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2020冬季視頻創作活動簡章

**活動項目：**短視頻創作

**主 題：**新冠疫情與心理健康 (Covid-19 and Mental Health)

**此次短視頻創作甄選是希望在新冠病毒疫情期間，大家長期待在家中，缺少社交活動，學生除了要重視身體健康外，心理健康也是一個非常值得關注卻常常被華人忽視的議題。十月份為全美國National Depression and Mental Health Screening Month 以及ADHD Awareness Month，11月4日是International Stress Awareness Day, 希望藉由這個活動，學生跟家人師長能一起探討什麼是心理健康，而當自己，家人或認識的朋友有心理壓力或心理問題時，該怎麼紓解，或是尋求幫助。我們也希望藉由這個短視頻創作活動，讓學生與師長家人朋友的關係更相互了解，緊密連結。**

The purpose of this video contest is to encourage students to understand the importance of mental health during this Covid-19 pandemic. October is the National Depression and Mental Health Screening Month and ADHD Awareness Month. November 4 is the International Stress Awareness Day. By participating in this video creation contest, students are encouraged to discuss mental health issues with parents and teachers.

**短視頻創作主題可參考以下4個主題，或自行發揮，但須與心理健康有所相關。**

主題1：在新冠疫情期間，你和家人朋友用何種方式維持心理健康或是預防心理精神疾病？請用30秒至90秒的短視頻創作方式來分享你的觀察。

主題2：如果你注意到新冠疫情發生後生活中的某些變化與心理精神疾病的症狀有關係，請用30秒至90秒的短視頻創作方式來分享你的觀察。

主題3：如果你被診斷患有某種心理精神疾病，或者你認識的人被診斷患有某種心理精神疾病，請用30秒至90秒的短視頻創作方式來表達你對此病的理解。

主題4：**It’s okay to ask for help with mental health awareness**

**The mental health awareness can be related to:**

**成癮症狀Addiction:** Addiction is not only referring to substance dependence, but the dependence that the person cannot control. It could be an addiction to alcohol, tobacco, drugs, and etc; and it could also be an addiction to hoarding, game, electronic device, and etc. Your entry could be addiction itself, could be a narrative story of what happened due to addiction, could be symbolic arts of addiction, or more.

**人際關係Relationships:** We are social animals in the world with a lot of relationships including intrapersonal relationship and interpersonal relationship. Intrapersonal relationship is the one you have with yourself; interpersonal relationship is the relationship you have with others, like families, peers, relatives, and etc. Your entry could be things relating to intrapersonal relationship or interpersonal relationship.

**情緒控管Emotions:** Emotions could be simple but also mixed. We usually could use different signs to understand others’ emotions without the exact words. We could use facial expressions, body language, and tone of voice. Also, sometimes, it’s hard to recognize our own emotions. We might need to learn how we react and how we feel when we are emotional. You could share your understanding of emotions in general or share your observation about how to know about your own emotions.

我們也將於11月15日16:00PST/19:00EST舉辦一個90分鐘短視頻線上製作教學課程：

<https://zoom.us/j/98195437497?pwd=bHBzS2k0V1VEQ3NLRllqMmVZVVdGdz09>

Zoom Meeting ID: 981 9543 7497

Passcode: 163381

歡迎大家一起來參加！

1. **參加資格**：各會區中文學校學生
2. **參賽學生年齡限制**：出生日期9/2/2003-9/1/2015
3. **報名費用**：無
4. **參加方式**：

學生須在報名截止日前，完成線上報名。線上報名除了填寫學生個人與學校資料外，還需完成（1）上傳短視頻作品，內容需以中文為主(70%)，視頻時間30秒以上， 90秒以內，限mp4或相關影音檔案; （2）視頻可邀請其他人（如家人，寵物）一起入鏡; （3）視頻內容須與心理健康主題相關。

1. **上傳作品截止日期**：11/28/2020 11:59pm PST
2. **報名與上傳作品網址**：

**小學組（生日9/2/2008-9/1/2015）：**

<https://forms.gle/3mwFHYNZPA4ouvN9A>

**中高級組( 生日9/1/2003-9/1/2008)：**

<https://forms.gle/mB4Un2sG1JyN16wX7>

1. **得獎方式**：Ａ.組別將以年齡分為小學組（生日9/2/2008-9/1/2015） 與中高級組( 生日9/1/2003-9/1/2008)。每組都有第一、二名及優勝數名（優勝者得獎名額由主辦單位依參賽者比例分配之），得獎者皆會獲得獎學金，以茲鼓勵。

(每組)：

第一名Grand Prize (1⼈)＄150 Amazon 禮卡

第二名Honorable Mention Prize (2人)$75 Amazon禮卡

優勝Recognition Prize（數名） ＄25 Amazon禮卡

1. 為了鼓勵會員學校學生使用中文，凡上傳短視頻的前200名學生作品，會員學校（學生）會收到參賽獎金。每一名學生創作將有$5獎金。(請記得填寫屬於ANJCS新澤西中文學校協會)
2. 在得獎名單公佈前，會確認得獎的參賽學生是否為所屬會區的會員學校2020-2021學年的註冊學生。
3. 短視頻創作會被評審審核，之後參賽者與得獎者的作品，也可能會被媒體報導，或是被主辦單位放上網站。若對此不同意或有隱私顧慮者，請勿報名參賽。
4. 評分標準：

內容 50%（是否合乎主題要求、內容質量）

創意 25%（表達方式是否有創意）

製作 25%（符合基本製作，聲音和畫面清楚）

1. 相關心理精神疾病與症狀，可參考以下中英文內容：

新冠疫情與心理健康

主題：學習了解，知悉洞察

經新冠疫情的影響，我們的生活發生了很多的變化，新添諸多壓力。有些可能與精神疾病的症狀相關，而有些可能只是一段“艱難時光”。了解不同的心理精神疾病的相關症狀能夠幫助你了解自己的心理健康或是幫助身邊人的心理健康。部分常見心理精神疾病包括：憂鬱症 （抑鬱症），焦慮症，躁鬱症，注意力不足過動症（注意力缺陷多動障礙)，創傷與壓力相關疾患（創傷及應激相關障礙），精神分裂以及與藥物成癮相關障礙。

**憂鬱症 （抑鬱症）**

憂鬱症 （抑鬱症）是一種情緒相關病症，使人持續性的感到悲傷或失去興趣。根據症狀、週期、復發次數及其複雜性，診斷會有所不同。如，重度抑鬱症、持續性抑鬱症(心境惡劣)、破壞性情緒失調障礙等。不同於抑鬱症，抑鬱症狀可能與非心理精神疾病或其他精神障礙(如躁鬱症，精神分裂症)相關。抑鬱症狀可能包括睡眠變化、食慾變化、注意力缺失、精力不足、缺乏興趣、自卑、絕望以及身體疼痛等。抑鬱情緒也不同於抑鬱症，在生活中，我們都有可能有抑鬱情緒，但當它變得失去控制，持續存在時，我們需要尋求幫助。

**焦慮症**

焦慮症包括不同的恐慌、恐懼或無法控制的過度的焦慮情緒。我們或多或少在生活中都會有時感到焦慮，然而，當焦慮的感覺不再是暫時的擔心或恐懼時，我們把它視為一種障礙或疾病。焦慮的症狀可能包括：持續的擔憂、對所有可能得最壞情況過度考慮計劃和解決方案、難以處理不確定性、無法放下擔心憂慮、疲憊、失眠、肌肉緊張或疼痛。

**躁鬱症**

躁鬱症也是一種情緒障礙，是極端情緒的來回轉換，包括躁狂/輕躁發作和重度抑鬱發作。躁鬱症的症狀可能包括：過度樂觀或者神經質的行為、睡眠需求減少、失眠或睡眠過多、決策失誤、情緒低落(感到悲傷、空虛、絕望、想哭)、對日常活動失去興趣、覺得自己沒有價值。

**注意力不足過動症（注意力缺陷多動障礙)**

注意力缺陷/多動障礙可能涉及多動、衝動或注意力不集中。多動症是一種始於兒童時期的行為障礙、但其有可能對後續成人生活產生影響。相關症狀包括：缺乏毅力、難以集中注意力、混亂解離、不斷或不合時宜的做動作、過度的煩躁/輕拍/說話、衝動(魯莽行動、渴望即時匯報、無法延遲滿足)。

**創傷與壓力相關疾患（創傷及應激相關障礙）**

此疾病類型與創傷或壓力相關，亦與暴露於一個或多個創傷或壓力事件有關。創傷後應激障礙(PTSD)是其中的一種。創傷與應激相關障礙的症狀可能包括：令人心煩的夢或噩夢、消極的想法、感到痛苦、絕望、有記憶問題、逃避、睡眠困難、分離反應(如記憶閃回)。

**精神分裂症**

精神分裂症是一種慢性、嚴重、功能受損的腦部疾病。精神分裂症患者可能會聽到別人聽不到的聲音，可能會相信有人能讀取他們腦中的想法，控制他們的想法或者試圖傷害他們。也因此，患者可能會感到極度恐懼或焦慮。相關症狀可能包括：幻覺、妄想、思維混亂、過激行為、消極情緒和行為(面無表情、缺乏樂趣、缺乏動力、很少說話)、認知功能問題(難以理解信息作出決定、無法集中精力、有記憶力問題)。

**藥物成癮相關障礙**

與藥物成癮相關的疾病患者根據其自身狀況，治療方法有所不同，但是他們亦有可能導致與其他疾病相關的相似症狀。

我們並不是治療診斷心理精神疾病的專家，但我們可以學習了解且覺察洞悉。對於許多心理精神疾病，在病情變得更複雜前，盡早尋求幫助是至關重要的。

COVID19 and Mental Health

Topic: Be Knowledgeable and Be Aware

Due to the COVID19, we are suffering a lot of changes and pressures in our life. Some might refer to mental illness symptoms, and some might be just a “tough time”. However, it is essential to understand different mental illnesses and disorders to be aware of your mental health. Some diagnoses you might want to know are depression, anxiety, bipolar disorder, ADHD, and TSD, schizophrenia, and substance or medication-related disorders.

**Depression**. Depression is a mood disorder with a persistent feeling of sadness and loss of interest. Depending on the symptoms, period, recurrence, and complexity, you might diagnose differently, i.e., major depressive disorder, persistent depressive disorder (dysthymia), disruptive mood dysregulation disorder, etc. Depressive symptoms are different from depression. Depressive symptoms might refer to non-disorders and other disorders like bipolar and schizoaffective disorder. Symptoms might include changes in sleep, appetite changes, lack of concentration, loss of energy, lack of interest, low self-esteem, hopelessness, and physical aches and pains. We will all have a depressed mood in our life, but when it becomes uncontrolled and sustained, we need to seek help.

**Anxiety.** Anxiety disorders include different panic, phobia, or uncontrollable excessive anxious feelings. We all have some level of anxious feelings. However, when the anxious feeling is not a temporary worry or fear, we see it as a disorder. Symptoms of anxiety might include persistent worrying, overthinking plans and solutions to all possible worst-case outcomes, difficulty handling uncertainty, inability to set aside or let go of worry, fatigue, trouble sleeping, and muscle tension or aches.

**Bipolar.** Bipolar disorder is also a mood disorder with extreme mood wings, including manic or hypomanic episodes and major depressive episodes. Symptoms of bipolar might include excessive upbeat or jumpy behavior, decreased need for sleep, poor decision-making, depressed mood (feeling sad, empty, hopeless, tearful), loss on interest in daily activities, insomnia or sleeping too much, feeling of worthlessness.

**ADHD.** Attention-Deficit/Hyperactivity Disorder might include hyperactive, impulsive, or inattentive. ADHD is a behavioral disorder starting in childhood but might have an impact on adult life. Symptoms might include lack of persistence, hard to focus, disorganized, move constantly and inappropriately, excessively fidgets/taps/talks, and impulsivity (make hasty actions, desire for immediate rewards, unable to delay gratification).

**TSD**. Trauma- and Stressor-Related Disorders relating to exposure to one or more traumatic or stressful events. Post-Traumatic Stress Disorder(PTSD) is one of the TSDs. Symptoms of TSD might include upsetting dreams or nightmares, negative thoughts, feeling distressed, hopelessness, memory problem, avoidance, trouble sleeping, dissociative reactions (flashbacks).

**Schizophrenia.** Schizophrenia is a chronic, severe, and disabling brain disorder. People with schizophrenia might hear voices other people don’t hear, might believe other people are reading their minds, controlling their thoughts, or trying to harm them; thus, they might feel extreme fear or agitated. Symptoms of schizophrenia might include hallucinations, delusions, disorganized thinking, agitated body movement, negative emotions and behaviors (no facial expression, lack of pleasure, lack of motivation, speaking little), poor cognitive functioning (hard to understand information and make a decision, unable to concentrate, memory problems).

**Substance or medication-related disorders** might have different treatments as they might cause similar symptoms of different disorders, but the treatment might be different.

We might not be an expert to diagnose disorders, but we could be knowledgeable and be aware. It is critical for many disorders to seek help earlier before it becomes more complicated.

若有任何問題，可聯繫各地的會長諮詢，[或洽ncacls\_president@ncacls.net](mailto:或洽ncacls_president@ncacls.net)

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