

# Dareemida Niyad jab

## Feeling Sad

Feeling sad or unhappy is normal when something goes wrong. These feelings often go away with time and you feel better.

When these feelings occur each day and last for more than 2 weeks, get in the way of your ability to go to school or work, or affect your self-esteem, then it is important to get help.

### Signs

Use this list to mark any signs that you have had for 2 weeks or more:

- Loss of interest and pleasure in activities you have enjoyed
- Feeling sad, irritable, empty or down in the dumps
- Spending a lot of time alone
- Restless, not able to sit still or feeling slow
- Feeling worthless or guilty
- Feeling hopeless
- Thoughts of death or harming yourself
- Changes in appetite, weight loss or weight gain
- Change in how you are sleeping, such as not sleeping or sleeping too much

Dareemida niyad jabka ama farxad la'aanta waa wax iska caadi ah marka ay wax qaldamaan. Dareemkaas badanaa waa uu baaba'aa waqti kadib waxaadna dareemeysaa ladnaan.

Marka dareenkaas aad dareento maalin kasta aadna sii dareentid muddo dhan 2 asbuuc, ay saameeyaan awooda aad u leedahay inaad aado iskuul ama shaqo, ama saameeyaan hankaaga, markaas waa muhiim inaad hesho caawimaad.

### Astaamaha

Isticmaal liisnaan si aad ugu qorto calaamado kasta oo aad dareentay muddadii 2 da asbuuc ama kasii badan:

- Xiiso la'aan iyo cadaadis kaa saaran hawlaha aad jeclaan jirtay
- Dareemida niyad jab, dulqaad la'aan, qasaaro ama farxad la'aan
- Waqti qaadashada muddo dheer adoo kaligaa ah
- Nasasho la'aan, aan awoodin inaad fariisato ama dareemayso caajis
- Dareemida inaad tahay qof aan qiimo lahayn ama sameeyay denbi
- Dareemida rajo la'aan
- Ka fakarida dhimasho ama inaad naftaada waxyeelayso
- Isbedel kuyimaada habka cuntadaada, miisaanka uu isdhima ama bata
- Isbedel kuyimaada sidaad u seexato, sida hurdo la'aan ama hurdo saa'id ah

- ❑ Problems concentrating, thinking, remembering, or making decisions
- ❑ Loss of energy or feeling tired all of the time
- ❑ Loss of interest in sex

If you have any of these signs for more than 2 weeks, talk to your doctor. You may have a health condition called depression. If you are thinking of harming yourself or others, seek help **right away** by going to a hospital emergency room.

## Your Care

The first step to feeling better is talking to someone who can help you. This might be a doctor, counselor or other mental health professional. Getting help early can shorten how long depression lasts, make it less serious and reduce the chance it will happen again. Your care may include medicine and counseling.

Here are things you can do that can help:

- Eat a healthy diet and avoid junk food.
- Stay active, even if you do not feel like it.
- Try to get 8 hours of sleep each night.
- Avoid being alone.
- Avoid stress if possible.
- Treat yourself with respect and kindness.
- Join a support group.

- ❑ Dhibaato dhanka yool saarista ah, feker, xasuusasho, ama qaadashada go'aanada
- ❑ Tamar la'aan ama inaad daal dareento mar kasta
- ❑ Xiiso la'aanta galmada

Haddii aad dareenti mid kamid ah calaamadahaas muddo ka badan 2 asbuuc, lahadal dhaqtarkaaga. Waxaa laga yabaa inaad qabto xanuun loo yaqaan walaac. Haddii aad ka fakarayso inaad naftaada wax u geysato ama mida dadka kale, raadso caawimaad **isla markiiba** adoo aadaya qolka isbitaalka ee xaaladaha degdega ah.

## Daryeelkaaga

Talaabada koowaad ee aad caadi ku dareemi karto waa inaad lahadasho qof ku caawin kara. Qofkaas waxa uu noqon karaa dhaqtar, lataliye ama xirfadle caafimaad oo kale. Inaad isla markiiba hesho caawimaad waxay yareynaysaa muddada aad dareemayso walaaca, yareynta khatartiisa iyo yareynta fursada uu marlabaad ku dareemi lahayd. Daryeelkaaga waxaa kujiri kara qaadashada daawada iyo talo bixin.

Halkaan waxaad ka heli kartaa waxyaabaha aad sameyn karto si ay kuu caawiyaan:

- Cun cunto caafimaad leh iskana ilaali cuntooyinka isku jirjira.
- Firfircoonow, xataa haddii aadan jeclayn.
- Iskuday inaad habeen kasta seexato 8 saacadood.
- Iska ilaali inaad kaligaa noqoto.
- Iska ilaali istareeska haddii ay macquul tahay.
- Naftaada ku daryeel xushmad iyo daacadnimo.
- Ku biir koox caafimaad.

- Talk to clergy or spiritual leaders.
- Pray or meditate.
- Set a small goal each day that you can do, such as a small task or take a walk.
- Share your feelings with family or friends.
- Write your thoughts and feelings in a journal.
- Be patient with yourself.
- Think about joyful events in your life by looking at videos or photos.
- Plan to do something you enjoy each day.
- Do creative activities, such as drawing, painting and poetry.
- Avoid alcohol and street drugs.
- Ask your doctor about other ways to deal with sadness, such as medicine.
- Let your family and friends help you.
- La hadal wadaag ama hogaamiye diimeed.
- Tuko ama niyada daji.
- Maalin kasta samee hadaf yar oo aad maalintaas sameyn karto, sida shaqo yar ama inaad lugeyso.
- La wadaag asxaabtaada iyo qoyskaaga waxa aad dareemayso.
- Buug xasuus qor ku qor waxa aad ka fakarayso iyo dareenkaaga.
- Naftaada dulqaad u samee.
- Ka fakar dhacdooyin farxad leh oo aad u sameyn karto naftaada sida daawashada sawiro ama muuqaalo.
- Qorshee waxyaabaha aad sameyneyso maalin kasta.
- Samee hawlo hal abuur leh, sida wax sawirida, riinjiyeynta iyo gabay.
- Iska ilaali aalkoolo ama daroogada jidadka.
- Waydii dhaqtarkaaga qaababka kale ee loola tacaalo niyad jabka, sida daawo.
- U ogolow qoyskaaga iyo asxaabtaadu inay ku caawiyaan.

## Family and Friends Can Help

Helping someone get treatment is important. Your loved one may not have the energy or desire to ask for help.

Here are things you can do to help:

- Offer to go to the doctor with your loved one. You can ask questions and write down notes.
- Invite the person to go for walks or outings. Do not be discouraged if he or she says no. Continue asking, but do not push.

## Qoyska iyo Asxaabta Waxay kaa Caawin Karaan

Ka caawinta qof inuu helo daawo ayaa ah wax muhiim ah. Qaraabaadaadu waxaa laga yaabaa inaysan haystan awood ama xiiso ay ugu waydiiyaan caawimaad.

Halkaan waxaad ka heli kartaa waxyaabaha aad sameyn karto si aad u caawiso:

- U soo bandhig inuu kuu raaci dhaqtarka qofka aad jeceshahay. Waxaad waydiiin kartaa su'aalo adoo meel ku qoraaya.
- Ku casuun qofka inuu kuu raaco socod ama banaanka. Haka niyad jabin haddii asaga ama ayada ku dhahdo maya. Sii wad inaad waydiiso, laakiin haku sii adkeynin.

- Give emotional support by talking and careful listening.
- Give hope that he or she will feel better with time.
- **Do not ignore** words or actions that show the person thinks life is worthless. **Do not ignore** words or actions about hurting others. Seek help **right away** at a hospital emergency department.
- Sii taageero shucuur adoo la hadlaaya una dhageysanaaya si taxadar leh.
- Sii rajo asaga ama ayada ay ku dareemi karto farxad.
- **Ha iska indho tirin** erayada ama ficilada muujinaaya inuu qofku ka fakaraayo in nolosha tahay wax aan qiimo lahayn. **Ha iska indho tirin** erayada ama ficilada waxyeelaynaaya dadka kale. Caawimaad **isla markiiba** ka raadso waaxda xaaladaha degdega ah ee isbitaalka.

**Talk to your doctor if you think you or a loved one has feelings of sadness that last for more than 2 weeks.**

**Lahadal dhaqtarkaaga haddii aad isleedahay ama qofka aad jeceshahay inuu dareemaayo niyad jab soojirtay muddo ka badan 2 asbuuc.**