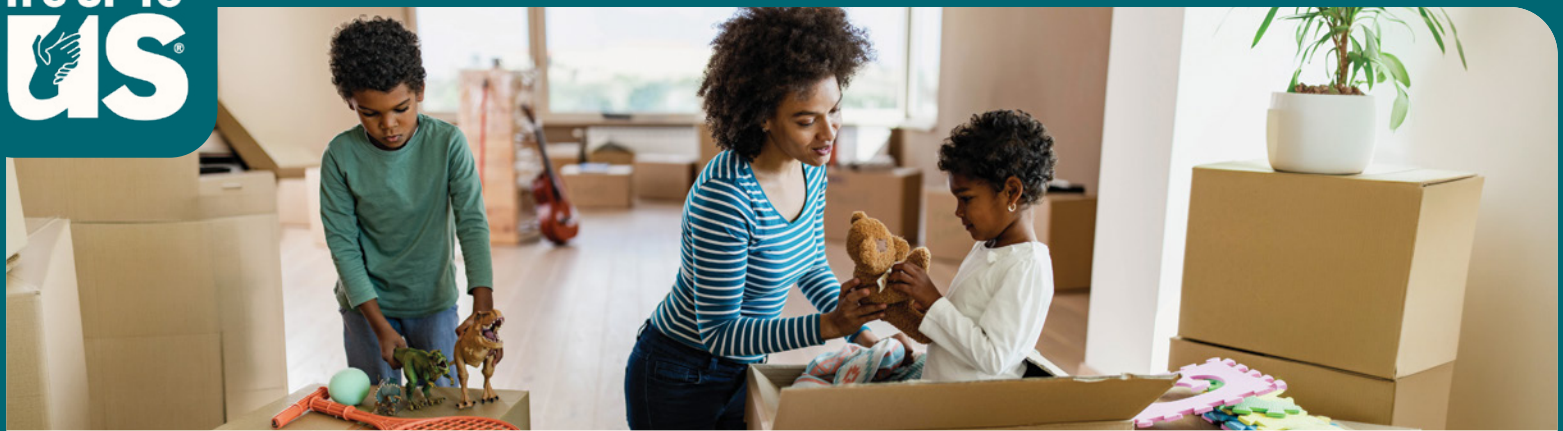




It's Up to Us inaan abuurno San Diego Caafimaad iyo Taageero leh

Mudnaanta Sii: Isbadelka iyo Kalaguurka Nolosh

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 mujinaysa in wax cusub jiraan. Arintaan 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.



Akhri: Sida Looga gudbo Isbadelada Nolosha

- **Samee ama abuur jadwal.** Isbadelka noloshu wuxuu inta badan wax u dhimaa jadwalada joogtada ah. Si aad naftaada uga caawiso la qabsiga isbadelka, iskuday inaad joogtayso wax cunistaada, hordadaada, 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.

Su'aalaha Guud ee ku Saabsan Isbadelka



Sidee ayaad isbadelka uga dhigi kartaa mid aad ku dareento degenaan?

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.

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.

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

Ilaha

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