

English	Simplified Chinese
The tool uses the English acronym CARER to help remind caregivers of the 5 steps.	该工具使用英文缩写词 CARER 来帮助提醒护理人员注意 5 个步骤。
Calm down (self-talk) • slow down, take deep breaths, use some positive self-talk	冷静下来 (自我开导) • 放慢步调, 深呼吸, 做一些积极的自我开导。
Attend to the interaction without immediately reacting • remind yourself that this person is unwell, distressed, and can't explain why	关注互动 , 但是不做出立即反应 • 提醒自己这个人身体正在遭受病痛, 并且 不知病因
Reflect on your own feelings 1. What am I feeling? (e.g., angry, frustrated, worried, sad) 2. Why do I feel this way?	反思 您自己的感受 1. 我现在有什么感受? (例如, 愤怒、沮丧、担心、悲伤) 2. 为什么我会有这种感受?
Empathize with the other person's feelings 1. What is the other person feeling? 2. Why is the other person feeling this way?	体谅 对方的感受 1. 对方是什么感受? 2. 为什么对方会有这种感受?
Respond • Now I can respond	回应 • 现在我可以做出回应了
This tool is to be used for informational purposes only and is not intended as a substitute for professional medical advice.	此工具仅供参考, 不能替代专业医疗建议。
Please consult with a health care provider for advice about a specific medical situation.	请咨询医护人员, 获取有关具体医疗情况的建议。