



## 整体身心健康： 许多女性都受到压力所苦

女性朋友在过去几年过得特别辛苦，整体而言，女性对疫情感受到的冲击更甚于男性。



## 失业和经济压力

疫情期间失业的女性多过于男性，因为女性较可能从事的行业（例如服务业）受创最严重。<sup>6,7</sup> 全球而言，女性的就业比例为 39%，但失业人口中女性却占了 54%。<sup>8</sup> 失业给人带来极大的压力，而且长期贫困可能会对精神健康造成长久的影响。生活贫困的人发生抑郁和其它精神健康病况的比例要高得多。<sup>9</sup>



## 照顾责任变重

在两性婚姻人口中，女性担起约 60% 的育儿任务，<sup>7</sup> 并且承担较多的家事责任。由于学校在疫情期间关闭或改采远程上课，许多托儿班也都暂停，因此女性要肩负起大部分重担。同时，美国一项研究显示，相较于男性（28%），女性的工作中允许远程上班的较少（22%）。<sup>7</sup>

许多女性都觉得因为要照顾子女而被迫离开职场，<sup>10</sup> 但子女并不是女性无法工作的唯一原因。很多女性必须要照顾年迈双亲或其他身体或精神健康不佳的成人。<sup>11</sup>

54%

的全球女性失业。<sup>8</sup>

## 产后抑郁症

怀孕期或产后发生抑郁症是常见的事。一项全球研究结果显示，虽然各国比例不同，但产后抑郁症的整体比例是 17.22%。<sup>12</sup> 在疫情期间产子的女性要担心的事更多，而且亲友往往无法前来探望，使得在这段时间怀孕和生产比平时压力更大。

60%

的育儿任务由女性（已婚两性伴侣）负责。<sup>7</sup>

精神健康确实因为疫情而受到负面影响，但这是长期存在、必须审慎处理的问题。为确保所有人都能得到所需的精神健康支持，我们必须持续破除污名、辨识精神健康病况的症状，并确保大家都知道如何寻求帮助。





如果您因为财务、育儿、情感关系或其它个人问题而感到压力，或您觉得自己可能有抑郁、焦虑或其它精神健康病况，请向外界求助。

请访问 [livewell.optum.com](https://livewell.optum.com) 查询您可取得的资源。



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