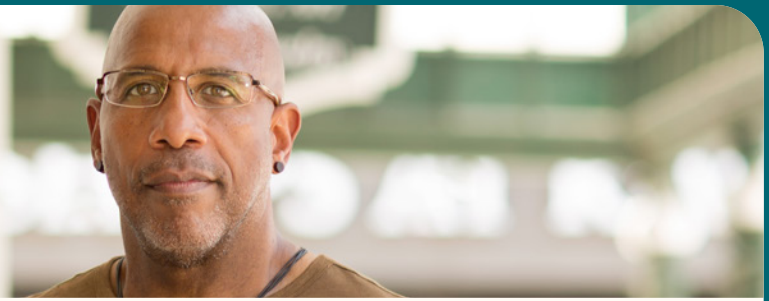




It's Up to Us inaan Abuurno San Diego Caafimaad iyo Taageero leh

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

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



Hadad

Haddii ay kugu adagtahay in aad la hadasho dadka aad isku jiilka tihiin, ka fakar 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 dhiirigali in ay ka hadlaan dareenkooda ku saabsan geerida lana wadaag xasuuso wanaagsan.



Dulqaad Yeelo

Xasuusnoow 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.

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

Haddii aad waligaa la kulantay musiibo dabiici ah, ama geeri shakhsi ah ama dhibaato nooc kastaba ha noqotee, waa muhiim in ada barato sida loola qabsado saamaynta dhacdooyinkaanu 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 qaadata 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 maareyso caafimaadkaaga maskaxda.

Bookho Up2SD.org 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 fakar in aad kaalmo raadsato.

Xanuunka Welwelka Ka danbeeya Dhibaataada 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 xasuusinaya 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:

Xasuusasho
waxyaabo hore

Qarow

Fiijignaan dheeraad ah ama
xaalad kacsanaan

Ma ogtahay?

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

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 qaadata 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.
- 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 musiibooyinka bini'aadamku abuurro ama kuwa dabiiciga ah.

**Khadka Rabshadaha iyo Helista
adeegyada: 888-724-7240**

**Disaster Distress Helpline, ka wac ama
fariin ugu dir: 1-800-985-5990
Bookho [DisasterDistress.samhsa.gov](https://www.samhsa.gov)**

Ka hel macluumaad dheeraad ah oo ku caawin kara [Up2SD.org](https://www.up2sd.org).

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