



Samee qorshe Hawleed oo dadaal fican

Adkeysigu waa xirfado aad ku baran karto oo aad ku dhisi karto wakhti ka dib. Adkeysiga ayaa kaa caawin doona inaad la qabsato caqabadaha oo aad si wanaagsan usoo bogsato ka dib. Waaxad bilaabi kartaa dhisi adkeysiga wakhti kasta oo aad awoodid kordhi adkaysigaaga ku dhaqankiisa.

Ka fikir hal caqabad oo aad la kulantay maxaase kaa caawiyay inaad la qabsato wakhti hore?

- Cunto caafimaad leh, hurdo kugu filan iyo samaynta wax aan ka helo
- Ku qanacsantahay in aadan wax walba si fican u samayn karin
- Aqoonta aan ku fiicanahay

Waa maxay aqabka ama qalabka iyo taageerada aan haysto noloshayda si aan u dhiso adkeysigaaga?

- Weydiinta saaxiibadaha, qoyska ama caawinta la taliyaha
- Wakhti la qaadashada qoyksa iyo asxaabta
- Helitaanka caawimada wakaalada taageerada bulshada

Maxaa cusub oo aan isku dayi karaa inay iga caawiyaan inaan ku gudbo caqabadaha oo aan ka soo kabsado (bogsado)?

- Ku celcelinta neefsashada goto dheer iyo miyir-qabka(digtoonan)
- Firfircoonida iyo dhegeysiga muusiga
- Waan ku mahadsanahay waxyaabaha wanaagsan ee noloshayda
- In aan carrurtayda u oggolaado caqabadaha iyo inaan taageero iyaga marka ay baranayaan in ay la tacaalaan halgankooda

Adkeysiga Qorshe Hawleedka

Waa maxay hal caqabada oo aan maanta waajahayo?

Sideen u dareemayaa?

- Xanaaqsan / Cadhoonaya
- Niyad Jab
- Murugo
- Walaac
- Jahawareer
- Mid Kale (Qor dareenkaga)

Maxaan sameyn karaa si aan u caawiyo in aan dareenkayga u maareeyo?

- La kulanka asxaabta iyo qoyska.
- La hadalka khabiirka (xirfad laha) caafimaadka dhimirka.
- Soo bax oo firfircoonow.
- Neefsasho qoto dheer iyo miyirid.
- Dhagaysiga muusiga.
- Wax kale (qor fikrado adiga kuu gaar ah)

Maxaa iga caawiyay in aan la qabsado ama aan ka qudbo wakhti adag oo hore?

Waa maxay aqabka iyo taageerada aan haysto noloshayda si aan u dhiso adkeysigayga?

Maxaa cusub oo aan isku dayi karaa in aan gacan ka geysto ka gudubka caqabadaha oo aan ka soo kabsado / bogsado?

Qorshahayga waxaan ku samayn doonaa: _____

Adapted from: Ottawa Public Health; Canadian Mental Health Association; Canadian Public Health Association; Mental Illness Caregivers Association; Military Family Services. (2016). Mental Health Caregiver Guide: A guide for caregivers of persons living with mental illness or experiencing mental health challenges. ON: Ottawa Public Health.

Adapted from: Kelty Mental Health Resource Centre. How to Problem Solve. Downloaded April 04, 2017. <http://keltymentalhealth.ca/healthy-livingits-everyone/tools-resources/how-problem-solve>