



It's Up to Us®

inaan abuurno San Diego Caafimaad iyo Taageero leh

Xog ku saabsan Maqaalka

Arrintaan waxay dadka reer San Diego ka caawinaysaa inay si wanaagsan u fahmaan isbadelka nolosha ayna isbadelada ku waajahaan si kalsooni leh.



Mudnaanta Sii: Isbadelka iyo Kalaguurka Nolosha

Isbadelada nolosha waxaa kamid ah isbadelada sida guurista, bilaabista dugsi ama shaqo cusub, guursashada ama furniinka, noqoshada waalid, ama dhacdooyinka kale ee waaweyn. Waxay noqon karaan kuwo farxad leh, adag, ama labadaba iskugu jira.

Isbadeladaan waaweyn waxay noqon karaan kuwo welwel wata. Waxay wax ka badeli karaan jadwaladeena, sidoo kale, waxay naga dhigi karaan kuwo aan xasiloonaayn. Taasina waa sababta xataa marka wax wanaagsan ay dhacaan, aan u dareeno kacsanaan, baqdin, iyo farxad—dhamaantood iskumar.

Isbadelada waaweyn waxay u muuqan karaan kuwo adag, marka koowaad, laakiin hadhow ayay fududaadaan. Wax badan ka ogoow sababta aan sidaan ugu felcelino, waxaadna barataa qaababka kaa caawin kara inaad waxyaabaha hubanti la'aanta ah ka dhigto kuwo la maareyn karo.

Maxay tahay sababta aan sidaan ugu falcelinayno?

Maskaxdeenu waxay isku badashay si aan uga fakarno isbadel kasta uu khatar ama amaman yahay. Marka isbadel dhaco, amygdala (“gambaleelka digniinta”) maskaxda ayaa damaya, taasoo muujinaysa in wax cusub jiraan. Arrintaan waxay horseedaysaa welwel, walaac, ama farxad.



Inta aan baranayno sida loola noolaado isbadelka, maskaxdu waxay fariimo u diraysaa si loo dhiso qaababka iyo la qabsiga. Hadoow, dareenkeena ku saabsan isbadelka ayaa baaba'aya, xaalada cusub ayaan bilaabanaysa si loo dareemo degenaansho.



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ISKAAN GAREE
KODHKA QR-
KA SI AAD WAX
BADAN UGA
OGAATO.

Khadka Helitaanka Gurmadka iyo
Masiibada ee San Diego (ACL)

888-724-7240

Ilaha Khayraadka Bulshada
211

ACL waa Farac Shabakadeed oo maxalli ah oo ah 988

Garaac 988 si aad ula xiriirto shabakadda Khadka Isdiilka iyo
Dhibaatooyinka qaranka. Wicitaanada gudaha ee ka imaanaya koodhka
aagga San Diego waxaa loo gudbinayaa ACL 7 maalmood gudahoos
todobaadkii / 24 saacadood maalinkii luuqad walba oo uu yahayba.

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Su'aalaha Guud ee ku Saabsan Isbadelka



1 Sidee ayaad isbadelka uga dhigi kartaa mid aad ku dareento deganaan?

Iskuday inaad isbadelka maskaxdaada qabadsiiiso. Ka fakar waxyaabaha aad ka heli karto isbadelka, ama qaabka aad uga gudbayso isbadelka, ama qaabkii aad uga gudubtay isbadeladii kale ee hore iyo wixii aad ka baratay.

2 Sidee ku dareemi kartaa xakameyn badan?

Iskuday inaad samayso wax kaa caawinaya yaraynta welwelka, sida jimicsiga, wax akhriska, ama maskax dejinta. Sameynta waxyaabaha sida joogtada ah ula dagaalama welwelka ayaa kaa caawinaya inaad dareento inaad wax ku guulaysanayso waxayna kaa caawinayaan in maskaxdaadu degto.

3 Sidee ku garanaysaa inaad u baahan tahay caawimaad?

Astaamaha lagu garto inaad caawimaad u baahantahay inta lagu jiro isbadelka nolosha ee waaweyn waxaa kamid ah inay kugu adkaato inaad la qabsato nolosha maalinlaha ah, xiliyada huradada ama amateedka, ama xiriirka kaala dhexeeya dadka ada jeceshahay oo xumaada. Haddii xaaladahaanu sii jiraan in ka badan hal asbuuc, ka fakar inaad raadsato taageero xirfadle.



Akhri: Sida Looga gudbo Isbadelada Nolosha

Samee ama abuur jadwal.

Isbadelka nolosha wuxuu inta badan wax u dhimaa jadwalada joogtada ah. Si aad naftaada uga caawiso la qabsiga isbadelka, iskuday inaad joogtayso wax cunistaada, hurdadaada, iyo jimicsiga jirka.

Ku xirnoow dadka aad jeceshahay.

Xubnaha qoyska iyo saaxiibada ayaa ku siin kara talo iyo taageero inta lagu jiro isbadelka.

Dib u qaabee hab-fikirkaaga.

imicsi fudud laakiin awood badan oo aad iskudayi karto ayaa ah inaad si degen u weeciso maskaxdaada. Tusaale ahaan, iskuday inaad badasho "ma xamili karo midaan" aadna ku badasho "waxaan baranayaa sida loola qabsado."

Hel taageero banaanka ah haddaad u baahato.

Haddii isbadelku noqdo mid aadan maareyn karin, ama welwelka iyo walaacu kasoo rayn, iskuday inaad hesho taageerada xirfadlaha caafimaadka dhimirka. **Ka eeg caawimaada aad heli karto Up2SD.org.**

Xogaha ku saabsan *It's Up to Us*

Warbixintu waxay qayb ka tahay ol-olaha *It's Up to Us* (, kaasoo lagu diyaariyay Wakaaladda Caafimaadka iyo Adeegga Bulshada ee Ismaamulka San Diego *Live Well San Diego* aragtida si sare loogu qaado bulsho caafimaad qabta, ammaan ah, oo koraysa. 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 yareyno takoorka, aana kahortagno isdilkha dhammaan dadka San Diego, anagoo muhiimad gaar ah siinayna bulshooyinku San Diego ee saamaynta ugu xun ku dhacday iyo kuwa khatarta ugu badan ku jira.

Ilaha

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