

# Caafimaadka Maskaxda (Mental Health - Somali) Transcript

Waa caadi in la dareemo murugo, baqasho, iyo xataa cadho xiliyada adag, sida marka masiibooyinka dabiiciga ahi dhacayaan, rabshaduhu socdaan, ama uu dilaaco cudur faafayaa.

Qof ba si gooni ah ayuu uga falceliyaa walwalka ka dhasha xikliyada masiibooyinka.

Dhaqankaaga, da'daada iyo qoyskaaga ayaa samayn ku leh falcelintaada.

Waa in aad u fiirsataa caafimaadkaaga jidheed iyo waliba sidoo kale fikirkaaga, dareenkaaga iyo ficiladaada.

Sidoo kale waa muhiim in loo fiirsado fikirada, dareenada iyo ficilada bulshadaada inteeda kale.

Calmaadaha istereeska (murugo) ayaa waxa ka mid ah

- Dareemida aaminaad la'aan, walaac, ama cabsi
- Hurdo badan ama hurdo la'aan
- Cunista cunto badan ama amateed la'aan
- Xasilooni la'aan
- Dareemida ciil ama xanaaq
- Falcelin jidheed sida madax xanuun, calool xanuun, iyo finan maqaarka ka soo baxa
- kordhinta isticmaalka maandooriyaha iyo sigaarka, shiishada, ama tubaakada kale.
- Caruurta oo dib ugu noqota dhaqamadii ay ka soo koreen.
- Markaad istareeskaaga (murugo) aad xaliso ayaad bulshada kalena sida ugu wanaagsan u taageeri kartaa.

Waa ku wan 5 hab oo aad stress kaaga ku xalin karto xiliyada masiibooyinka:

1. Yarayso daawashada wararka. Warkaaga ka hel ilaha lagu kalsoon yahay ee looga qaateenka ah oo kaliya.
2. Qorshe samayso. Hayso cunto iyo dawo kugu filan laba usbuuc si guriga aad u joogi kartid
3. Daryeel jidhkaaga. Si fiican neef u qaado, cun cunto caafimaad leh, si joogto ah u jimicso, hurdo fiican seexo, maandooriyaashana ka fogow.

4. U hel wakhti hawlaha kaa farxiya. Tusaale ahaan, akhrinta buugaagta, dhex socodka beeraha nasashada, ama garaacitaanka muusiga.
5. La hadal dadka aad jeceshahay. Isticmaal tilifoon ama email haddii aydaan isku guri daganayn

Istereesku (muruggadu) dadka qaar waxa uu ku keeni karaa xanaaq ama cadho, rabshad-falid, ama in la isticmaalo maandooriye.

Haddii adiga ama qof aad garanaysaa uu halis ugu jiro in uu naftiisa waxyeelo, la hadal, culimada, waxgaradka, booliska, ama dadka ku takhasuusay dajinta dadka.

Waxaa kale oo jira caawimaad bilaash ah oo laga heli karo Khadka Caawinta Musiibada:  
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