



It's Up to Us[®]

inaan Abuurno San Diego Caafimaad iyo Taageero leh

Maqaal gaar ah oo khuseeya mawduucyada caafimaadka dhirirka ee dadka San Diego



Daabacaadda 36

Xog ku saabsan Maqaalka

Isbadalada noloshu waxay noogu imaan karaan si degdeg ah. Haddii ay ahaan lahayd wararka caalamka ku saabsan sida musiibo dabiici ah ama dhacdo shakhsi ku timid sida in uu waayo qof uu jeclaa, akhbaartaas lama filaanka ah waxay noo keeni kartaa in aan dareenno xaalada kacsanaan ah ama cabsi ah waxayna si weyn u saameyn kartaa badqabkeenna caafimaad ee maskaxda. Akhri xeeladaha ku caawinaya ee ku saabsan qaabka aan u ilaalin lahayn caafimaadka maskaxdeenna marka noloshu caqabado na hordhigto.

Maqaalkaan wuxuu qayb ka yahay ol-olaha *It's Up to Us* (Waa Hawl Na Wada Qusaysa), oo lagu abuuray County of San Diego Health and Human Services Agency (Wakaaladaha Caafimaadka iyo Adeegyada Bulshada ee San Diego) wuxuuna taageerayaa higsiga County's Live Well San Diego si loo hormariyo bulsho caafimaad qabta, badqab leh, oo kobcaysa. Ayadoo kor loo qaadaayo wacyi gelinta, lana dhiiri gelinaayo wada hadalka, lana bixinaayo helitaanka khayraadka maxaliga ah, waxaan doonaynaa inaan kobcino faya qabka, oo aan yarayno takoorka, aana kahortagno isdilka dhammaan dadka San Diego, anagoo muhiimad gaar ah saarayna bulshooyinku San Diego ee saamaynta ugu xun ku dhacday iyo kuwa khatarta ugu badan ku jira.

Up2SD.org[®]
LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES

Khadka Qalalaasaha iyo Helista adeegyada

888-724-7240

ILAHA BULSHADA 2-1-1



Iftiimin: Murugada ka Danbaysa Geerida

In aad weydo qof aad jeclayd waxay kugu keeni kartaa dareen kaa awood bata, inkastoo inuu qofku geeriyoodo ay caadi tahay marka la eego noloshu bini'aadamka, haddana wali waxay kugu reebi kartaa dareen wareer, xanaaq, iyo murugo ah.

Dhammaanteen waxaan murugada u dareenaa qaabab kala duwan. Qaar kamid ah shucuurta aad yeelan karto waxaa kamid ah:¹

- Inkiraad
- Jaah wareer
- Xanaaq
- Niyad jab
- Nafdin
- Murugo
- Qoomamo



Soo kabashada Kaddib Geerida

Murugadu marna ma fududa. Sii naftaada wakhti aad uga soo kabato xanuunka. Waa kuwaan ficilo la xaqiijiyay in ay ku caawinayaan intii muddo ah:²

NAFSAD AHAANTAADA



HADAL Haddii ay kugu adagtahay in aad la hadasho dadka aad isku jiilka tihiin, ka fikir kaalmo kooxeed. Dad badan waxaa u fudud in ay la hadlaan dadka dhacdadaan oo kale horey usoo maray.



KA TAXADDAR CAAFIMAADKAAGA Cunista cunto caafimaad leh oo isku dheelitiran, jimicsiga marka aad awooddo, joogteynta jadwal hurdo, ka taxadaridda isticmaalka khamriga, ama in aad banaanka u baxdo ayaa kaa caawin karta abuurista xasilooni.



DIIRADDA SAAR WAKHTIYADA WANAAGSAN Aruurinta deeqaha si loogu taageero sadaqada uu jeclaa qofka dhintay, u gudbinta magaca qoyska canug yar, ama in geed lagu tallaalo beerta ayada oo ayaga lagu sharfayo ayaa gacan ka gaysan kara in xasuustooda lasoo celiyo.

DADYOWGA KALE



LA WADAAG MURUGADOODA Ku dhiirgali in ay ka hadlaan dareenkooda ku saabsan geerida lana wadaag xasuuso wanaagsan.



DULQAAD YEELO Xasuusnow in ay wakhti dheer kugu qaadan karto in aad kasoo kabato geeri kugu timid. Isu diyaari in aad hadasho.



BIXI KAALMO ITUS OO ITAABSII AH Xanaanaynta caruurta, cunta karinta, iyo howlaha orodka ah waxay baabi'in karaan welwelka dheeraadka ah.

¹ Mental Health America (n.d.). Geerida iyo murugada. <https://www.mhanational.org/bereavement-and-grief>

² Ururka Cilmi Nafsiga Ameerikaanka (American Psychological Association). (2020, Janaayo 1). Murugo: Xamilidda murugada geerida qofkii aad jeclayd. <https://www.apa.org/topics/families/grief>

Ma ogtahay?

Dhibaataada dhanka dareenka ah waxay dhici kartaa kahor iyo kadibba marka ay musiiibo dhacdo. Xeeladaha la qabsiga waxaa kamid ah diyaar garow, isdaryeelid, iyo barashada hannaanka kaalmada.

Akhri: La qabsiga Kaddib marka ay Musiiibo ama Dhibaato ay dhacdo

Haddii aad waligaa la kulantay musiiibo dabiici ah, ama geeri shakhsi ah ama dhibaato nooc kastaba ha noqotee, waa muhiim in ada barato sida loola qabsado saamaynta dhacdooyinkaantu ku yeelanayaan caafimaadka maskaxdaada.

Daryeelidda caafimaadka maskaxdaada inta lagu jiro iyo kadibba marka ay dhibaato kugu dhacdo adiga oo adeegsanaaya xeeladaha soo socda waxay kaa caawin kartaa in aad cagta saarto waddada soo bogsashada.³⁻⁵

SAMAYSO JADWAL AAD RAACDO

Isku day in ada la timaaddo jadwal cusub oo aad diyaarsatay kaasoo kaa caawin kara in aad naftaada soo dabaasho.

QAADO FASAXYO

Inaad qaadato muddo neefqaadasho dheer ah waxay kaa caawin kartaa in aad iska soo saarto aadna iska bixiso welwelka inta lagu iiro wakhtiyada murugada.

KU XIRNOW DADKA KALE SI AAD KAALMO UGA HESHO

U wareeg xagga qoyska, saaxiibada, xubnaha bulshada ama ururada, iyo kooxaha kaalmada bixiya ee diinta.

U DULQAADO NAFTAADA

Ha is dareensiin cadaadiska wajahidda ama kasoo kabashada dhacdada qaab lamid ah midka dadka kale ay uga soo kabtaan.

WAXYAABAHA KALE EE KU CAAWIN KARA:



Xaddid la socoshadaada wararka



Ka naso wax daawashada

Raadso kaalmo marka ay kugu adkaato in aad maareeyso caafimaadkaaga maskaxda. Bookho Up2SD.org/resources si aad u hesho kaalmo ku caawin karta.

Isku Tijaabi Adigu

QOOMAMADA QOFKA BADBAADAY

- Qoomamada qofka badbaaday waa astaan guud oo uu leeyahay welwelka uu wajahayo qofka ka badbaaday dhacdo ayada oo kuwa kale ku geeriyooden.⁶
- XasuuSNOW in aysan ahayn khalad aad adigu leedahay. Haddii aad leedahay dareenadaan, ka fikir in aad kaalmo raadsato.

XANUUNKA WELWELKA KA DANBEEYA DHIBAATADA EE DHANKA MASKAXDA

- Xanuunka welwelka ka danbeeya dhibaataada ee dhanka maskaxda ah (PTSD) waa jawaab dhanka maskaxda iyo jirkaba ah oo kacsan taasoo looga jawaabay waxyaabah qofka xasuuSNOW dhacdo noloshiisa badshay oo xun oo horey ugu dhacday.³
- Inkasta oo ay wakhti qaadan karto in la daaweeyo, haddana xaaladuhu waa ay kasoo raynayaan. Haddii aad astaamahas sii lahaato kadib markii ay bilo kasoo wareegaan dhacdada, la hadal bixiye daryeel caafimaad, ama wac rugta caafimaadka ee deegaankaaga si ay kuu caawiso.

Astaamaha waxaa kamid ah laakiin aan ku koobnayn:

XasuuSNOW waxyaabo hore

Qarow

Fiijignaan dheeraad ah ama xaalad kacsanaan

Marka la rabo in aad Kaalmo Hesho

Haddii murugadaadu u muuqato mid aad u fara badan oo aadan u dulqaadan karin ama aad awood u yeelan weydo in aad qaadato mas'uuliyadahaaga maalin laha ah, waxaa ku caawin karta in aad raadsato kaalmo xirfadle.

- Khadka Rabshadaha iyo Helitaanka adeegyada ee Ismaamulka San Diego wuxuu bixiyaa kaalmo 24/7 ah oo bilaash iyo qarsoodi ah taasoo ay siiso dadka wajahaya dhibaatooyinka dhanka caafimaadka maskaxda ah iyo/ama dhibaatooyinka isticmaalka maandooriyaha.

o Khadka Rabshadaha iyo Heliista adeegyada: 888-724-7240

- Disaster Distress Helpline wuxuu bixiyaa la talin 24/7 oo la talin dhanka dhibaatooyinka ah iyo kaalmo uu siiyo dadka wajahaya dhibaataada dhanka dareenka ah ee la xiriira musiiibooyinka bini'aadamku abuurto ama kuwa dabiiciga ah.

o Disaster Distress Helpline, ka wac ama fariin ugu dir: 1-800-985-5990

o Bookho DisasterDistress.samhsa.gov

Ka hel macluumaad dheeraad ah oo ku caawin kara Up2SD.org/resources.

³ Centers for Disease Control and Prevention. (n.d.). La qabsiga dhacdada dhibaataada maskaxda ah reebta.

<https://www.cdc.gov/masstrauma/factsheets/public/coping.pdf>

⁴ Centers for Disease Control and Prevention. (n.d.). La qabsiga dhacdada musiiibada ama dhibaataada maskaxda ah reebta ah.

<https://emergency.cdc.gov/coping/index.asp>

⁵ Substance Abuse and Mental Health Services Administration. (n.d.). Xeeladaha la qabsiga dhibaatooyinka dhanka maskaxda ah dhacdooyinka iyo dhibaatooyinka.

<https://www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips>

⁶ Raypole, C. (2021, March 11). Qaabka loola qabsado qoomamada qofka badbaaday, sababtoo ah badbaadadu sabab uma ahan dareenka qoomamada. Healthline.

<https://www.healthline.com/health/mental-health/survivors-guilt>