记关键词。可以问：“您能再慢慢说一遍吗？”

3. **Before leaving:** Repeat back the plan in your own words: \"So I will… and I will call if… Is that right?\" / **离开前：**用自己的话复述计划："所以我会……如果……我会打电话。对吗？"
4. **After:** If you can, bring a family member or friend to listen with you, or ask the doctor for written instructions. / **就诊后：**如果可以，带一位家人或朋友一起听，或者请医生提供书面说明。

> **Try this / 试一试：** Imagine your next appointment. Write your three questions now, in your notebook, about something real — a pain, a medicine, or a test result you did not fully understand. Practice saying them aloud once. Notice how much calmer you feel with the words already written.
> 想象您下一次就诊。现在就在笔记本上写下您的三个问题，针对一件真实的事——一种疼痛、一种药物，或者一份您没有完全理解的检查结果。大声练习说一遍。注意，当话已经写下来时，您会感到平静许多。

Check yourself / 自我检查 — Lesson 2 Quiz

1.True or false: forgetting your questions during an appointment means you are a bad patient. / 判断正误：就诊时忘了问题说明您不是个好患者。

2.What should you bring to every appointment, besides

yourself? / 每次就诊除了本人，还应该带什么？

3.What are the three questions worth asking every time? / 每次都值得问的三个问题是什么？

4.What can you say if the doctor speaks too fast or uses words you do not know? / 如果医生说得太快或用了您不懂的词，您可以说什么？

5.Why is it useful to repeat the plan back in your own words before leaving? / 离开前用自己的话复述计划有什么用？

Answers / 答案： 1. False — it is normal; preparation is the answer. / 错误——这很正常，解决办法是提前准备。 2. Your written questions and your current medicine list. / 写好的问题和目前的用药清单。 3. What is this, in plain words? What should I watch for? What do I do next? / 这到底是什么？应该注意什么？接下来该做什么？ 4. \"Could you say that again slowly?\" or \"Could you explain that simply?\" / “您能再慢慢说一遍吗？”或“您能简单解释一下吗？” 5. It checks that you understood correctly, before you leave. / 在离开前确认您理解正确。

Lesson 3 / 第 3 课

Everyday Pain Relief Without Medicine: Heat, Cold, Rest, and Gentle Movement

不用药物的日常止痛方法：热敷、冷敷、休息与轻柔活动

> **Goal / 学习目标：** By the end of this lesson, you can choose among heat, cold, rest, and gentle movement for a common ache, and use each one safely.
>
> 学完本课，您能针对常见的疼痛，在热敷、冷敷、休息和轻柔活动之间做出选择，并安全地使用每一种方法。

Heat and cold: a simple guide / 热敷与冷敷：简单指南

As a general rule, **cold** suits a new injury, swelling, or a sharp, hot, swollen joint — a cold pack wrapped in a towel, for 15 to 20 minutes at a time, never directly on the skin. **Heat** suits stiffness, muscle tightness, and long-lasting aches — a warm towel, a warm bath, or a heating pad on a low setting, also 15 to 20 minutes, and never while sleeping. If you are unsure which one fits, or if you

have poor circulation, diabetes, or numbness in the area, ask your doctor first. This course gives general ideas only; your doctor knows your situation.

一般来说，**冷敷**适合新伤、肿胀，或红肿发热的关节——用毛巾包裹冰袋，每次 15 到 20 分钟，不要直接贴在皮肤上。**热敷**适合僵硬、肌肉紧张和长期疼痛——温毛巾、温水浴或低档热水袋，同样每次 15 到 20 分钟，睡觉时不要使用。如果您不确定哪种适合，或者您有血液循环不良、糖尿病或该部位麻木，请先问医生。本课程只提供一般性建议，医生最了解您的具体情况。

Rest is treatment, not laziness / 休息是治疗，不是懒惰

Resting when pain flares is not giving up. Short, planned rests — lying down for 20 minutes, sitting with your feet up, closing your eyes — can lower pain enough to do the next thing. The trick is balance: rest too long and stiffness grows; push too hard and pain flares again. Many people find a rhythm that works: a little activity, a short rest, a little more activity. Your daily note from Lesson 1 will help you find your own rhythm.

疼痛发作时休息不是放弃。短暂、有计划的休息——躺 20 分钟、坐着把脚抬高、闭目养神——可以让疼痛减轻到足以做下一件事。关键是平衡：休息太久僵硬会加重，勉强硬撑疼痛又会发作。许多人找到了适合自己的节奏：活动一会儿，短暂休息，再活动一会儿。第 1 课的每日记录会帮助您找到自己的节奏。

Step by step: gentle movement for stiff days / 一步一步来：僵硬日子的轻柔活动

1. **Start small:** slow shoulder rolls, gentle neck turns, ankle circles — 5 minutes, seated if you like. / **从小开始：**缓慢地转肩、轻轻地转脖子、转脚踝——5 分钟，坐着做也可以。
2. **Move smoothly:** no bouncing, no forcing. Mild stretch is enough; sharp pain means stop. / **动作平缓：**不要弹震、不要用力。轻微拉伸就够了；出现锐痛就停下来。
3. **End with warmth:** a warm towel on the stiff area, and a short rest. / **以热敷收尾：**在僵硬部位敷一条温毛巾，然后短暂休息。

> **Try this / 试一试：** Right now, do 2 minutes of gentle movement: roll your shoulders slowly five times, turn your head gently left and right, and circle each ankle. Notice how your body feels before and after. Write one line in your notebook: \"Gentle movement today

felt…\"

现在就做 2 分钟轻柔活动：缓慢地转肩五次，轻轻地左右转头，分别转动每个脚踝。注意活动前后身体的感觉。在笔记本上写一行：“今天轻柔活动后感觉……”

Check yourself / 自我检查 — Lesson 3 Quiz

1.Which is usually better for a new, swollen injury: heat or cold? / 新伤红肿时，通常热敷好还是冷敷好?

2.How long should one heat or cold session last? / 一次热敷或冷敷应该持续多久?

3.True or false: you may fall asleep with a heating pad on. / 判断正误：可以开着热水袋睡觉。

4.Why is short, planned rest useful rather than lazy? / 为什么短暂、有计划的休息是有用的，而不是懒惰?

5.When should you ask your doctor before using heat or cold? / 什么情况下使用热敷或冷敷前应该先问医生?

Answers / 答案： 1. Cold. / 冷敷。 2. 15 to 20 minutes. / 15 到 20 分钟。 3. False — never sleep with a heating

> pad on. / 错误——睡觉时不要使用热水袋。 4. It can lower pain enough to do the next thing; balance beats both endless rest and pushing too hard. / 它可以让疼痛减轻到足以做下一件事；平衡胜过一味休息或一味硬撑。 5. If unsure, or with poor circulation, diabetes, or numbness in the area. / 不确定时，或有血液循环不良、糖尿病或该部位麻木时。

Lesson 4 / 第 4 课

Medicines Safely: Lists, Timing, and Side Effects to Watch

安全用药：清单、时间与需要注意的副作用

> **Goal / 学习目标：** By the end of this lesson, you can keep a complete medicine list, set up a simple timing routine, and know which side effects mean calling the doctor.
> 学完本课，您能整理一份完整的用药清单，建立简单的服药时间规律，并知道哪些副作用意味着要给医生打电话。

Your medicine list / 您的用药清单

Keep one list, on paper, in your bag or wallet, and bring

it to every appointment and pharmacy visit. The list should include: every prescription medicine, every over-the-counter medicine, every vitamin, herbal product, and supplement — because all of them can interact. For each one, write: the name, the dose, when you take it, and why. Update the list whenever anything changes, and tell your doctor and pharmacist about everything on it. Never start, stop, or change a dose on your own; always ask first.

准备一份清单，写在纸上，放在包里或钱包里，每次就诊和去药房都带上。清单应包括：每一种处方药、每一种非处方药、每一种维生素、草药产品和保健品——因为它们都可能相互作用。每一种要写明：名称、剂量、服用时间、服用原因。任何变化都要更新清单，并告诉医生和药剂师清单上的全部内容。不要自行开始、停用或更改剂量，一定要先问医生。

A simple timing routine / 简单的服药时间规律

Take medicines at the same times each day, tied to daily habits: with breakfast, with dinner, at bedtime. A pill organizer with morning and evening sections, filled once a week, helps many people. If you miss a dose, do not

double the next one unless your doctor or pharmacist has told you to — ask the pharmacy what to do. Keep medicines in their original containers, away from heat and moisture, and out of reach of children and grandchildren.

每天在固定时间服药，并与日常习惯结合：早餐时、晚餐时、睡前。一个分早晚格的药盒，每周装一次，对许多人都有帮助。如果漏服一次，不要自行加倍补服，除非医生或药剂师这样告诉过您——请问药房该怎么办。药物要放在原包装里，远离高温和潮湿，并放在儿童和孙辈够不到的地方。

Step by step: side effects to watch / 一步一步来：需要注意的副作用

1. **Note anything new** after starting a medicine: dizziness, stomach upset, rash, unusual sleepiness, or swelling. Write it in your notebook with the date. / **记录任何新症状：**开始服药后出现头晕、胃部不适、皮疹、异常嗜睡或肿胀，记在笔记本上并写明日期。
2. **Call the doctor or pharmacist** if a new symptom worries you, or if it does not go away. Do not wait for the next appointment. / **给医生或药剂师打电话：**如果新症状让您担心，或者一直不消失，不要等到下次就诊。
3. **Get help right away** for severe reactions: trouble breathing,

swelling of the face or lips, or fainting — call emergency services. / **严重反应立即求助：**呼吸困难、面部或嘴唇肿胀、晕倒——立即拨打急救电话。

Try this / 试一试： Write your medicine list now, as completely as you can: prescriptions, over-the-counter medicines, vitamins, and supplements. If you are unsure about any item, put a question mark beside it and ask your pharmacist next time. A complete list is one of the most useful things you can carry.

现在就尽量完整地写下您的用药清单：处方药、非处方药、维生素和保健品。如果对某一项不确定，在旁边画个问号，下次问药剂师。一份完整的清单是您能随身携带的最有用的东西之一。

Check yourself / 自我检查 — Lesson 4 Quiz

1.What belongs on your medicine list besides prescription medicines? / 除了处方药，用药清单上还应该包括什么？

2.True or false: you may stop a medicine on your own if you feel better. / 判断正误：感觉好转后可以自行停药。

3.If you miss a dose, what should you NOT do? / 漏服一次后，您不应该做什么？

4.Name two new symptoms after starting a medicine that are worth a call to the doctor. / 说出开始服药后值得给医生打电话的两种新症状。

5.Which reaction needs emergency help right away? / 哪种反应需要立即急救?

Answers / 答案： 1. Over-the-counter medicines, vitamins, herbal products, and supplements. / 非处方药、维生素、草药产品和保健品。 2. False — always ask first. / 错误——一定要先问医生。 3. Do not double the next dose unless told to. / 不要自行加倍补服，除非医生这样告诉过您。 4. Any two of: dizziness, stomach upset, rash, unusual sleepiness, swelling. / 其中任意两项：头晕、胃部不适、皮疹、异常嗜睡、肿胀。 5. Trouble breathing, swelling of the face or lips, or fainting. / 呼吸困难、面部或嘴唇肿胀、晕倒。

Lesson 5 / 第 5 课

Moving, Resting, and Sleeping with Pain

带痛活动、休息与睡眠

Goal / 学习目标： By the end of this lesson, you can plan a day with activity, rest, and sleep in balance, and use a simple wind-

> down routine at night.
>
> 学完本课，您能安排活动、休息与睡眠平衡的一天，并使用简单的夜间放松程序。

Pacing: the middle way / 量力而行：中间之道

Pacing means doing things in smaller pieces, with rests in between, instead of doing everything on a good day and paying for it the next day. For example, instead of cleaning the whole house at once, clean one room, rest, and do another room later — or tomorrow. Pacing is not laziness; it is how people with pain get more done across a whole week, with fewer bad days.

量力而行意味着把事情分成小块，中间穿插休息，而不是在感觉好的日子里一口气做完、第二天付出代价。比如，不是一次打扫整间屋子，而是打扫一个房间，休息一下，稍后再打扫另一个房间——或者明天再做。量力而行不是懒惰；它是疼痛患者在一周内做更多事、减少糟糕日子的方法。

Sleep and pain / 睡眠与疼痛

Pain and sleep affect each other: pain makes sleep harder, and poor sleep makes pain feel stronger the next

day. A steady wind-down routine helps: the same bedtime each night, a cool dark quiet room, no bright screens in the last hour, and something calm — reading, gentle music, slow breathing. If pain wakes you, try a short relaxation: breathe slowly, relax your shoulders, and remind yourself that lying quietly is still rest. If sleep problems last for weeks, or daytime sleepiness affects your safety, talk with your doctor.

疼痛和睡眠相互影响：疼痛让睡眠更难，而睡眠不好会让第二天的疼痛感觉更强。固定的放松程序有帮助：每晚同一时间睡觉，卧室凉爽、黑暗、安静，最后一小时不看明亮的屏幕，做些平静的事——阅读、听轻柔音乐、慢慢呼吸。如果疼痛把您痛醒，试试短暂放松：慢慢呼吸，放松肩膀，告诉自己安静地躺着也是一种休息。如果睡眠问题持续数周，或者白天困倦影响安全，请与医生谈谈。

Step by step: planning a balanced day / 一步一步来：安排平衡的一天

1. **Pick one main task** for the day, not five. / **每天选一项主要任务，**而不是五项。
2. **Break it into pieces** with a short rest between each piece. / **把它分成小块，**每块之间短暂休息。

3. **Move a little every day** — a short walk, gentle stretches — even on stiff days, if your doctor agrees. / **每天活动一点**——短距离散步、轻柔拉伸——即使在僵硬的日子也如此，前提是医生同意。
4. **Guard your wind-down hour** before bed: dim lights, calm activity, no news or screens. / **保护睡前一小时：**调暗灯光，做平静的活动，不看新闻和屏幕。

> **Try this / 试一试：** Plan tomorrow using the four steps above. Write it down: one main task, its pieces, your short walk or stretches, and your wind-down hour. Tomorrow evening, check your note: what worked? Keep what worked and adjust the rest.
> 用上面的四个步骤安排明天。写下来：一项主要任务、它的分解、您的短距离散步或拉伸、您的睡前放松一小时。明晚检查您的记录：哪些奏效了？保留奏效的部分，调整其余部分。

Check yourself / 自我检查 — Lesson 5 Quiz

> 1.What is pacing? / 什么是量力而行?

> 2.True or false: doing everything on a good day is the best strategy. / 判断正误：在感觉好的日子里把一切都做完是最好的策略。

3.How do pain and sleep affect each other? / 疼痛和睡眠如何相互影响?

4.Name two parts of a good wind-down routine. / 说出良好睡前放松程序的两个部分。

5.When should sleep problems be discussed with a doctor? / 睡眠问题何时应该与医生讨论?

Answers / 答案： 1. Doing things in smaller pieces with rests in between. / 把事情分成小块，中间穿插休息。 2. False — it often leads to a worse day after. / 错误——这常常导致第二天更糟。 3. Pain makes sleep harder, and poor sleep makes pain feel stronger. / 疼痛让睡眠更难，睡眠不好让疼痛感觉更强。 4. Any two of: same bedtime, cool dark quiet room, no bright screens in the last hour, calm activity, slow breathing. / 其中任意两项：固定就寝时间、凉爽黑暗安静的房间、最后一小时不看明亮屏幕、平静的活动、慢慢呼吸。 5. If they last for weeks, or daytime sleepiness affects safety. / 如果持续数周，或者白天困倦影响安全。

Lesson 6 / 第 6 课

Food, Mood, and Energy When You Are Unwell

生病时的饮食、情绪与精力

> **Goal / 学习目标：** By the end of this lesson, you can choose small, simple meals on low-energy days, and name three gentle ways to lift a low mood.
>
> 学完本课，您能在精力不足的日子里选择简单的小餐，并说出三种温和地改善低落情绪的方法。

Eating on low-energy days / 精力不足的日子怎么吃

When you are unwell, cooking a full meal can feel impossible. Keep it small and simple: soup, eggs, yogurt, oatmeal, steamed vegetables, rice porridge — foods that are easy to prepare and easy to digest. Eat little and often rather than forcing three big meals. Drink water through the day, and keep a glass and a small snack by your bed for the night. If you have diabetes, kidney disease, or another condition with dietary rules, follow your doctor's or dietitian's guidance — this lesson gives

general ideas only, not a personal diet.

生病时，做一顿完整的饭可能让人望而却步。保持简单少量：汤、鸡蛋、酸奶、燕麦片、蒸蔬菜、米粥——这些食物容易准备、容易消化。少食多餐，不要勉强自己吃三大餐。全天喝水，床边放一杯水和一点小零食，以备夜间之需。如果您有糖尿病、肾病或其他有饮食要求的疾病，请遵循医生或营养师的指导——本课只提供一般性建议，不是个人食谱。

Mood matters, too / 情绪也很重要

Illness and pain can bring low mood, worry, and loneliness — and low mood can make pain feel worse. This is not a personal failure; it is a common part of living with illness. Gentle things that often help a little: a short walk or sitting outside in daylight; a phone call with a friend or family member; listening to music you love; a small daily pleasure, like tea in a favorite cup. If low mood lasts for weeks, or you lose interest in everything, please tell your doctor — help is available, and asking is a sign of strength.

疾病和疼痛可能带来情绪低落、担忧和孤独——而低落的情绪又会让疼痛感觉更重。这不是个人的失败，而是与疾病共

处时常见的部分。一些温和的方法常常能稍有帮助：短距离散步或坐在户外晒太阳；给朋友或家人打个电话；听喜欢的音乐；每天一个小乐趣，比如用喜欢的杯子喝茶。如果低落情绪持续数周，或者对一切都失去兴趣，请告诉医生——帮助是存在的，寻求帮助是坚强的表现。

Step by step: a low-energy day plan / 一步一步来：低精力日的安排

1. **Morning:** a simple breakfast and your medicines, with water. / **早上：**简单的早餐和药物，配上水。
2. **Midday:** a small warm meal, a short rest, and one pleasant thing — a call, music, or sunshine. / **中午：**一顿简单热乎的饭、短暂休息，加上一件愉快的事——打电话、听音乐或晒太阳。
3. **Evening:** a light meal, your wind-down hour, and your one-minute note: what helped today? / **晚上：**清淡的晚餐、睡前放松一小时，以及一分钟记录：今天什么有帮助？

> **Try this / 试一试：** Write your own low-energy day plan in your notebook, using foods you actually like and one pleasant activity you enjoy. Keep it on the refrigerator. On a hard day, you will not have to think — just follow your own kind plan.
>
> 在笔记本上写下您自己的低精力日安排，使用您真正喜欢的食物和一项

您享受的愉快活动。把它贴在冰箱上。在艰难的日子里，您不必思考——只需照着自己这份贴心的计划做。

Check yourself / 自我检查 — Lesson 6 Quiz

1.On a low-energy day, is it better to eat little and often, or force three big meals? / 精力不足的日子，少食多餐好，还是勉强吃三大餐好?

2.Name three simple, easy-to-digest foods mentioned in this lesson. / 说出本课提到的三种简单易消化的食物。

3.True or false: low mood can make pain feel worse. / 判断正误：低落情绪会让疼痛感觉更重。

4.Name two gentle things that can lift a low mood a little. / 说出两种能稍稍改善低落情绪的温和方法。

5.When should low mood be discussed with a doctor? / 低落情绪何时应该与医生讨论?

Answers / 答案： 1. Little and often. / 少食多餐。 2. Any three of: soup, eggs, yogurt, oatmeal, steamed vegetables, rice porridge. / 其中任意三项：汤、鸡蛋、酸奶、燕麦片、

> 蒸蔬菜、米粥。 3. True. / 正确。 4. Any two of: a short walk or daylight, a phone call, music, a small daily pleasure. / 其中任意两项：短距离散步或晒太阳、打电话 、听音乐、每天一个小乐趣。 5. If it lasts for weeks, or you lose interest in everything. / 如果持续数周，或者对一切都失去兴趣。

Lesson 7 / 第 7 课

Asking for Help: Family, Friends, and Community Support

寻求帮助：家人、朋友与社区支持

> **Goal / 学习目标：** By the end of this lesson, you can name three kinds of help worth asking for, and practice asking for one specific thing clearly.
>
> 学完本课，您能说出三种值得寻求的帮助，并练习清楚地提出一项具体请求。

Asking is not burdening / 求助不是添麻烦

Many older adults say: \"I don't want to be a burden.\" But family and friends usually feel the opposite — they want to help and often do not know how. A clear,

specific request is a gift to them: it tells them exactly what would help, and it lets them say yes to something they can truly do. Asking for help is not weakness. It is how people take care of each other.

许多长辈会说：“我不想成为负担。”但家人和朋友通常恰恰相反——他们想帮忙，却常常不知道该怎么帮。一个清楚、具体的请求对他们来说是一份礼物：它明确告诉他们什么真正有帮助，也让他们能够答应一件自己确实能做到的事。寻求帮助不是软弱，而是人们彼此照顾的方式。

Three kinds of help / 三种帮助

1. **Practical help:** a ride to the doctor, groceries, cooking a meal, help with cleaning or repairs. / **实际帮助：**开车送您去看医生、买菜、做顿饭、帮忙打扫或修理。
2. **Company:** someone to sit with you, walk with you, or go to an appointment with you, so you do not have to listen alone. / **陪伴：**有人陪您坐坐、散步，或者陪您去就诊，这样您就不必独自聆听。
3. **Community help:** senior centers, faith groups, neighbors, volunteer services, and local programs — ask at your community center or doctor's office what exists near you. / **社区帮助：**老年中心、信仰团体、邻居、志愿服务和本地项目——可以向社区中心或医生办公室打听附近有哪些资源。

Step by step: asking clearly / 一步一步来：清楚地提出请求

1. **Pick one specific thing:** \"Could you drive me to my appointment on Thursday at 10?\" — not just \"I need help.\" / **选一件具体的事：**“您周四上午 10 点能开车送我去看医生吗？”——而不只是说“我需要帮助。”
2. **Say when and how long:** \"It would take about an hour.\" / **说清时间和时长：**“大约需要一个小时。”
3. **Accept a no gracefully:** \"Thank you for telling me — I will ask someone else.\" Then ask someone else. / **坦然接受拒绝：**“谢谢您告诉我——我再问问别人。”然后去问别人。

> **Try this / 试一试：** Write down three people you could ask for help, and one specific request for each. Then actually ask one of them this week — for something small. Notice how it feels. Most people find the asking gets easier every time.
>
> 写下三位您可以求助的人，并为每人写下一项具体请求。然后本周真的向其中一位提出请求——从一件小事开始。注意自己的感受。大多数人发现，请求帮助这件事，每做一次都会更容易一些。

Check yourself / 自我检查 — Lesson 7 Quiz

> 1.True or false: asking for help is a sign of weakness. / 判断正

误：寻求帮助是软弱的表现。

2.Why is a specific request better than a general \"I need help\"? / 为什么具体请求比笼统地说“我需要帮助”更好?

3.Name the three kinds of help in this lesson. / 说出本课讲的三种帮助。

4.What should you say if someone cannot help? / 如果对方无法帮忙，您应该说什么?

5.Where can you learn about community help near you? / 在哪里可以了解附近的社区帮助资源?

Answers / 答案： 1. False — it is how people take care of each other. / 错误——它是人们彼此照顾的方式。 2. It tells the person exactly what would help, and lets them say yes to something they can truly do. / 它明确告诉对方什么真正有帮助，也让对方能够答应一件确实能做到的事。 3. Practical help, company, community help. / 实际帮助、陪伴、社区帮助。 4. \"Thank you for telling me — I will ask someone else.\" / “谢谢您告诉我——我再问问别人。” 5. Your community center, faith group, or doctor's office. / 社区中心、信仰团体或医生办公室。

Lesson 8 / 第 8 课

My Care Plan: Records, Appointments, and Next Steps

我的护理计划：记录、预约与下一步

> **Goal / 学习目标：** By the end of this lesson, you can put together your own one-page care plan: your records, your appointments, and your next steps.
>
> 学完本课，您能整理出自己的一页护理计划：您的记录、您的预约和您的下一步。

What goes on one page / 一页纸上写什么

Your care plan fits on one page, kept where you can find it — on the refrigerator, or in the front of your notebook. It holds: your medicine list (or where to find it); your doctors and their phone numbers; your next appointment dates; the warning signs that mean \"call right away\" from the Welcome section; and the names of two people you can call for help. When something changes, update this one page. One page, kept current, is worth more than a drawer full of old papers.

您的护理计划只需要一页纸，放在您能找到的地方——冰箱上，或者笔记本的第一页。上面写着：您的用药清单（或清单放在哪里）；您的医生及其电话；下一次预约的日期；欢迎部分提到的“立即求助”的警示迹象；以及两位可以求助的人的姓名。任何变化，都更新这一页。一页保持最新的计划，胜过一抽屉旧文件。

Step by step: building your care plan / 一步一步来：制定您的护理计划

1. **Doctors and numbers:** Write each doctor's name and phone number, and your pharmacy's number. / **医生与电话：**写下每位医生的姓名和电话，以及药房的电话。
2. **Medicines:** Attach your medicine list from Lesson 4, or write where it is kept. / **药物：**附上第 4 课的用药清单，或者写明清单放在哪里。
3. **Appointments:** Write the next two appointment dates, with the questions you want to ask. / **预约：**写下接下来两次预约的日期，以及您想问的问题。
4. **Warning signs:** Copy the \"when to get help promptly\" list from the Welcome section. / **警示迹象：**抄下欢迎部分的“何时应及时求助”清单。
5. **Helpers:** Write two names and numbers of people you can call. / **求助对象：**写下两位可以求助的人的姓名和电话。

Keeping going, gently / 温和地坚持下去

You have now finished all 8 lessons. You do not need to remember everything — keep this book, keep your notebook, and keep your one-page care plan. On hard days, return to the small tools: a one-minute note, a short rest, a gentle walk, a clear question for your doctor, and one person to call. Living with illness and pain is not about being perfect. It is about having a plan, asking for help, and being kind to yourself, one day at a time.

您已经完成了全部 8 课。您不需要记住一切——留着这本书，留着您的笔记本，留着您的一页护理计划。在艰难的日子里，回到这些小工具：一分钟记录、短暂休息、轻柔散步、一个清楚的医生问题、一位可以打电话的人。与疾病和疼痛共处不是要做到完美，而是要有一个计划、寻求帮助、善待自己，一天一天地过。

> **Try this / 试一试：** Make your one-page care plan today, using the five steps above. Show it to one family member or friend, and tell them where you keep it. Then you are done — and you have something real to use, starting today.
>
> 今天就用上面的五个步骤制定您的一页护理计划。给一位家人或朋友看

一看，并告诉他们您把它放在哪里。这样您就完成了——而且从今天起，您就有了可以真正使用的东西。

Check yourself / 自我检查 — Lesson 8 Quiz

1.What five things belong on your one-page care plan? / 一页护理计划上应该包括哪五项内容?

2.Where should you keep your care plan? / 护理计划应该放在哪里?

3.True or false: a care plan is finished once and never needs updating. / 判断正误：护理计划制定一次就永远不需要更新了。

4.Why is it useful to show your care plan to a family member or friend? / 为什么把护理计划给家人或朋友看是有用的?

5.Name three small tools from this course you can use on a hard day. / 说出本课程中在艰难日子可以使用的三种小工具。

Answers / 答案： 1. Doctors and phone numbers, medicine list (or where it is), next appointment dates, warning signs, two helpers' names and numbers. / 医生

> 与电话、用药清单（或清单位置）、下次预约日期、警示迹象 、两位求助对象的姓名和电话。 2. Where you can find it — for example the refrigerator or the front of your notebook. / 放在您能找到的地方——比如冰箱上或笔记本第一页。 3. False — update it whenever anything changes. / 错误——任何变化都要更新。 4. So someone else knows where it is and can help if needed. / 这样别人知道它在哪里，需要时可以帮忙。 5. Any three of: a one-minute note, a short rest, heat or cold, gentle movement, a clear question for the doctor, calling one person for help, a low-energy day plan. / 其中任意三项：一分钟记录 、短暂休息、热敷或冷敷、轻柔活动、一个清楚的医生问题、打电话向一个人求助、低精力日安排。

Course Progress Checklist / 课程进度检查表

Check off each lesson as you finish it. / 每完成一课，打勾确认。

☐ Lesson 1 / 第 1 课 — Understanding Illness and Pain / 理解疾病与疼痛

☐ Lesson 2 / 第 2 课 — Talking with Your Doctor / 与医生沟通

☐ Lesson 3 / 第 3 课 — Everyday Pain Relief Without Medicine / 不用药物的日常止痛方法

☐ Lesson 4 / 第 4 课 — Medicines Safely / 安全用药

☐ Lesson 5 / 第 5 课 — Moving, Resting, and Sleeping with Pain / 带痛活动、休息与睡眠

☐ Lesson 6 / 第 6 课 — Food, Mood, and Energy When You Are Unwell / 生病时的饮食、情绪与精力

☐ Lesson 7 / 第 7 课 — Asking for Help / 寻求帮助

☐ Lesson 8 / 第 8 课 — My Care Plan / 我的护理计划

My Care Plan — fill in and keep: My doctors and phone numbers: _____. My next appointments: _____. Two people I can call for help: _____. Where I keep my medicine list: _____.

我的护理计划——填写并保存：我的医生及电话：_____。我的下次预约：_____。两位可以求助的人：_____。我的用药清单放在：_____。