

# MAAMULINTA ISTRESKA

Istreeska joogtada ah ee dheeriga ah, wuxuu halis ku yahay caafimaadka maskaxda iyo xasuusta.

Cadaadisku wuxuu kamid yahay nolasha. Wakhti dheer istressku wuxuu waxyeeli karaa jirka, keena niyadjab, iyo xanuunada xusuusta ee mustaqbalka.

Istreeska waa habka caadiga ah ee jidhku uga jawaabi karo xaaladaha halista ah. Cadaadiska wanaagsan wuxuu kaa caawiyaa sidii loo gaari lahaa hadafyada nolasha. Caqabado iyo baahiyo weyn ayaa abuura cabsi iyo walaac xun oo khatar ku ah caafimaadka.

## SABABAHA WALAACA



Deg deg ah iyo jadwal aad u adag



Shaqo aad u ballaaran, badan



Walaac dhaqaale



Shaqo la'aanta



Isbeddel weyn oo nolasha ah



Dareenka amni-darrada iyo ku-filnaanta



Daacadnimo, oo aad u xiiso badan waddanka



Socdaalka, magangalyo-doonka

## DAREENKA ISTRESIKA QOF WUXUU DAREEMAAN WAXYAABAHA DAREEMADAAN:

HORDO LA'AAN, HURDO XUMID, SOO KACITAAN BADAN, DAAL MADAX XANUUN, WAREER



XASOLOONI DARO, DAREN FIIGNIN IYO WALAAC



FIIRSASHO XUN  
WAXAAD SAMEYNEYSAY OO ILOWDID



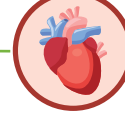
LUQUN IYO DHABAR XANUUN



DHIDID



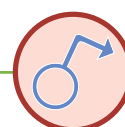
WADNO GARAAC



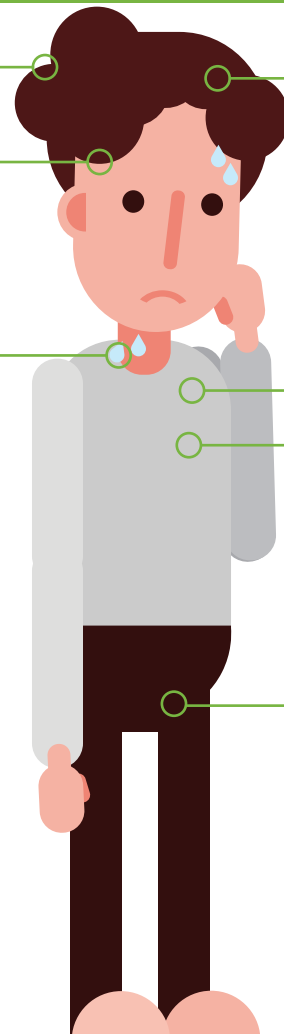
MEELAHA BULSHADA OO ISKA ILAALISID



QOYSKA IYO DHIBAATOYINKA QOOSKA



KHALAD ISTICMAALKA MAANDOORYADA



# SIYAABA U MAAMULI KARTID ISTREESKA

## ISTAAG IYO QIIMEYNTA NOLOSHA

Maxaa hadda  
dhacaya?

Maxay yihiin waxyaabaha  
aad saameyn kartid iyo  
wax maka qaban kartaa  
mise may?



## JIMICSO

Jimicsiga wuu ku  
ilowsiiyaa stresika.

## SOCODKA DUURKA

Duurka ama dirta  
waxay dajisaa  
niyadda.



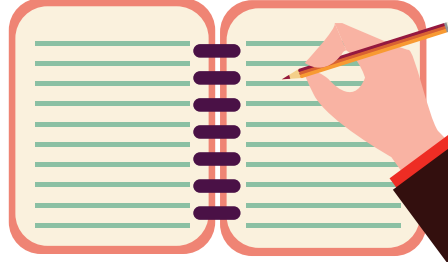
## QOF USHEEGO

Kahadal waxa caloosha kugu jira.



## QOR

Waxyaabaha  
maskaxda ka saar.

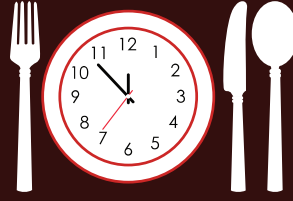


## NAFIS

Tijaabi waxyaabaha  
lagu nafiso iyo kuwa  
neefta.



## U CUNTEE SI JOOGTO AH, SEEXO HURDO KUGU FILAN.



## IS BAR IN AAD DHIHI KARTO MAY,

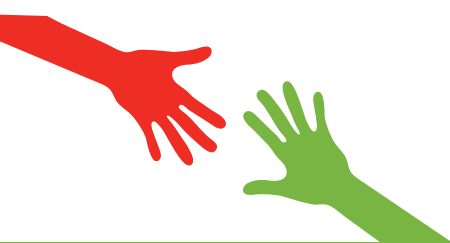
WAXYAABAHA  
AWOODA KAA  
QAADAYA.

## ISKU DAY IN AAD AQBASHO WAXII HORRE USOO DHACAY.

## DAJISO JOOL AAD GAARTID.



## WEYDIISO CAAWID.

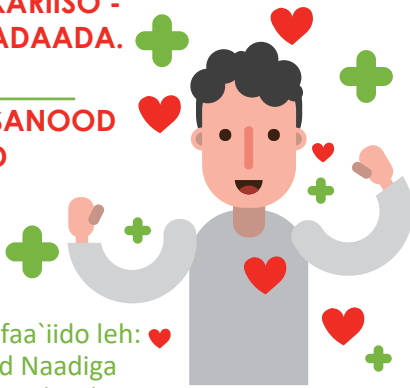


HADII AAD  
MUDO  
WALAAC KU  
HAYEY, UTAG  
XIRFADAAN  
YAQAANA.



## ADI ISKU NAXARIISO - KOBCEMASHADAADA.

## KU QANAC SANOD WEESHA AAD GAADHAY.



Maculumaad faa'iido leh:  
Niyada Finland Naadiga  
caafimaadka maskaxda  
[www.mielenterveysseura.fi](http://www.mielenterveysseura.fi)

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