

# #StayConnectedMN

## GALKA FAYA QABKA DHIMIRKA IYO XARIIRADA COVID-19

01/07/2022

Galka wuxuu bixinayaa xog, fariin, iyo khayraad ku aadan xariir joogtaa inad la samayso dadka kale inta lagu jiro aafada COVID-19, taasoo muhiim u ah faya dhawrka dareenka bulshanimada. Dadka ayaa u adeegsan kara galka nolol maalmeedkooda, ehelkooda, iyo meel kasta oo bulshada kamid ah.

Ilaa intuu socdo cudurka COVID-19, fadlan raac tilmaanta CDC ee kala fogaanshaha dadka, maski xirashada, iyo karantiil gelida kadib markaad la joogto qof qaba fayraska COVID-19. Caafimaadka gaarka ah iyo xogta bulshooyinkeenu waa muhiim.

Caafimaadka dhimirka iyo faya dhawrka ayaa sidoo kale muhiim u ah caafimaadka guud. Xili aan bilaabayno sanadkii sadexaad ee aafada cudurka, waxay muhiimad dheeraad ah u leedahay dadka reer Minnesota inay waqti geliyaan diirad saarida caafimaadka dhimirka.

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*Inaad guriga joogto waa in lagu barto. Waa in lagugu jeclaanaayo qofka aad tahay. Waa inaad la wadaagto dareen guud, dan, hamiyo, iyo mabaadii'da guud ood la wadaagto dadka kale ee kuu diir naxa.*

- Dr. Vivek Murthy, Dhakhtarka Qaliinka Guud ee Maraykanka

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Isku xirnaantu waa mid kamid ah waxyaabaha ugu muhiimsan ee fayo qabkeena caafimaadka dhimirka, isku xirnaantuna inta lagu jiro aafada cudurka waa mid kamid ah waxyaabaha ugu dhibka badan. Fariimahaan waxay diirada saarayaan muhiimada ku xirnaanta dhexdeena, saaxiibadeen iyo deriskeena, iyo ehelkeena, iyo dhisida bulsho si aan u badbaadno aana guul u gaarno ayadoo uu jiro cudurku.

### Asbuuc kasta wuxuu leeyahay mawduuc:

- Asbuuca 1: Dhis xariiro saaxiibnimo
- Asbuuca 2: Kobci xariirada dadka kuu dhow
- Asbuuca 3: Abuur bulsho
- Asbuuca 4: Baro sidaad ku heli lahayd caawimaad iyo taageero

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## Sida loo adeegsado galka #StayConnectedMN

Yoolka galkan waa in la wadaago xog ku saabsan muhiimada isku xirnaanshaeena si aan u helno caafimaad. U adeegso xogta qaabab kaladuwan dadka kaladuwan, ayna ku jiraan goobaha shaqada, macaamiisha, bulshadaada, bulshada diinta, iyo qof kasta oo ka faa'iidayan kara fariimaha. Tusaalayaasha qaar:

- Ku sheeg mawduuca asbuuca iimeel loo diraaayo shaqaalaha ama xubnaha kooxda. Waxaan ku talinaynaa inaad ku darto sawiro iyo jaantusyo la xariira mawduuca. Waxaan ku siinay luuqada iimeelka ee aad adeegsan karto, laakiin wax baad ka badali kartaa aadna ku dari kartaa fikradahaaga iyo xogtaada.
- Fariimaha ugu muhiimsan ayaa xog aasaasi ah ka bixinaaya sababta isku xirnaanshuhu muhiim ugu yahay caafimaadka dhimirka. U adeegso kuwaan inay sal u noqdaan hadalkaaga, oo la wadaag dadka ilaha xogta ku dhex jirta.
- La wadaag qoraalo kooban asbuuc kasta. Fikradaha qaar waxaa kamid ah inaad ku faafiso baraha bulshada iyo/ama albaabka shaqaaluhu kasoo galaan ama boorka fariimaha, inaad ku qorto waraaqda wararka,; ku shaacinta meel dadka dhan arkaan, sida qolka nasiinada ama xarunta bulshada; ama inaad iimeelka ugu dirto saaxiibada.
- Abuur kaararka xogta oo ay ku qoran yihiin fariimaha #StayConnectedMN kuna soo bandhig meelaha dadku wadaagaan.
- La wadaag xogta ku qoran galka inta lagu jiro kulannada ama qaababka kale ee aad ku wada hadashaan shaqaalaha, macaamiisha, xubnaha bulshada diinta, iyo/ama dadka kula shaqeeya.

Qorshee inaad la wadaagto tirada ugu badan adoo ku salaynaaya baahiyaha ama doonisyada kooxdaada. Fadlan ku faafi fikradahaaga baraha Bulshada adoo adeegsanaaya haashtaaga #StayConnectedMN, si dadka kale wax uga bartaan hal abuurkaaga aana dhammaanteen isku xirnaan karno.

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## Biloowga fariimaha baraha Bulshada

Fadlan wax ka badal oo dhaqan geli fariimaha iskuxirka si aad u waafajiso baahiyahaaga. Xaqiiji inaad adeegsato haashtaaga, #StayConnectedMN markaad wax soo dhigayso baraha bulshada, si aad qayb uga noqoto wada sheekaysiga gobalka oo dhan ah.

Biloowga ol-olahaan ayaa noqonaaya bisha Febraayo 2022, laakiin waad adeegsan kartaa fariimaha mar kasta oo uu si fiican ugu shaqaynaayo ururkaaga.

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## Asbuuca 1: Dhis xariiro cusub

- **Hel qaabab aad ugu xirnaato dadka aan mararka qaar keliya xariirtaan.** Waydii dadka deriska ah qorsheyaashooda asbuuca, dhiiri geli maqal hayaha dukaanka adeegga, wax ka waydii macmiil ciyaarta soosarka carruurtiisa, salaan dadka aad kusii marto wadada astaanka baska.
- **Soo dhawee dadka cusub.** Kusoo dhawee qof cusub bulshadaada, ayna ku jiraan dadka ku cusub xaafadaada, casharka jimicsiga, goobta shaqada, dugsiga, iwm.

## Fariimaha iimeelka ee Asbuuca 1

Xariirada dhow ee kaala dhaxeeya qoyska iyo saaxiibada ayaa muhiim u ah caafimaadkeena iyo faya qabkeena. Laakiin ka waran dadka ka kooban shabakadaheena wayn ee bulshada: waalidiinta ilmaha keenaaya dugsiga, deriska jidka maraaya, ama qofka kula shaqeeya ee jooga waaxda kale kaasoo markasta kaa qosliya?

Inkastoo cilmi baarisyada lagu sameeyay faa'iidooyinka xariirada bulshada ay badanaa diirada saareen muhiimada "xariiro adag," ama xariirada jacaylka ee qoyska iyo saaxiibada iskudhow, cilmi baaris sii kordhaysa ayaa muujinaysa faa'iidooyinka qarsoon ee xariirada aan joogtada ahayn, sidoo kale. Waxaa la yaab leh, "xariiradaan dacifka ah" (qofka isku meesha ka shaqaysaan ee shactiroolka ah, tusaale) ayaa qaban kara shaqooyin badan, sida kor u qaadista caafimaadka jirka iyo dhimirka iyo kahortaga walaaca iyo kelinimada.

Ka waran maalin aad ku biloowday salaamida shaqaalaha caadiga ah ee dukaanka shaaxa deegaankaaga. Waxaad aadaa shaqada kadibna waxaad aragtay qof shaqada iskala shaqaysaan oodan waayadaan arag, kadibna waxaad ka sheekaysanaysaan sida ay ahaayeen maalmaha fasaxa asbuuciinu. Shaqada kadib, waxaad aadaysaa casharka Yoogada ood kaftan isku dhaafsataan gabar timaheedu markasta midab cusub leeyihiin. Markaad guriga aado shaqada kadib, waxaad u istgaaysaa inaad la sheekaysato nin aad markasta aragto asagoo la lugaynaaya eey magaciisu yahay Wilbur. Ma jiro qof kamid ah dadkaan oo noloshaada door muhiim ah ka ciyaara, laakiin wali maalin aadan xariirada noocaana samayn ayaa noqonaysa mid marax ah. Xog dheeraad ah oo arintaan qusaysa ka akhri [Isdhexgalada bulshada iyo Faya dhawrka: Awooda Lama Filanka ah ee Xariirada Dhifka ah \(https://journals.sagepub.com/doi/full/10.1177/0146167214529799\)](https://journals.sagepub.com/doi/full/10.1177/0146167214529799).

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## Boostiyada gaaban ee Asbuuca 1

- **Dareenadaas diiran ee aad ka hesho caawinta dadka kale ayaa kobcinaaya caafimaadkaaga, sidoo kale!** Maanta ka dhig maalintaada camalka wanaagsan! Cawska ka yar darbiga deriskaaga. Qof aadan aqoon u iibi koob kafee ah. U dhoola cadee qof ku agmaraaya. Wac qof ku jira karantiil. Sii mahadcelin, ama raali gelin. Buug ugu deeq maktabad yar. Wax ka waydii saaxiibadaa camaladooda wanaagsan kuway ugu jecel yihiin! Wali kuma aadan qancin miyaa muhiimada xariirada aan joogtada ahayn? Akhri boostiga Maanta ee Cilmi Nafsiga, <https://www.psychologytoday.com/us/blog/lifetime-connections/202007/casual-friendships-are-key-happiness> #StayConnectedMN
- **Xataa isdhexgallada kooban ee naxariista leh ood la samayso dadka aadan horay u aqoon ayaa abuur kara dareen macno badan oo xariir iyo qiimo leh.** Meeqa qof ayaad siin kartaa dhoola cadayn ama aad la samayn kartaa wada sheekaysi aan joogto ahayn si aad u faafiso farxad maanta? Si aad u hesho xog dheeraad ah oo ku aadan muhiimada hadalka yar, daawo muuqaalkan labada daqiiqo ah [https://greatergood.berkeley.edu/video/item/small\\_talk](https://greatergood.berkeley.edu/video/item/small_talk) #StayConnectedMN
- **Hel qaabab aad naxariis ugu muujso dariskaaga.** Xaafadaha aan dhex degan nahay ayaa saamayn wayn ku leh caafimadkeena iyo faya qabkeena. Kobcinta xariirada aan la samayno dadka dariska ah anagoo samaynayna falal yar oo naxariis ah ayaan keliya ayaga faa'iido u ahayn, laakiin sidoo kale u wanaagsan nafteena, deeq bixiyaha. Markaad muujiso naxariis, waxaad kordhinaysaa dopamine ka maskaxda, adoo helaaya dareen farxad leh iyo awood badan. Faa'iido dheeraad ah: naxariistu waa wax sii faafa! Ma u baahan tahay fikrado ku aadan isku xirnaanta? Booqo [https://ggia.berkeley.edu/practice/36\\_questions\\_for\\_increasing\\_closeness](https://ggia.berkeley.edu/practice/36_questions_for_increasing_closeness) #StayConnectedMN

## Ilo dheeraad oo quseeya Asbuuca 1

- [7 qaab oo lagu kordhiyo Isku xirnaanta Bulshada iyo Hal adayga Goobta Shaqada \(https://www.linkedin.com/pulse/7-practices-increase-social-connection-workplace-dimity-podger\)](https://www.linkedin.com/pulse/7-practices-increase-social-connection-workplace-dimity-podger)
- [Sida Bulsho ahaan Loogu Xirnaato Bulshada: Noloshaada ayaa Ku tiirsan \(https://www.betterup.com/blog/how-to-stay-socially-connected-to-society-your-life-depends-on-it\)](https://www.betterup.com/blog/how-to-stay-socially-connected-to-society-your-life-depends-on-it)
- [Waxaan doonaynaa inaan wada sheekaysi Qoto dheer la Yeelano dadka Aanaan aqoon \(https://greatergood.berkeley.edu/article/item/we\\_want\\_to\\_have\\_deeper\\_conversations\\_with\\_strangers\\_w\\_hy\\_dont\\_we\)](https://greatergood.berkeley.edu/article/item/we_want_to_have_deeper_conversations_with_strangers_w_hy_dont_we)
- [Su'aalahaan ayaa Kaa caawinaaya Inaad Dadka Ku xirnaato \(Xataa Markaad Kala Fog tihiin\) \(https://greatergood.berkeley.edu/video/item/these\\_questions\\_can\\_help\\_you\\_connect\\_even\\_when\\_youre\\_apart\)](https://greatergood.berkeley.edu/video/item/these_questions_can_help_you_connect_even_when_youre_apart)
- [Sabab ay tahay Inaadan Nicin Wada Sheekaysiga Yar \(https://greatergood.berkeley.edu/video/item/small\\_talk\)](https://greatergood.berkeley.edu/video/item/small_talk)

- [Foomka Su'aalaha Nolasha Qiimaha leh.pdf \(https://www.div12.org/wp-content/uploads/2015/06/Valued-Living-Questionnaire.pdf\)](https://www.div12.org/wp-content/uploads/2015/06/Valued-Living-Questionnaire.pdf)
- [Lifaqa: Cabirka Qiimaha Aadamaha ee ESS, Qaybta Femail, oo qoran \(https://datadatabase.files.wordpress.com/2011/03/schwartz-value-inventory.pdf\)](https://datadatabase.files.wordpress.com/2011/03/schwartz-value-inventory.pdf)
- [Qiimaynta Mabaadii'da shaqsiyeed \(https://survey.valuescentre.com/survey.html?id=5l1OmCPgJO6FGafKLmkogR4E3lluZOgB0EGag0Ki1CIOvC8MbC5eSA\)](https://survey.valuescentre.com/survey.html?id=5l1OmCPgJO6FGafKLmkogR4E3lluZOgB0EGag0Ki1CIOvC8MbC5eSA)
- [Xog aruurinta Awoodaha Axdiga VIA \(Tijaabada shaqsiyada, qiimaynta shaqsiyada\) \(https://www.viacharacter.org/survey/account/register\)](https://www.viacharacter.org/survey/account/register)

## Asbuuca 2: Kobci xariirada joogtada ah

### Fariimaha muhiimka ah ee xariirka Asbuuca 2

- **Raadi qaabab aad ugu xiranto dadka aad wadaagtaan xiisaha ama hamiga.** Raadi fursadaha ka jira deegaankaaga si aad ugu biirto kooxaha sameeya waxyaabaha aad jeceshahay, sida safarka buuraha, farshaxanka iyo farsamada, jimicsiga, naadiyada buugta, iwm. Kobcinta waxyaabaha aad xiisayso ayaa muhiim ah faya qabkaaga guud, waana fursad aad xariir kula samayn karto dadka kale. Khibradaha sida kuwana ayaa u badalaaya nolohaada qaab wanaagsan – helitaanka faa'iidooyinka jireed, dhimirka, dareennada, iyo ruuxda gaarista masaaliixdaada adoo abuuraaya xariiradaas gaarka ah ee aad la yeelanayso dadka kale.
- **Waqtii geli kobcinta saaxiibada kuu dhow** Muddo kadib, waxaan aqoonsanaa muhiimada lahaanshaha saaxiibo hufan oo wanaagsan – dadka na jecel, na qadariya, oo na taageera. Si aad u kobciso isku dhawaanshaha iyo taageerada saaxiibnimo, waa inaad dedaal gelisa abuurista xariirka. Qabo kulan, kula kulan saaxiibo dukaanka kafeega, dir waraaq aad gacanta ku qortay, samee wicitaanka. Gelinta waqtiga saaxiibada ayaa yaraynaysa walaaca korna u qaadaysa faya qabka caafimaadka dhimirka.
- **Kobci xariirada aad la samayso jacaylkaaga iyo eheladaada.** Qoyskeenu waa bulshadeena koobaad – waa dadka aanaan ka shakin daacadnimadooda oo markasta nala garab taagan jacayl iyo taageero. Mid kamid ah caqabadaha ugu waawayn ee qoysaska ka haysta inay isku xirnaadaan waa mashquulka noloha. Waqtii sii kobcinta xariirada aad la samayso qoyskaaga iyo eheladaada. Xariirada bulshada sida kuwaan oo kale keliya nama siinayaan farxad iyo hiloow, laakiin waxay door ka qaataan caafimaadkeena dhimirka iyo faya dhawrka.

### Fariimaha iimeelka ee Asbuuca 2

Ku xirmida dadka kale ayaa ah mid kamid ah waxyaabaha ugu muhiimsan ee aan u samayn karno fayo qabkeena. Xariirka bulshada ayaa yaraynaaya walaaca iyo niyad jabka, naga caawinaaya inaan maamulno dareenadeena, kadibna kor u qaadaaya kalsoonida nafteena iyo dhimrinteena. [Fiiro gaar ah: U adeegso mid uun kamid ah astaamaha kore si aad u sii wado risita fariimaha xariirada iimeelka.]

### Boostiyada gaaban ee Asbuuca 2

- **Hadda si kabadan sidii hore, ayay muhiim u tahay inaan waqtii gelino kobcinta saaxiibada noo dhowdhow.** Qabo kulan, kula kulan saaxiibo dukaanka kafeega, dir waraaq aad gacanta ku qortay, qof wac. Gelinta waqtiga saaxiibada ayaa yaraynaysa walaaca korna u qaadaysa faya qabka caafimaadka dhimirka. Si aad u hesho fikrado aad xariir kula samayso dadka kale, booqo: <https://tinybuddha.com/blog/6-ways-to-show-your-friends-you-appreciate-them/> #StayConnectedMN
- **Qoyskeenu waa bulshadeena koobaad – waxay noqon karaan dadka aan markasta na garab taagan ee na jecel oo na taageera.** Mid kamid ah caqabadaha ugu waawayn ee qoysaska ka haysta inay isku xirnaadaan waa mashquulka noloha. Waqtii sii kobcinta xariirada aad la samayso jacaylkaaga iyo eheladaada. Xariirada

bulshada sida kuwaan oo kale keliya nama siinayaan farxad iyo hiloow, laakiin waxay door ka qaataan caafimaadkeena dhimirka iyo faya dhawrka. Wixii xog dheeraad ah oo ku saabsan muhiimada xariirada qoyska booqo: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5954612/> #StayConnectedMN

- **Ku xirnaanta dadka aad wadaagtaan xiisaha iyo hamigga ayaa kor u qaadaysa caafimaadkaaga dhimirka iyo faya qabka guud.** Maaha inay keliya kuu sahlayso inaad samayso nashaadaadka aad jeceshahay, waxay sidoo kale kuu sahlaysaa inaad kobciso xariirada bulshada oo isku badali kara saaxiibtinimo dhow. Waxaad xataa ka bixi kartaa aagaaga raaxada! Khibradaha noocaan ah ayaa u badali kara noloshada qaab wanaagsan. Si aad u hesho farsamooyin iyo tilmaamo aad dadka kale xariir kula samayn karto booqo: <https://www.health.state.mn.us/docs/communities/mentalhealth/quickcardmwb.pdf> #StayConnectedMN
- **Markaad ku xirmayso dadka kuu dhawdhaw, xasuusnoow inay caadi tahay inaad ka hadasho sida aad dareemayso.** Xaqiiqdii, waa inaan ka hadalnaa dareemadeena. Waa caadi inuusan xaalkaagu caadi hayn. La xariir saaxiib, qoys, daris, laynka caawimaada, ama laynka dhibaataada haddii aad doonayso inaad la hadasho. Ma jiro walaac fudud. Caawimaad ayaa la heli karaa rajana way jirtaa. Si aad u hesho caawimaad, iskuday ilahaan:
  - Minnesota Warm Line Peer Support Connection (Taageerada Xariirka Dadka isku Xaalada ah ee Laynka Caawimaada Minnesota): wac ama fariin qoraal u dir 844-739-6369 (5 p.m. ilaa 9 a.m.)
  - Laynka Kahortaga Ismiidaaminta ee Qaran: 800-273-8255

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## Ilo dheeraad oo quseeya Asbuuca 2

- [Mayo Clinic - Saaxiibnimada: Kobci noloshada oo hormari caafimaadkaaga \(https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860\)](https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860)
- [6 Qaab ood Ku Tusayso Saaxiibadaa Inaad Abaal U hayso \(https://tinybuddha.com/blog/6-ways-to-show-your-friends-you-appreciate-them/\)](https://tinybuddha.com/blog/6-ways-to-show-your-friends-you-appreciate-them/)
- [Iskuxirnaanta iyo Caafimaadka: Sayniska iyo Xariirka Bulshada | PlanH \(https://planh.ca/resources/links/connectedness-health-science-social-connection\)](https://planh.ca/resources/links/connectedness-health-science-social-connection)
- [Xariirada qoyska iyo Faya dhawrka \(https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5954612/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5954612/)
- [Ururka Piedmont: Faa'iidooyinka u dhimrinta dadka kale \(https://www.piedmont.org/living-better/benefits-of-showing-kindness-to-others\)](https://www.piedmont.org/living-better/benefits-of-showing-kindness-to-others)
- [Maqaalka Caafimaadka ee Harvard: Wadnaha iyo sayniska dhimrinta \(https://www.health.harvard.edu/blog/the-heart-and-science-of-kindness-2019041816447\)](https://www.health.harvard.edu/blog/the-heart-and-science-of-kindness-2019041816447)

## Asbuuca 3: Ku xirnoow bulshada

### Fariimaha muhiimka ah ee xariirka Asbuuca 3

- **Inaad door ku yeelato bulshadaada ayaa ku siinaysa dareen wanaagsan.** Inaad tabarucaad samayso ayaa leh faa'iidooyin badan oo caafimaad waxayna siisaa dadka dareen ujeedo leh.
- **Inaan qayb ka ahaan wax ka wayn nafteena ayaa muhiim u ah da' kasta.** Helitaanka macno iyo ujeedo ayaa ah inaan qayb ka ahaan wax ka wayn nafteena; waxay naga caawisaa inaan dareeno isku xirnaan waxayna nidaamisaa aqoonsigeena. Tan waxaa ku jiri kara dhaqankaaga, diintaada, hadafka bulsho, ama xirfada.
- **Bulshada goobta shaqada.** Abuurista bulsho taageero leh goobta shaqada ayaa taageeraysa wada shaqaynta iyo wax soo saarka, sidoo kalana naga caawinaysa kahortaga walaaca iyo kelinimada.

## Fariimaha iimeelka ee Asbuuca 3

La'aanta xariir bulsho ayaa u dhiganta khatarta cabista shan iyo toban xabo oo sigaar ah hal maalin, wayna ka xun tahay khatar ka dhalata cayilka xad dhaafka ah, cabista khamrada xad dhaafka ah, iyo inaad samayn waydo jimicsi.

Kelinimadu waa geeri. Xariirka bulshada ayaa naga caawin kara daawaynta murugteena; na siinaaya dareenka ah in naloo jeedo codkeenana la dhagaysanaayo; na siinaaya sabaalin markaan murugsan nahay; hormar na siinaaya markaan wax ku guul daraysano; kor u qaadaaya caafimaadkeena; hurdo fiican na siinaaya; abuuraya helitaanka khayraadka iyo xogta; iyo waxyaabo kale. Isku xirnaanta bulshadu kuma koobna saaxiibadeena noogu dhow. Waxaan sidoo kale dhammaanteen qabnaa baahi, da' kasta, **aan ugu xirnaano wax ka wayn nafteena!** Dhaqanka, diinta, ahdafta bulshada, ama xrifadaha ayaa badanaa u buuxsha doorkaas dad badan. Waxaa laga yaabaa inaan nafteena u keli yeelin ujeedo ama ku biirin safarka koox dhaqameed (inkastoo dadka qaar ay samayn karaan sidaas!), laaliin helitaanka wax macno kuu leh, oo ah inaad qayb ka tahay wax si wayn ama si yar, iyo gelinta waqti si aad uga abaal celiso xariirkaaga ayaa muhiim u ah faya qabkaaga dhimirka.

**Halkaan waxaad ka helaysaa qaar kamid ah su'aalaha kaa caawinaaya inaad ka fakarto qaababka aad u kobcinaysa xariiradaada bulshada:**

- Maxaad ku jeceshahay bulshadaada (dhaqanka, diinta, shaqada, ama xaafada)? Sidee ayay dadka kale door ugu yeeshaan hadafkaas? Gacan ma ka gaysan kartaa taageerida sheygaas wanaagsan ee aad jeceshahay? Ma la xariiri kartaa dadka kale ee jecel isla waxa aad jeceshahay (tusaale, naadiyada safarada buuraha)?
- Sidee ayaad u dareensiin kartaa dadka kale in soo dhawayn lagu siinaayo bulshadaada?
- Xagee ayaad ka heshaa dareenka bulsho hadda, ama xagee ayaad horay uga heli jirtay dareenkaas?
- Maxaad u danaysaa bulshadaada?
- Waa maxay qaababka wayn ama yar ee aad uga qaybgeli karto bulshadaada?
- Waa maxay awoodahaaga shaqsiga ah iyo sida aad ugu adeegsan karto taageerida waxa aad aadka u danayso?

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## Boostiyada gaaban ee Asbuuca 3

- **Door ka qaadashada bulshadaada ayaa caawinaysa sidoo kale caafimaadkaaga!** Inaad mutawadacnimo samayso adoo qayb ka ah qoys ayaa sidoo kale ah caado wanaagsan. Raadi fursad aad mutadawac ku noqon karto taasoo macno badan kuu leh. Booqo webseedyadaan, xaruntaada bulshada ee maxaliga ah, ama bulshadaada diinta si aad u hesho waxa kugu haboon: <https://wiredimpact.com/blog/websites-to-help-you-find-volunteer-opportunities/> #StayConnectedMN
- **Inaan qayb ka ahaan wax ka wayn nafteena ayaa muhiim u ah da' kasta!** Maxaa kuu leh muhiimada ugu badan? Ma tahay dhaqankaaga, diintaada, hadafkaaga bulshada, ujeedada aad doonayso inaad ka hesho shaqadaada? Iskuday midkood qiimaynadaan haddii aad u baahan tahay tilmaan: <https://www.div12.org/wp-content/uploads/2015/06/Valued-Living-Questionnaire.pdf>, <https://datadatabase.files.wordpress.com/2011/03/schwartz-value-inventory.pdf>, <https://survey.valuescentre.com/survey.html?id=5I1OmCPgJO6FGafKlmkogR4E3lluZOgBOEGag0Ki1ClOvC8MbC5eSA> #StayConnectedMN
- **Inaad qayb ka noqoto isbadalka aan doonayno inaan aragno ayaa noqon karta laab qaboojin,** gaar ahaana marka aad soo martay uur kutaalooyin badan sida isir nacayb ama nacayb dhanka galmada ah. Ka raadi xogta wargayska dhaqanka ee deegaankaaga ama barnaamijyada raadiyaasha, ama akhri mid kamid ah ilahaan: <https://www.mnhealingjustice.org/>, <https://headwatersfoundation.org/>, <https://www.buzzfeed.com/lizmrichardson/lgbtq-organizations-pride> #StayConnectedMN

- **Xariirada dareenka oo xoog badan ood la yeelato saaxibada shaqada ayaa kor u qaadaysa wax soo saarka iyo faya dhawrka!** Abuur bii'o wada shaqayn leh! Midkiinba kan kale ha caawiyo oo iska codsada caawimaad dhexdiina. Daawo muuqaalka Seattle Pike Place si aad u hesho dhiiri gelin:  
<https://www.youtube.com/watch?v=xSWUw2jcgYo> #StayConnectedMN

## Ilo dheeraad oo quseeya Asbuuca 3

- [Mutadawacnimada iyo Faa'iidooyinkeeda Lama Filaanka ah](https://www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm) (<https://www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm>)
- [3 Webseed oo Kaa caawinaaya Helitaanka Fursado Mutadawacnimo](https://wiredimpact.com/blog/websites-to-help-you-find-volunteer-opportunities/) (<https://wiredimpact.com/blog/websites-to-help-you-find-volunteer-opportunities/>)
- [7 qaab oo lagu kordhiyo Isku xirnaanta Bulshada iyo Hal adayga Goobta Shaqada](https://www.linkedin.com/pulse/7-practices-increase-social-connection-workplace-dimity-podger) (<https://www.linkedin.com/pulse/7-practices-increase-social-connection-workplace-dimity-podger>)
- [Sida Bulsho ahaan Loogu Xirnaato Bulshada: Noloshada ayaa Ku tiirsan](https://www.betterup.com/blog/how-to-stay-socially-connected-to-society-your-life-depends-on-it) (<https://www.betterup.com/blog/how-to-stay-socially-connected-to-society-your-life-depends-on-it>)
- [Waxaan doonaynaa inaan wada sheekaysi Qoto dheer la Yeelano dadka Aanaan agoon](https://greatergood.berkeley.edu/article/item/we_want_to_have_deeper_conversations_with_strangers_why_dont_we) ([https://greatergood.berkeley.edu/article/item/we\\_want\\_to\\_have\\_deeper\\_conversations\\_with\\_strangers\\_why\\_dont\\_we](https://greatergood.berkeley.edu/article/item/we_want_to_have_deeper_conversations_with_strangers_why_dont_we))
- [Su'aalahaan ayaa Kaa caawinaaya Inaad Dadka Ku xirnaato \(Xataa Markaad Kala Fog tihiiin\)](https://greatergood.berkeley.edu/video/item/these_questions_can_help_you_connect_even_when_youre_apart) ([https://greatergood.berkeley.edu/video/item/these\\_questions\\_can\\_help\\_you\\_connect\\_even\\_when\\_youre\\_apart](https://greatergood.berkeley.edu/video/item/these_questions_can_help_you_connect_even_when_youre_apart))
- [Sabab ay tahay Inaadan Nicin Wada Sheekaysiga Yar](https://greatergood.berkeley.edu/video/item/small_talk) ([https://greatergood.berkeley.edu/video/item/small\\_talk](https://greatergood.berkeley.edu/video/item/small_talk))
- [Foomka Su'aalaha Noloshada Qiimaha leh.pdf](https://www.div12.org/wp-content/uploads/2015/06/Valued-Living-Questionnaire.pdf) (<https://www.div12.org/wp-content/uploads/2015/06/Valued-Living-Questionnaire.pdf>)
- [Lifaaga: Cabirka Qiimaha Aadamaha ee ESS, Qaybta Femail, oo qoran](https://datadatabase.files.wordpress.com/2011/03/schwartz-value-inventory.pdf) (<https://datadatabase.files.wordpress.com/2011/03/schwartz-value-inventory.pdf>)
- [Qiimaynta Mabaadii'da shaqsiyeed](https://survey.valuescentre.com/survey.html?id=511OmCPgJO6FGafKLMkogR4E3lluZOgB0EGag0Ki1CIOvC8MbC5eSA) (<https://survey.valuescentre.com/survey.html?id=511OmCPgJO6FGafKLMkogR4E3lluZOgB0EGag0Ki1CIOvC8MbC5eSA>)
- [Xog aruurinta Awoodaha Axdiga VIA \(Tijaabada shaqsiyada, qiimaynta shaqsiyada\)](https://www.viacharacter.org/survey/account/register) (<https://www.viacharacter.org/survey/account/register>)

## Asbuuca 4: Helitaanka taageero iyo caawimaad

### Fariimaha muhiimka ah ee xariirka Asbuuca 4

- **Dhawr badqabkaaga adoo ku xirnaanaaya nidaamkaaga taageerada qaabka aad awoodo.** Taageerooyinka qaar ayaa u guuray qaababka oonleenka ah. Waa muhiim inaad hesho adeegyada adigga kugu haboon. Taageerooyinka qaarkood, xataa haddii aysan ahayn kuwo kugu filan, ayaa ka fiican inaad wax taageero ah helin. Taageerooyinka waxaa ku jiri kara qoyska, saaxiibada, shaqalaha kula shaqeeya, iyo dabiicada.
- **Haddii aad walaac ka qabto in qof qabi karo fikradaha isdilidda, si furan oo toos ah u waydii qofka haddii uu dareemaayo fikradaha isdilidda.** Wac Laynka Tooska ah ee Gurmada Qaran ee Ka Hortagga Is-Dilidda (1-800-273-8255) si aad xog dheeraad ah uga hesho ilaha aad heli kartaan adigga iyo ehelkaagu.

- Laymanka caawimaada iyo taageerada dadka isku xaalada ah ayaa muhiim u noqon karta dadka maaraynaaya walaaca. Laymanka tooska ah waxay taageero siiyaan dadka soo waca ee u baahan, laakiin aan ku jirin masiibada. Uma baahnid inaad dhibaato wayn gasho si aad u wacdo laynka caawimaada. Qof kasta oo doonaaya taageero ayaa la xariiri kara laymankaan.
- **Waxay noqon kartaa culays badan inaad hesho baxnaaniye, ama ay adkaan kartaa inaad ogaato meesha aad ka helayso. Adeegso barnaamijkaaga caawimaada shaqaalaha, haddii aad haysato.** Waxaad la xariiri kartaa dhakhtarkaaga guud ama shirkada caymiska caafimaadka, ama waxaad akhrin kartaa [Fast-Tracker \(https://www.fasttracker.org/\)](https://www.fasttracker.org/) si aad u hesho ilaha Minnesota si lagaaga caawiyo caafimaadka dimirka iyo cudurada ka dhasha isticmaalka maandooriyaasha. Iskuxirka gaarka ah ayaa ku caawin kara, sidoo kale. Waxaad la yaabi kartaa waxaad ogaato markaad biloowdo inaad dadka waydiiso.

## Fariimaha iimeelka ee Asbuuca 4

Baro meesha aad ka helayso taageero iyo ilo haddii adigga ama qof ehelkaaga ah uu caawimaad u baahan yahay. Naxariis u fidi naftaada maanta iyo maalin kasta. Waqti geli aqoonsiga dadka noloshada qaybta ka ah – shaqaalaha kula shaqeeya, ehelkaaga, ama dadka kale – aadna u aqoonsato naftaada. Aqoonsi yar ayaa waxbadan tari kara. Dedaal gaar ah geli inaad la xariirto dadka kamid ah bulshadaada ama goobta shaqada oo noqon kara kuwo nugul aana haysan taageero badan. Ka hadlida dareennada ayaa noqon karta wax aan qofku ku qanacsanayn, laakiin keliya aqoonsiga in adigga ama qof aad taqaano dhibaato haysato, ayaa dhab ahaantii qofka caawinaysa.

Haddii aad dareemayso cakiirnaan badan ama u baahan tahay inaad qof la hadasho, fadlan la xariir si aad ugu xirto mid kamid ah ilaha hoose.

- [Laynka Kahortaga isdilidda ee Qaran \(https://suicidepreventionlifeline.org/\)](https://suicidepreventionlifeline.org/): 1-800-273-8255.
- [Laynka Fariimaha marka Dhibaato dhacdo \(https://www.crisistextline.org/\)](https://www.crisistextline.org/): Fariin qoraal ugu dir erayga “MN” lambarka 741741.
- [Gurmada masiibada ee wareegga ee maxaliga ah ee Minnesota \(https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp\)](https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp): Hel lambarka taleefanka kooxda gurmada masiibada ee wareegga ee degmadaada.
- [Laynka tooska ah ee Minnesota Day One ee rabshada qoyska ama galmada \(http://dayoneservices.org/\)](http://dayoneservices.org/): 1-866-223-1111.
- [Laynka Gurmada Waalidka ee Qaran \(https://www.nationalparenthelpline.org/\)](https://www.nationalparenthelpline.org/): 1-855-427-2736, oo ay maamusho Parents Anonymous.
- [Laynka Tooska ah ee Taageerada Caalamiga ah ee Umulaha \(https://www.postpartum.net/\)](https://www.postpartum.net/): 1-800-944-4773.

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## Boostiyada gaaban ee Asbuuca 4

- **Ku xirnaanta nidaamka kooxdaada taageerada ayaa si gaar ah muhiim ugu ah dadka soo kabashada ku jira.** La xariir nidamakaaga taageerada ama dadka aad ogtahay inay dhibaato qabaan oo qorshee inaad xariir joogto ah la samayso. Waa wax caadi ah inaad caawimaad dalbato. La xariir saaxiib, qoys, ama laynka masiibada; waxaa jira caawimaad, waxaan jirta rajo.
  - Laynka Kahortaga Ismiidaaminta ee Qaran: 1-855-273-8255 ama fariin qoraal ugu dir erayga MN lambarka 741741. #StayConnectedMN
- **Waxay noqon kartaa culays badan inaad hesho baxnaaniye, ama xataa ay adkaan kartaa inaad ogaato meesha aad ka helayso. Adeegso barnaamijkaaga caawimaada shaqaalaha, haddii aad haysato.** Waxaad la



xariiri kartaa dhakhtar daryeel caafimaad, shirkadaada caymiska caafimaadka, ama waxaad geli kartaa lifaaqa aalada Fast Tracker si aad u hesho xogta caafimaadka dhimirka iyo isticmaalka maandooriyaha ee ka jira Minnesota. Dadka kale ayaa ka faa'iidaysta gudbinada shaqsigi ah. Waxaad la yaabi kartaa waxaad ogaato markaad biloowdo inaad dadka kula jooga waydiiso. Wixii xog dheeraad a oo ku aadan ilaha xogta caafimaadka dhimirka iyo isticmaalka maandooriyaasha gudaha Minnesota, booqo:

<https://www.fasttrackermn.org/> #StayConnectedMN

- **Laymanka caawimaada iyo taageerada dadka isku xaalada ah ayaa muhiim u noqon karta dadka maaraynaaya walaaca.** Uma baahnid inaad dhibaato degdeg ah gasho si aad u wacdo laynka caawimaada. Qof kasta oo raadinaaya taageero ayaa wici kara Laynka Caawimaada Minnesota ee Taagerada dadka isku daruufka ah isa siiyaan oo laga heli karo 844-739-0369, laga bilaabo 5 p.m. ilaa 9 a.m. Haddii aad doonayso wax intaas ka xaraarad badan, booqo Shabakada Taagerada dadka isku daruufka ah isa siiyaan ee Oonleenka ah, oo maalin kasta la qabto laga bilaabo 10 a.m. ilaa 4 p.m. Waxay bixisaa nashaadaadka oonleen ah oo saacad kasta ah. Wixii xog dheeraad ah, Booqo: [Wellness in the Wood: U badalida Faya Dhawrka Xaqiiqo \(U doodista caafimaadka dhimirka\) \(mnwitw.org\)](#) #StayConnectedMN
- **La xariir saaxiibadaa iyo ehelkaaga.** Haddii aad ogaato in saaxiibkaa uu si kale u dhaqmaayo ama u muuqdo mid walaacsan, hala cabsan inaad waydiiso saaxiibkaa ama ehelkaaga haddii uu ka fakaraayo inuu naftiisa dilo ama uu ka fakaraayo isdilid. Inaad qof wax ka waydiiso isdilku maaha inaad qofka ku dhiiri gelinayso. Xaqiiqdii, inaad si furan uga hadasho caafimaadka dhimirka iyo isdaldalaada ayaa abuuri kara wada sheekaysi run ah iyo isku xirnaan. Waqti geli inaad wax ka barato astaamaha aad ka eegayso qof ka fakaraaya inuu isdilo.

Si aad u hesho taageero iyo ilo dheeraad ah, wac Laynka Tooska ah ee Gurmada Qaran ee Ka Hortagga Isdilidda ood ka wacayso 855-273-8255, ama fariin qoraal erayga "MN" ugu dir 741 741 si lagaaga caawiyo aafka kasta. Wixii xog dheeraad ah oo ku saabsan kahortaga isdilidda, booqo:

<https://www.health.state.mn.us/communities/suicide/basics/index.html> #StayConnectedMN



Minnesota Department of Health | [health.mn.gov](http://health.mn.gov) | 651-201-5000  
625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975

La xiriir [health.communications@state.mn.us](mailto:health.communications@state.mn.us) si aad u weydiisato qaab kale.