

Somali

ADIGA IYO DAREENKAAGA XUN!

YOU AND YOUR BAD MOOD

Saskatchewan SWIS Website: www.swissask.ca

This work is a collaboration of the Canadian Mental Health Association and the Saskatchewan SWIS Coordination (SSC) program



Canadian Mental
Health Association
Saskatchewan
Mental health for all



Funded by:

Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada

Mararka qaarkood waxaan dareemaa waxma tarenimo iyo cabsi

Miyaanay wax jira ahayn?

Wal-walku waa shayga ugu caansan lagana yaabo inuu yahay dhibaataada maskaxeed ee ugu ee la ogyahay. Faylasoofkii jarmalka ahaa wuxu ku geexay walbahaar. Lincoln waxa uu ka caban jiray isku buuq inta b adan noloshiisii doobnimo. Churchill waxaaba u yaqaanay aygiisa madoow. Dadka qaar waxay yidhaahdaan inay isku buuqeen ama inay ku jiraan xaalad xun. Wax dhib ah ma laha waxa loo yaqaan ilaa hadda hadii aad aqoonsan tahay in dareenkagan xumi uuna ahayn hore loo arag.

Wal-walkawaxa sababa is badal kiimikaad oo ku yimaad jidhka, horta waxay ka fal celinaa dhacdooyinka nolosheen, ama dhacdooyinka wax waayo hore ina dhaafay, kaas ooynu u malaynay inaynu ilawnay.

Dhamaanteen waxaynu leenahay wakhtiyo aynu dareeno inaynu nahay bilaa qiimo, baqasho, waxmatarnimo ama kallinimo. Badanaa duruufaha sida dhimashada qof kugu dhawaa, furista, ama waayida shaqo waxay keeni kartaa xaalad isku buuq. Tani waa caadi, laakiin marka wal-walku qaato muddo dheer, uuna soo gaadho shaqsiyadaada, waa inaad raadsataa caawimo aqoonaysan. Hadii wal-walkaagu uuna mid ba'an ahayn, waxa jirta habab aad naftaada ku gar-gaari kartid.

“Bani aadam ayuun baad tahay”

Hadii wal-wal ku hayo, waad gar-gaari kartaa naftaada!

- Awooda saar ashiyaada aad sida wanaagsan u qabatid si aad u dhisto kalsoonidaada.
- Ka qayb gal nooc shaqo duleed ah.
- Kala hadal dareenkaaga qof aad aaminsan tahay. Hana ilaabin inaad kala hadasho dareenkaaga. “khadka kulul” (hotline) ee deg-dega ah hadii aad doonaysid inaad u hadasho adigoo lagu aqoonsanayn.
- Tamartaada gali qof kale oon adiga ahayn. Booqo qof kale oo xanuunsanaya ama cidlo ah.
- Kala qaybi wax qabadkaagii maalinlaha ahaa. Wadi kale u mar shaqada. Qado ahaan u cun cunto cusub wakhti iyo meel ka duwan sidii caadiga ahayd. Fasax qaado hadii aad awoodo.
- Tax inta ugu badan ee guulahaaga shakhsiyadeed iyo aqooneed eed karto.
- Inkasta oo aanad u eekaan Karin, ka shaqee inaad ka dhigto muuqaalkaaga jirka sida ugu fiican ee suurta galka ah.

U biloow si dhakhso ah....waxa jira qof jooga meelahan oo ku caawin kara!

Hadii wal-walkaagu sii jiro, noqdana wax aanad la tacaali Karin kalidaa, raadso caawimo aqoonaysan. Dhakhtar qoys, wakaalad adeega bulshada ah, ama laan gudaha oo Ururka Daryeelka Caafimaadka Maskaxda (Canadian Mental Health Association) ayaa kula xiriirin doonta goob caawimo.

Xasuusnoow in wal-walku inuu yahay mid ka mid ah xaaladaha ugu fudud ee la daweeyo ayna ttahay inaad raadsato caawimo hadii wal-walkaagu halis yahay, sidii aad u raadsan lahayd dawo hadii khal-khal jidheed kugu iman lahaa.