

XINXING GUANZHUANG BINGDU DAZHONG XINLI FANGHU SHOUCE



正确面对疫情
科学调适心理
管理不良情绪
共同抗击病毒

《华西医学大系》顾问

《华西医学大系》编委会

主任委员

副主任委员

委 员

秘 书 组

《新型冠状病毒大众心理防护手册》

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★稳定的生活秩序是我们战胜疫情的基本保证。

.....

★ 理性平和的社会心态是我们战胜疫情的心理能量。

★ 友善互助的社会支持是我们战胜疫情的宝贵资源。

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.....

★心理援助是我们战胜疫情的坚实支撑。

依托单位：

支持单位：

2020 1 27

2020

“ ”

2020 1 29

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第一部分





认知:

情绪:

行为:

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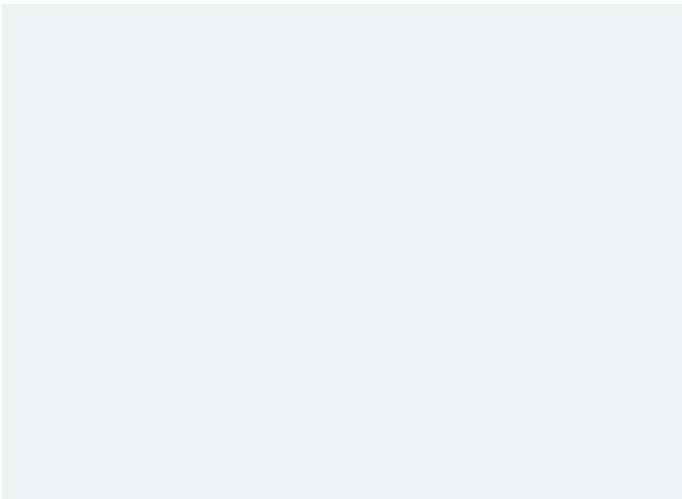
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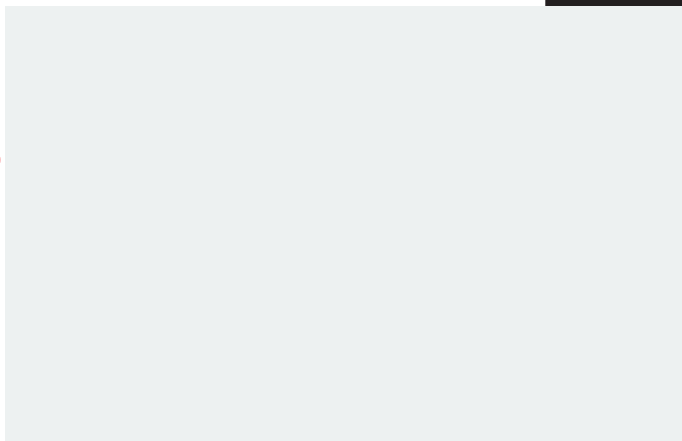
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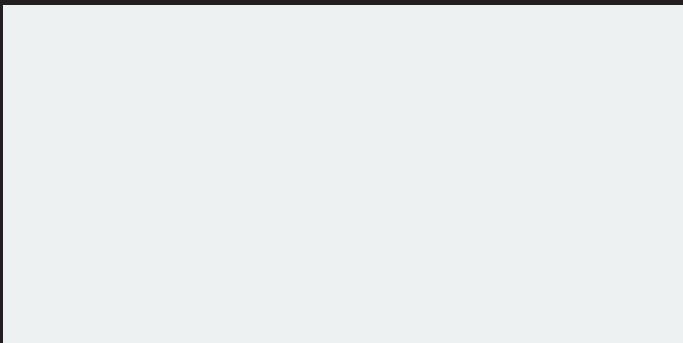
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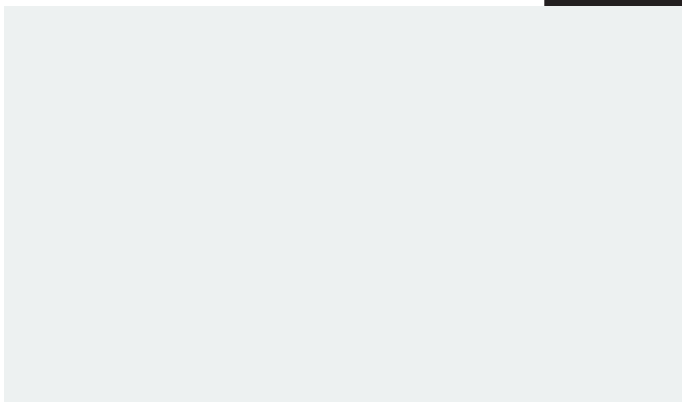


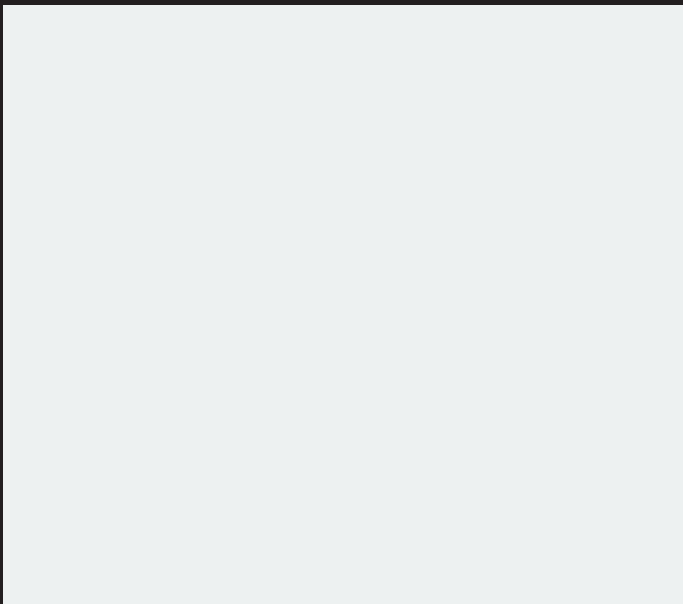




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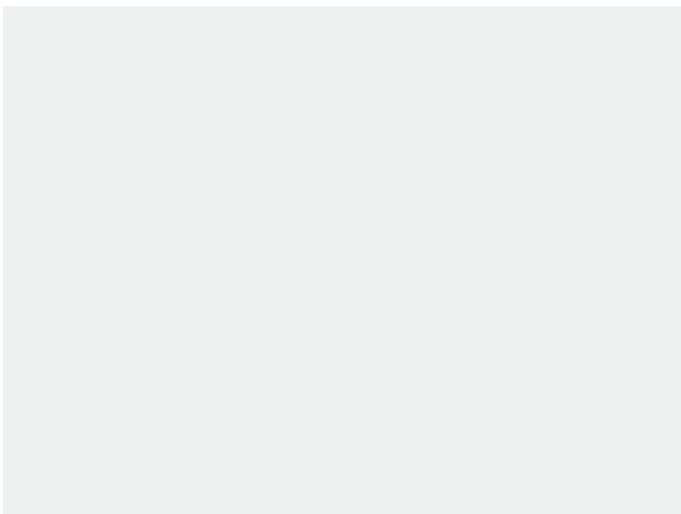


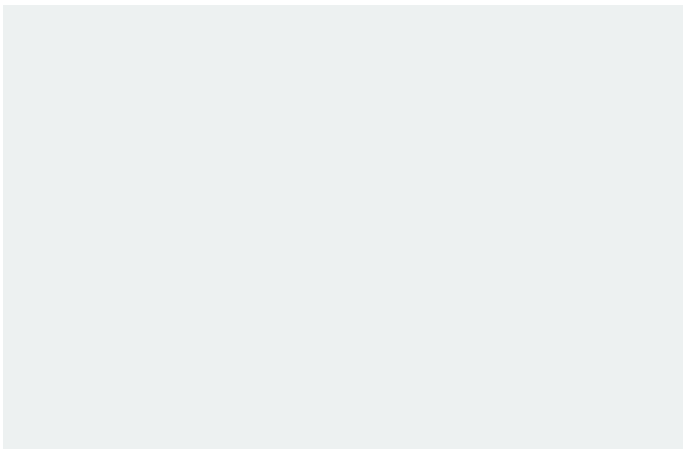


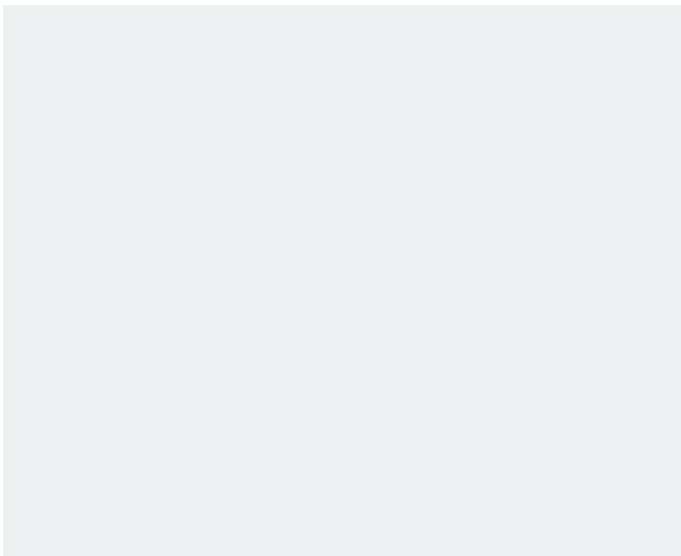


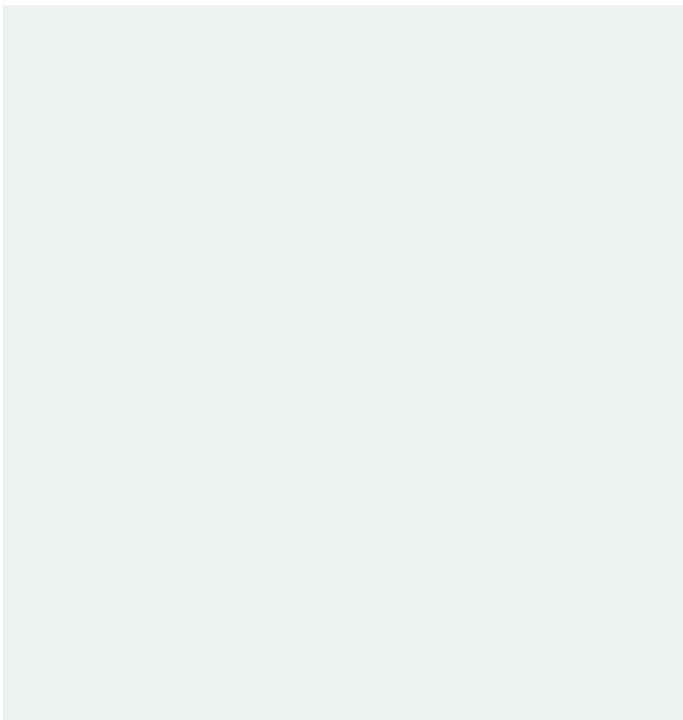


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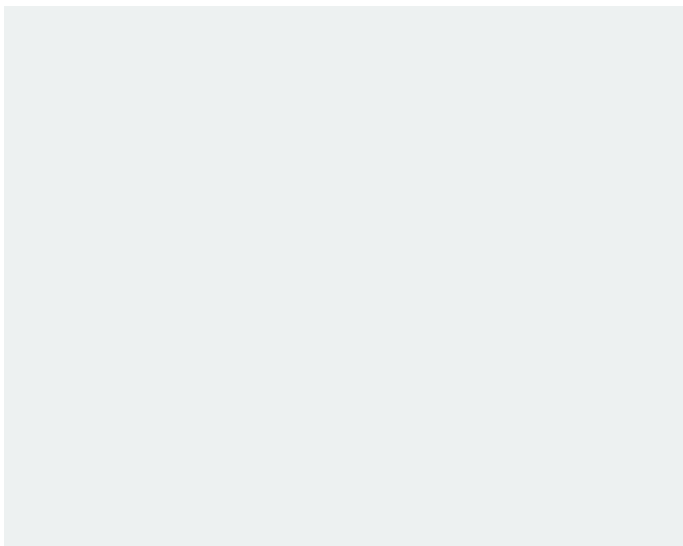


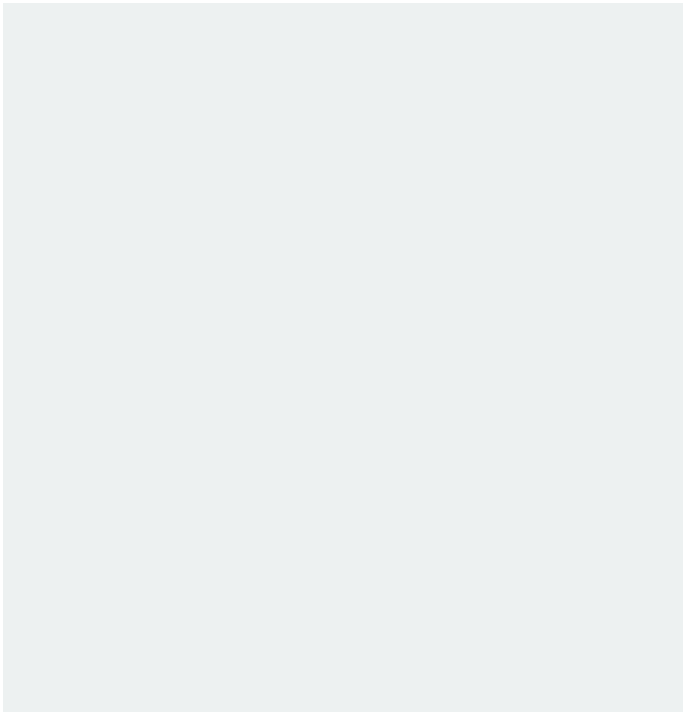






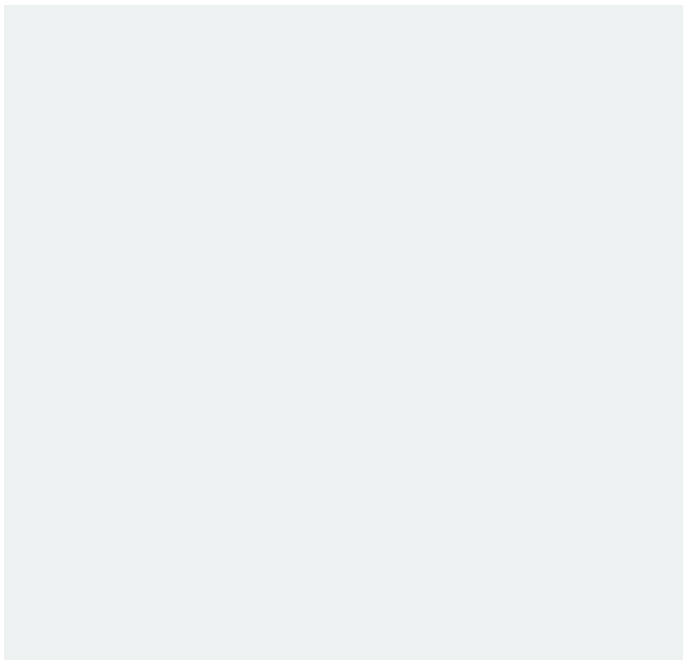
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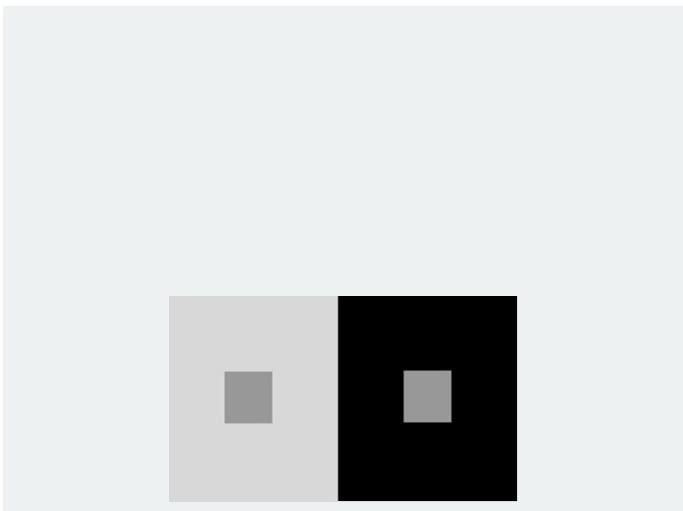


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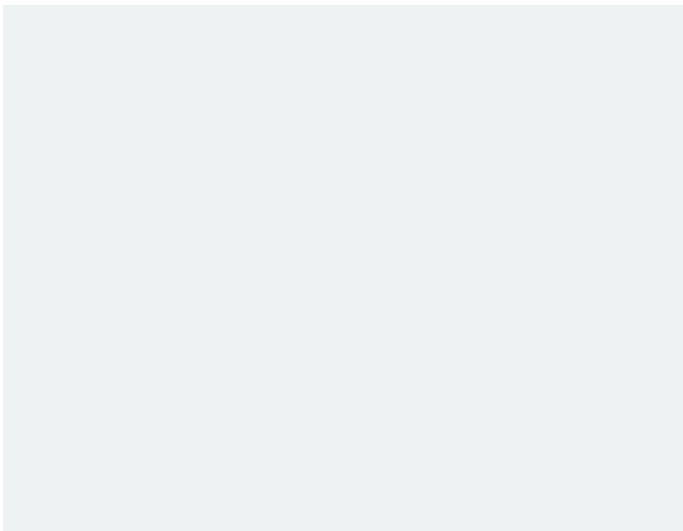
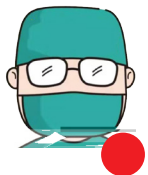
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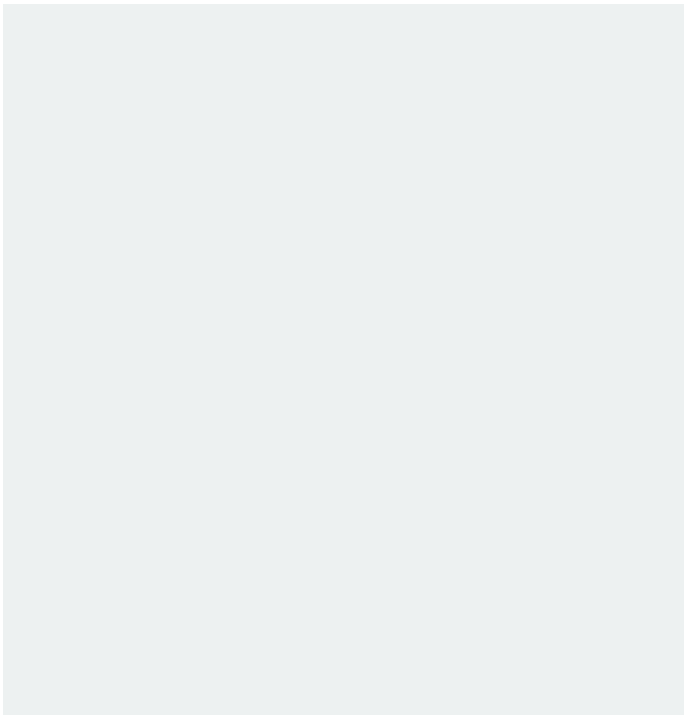






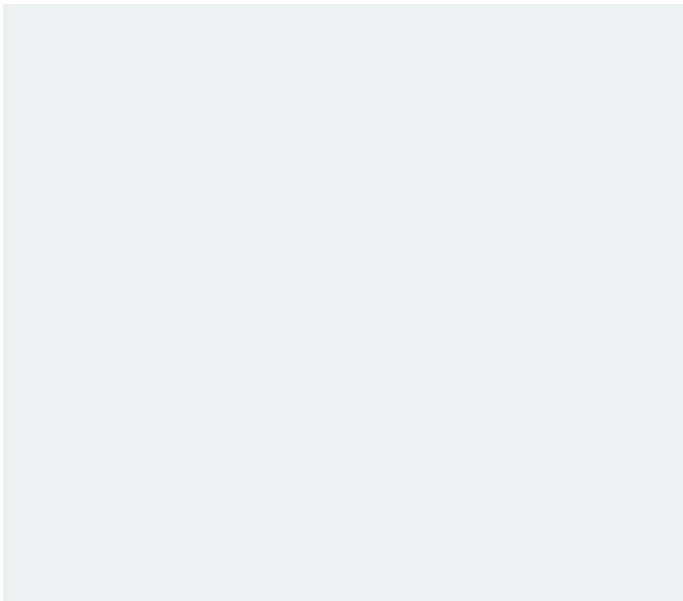
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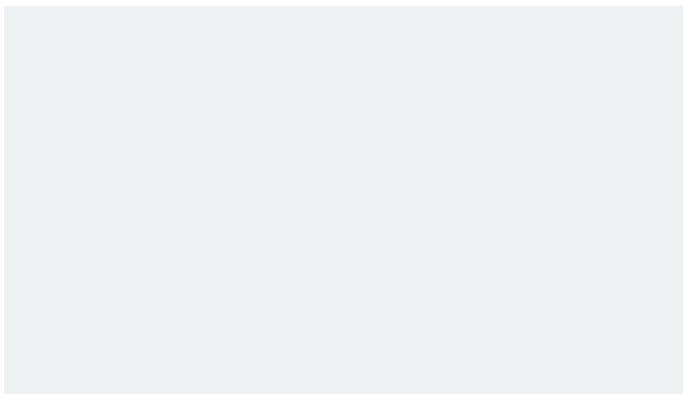


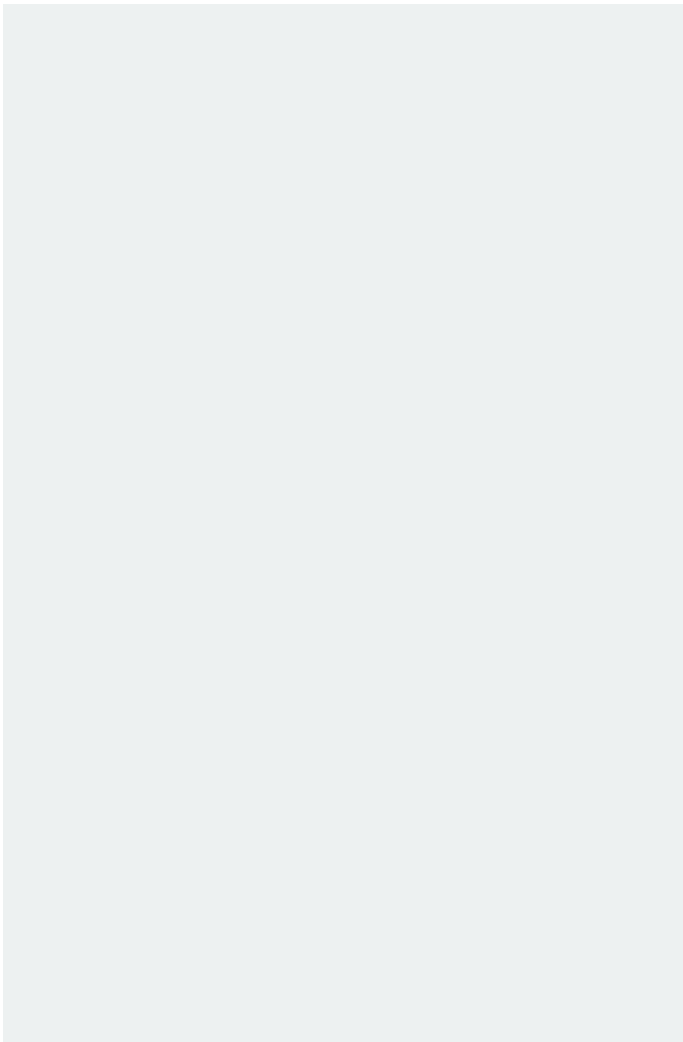
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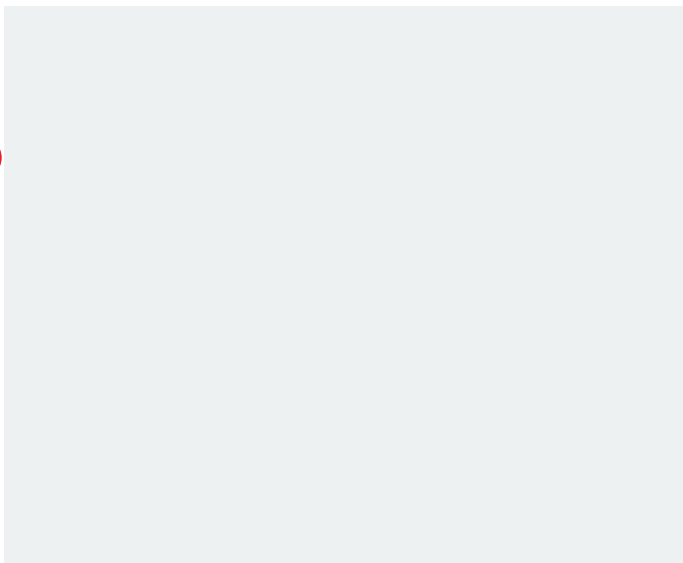


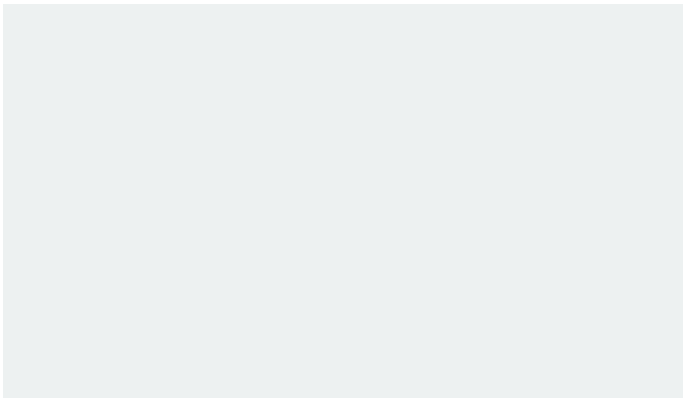
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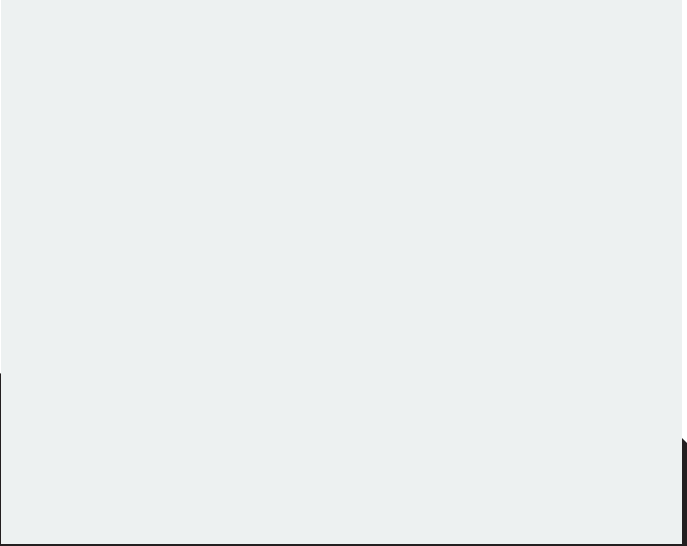
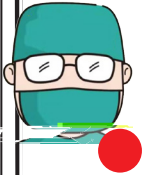
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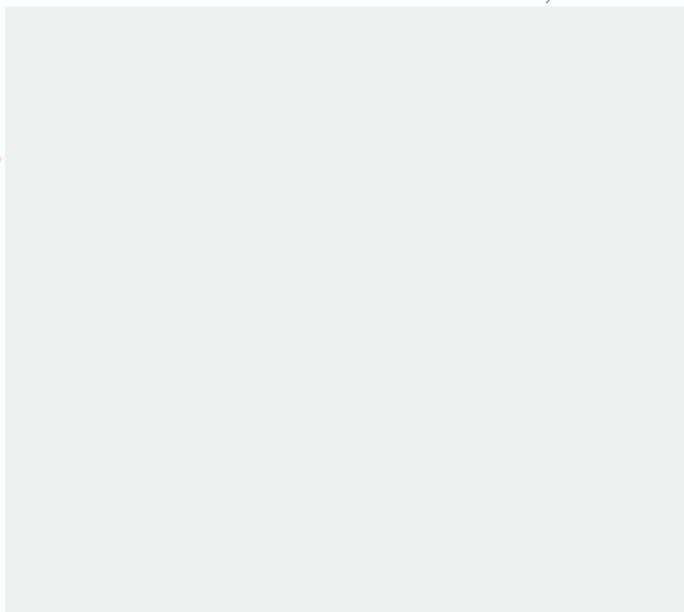


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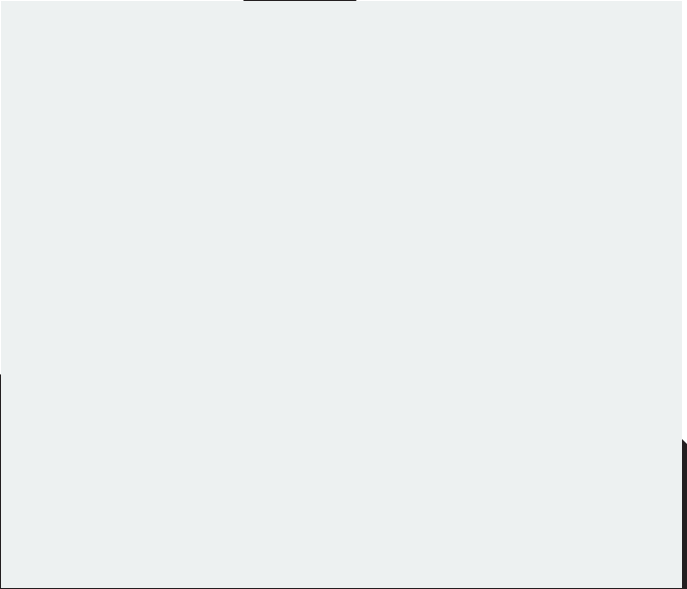


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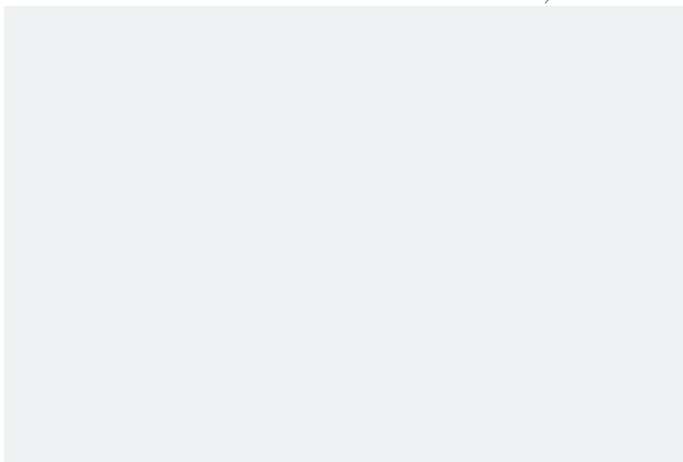


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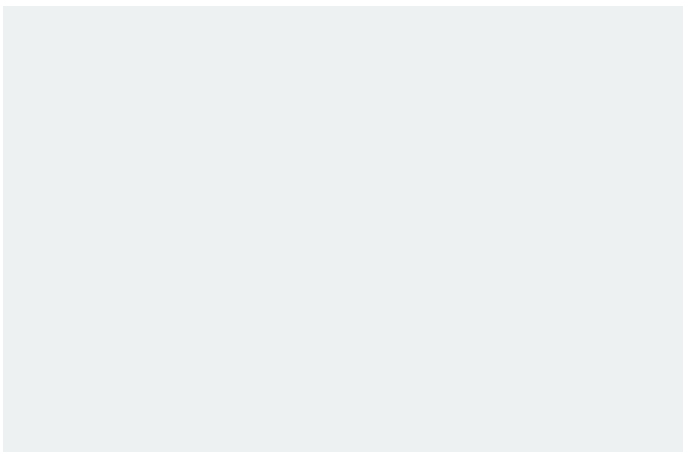


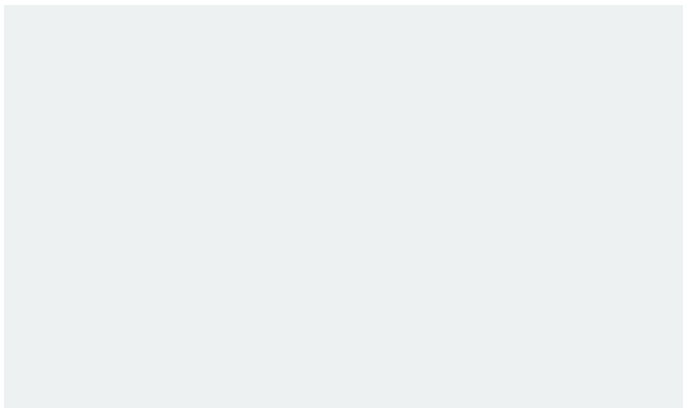
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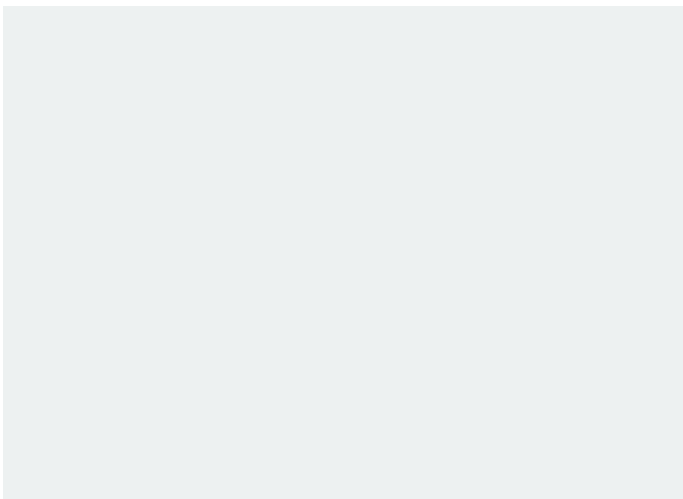


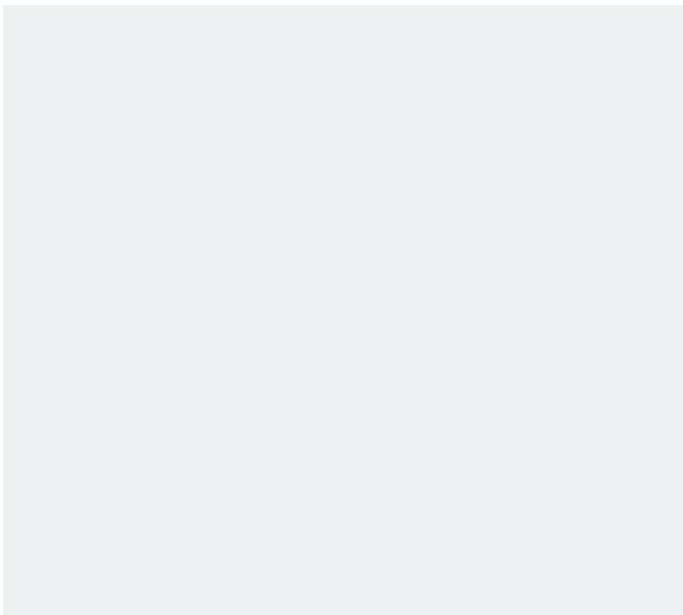


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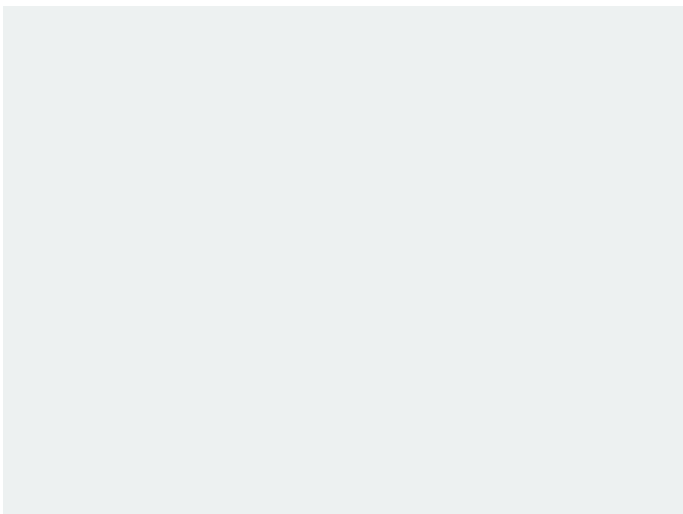


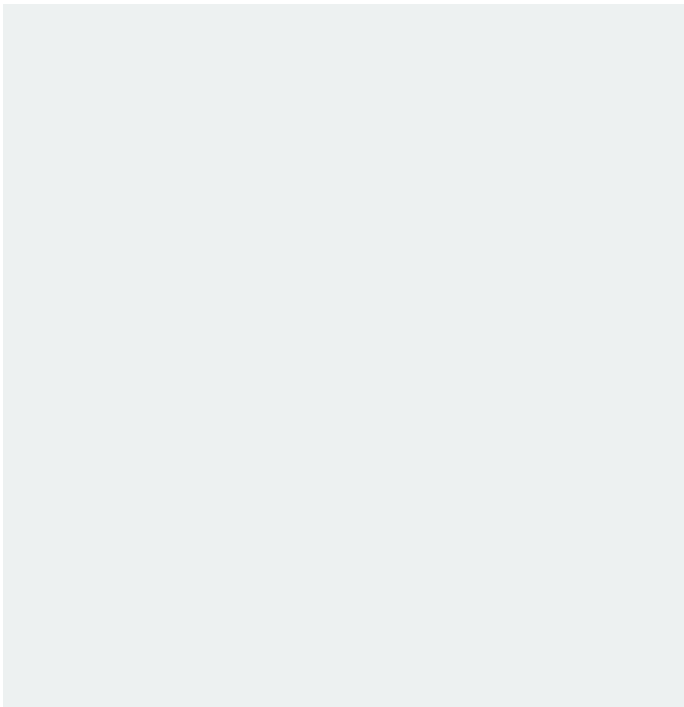






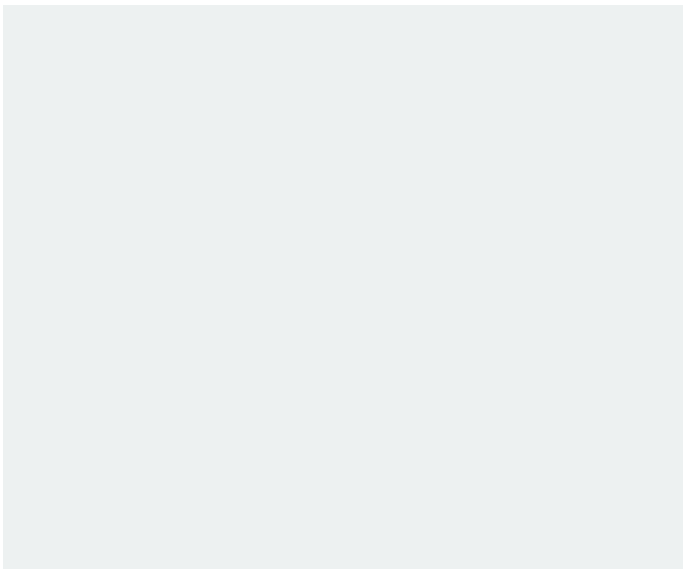
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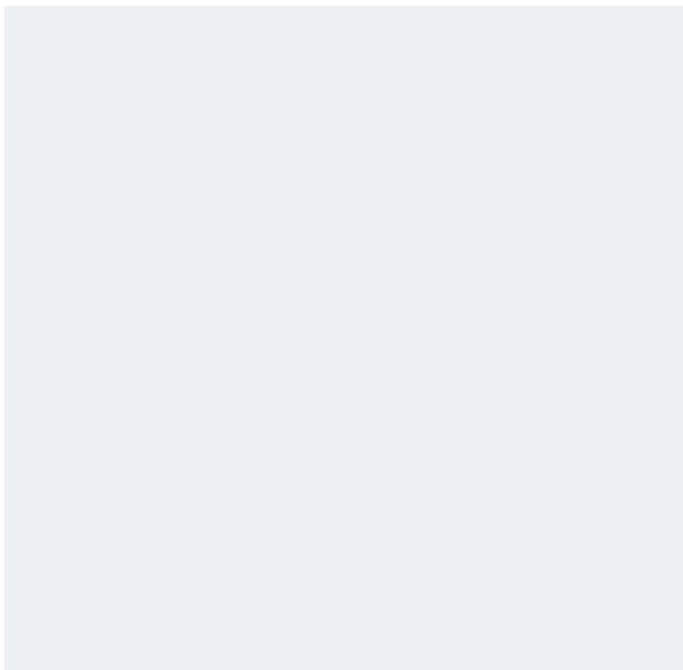


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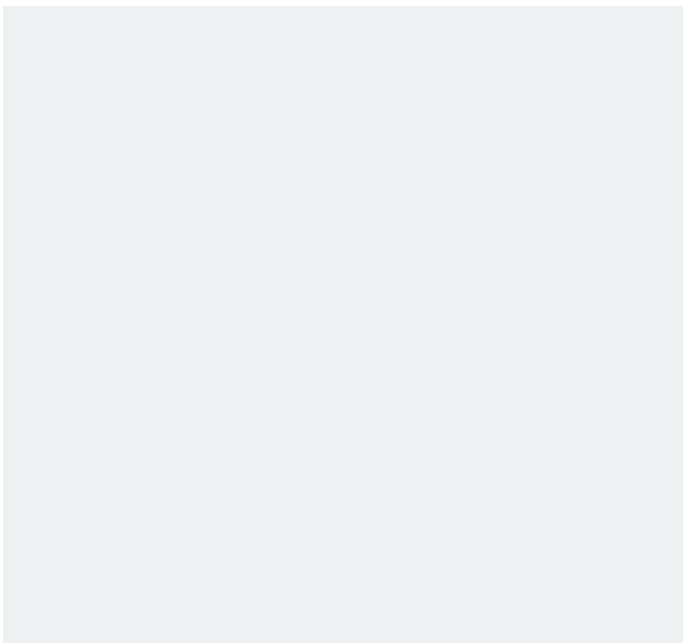


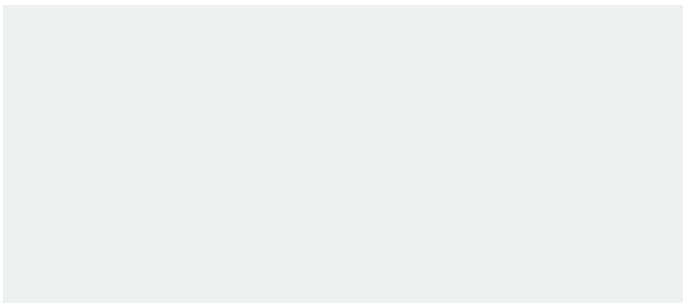
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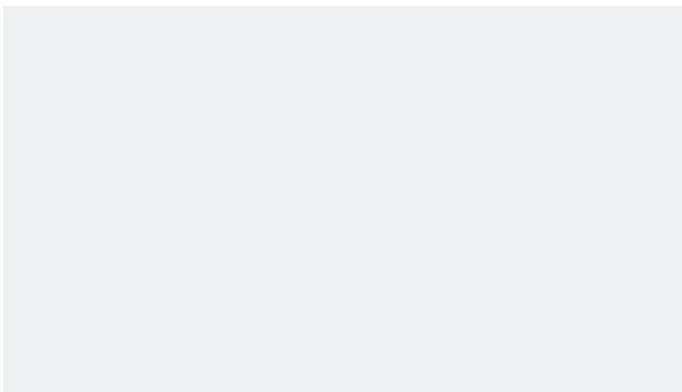
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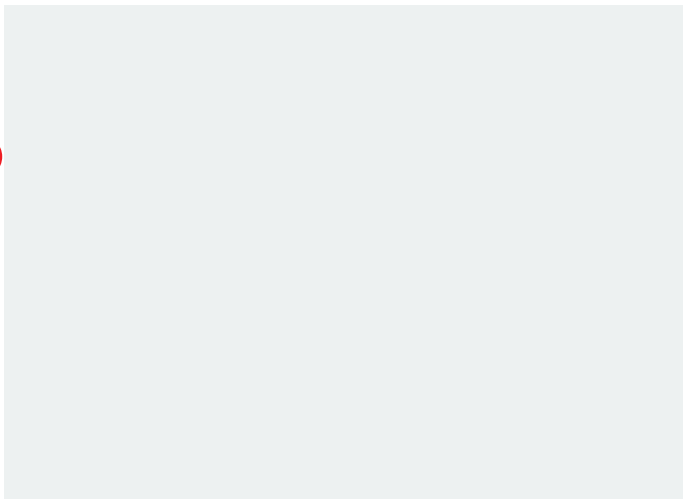


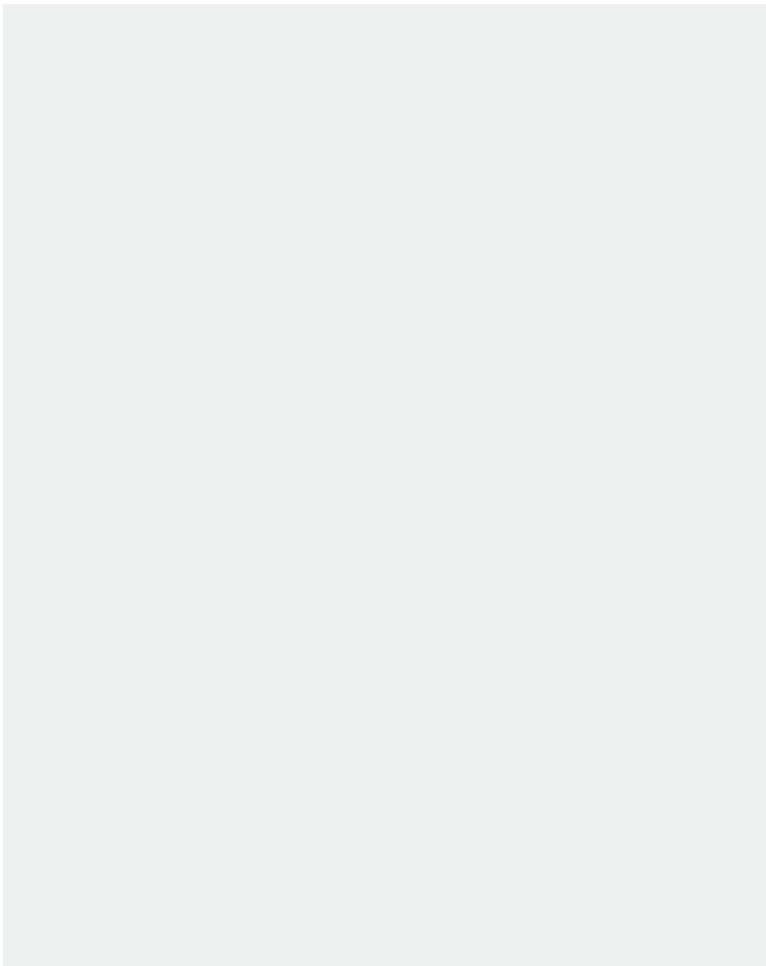
总体原则

做法：



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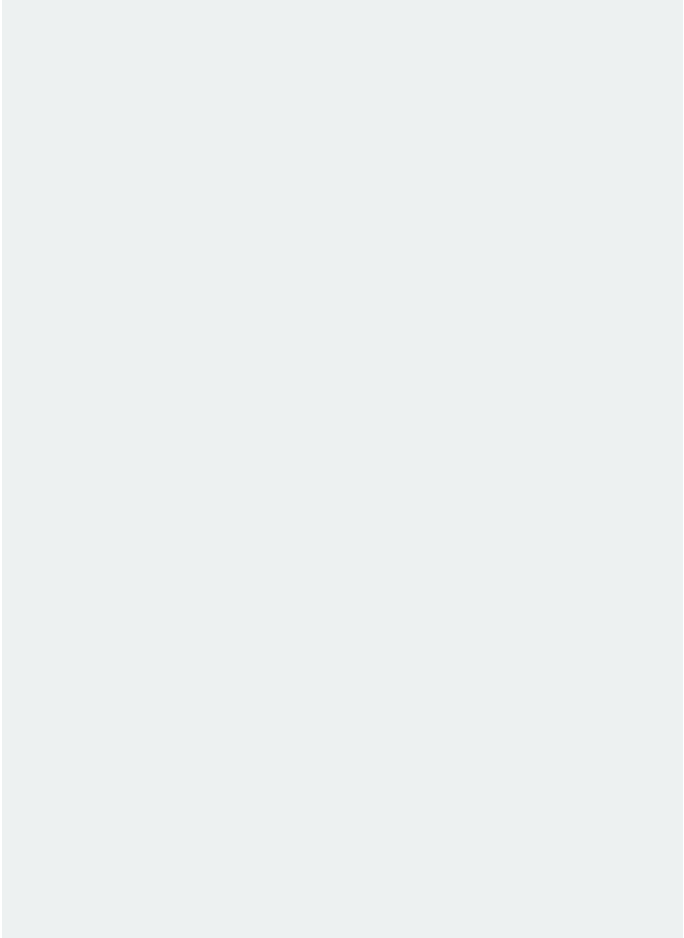


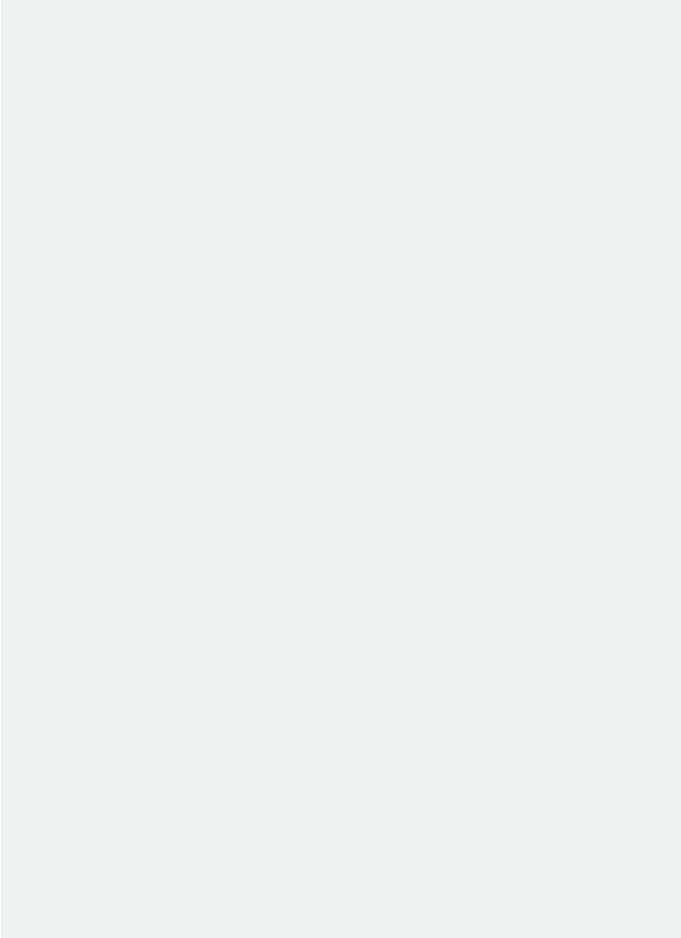




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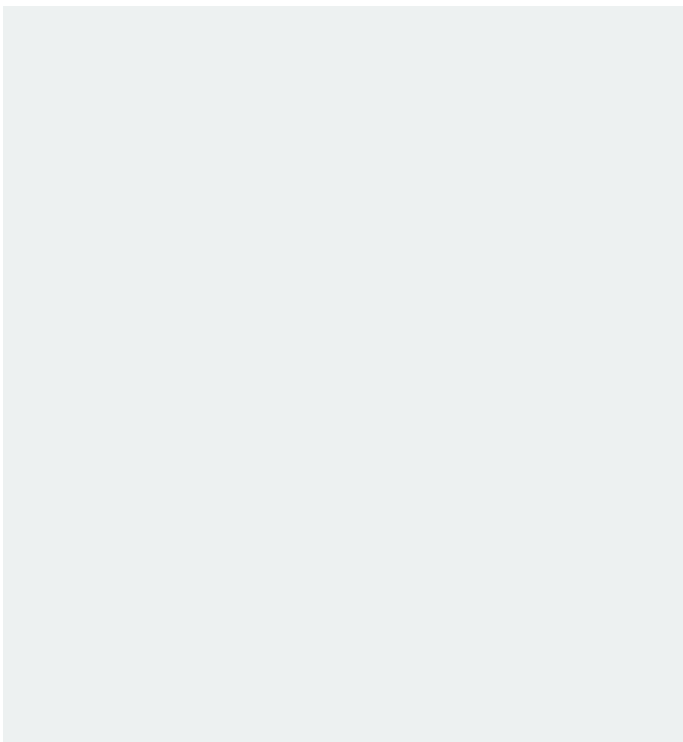






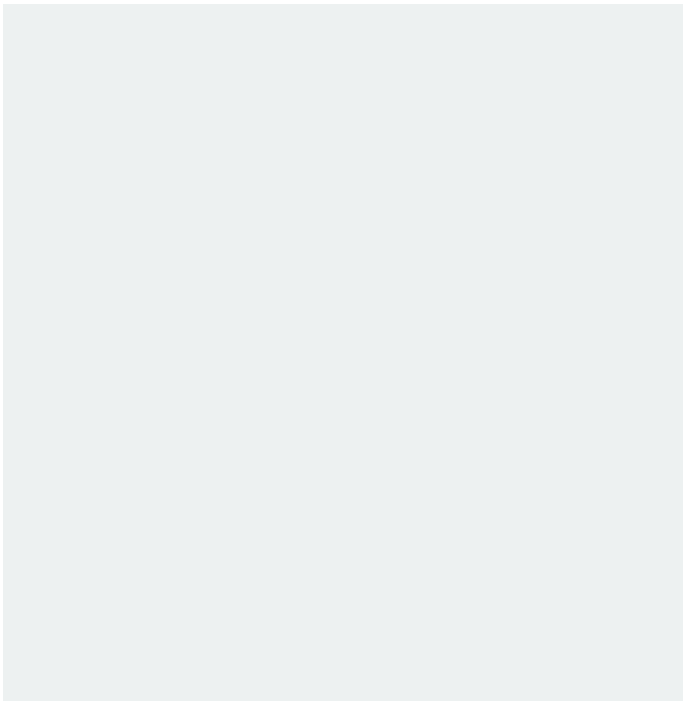


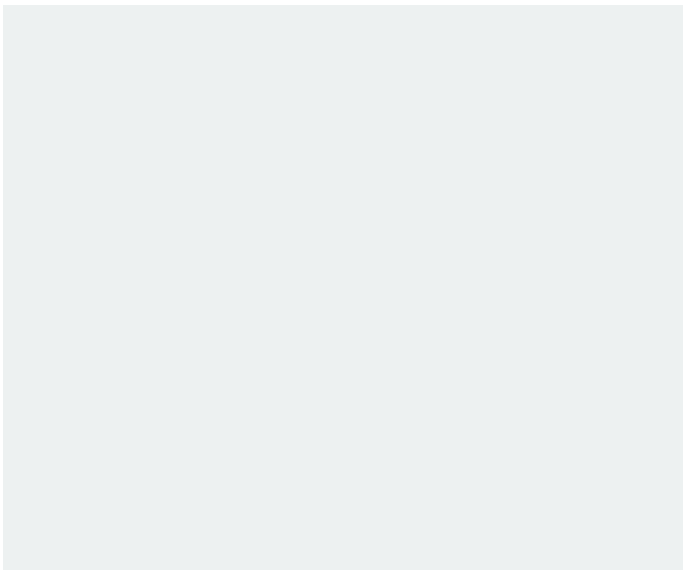
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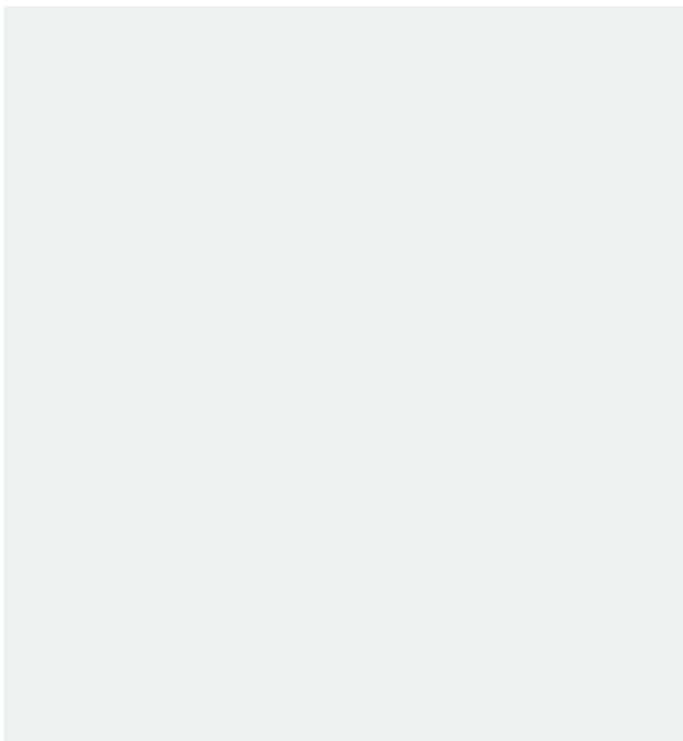
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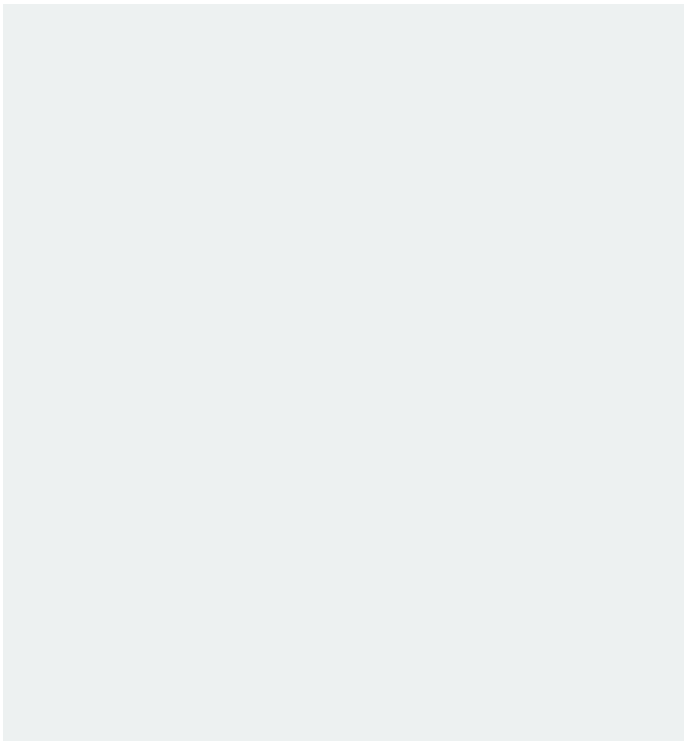






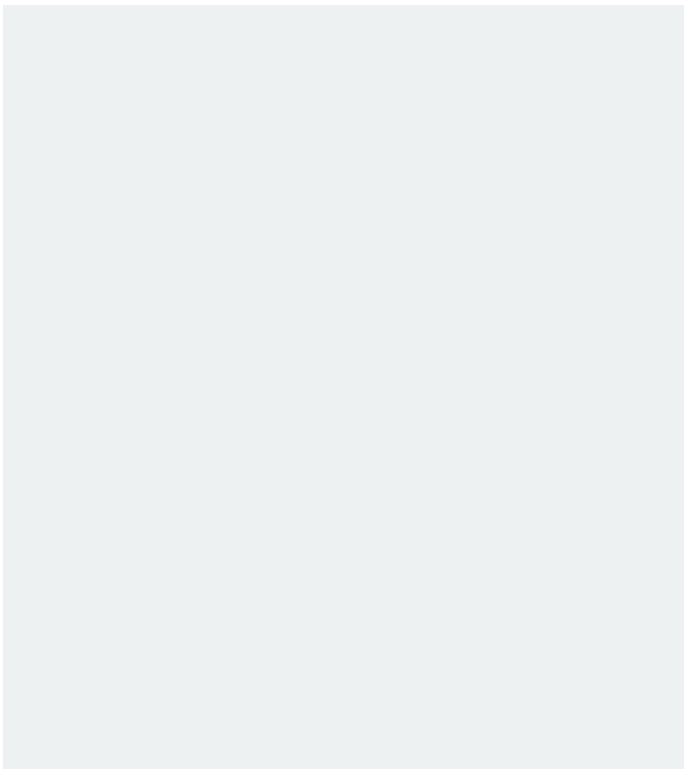
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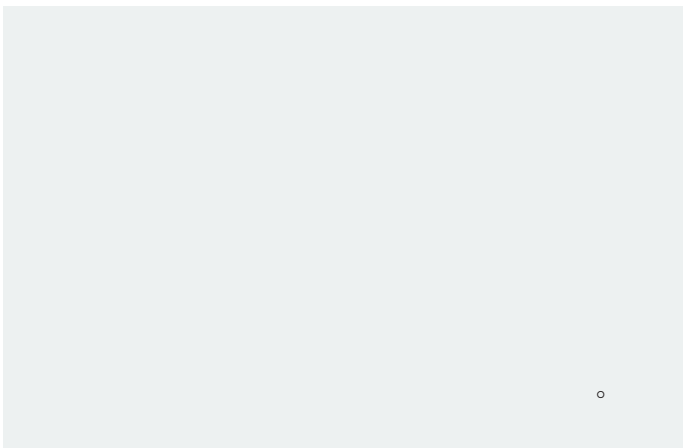


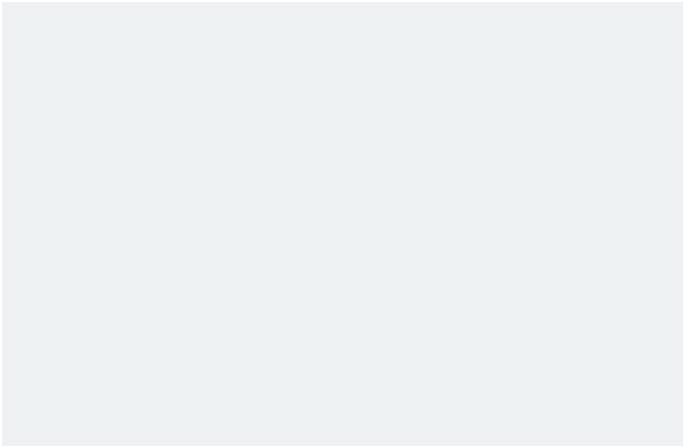




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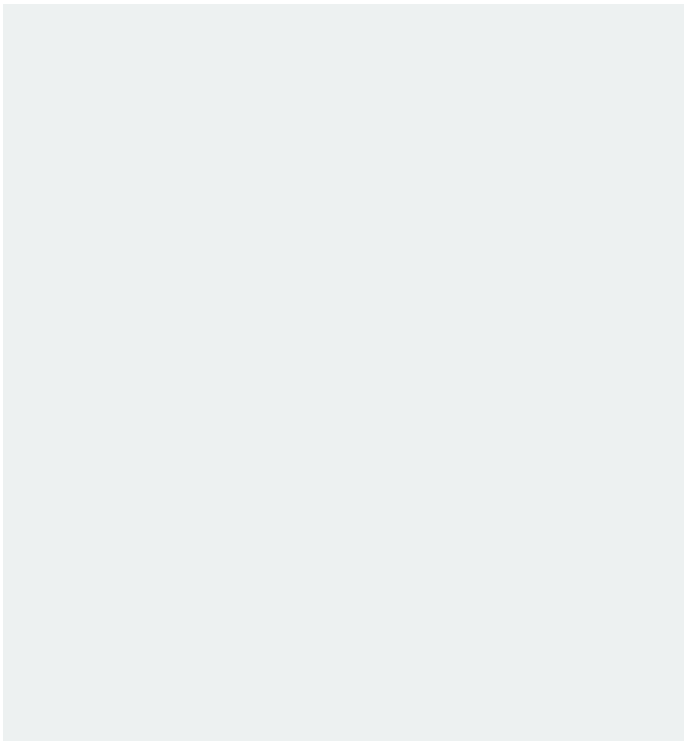






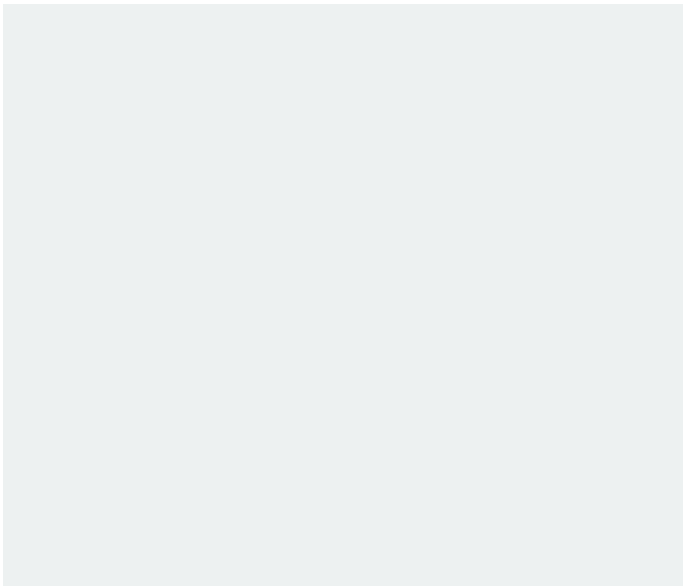
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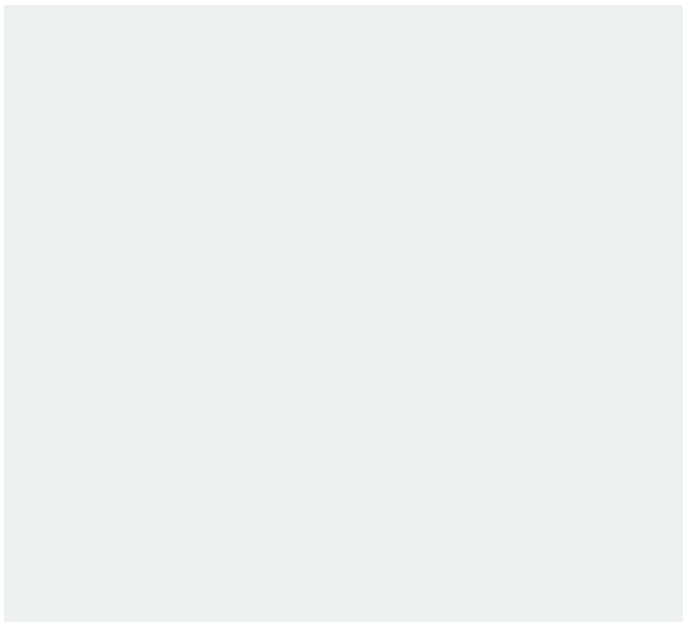






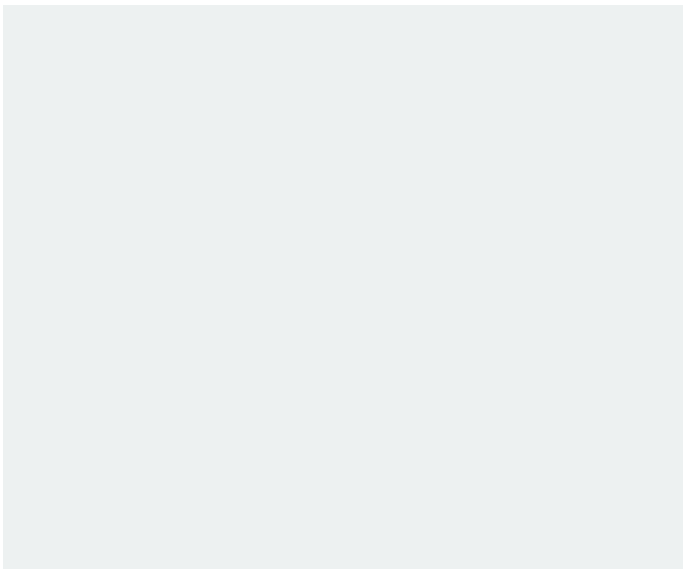
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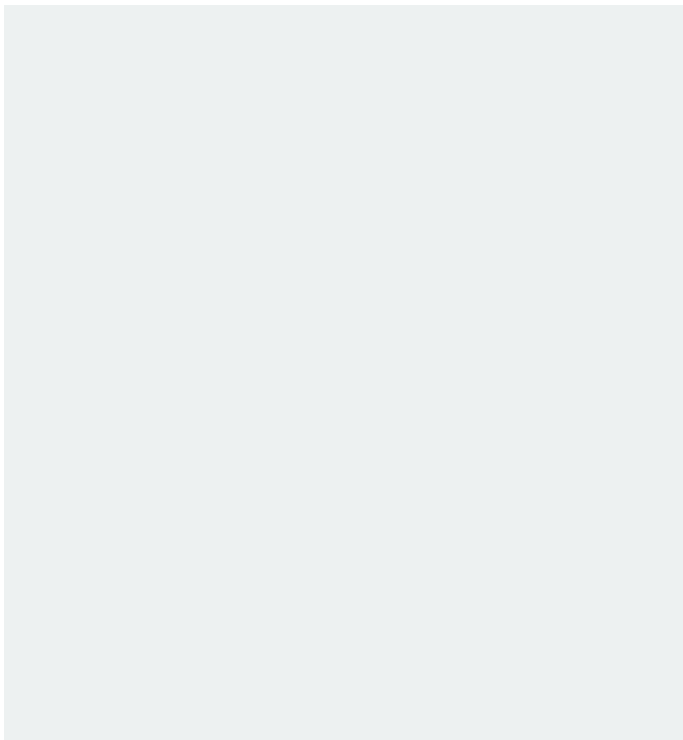


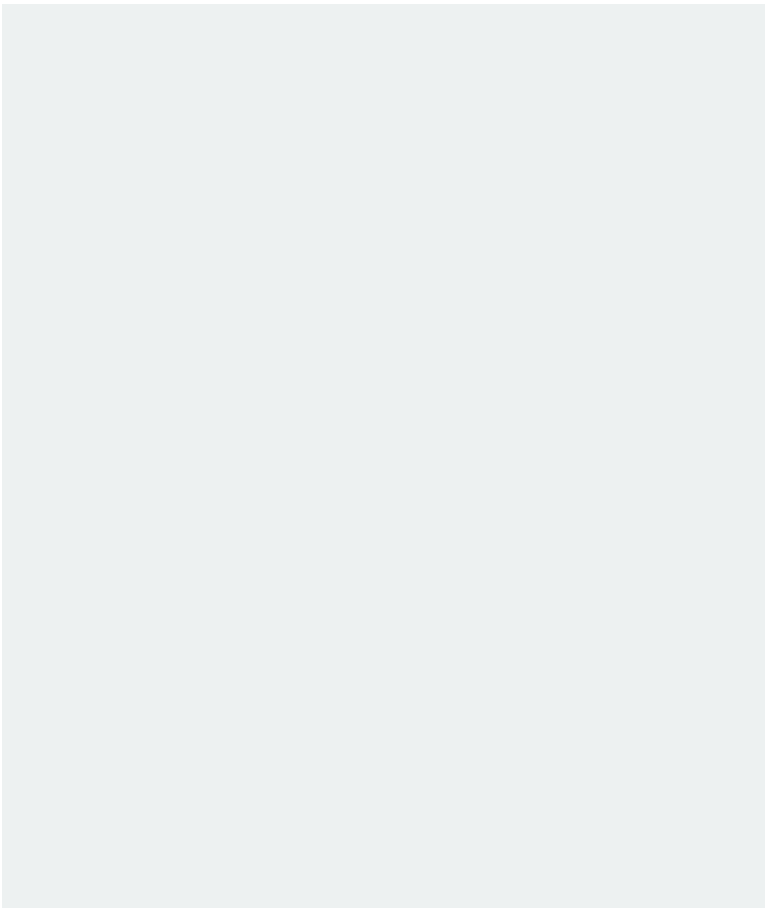
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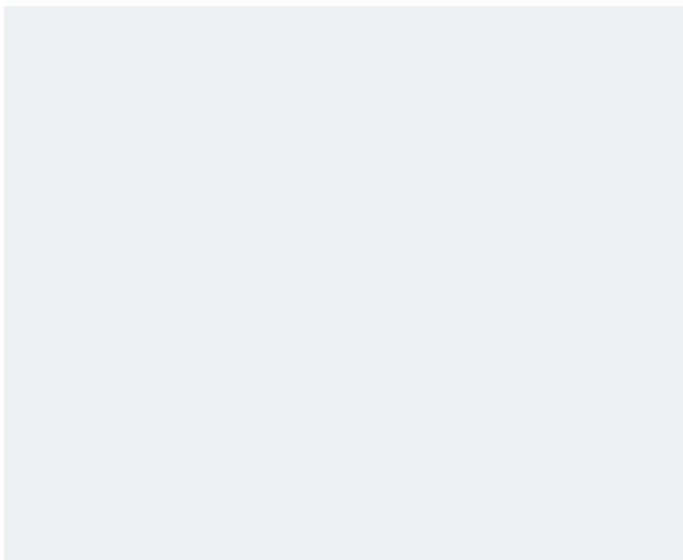
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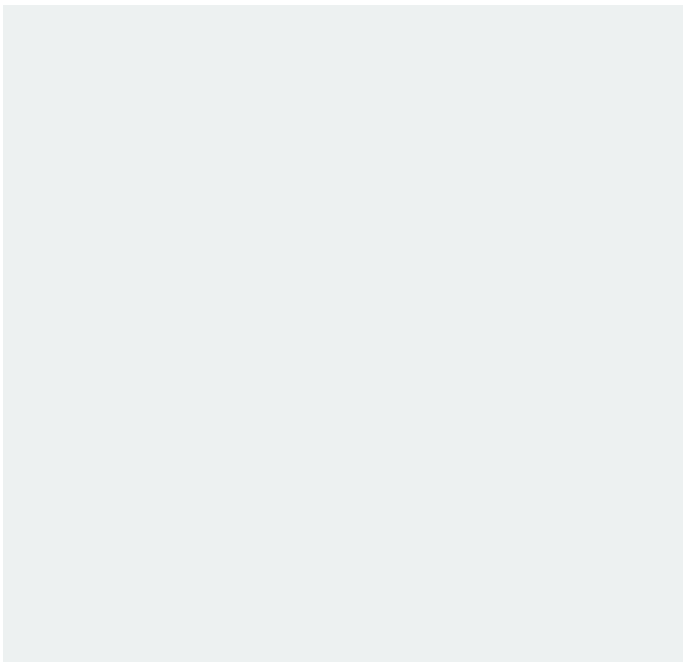


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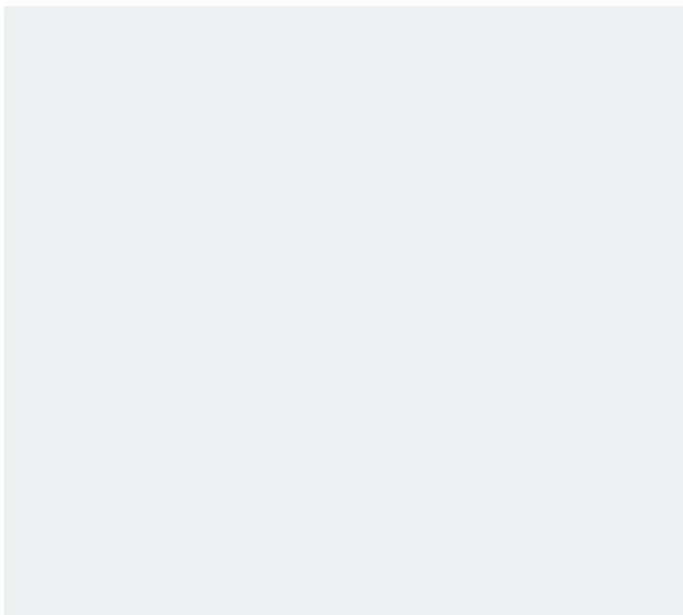
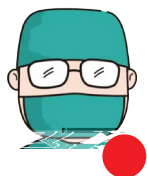


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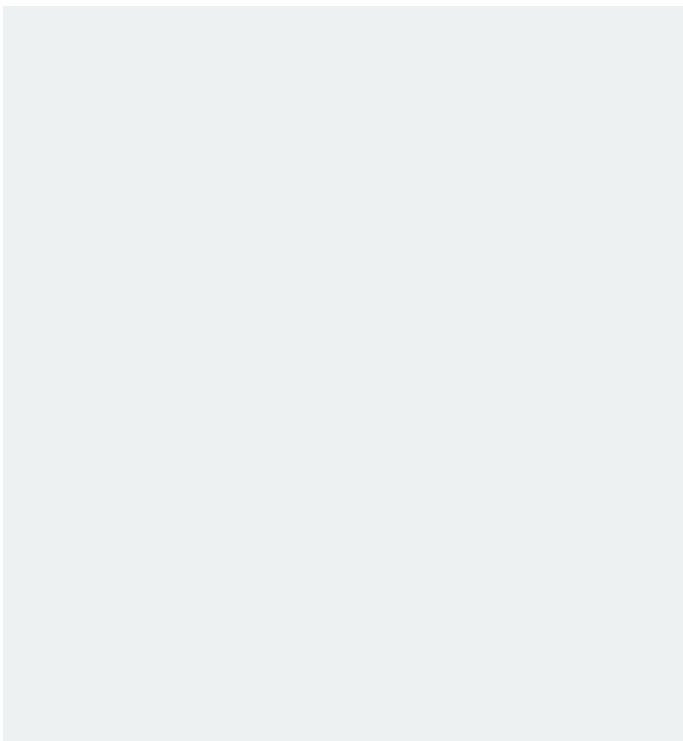
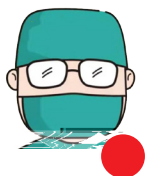


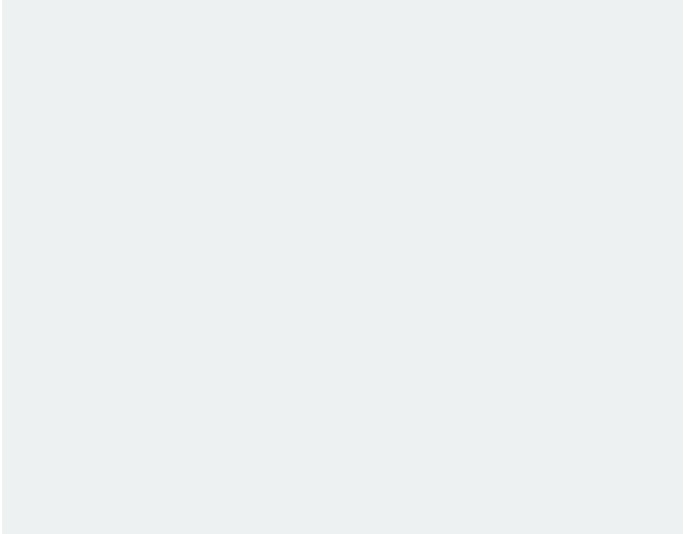
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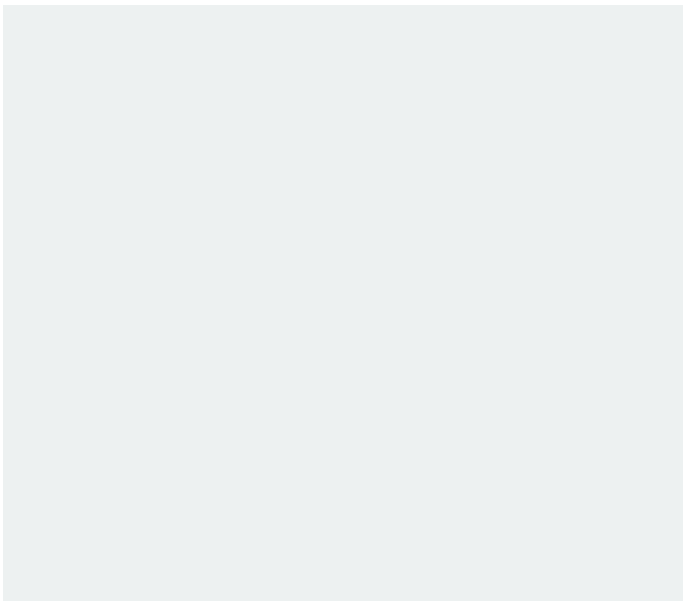
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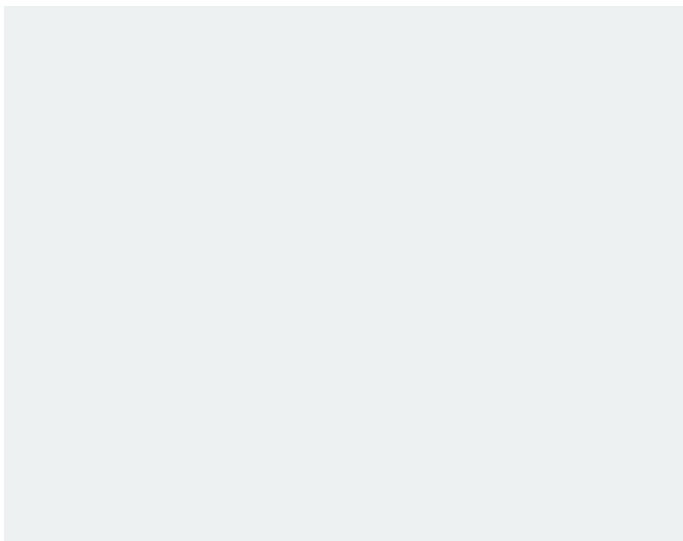
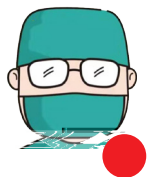


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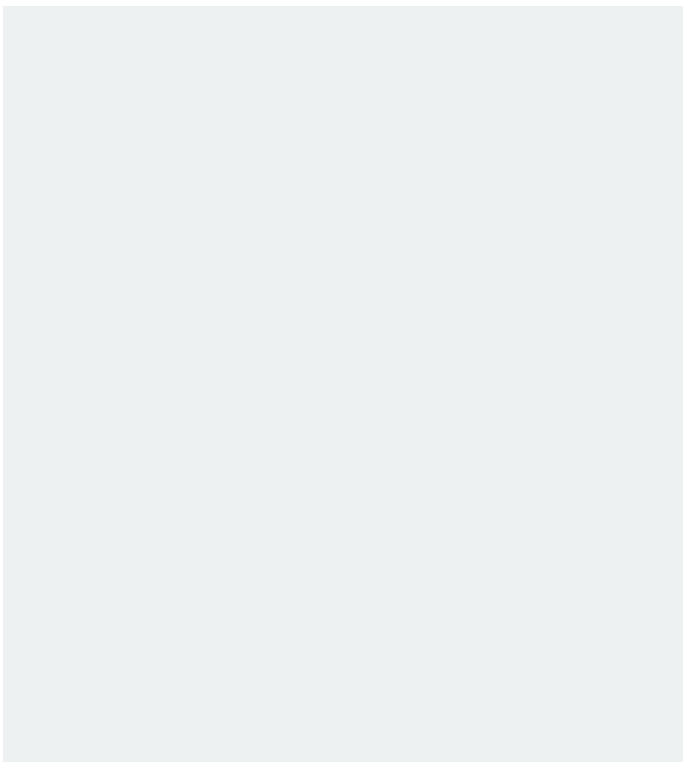


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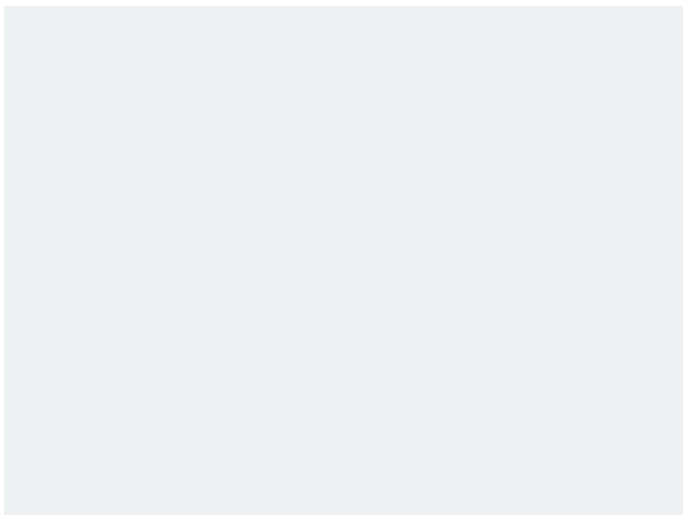


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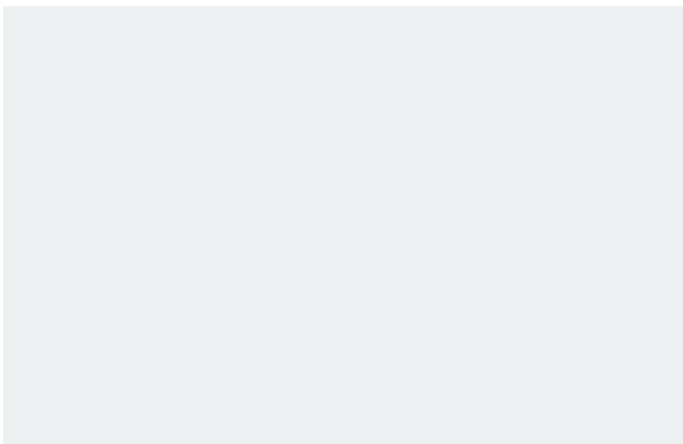


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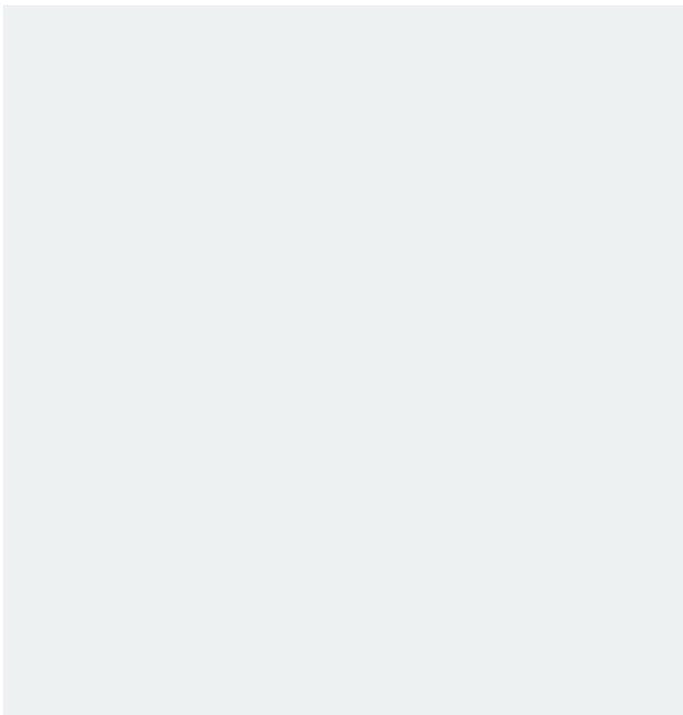


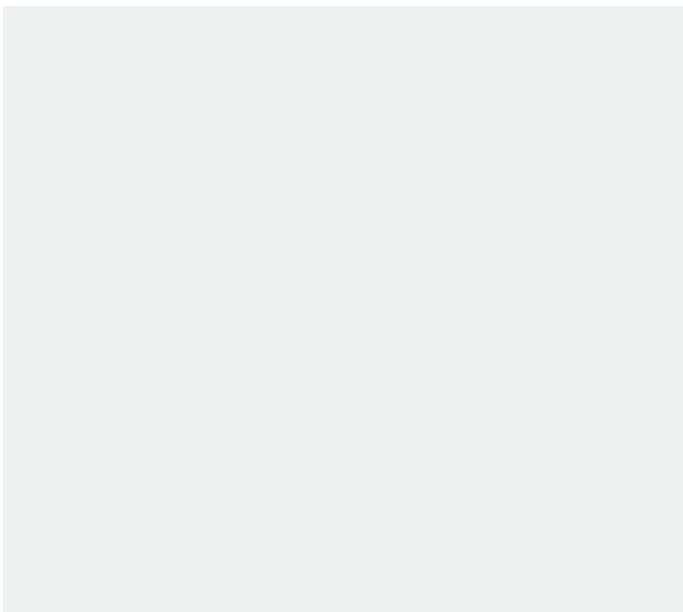
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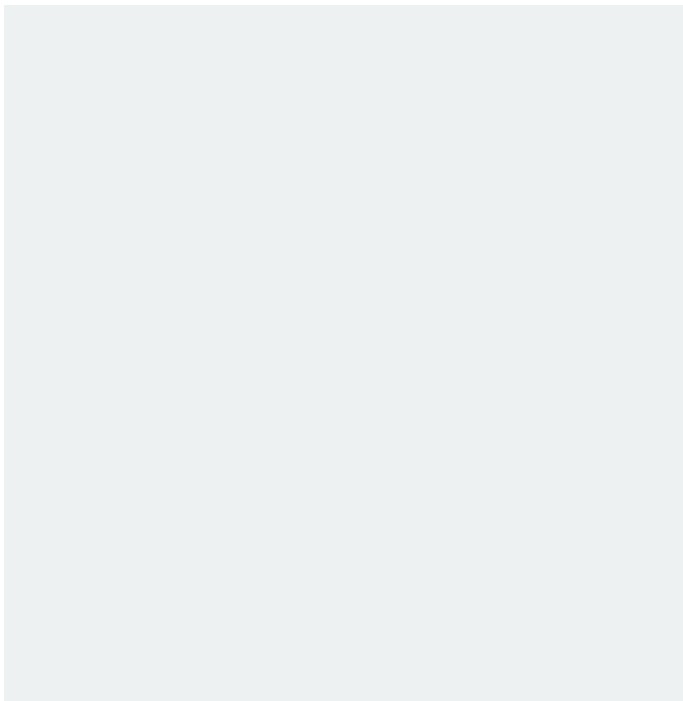
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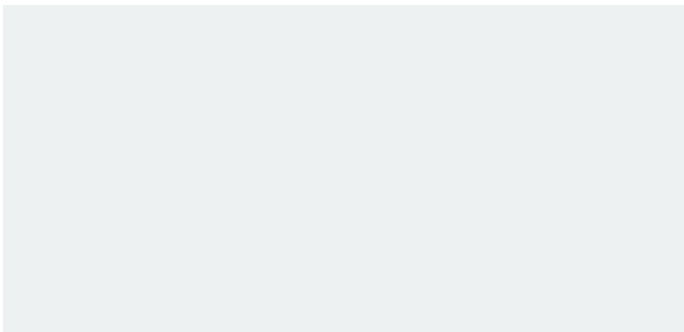






23.





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二、疑似患者

三、医护及相关人员

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五、不愿公开就医的人群

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