

Tababar neefisiga nasiinada

Ujeeddadda tababarkani waa inaad adiga iskaa ugu tababarato sidaad u nafisi laheyd.
Ujeeddadduna waa iney kaa caawiso daryeelka maskaxiyan iyo jir ahaan, wax kaaga baxayana majiraan

Tani waa tababar neefsiga nasiinada: Tababarkana waad sameyn kartaa indhahoo kuu xiran ama kuu furan. Haddii aad rabto inaad sameyso indhahoo kuu furan, xasuuso inaad furan karto indhaha markaad doonto intaad tababarka ku jirto. Ujeeddadda tababarku waa inaad ku nafisto iyo inaad xasiliso neefsigaaga. Tani waxay kaa caawineysaa inuu jirkaagu nasto maankaaguna nafis dareemo. Waad iska joojin kartaa tababarka markaad doonto, haddey markaa kula wanaagsanaato inaad joojiso.

Is qaabee oo u fadhiiso ama u seexo sida kugu habboon. (3s)

Iska debci dharka kugu dhagan, tusaale qoor-xejiska ama suunka (3s)

Wakhtigan ka dhigo inuu yahay wakhtigaagii. (3s)

Hadda ka naso shaqo maalmeedkaagii iyo wixii aad ku fakireysey. (5s)

Is dareensii neeftaada iyo sidey mowjada neeftaada marna aad u jiideyso marna aad u afuufeyso (10s)

U ogolow mowjada neefsigaaga iney iskeed u socoto (5s)

Is dareensii oo aqoonso inaad neefta intii xad ah eed jiideyso (3s) si sare (3s), si dhaqso leh (3s) mise si tartiib ah (3s).

U koontorool neefsigaaga mowjadiisa adigoon waxba ka badaleyn (5s)

U ogolow mowjadaha hirarka neefsigaaga iney kuu sitaan adigga si dabacsan (10s)

Markaad neefta jiideyso, u arag in xabadkaaga iyo calooshuba hawo buuxiso. (5s)

U ogolw inaad neefta afuufto, iyaduna iskeed u timaado, sidii hawo guddahaaga ku jirtood bannaanka u soo afuufeysid (10s)

Dhib ma laha mararka qaar haddey niyadaada is tusto waxyaabo kale oo ka baxsan sida, wax ku soo dhaafey iyo wax soo socdaba. Dib niyadaadii ugu celi wanaagii neefsiga. (5s)

Gacantaada dulsaar caloosha dusheeda. (3s)

Dareen markaad neefta jiideyso sida dabacsan ee calooshaadu u soo kaceyso (3s)

iyo markaad afuufto sidey dib ugu noqoneyso. (5s)

Sidaa ku wad cabbaar inaad caadi u neefsato. (10s)

Dareen sida ay gacantaadu mowjadaha hirarka neeftaada marna ula kacayaan jiidista neefta marna ula dagayaan afuufista neefta (5s).

Neef walbood afuufeyso dareen nafis meel fog ah (20s)

u ogolow mowjadaha hirka neeftaada iney jirkaaga gaaraan fiinta faraha gacmaha iyo ilaa fiinta faraha lugaha (5s)

U dareen in, sidaan dhammaan jirkaagoo idil ku daryeeleyso neefsigaaga. (5s)

U dareen neef walbood jiideyso, inaad heleyso nasiino, diiranaan ladnaansho, iyo tamar unugyada jirkaaga. (5s)

Iyo neef walbood afuufeyso inaad raaciso neefta macbuusnimada iyo wixii dareen xun oo dhan (7s)

U ogolow nafsadaada nasiino, iyo inaad sidaadaas ahaato. (5s)

U ogolow in neeftaada kuu sidato sidii hirka webiga (30s)

Dib ugu soo celi dareenkaaga si tartiib ah xiliga hadda la joogo. (5s)

Dareen kursigaad ku fadhido ama dhulka ood dareento inuu jirkaagu saaran yahay. (10s)

Neef walbood jiideyso waxaad dareentaa inaad marba marka ka danbeysa kasii firfircoonaaneyso. (5s)

Xisaabi shan neefsi, ood marba marka ka danbeysa dareenkaaga firfircooni usii siyaadayo. (2s)

1 (5s)

2 (5s)

3.... uneefso intii xad ah (5s)

4 (3s) dareen inaad firficon tahay. (5s)

5 (3s) kala fur indhaha. Hadda si caadi ayaad u soo jeedaa, og tahayna waxyaabaha dhinacyadaada.

Waxaad dareentaa wanaag iyo nasiino.

Serene-project, The Southwest Finland Association for Mental Health / Serene-hanke, Lounais-Suomen

Mielenterveysseura

www.turunkriisikeskus.fi

toimisto@turunkriisikeskus.fi

