

Sida loo maareeyo cadaadis-maskaxeedka

Somali

- Waxaad dareemeysaa welwel baqdin xambaarsan, tognaan iyo caro fudud. Dhibaatooyinka yar yar oo aan waxba ahayn ayaa kaa careysiya waxaadna dareentaa inay kaa bateen hawlaha lagaa doonay inaad sameyso.
- Uma fikiri kartid si qayaxan, sida caadada ahaydba. Si sahlan ayaad isugu dhexyaacdaa oo waa iloowshiiyo badan tahay waxaadna halis u tahay inaad shil gasho
- Waxaad guud ahaan dareemeysaa iney kaa dhamaatay waadna daalan tahay. Tabartii aad caadi ahaan lahaan jirtay ma haysid.
- Adigoo marnaba nasanin sababtoo ah waxaad si joogto ah uga fikireysaa dhammaan hawlihii ay ahayd inaad sameyso. Mararka qaarna si hagaagsan uma hurudid.
- Nololsha wax badan kama heshid mana dareentid farxadda nololsha. Wax rajo ah oo aad quuddareynaysana ma jiraan

Kuwani waa calaamooyinka qaar ee dhibaataada caamka ah ee loo yaqaanno Caadis-maskaxeedka (stress).. Mararka qaar ayaan innagoo dhamai dareenaa in aan la jirranahay cadaadis-maskaxeedka – welwel, iyo dareen ah in ay adag tahay in nololsha la maareeyo. Mararka qaar astaamaha Caadis-maskaxeedku waxay qaar noqdaan kuwa ka muuqda jirka- madax xanuun, calool xanuun, wadnaha oo aad kuu garacaya, adigoo dareema iney calooshu ku rogmaneyso. Cadaadis-maskaxeedka wuxuu ku imaan karaa sababo badan. Qalalaasaha ayaa naga dhigi kara inaan dareenno Cadaadis-maskaxeedka, hase yeeshee waxaa kale oo sidaas na dareensiin kara dhibaatooyinka maalinlaha ah ee aan la kulanno sida, welwelka naga haysta shaqada ama ku saabsan maal ama ku saabsan xiriirkaaga ama la xiriira akhlaaqda caruurta.

In kasta oo xoogaa yar oo cadaadis-maskaxeed ah ay caadi tahay, haddana haddii uu xadka dhaafo wuxuu la imaan karaa dhibaatooyin caafimaad, oo ay ku jiraan cudurka wadnaha, qaar ka mid ah cudurrada dhimirka, ku talaxtegidada khamriga ama mukhaadaraad. Sidaas awgeed ayuu qof waliba u baahan yahay inuu ka digtoonaado cadaadis-maskaxeedka iyo iyadoo qofku ogaado sida lagu heli karo siyaabo wanaagsan oo arrinka uu ku maareyn karo.

Waxyaabo kala duwan baa dadka kala duwani ku bogsadaan, hase yeeshee fikradaha soo socda ka raadso tan adiga kugu haboon.

- Mararka qaar cadaadis-maskaxeedku ma aha mid ay keento dhacdo gaar ah hase yeeshee waxaa saameyn xoogan ku leh hadba sida aan u wajahno. Badanaaba dadka u arka xaaladaha addag tijaabo ay tahay in laga miro dhaliyo, intii ay u arki lahaayeen dhibaato la degta oo hoose u dhigta, ayaa inta badan si wanaagsan u maareeya cadaadis-maskaxeedka.
- Ha u wayneyn baaxadda si aysan u wayneyn. Kolkii ay wax kaa qaldamaan, naftaada weydii: “arrintani ma mid taban sano ka dib wax kasoo qaadi leh baa.
- Isku day inaad ka fogaato xaaladaha keeni karo cadaadis-maskaxeed, waxaadna uga fagaan kartaa adigoo qorshe wanaagsan horey u sii sameysta. Waqti badan sii naafada marka aad wax sameynayso si aadan goor kastaaba aadan u deg degsanaanin mar aad wax sameyneysa

- Yeelo waqti nasato maalin walba. Hadaad aad is leedahay waqti ma hayo, waxaad xusuusnaataa in hawshaada si hawl-karnimo ah aad uga soo bixi karto haddii aad dareemayso nasasho, cadaadiskuna uu aad kuugu yar yahay. Siyaabaha loo nasto waxaa ka mid ah : adigoo keligaa taga meel aan buuq laheyn, oo isku mashquuliya waxyaabo ku farxad geliya- sida heeso macaan, buug ama wargeys, xayawaanka la haysto (pet) - amaba xataa adigoo qubeys dheer gala. Ha daareemin inaad dembi gashay goorta aad naftaada u nasaneyso.
- Si joogto ah u lugeey ama sameey noocyo jimicsi oo aad ka helayso, sida Tai Chi. Jimicsigu wuxuu si weyn u yareeyaa cadaadis-maskaxeedka.
- Cun raashin caafimaad leh, kolkaad cadaadis tahay, aad ayey u sahlan tahay inaad raashinka ka booddo dabadeedna aad cunto cunnada yar yar ee xayrtu ka buuxdo, mac macaan iyo raashin yar oo horey loo qaato. Raashin uu ka buuxo rooti, bariis, pasta iyo noocyada kale raashinka, khudrado, iyo miro ayaa ku caawini kara in arrinta si hagaag ah loo maareeyo.
- Ha la noolaanin dhibaatooyin ama najaxid la'aan horey kuu soo martay welwel ku saabsan waxyaabo xun oo mustaqbalka kugu soo food leh. Isku mashquuli inaad la noolaato wax imminka jooga
- La hadal qof kale. Ka sheekeynta dhibaatooyinka ayaa mararka qaar kaa caawini karta inaad xal u hesho dhibaatooyinka ama xitaa ugu yaraan aad dareento wanaag. Mararka qaar dadka kale ayaa ku siin karo hab cusub oo laga eego dhibaatooyinka ama xitaa lala xalodhibaataada.
- La xiriir xaruunta caafimaadka bulsho ee degaankaaga, weydiina haddii ay garanayaan wax bixiya duruus ku saabsan nasasho ama cajalado laga dhegeysay nasasho oo ku hadla afkaaga.
- Raadso caawimo khabiir haddii waxyaabaha aad sameyneysaahi aysan ku kaalmeyn. Dadka ku caawimi kara waxaa ka mid ah talo-bixiyeyaal (counsellors) ama shaqaalaha ijtimaaciga ah

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