

MAAMULINTA ISTRESKA

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

Cadaadisku wuxuu kamid yahay nolosha. 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 nolosha. Caqabado iyo baahiyo weyn ayaa abuura cabsi iyo walaac xun oo khatar ku ah caafimaadka.

SABABAHA WALAACA



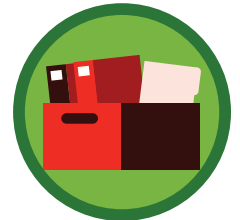
Deg deg ah iyo jadwal aad u adag



Shaqo aad u ballaaran, badan



Walaac dhaqaale



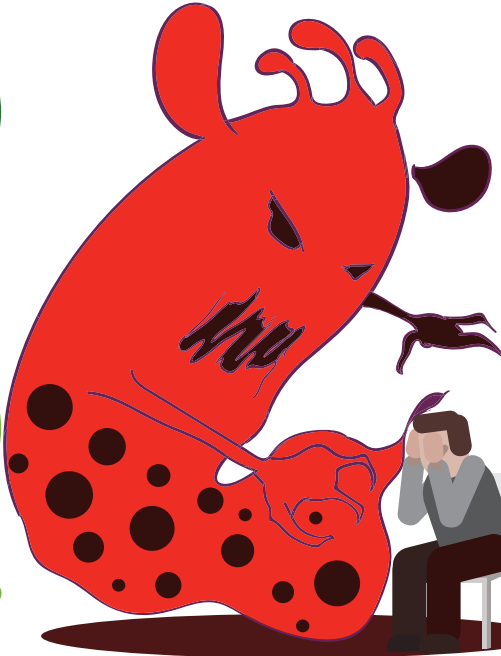
Shaqo la'aanta



Isbeddel weyn oo nolosha 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



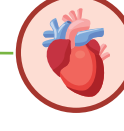
LUQUN IYO DHABAR XANUUN



DHIDID



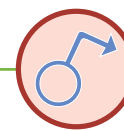
WADNO GARAAC



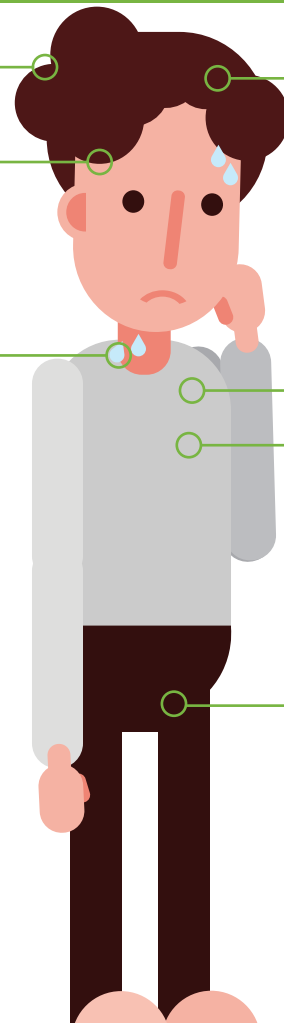
MEELAHA BULSHADA OO ISKA ILAALISID



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,

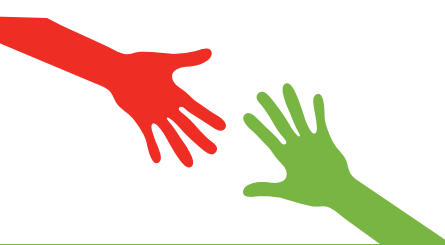
WAXYAABAHA
AWOODA KAA
QAADAYA.

ISKU DAY IN AAD AQBASHO WAXII HORRE USOO DHACAY.

DAJISO JOOL AAD GAARTID.



WEYDIISO CAAWID.

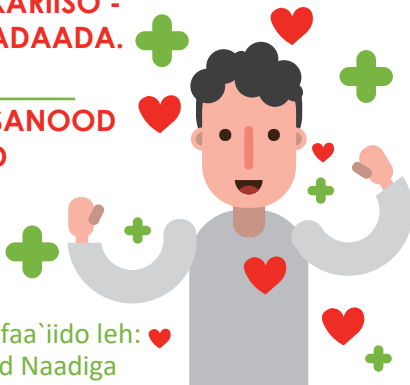



HADII AAD
MUDO
WALAAC KU
HAYEY, UTAG
XIRFADAAN
YAQAANA.



ADI ISKU NAXARIISO - KOBCEMASHADAADA.

KU QANAC SANOD WEESHA AAD GAADHAY.



Maculumaad faa'iido leh: 
Niyada Finland Naadiga
caafimaadka maskaxda
www.mielenterveysseura.fi

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