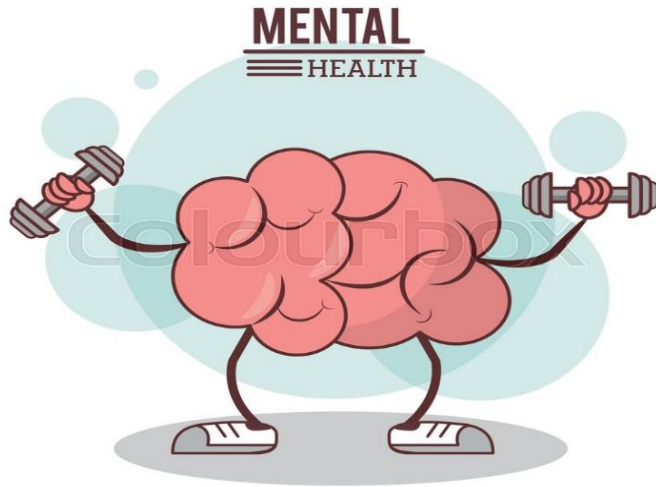


COPING SKILLS TO IMPROVE YOUR MENTAL HEALTH

ስነ-አእምሮዊ ጥዕና ከማዕብሉ ዝክእሉ ሓገዝቲ ብልሓታት



Looking after your Mental Health

ብዛዕባ ስነ-አእምሮዊ ጥዕና ምክትታል

FOLLOW A DAILY ROUTINE

መዓልታዊ ትገብሮ አዘውትር

We all react differently to stressful situations and uncertain situations like COVID-19 can cause severe distress, therefore, it is essential to take care of our mental health during this difficult time. Developing a daily routine can help us to feel more in control of everything and help us to make room for all that's important. Routine can aid in our mental health. It can help us to cope with change, to form healthy habits, and to reduce our stress levels which is beneficial to our mental and physical health.

አብዚ ዘሎናዮ ዘይሓሰብናዮ ኣጨናቂ ዝኮነ ግዜ ብሰንኪ ኮቪድ-19፡ ዝተፈላለዩ ሰብ ነዚ ኩነታት ብዝተፈላለዩ መገዳዪ ዘገጥሞ። ኮቪድ-19 ኣዝዩ ሓደገኛ ዝኮነ ጸቕጢ ከስዕበልካ ይክእል፡ ስለዚ ብዛዕባ ስነ-አእምሮዊ ጥዕና ክንሓብ ኣገዳሲ እዩ። ኣብ መዓልታዊ ነዘውትሮ መደብ ክንሰርዕ ሙሉእ ግዜና ክንቆጸጸዎን ነቲ ኣገዳሲ ዝኮነ ነገር እኩል ግዜ ንምስራዕን ይሕግዘና። ብተወሳኪ መዓልታዊ መደባት ን ስነ-አእምሮዊ ጥዕናና ሓገዚ እዩ። ገለ ካብቲ ጥቅምታት ናት ስሩዕ መደብ ምህላው ዘለዎ ረብሓታት ምስ ንርኢ ፡ ንዝመጸና ሓድሽ ምቅይያራት ክንገጥሞ፡ ጥዑይ ዝኮነ

ልምዲ ክህልወናን ኣብ ኣእምሮና ንዘጋጥም ነውዲ ንምግዳልን ብተፈላጊ ድማ ኣካላዊን ኣእምራዊን ጥዕናና ክንሕሉ ይሕግዘና።

The Mental Health Benefits of Having a Daily Routine **ሱሩዕ መዓልታዊ መደብ ኣብ ኣእምራዊ ጥዕና ዘለዉ ረብሓታት**

- Routine can anchor us. No matter what's going on in our day, knowing that we will be having our evening meal around 6 pm, and going to bed around 10 pm, can be a real comfort. The certainty of our routine can help us to manage the uncertainty that life throws at us.
ስሩዕ መደብ ምህላው ብቲ መደባት ከምንእሰር ይገብረና። ኣብቲ መዓልቲ እንታይ ኣጋጢ ሙ ብዘየግድስ፡ ሰዓት 6 ናይ ምሽት ከም ትድረርን ሰዓት 10 ምሽት ከምትድቅስን እንተፈላጊ ጥካ ዱቡቅ እዩ ዝስመዓካ። ፍሉጥ ዝኮነ መዓልታዊ መደብ ምህላው ነቲ ኣብ ሂወት ዘጋጥም ዘይተጸበካዮ ነገር ንክትብድህ ይሕግዘካ.
- Coping with unpredictable periods of time can feel more manageable when we have a structure in place.
ኣብቲ ንግዳዝ ስሩዕ መደብ ምህልው፡ ዘይተጸበናዮ ሕማቅ ግዜ ኣብ ዝመጸሉ ግዜ ብቀሊሉ ንክንቃጸጸ ይሕግዘና።
- This can allow us to build in daily habits that help us with our mental health. It could include things like regular bedtime, eating healthy, and regular exercise. When they're part of our routine, it can make it easier to keep up with them and they become our 'new normal'.
እዚ ድማ ኣብቲ መዓልታዊ ልምዲ እነማዕብሎ ናእምራዊ ጥዕናና ይሕግዘና። ስሩዕ ከነዘውትሮም ዘለና ከም ሰዓታት ድቃስ፡ ጥዑይ መግቢ፡ ስሩዕ ስፖርት የጠቓልል። እዞም ቀጻሊ መዓልታዊ ህወትና ነዘውትሮም እንተኮና፡ ንክንለምዶም ኣይጸግሙናን እዮም። ከም ሓድሽ ኖርማል ድማ ንለምዶም።
- Having a daily routine can help to reduce our stress levels. Trying to remember things can be really stressful and can fill our brains up with everything on our 'to do' list, which can be incredibly overwhelming.
መዓልታዊ ስሩዕ መደብ ምህላው፡ ነቲ ዘለና ጸቅጢ ኣብ ምግዳል ይሕግዘና። ኩሉ ነገር ንክትዝክሮ ኣዝዩ ኣጨናቂ ክከውን ይክእል እዩ፡ ስለዚ ዩ ከኣ ሓንጎልና ብተሕ ነገር ንምግባር ብቡተሕ ሓሳብት ክመልእ ዝክእልን ኣዝዩ ኣድካሚ ክከውን ይክእልን።
- Routine can take the guesswork and uncertainty out of bits of our day, which can allow us to feel more in control and less stressed.
ስሩዕ መደብ ምህላው ነቲ ብግምትን ብዘይመደብን ዝስራሕ ክኣልዮ ይክእል፡ እዚ ድማ ኣብ ህወትና ዱቡቅ ምቁጽጻርን ዝወሓደ ጸቅጥን ክህልወና ይሕግዝ።

Keeping Stress and Anxiety at Bay

ጭንቀትን ጸቅጥን ናብ ዝተሓተ ምውራሮ

Pandemics never affect everyone equally. Some people experience more anxiety and stress than others. People might feel lost and it is common to feel this way especially while we are experiencing these high levels of stress and uncertainty.

ለባዳ ን ኩሉ ሰብ ፍጹም ብማዕረ ኣይጸልዎን እዩ። ገለ ሰባት ካብ ናይ ካልኣት ዝበዝሐ ብተሕ ጸቅጥን ጭንቀትን ከጋጥሞም ይክእል። ገለ ሰባት ዉን ዝጠፈኡ ከይኑ ክስምዖም ይክእል። እዚ ድማ ብተሕ ግዜ ከጋጥም ዝክእል ከይኑ ብዝያዳ ከኣ ኣብ ግዜ ቡተሕ ጸቅጥን ጭንቀትን ከጋጥመና ከሎ።

Please watch this video on what is it like to have anxiety:

<https://www.youtube.com/watch?v=nCgm1xQa06c>

ብክብረትኩም ነዛ ቪዲዮ ብምክትታል ፡ ጭንቀት ከጋጥም ከሎ እንታይ ከምዝመስል ክንርዳእ ንክእል።

<https://www.youtube.com/watch?v=nCgm1xQa06c>

Anxiety attacks have symptoms that include racing heartbeat, sweating, nausea, chest pain, and/or shortness of breath. Remember that symptoms of COVID-19 and anxiety are very different. Early signs of COVID-19 are coughing, sore throat, headaches, and fever.

ጭንቀት ከጋጥመካ ከሎ ዘርእዮ ምልክታት ከም ምቅልጣፍ ህርመት ልቢ፡ርህጽ ኣካላት፡ ዕግርግር ምባል፡ ቃንዛ ኣፍልቢን ሕጽረት ምስትንፋስን እዮም። ንምዝክካር ምልክታት ናይ ኮቪድ-19ን ናይ ጭንቀትን ዝተፋላለዩ እዮም። እቶም ናይ መኣጀመርያ ምልክታት ናይ ኮቪድ-19 ከም ሰዓል፡ ቃንዛ ጎሮሮ፡ ቃንዛ ርእሲን ረስንን እዮም።

How to manage your Anxiety:

ከመይ ጌርካ ሻቅሎት ትቆጻጸር፡

Coping Statements: Write down a list of statements that remind you to stay calm and place these statements on post-it notes, mirrors, or on refrigerator doors, somewhere you can see them. Read your coping statement any time you are feeling distressed, for example, “it will be okay, I can do this. I will get through this”.

መለማመዲ ጽሕፍ፡ ኣብ ግዜ ሻቅሎት ክዝሑልካን ከረጋገኡካን ዝክእሉ ጽሑፋት ኣዳሉ፡ ኣብ ክትርእዮ ትክእል ቦታ ከም መስትያት፡ ናይ ፍሪጅ ማዕጻ ወይ ካልእ ዝርኣ ቦታ ግብሮ። ኣብ ሻቅሎት ዝተሰማዓካ ግዜ ድማ ኣንብቦ፡ ን ኣብነት “ድሓን ክከዉን እዩ” ፡ “ክከብሮ ይክእል እዩ”፡ “እዚ ዉን ክሓልፍ እዩ”

Worry Control: Follow these simple steps to manage your anxiety:

1. Ask yourself, what am I worried about? Write down specific things you are saying to yourself.
2. Pick one worry that you wrote down and ask yourself: Is there anything I can do about it, if yes then come up with a step-by-step plan of how you will solve the problem. Tell yourself how you are going to follow this new plan.
3. If there isn't anything that you can do about the things that you are worrying about, then:
 - Try distraction e.g. talking to a friend, listening to music, deep breathing exercises.
 - Create a worry time. This helps to reduce the amount of time you spend worrying.
 - To begin, choose a particular time, place, and length of time for worrying.
 - This time, place and duration should be the same each day (e.g., 6pm, for 20 min).
 - Make this place unique and comfortable, free from distractions. It should not be somewhere you go to regularly, like a lounge room chair. Rather somewhere you assign for the worry period only. The time should be convenient so you can regularly follow through with the task, and not too close to bedtime.
 - Write down your worries, examine them, and decide what you will do about these worries. There may not be anything you can do to resolve the worry. But sometimes giving a little time to the worry can help make it less distracting during the rest of your day.
 - When your worry time is over, you stop where you are and begin again the next day at the same time. This creates a habit for your brain to cope with your worries in a shorter period instead of worrying all day.
 - If you find yourself worrying between your worry times, keep a pencil and paper, or list on your phone close by. Whenever you start to think about your worries, write them down and tell yourself you will focus on them during your worry time, and by writing them down you do not need to think of them right now.

ሻቁሎት ምቁጽጻር: ነዘን ዝስዕባ ቀለልቲ መገድታት ብምክትታል ጭንቀትካ ንምቁጽጻር ክሕግዘካ እዩ

1. ብዛዕባ እንታይ ትሻቀል ከምዘለካ ን ነብስካ ሕተታ። ነንብስካ ዝበልካዮ ፍሉይ ነገር ኣብ ጽሑፍ ኣስፍሮ
2. ካብተን ዝጸሓፍካዮን ዘለካ ሻቁሎት ሓንቲ ውሰድ ሞ ን ነብስካ ከምዚ ኢልካ ሕተታ። ዝኮነ ነገር ኣሎ ዲዩ ክገብሮ ዘለኒ ዘይገበርኩዎ። እወ እንተኮይኑ መልሲካ፡ ሓይ ብሓይ መደብ ብምውጻእ ነቲ ሸግር ክትፈትሖ ፈትን። ን ነብስካ ደግምካ ብምሕታት ነዚ ወጺኡ ዘሎ ሓድሽ መደብ ብከመይ ከምትከታተሎ ሕሰብ።
3. ብዛዕባ እቲ ዝሻቀለካ ዘሎ ነገር ዝኮነ ዝግበር ነገር እንተዘይሃልዩ፡ በዚ ዝስዕብ መንግድታት ክትኣልዮ ፈትን
 - ክትርስዎ ፈትን፡ ን ኣብነት ምስ ዓርክኻ ተዘረብ፡ ሙዚቃ ስማዕ፡ ኣዕሚቅካ ኣስተንፍስ
 - ናይታ ትሻቀለላ ግዜ ወጥን ግበር። እዚ እቲ ንክትሻቀል ተሕልፎ ግዜ ንከተጉድል ክሕግዘካ እዩ።
 - መጀመርያ ፍሉይ ግዜን ቦታን ንውሓት ግዜን ን ሻቁሎት ዝከዉን ምረጽ፡
 - እዚ ግዜን ቦታን ንውሓት ግዜ መዓልታዊ ማዕረ ክከዉን ኣሎዎ። (ንኣብነት 6ድ.ቀ. ን 20 ደቂቅ)
 - ነዚኣ ቦታ ፍልይትን ምጫእትን ካብ ረበሻ ናጻን ግበራ። ቀጻሊ ትከይ ቦታ ከም መቐየሪ ክዳን ክከዉን ዮብሉን። ኣብ ክንዲኡ እታ ቦታ ናይ ሻቁሎት ጥራሕ ዝተሓዘኡት ክትከዉን ኣሎዎ። እቲ ግዜ ድማ ዝሰማምዓካ ክከዉን ኣሎዎ፡ ን ኣብነት ምስ ሰዓት ናይ ድቃስ ዝቀራረብ ክከዉን ዮብሉን።

- እቲ ናይ ሸቁሎት ግዜ ምስተወደዱ ኣቃሪጾ ኣብቲ ዝመጽእ መዓልቲ ድማ ኣብቲ ልክዕ ሰዓት ቀጽሎ። እዚ ድማ ን ኣንጎልካ ኣብ ክንዲ ሙሉእ መዓልቲ ክሸቀል ዝውዕል ን ኣዲር ግዜ ክጭነቅ ክለምዶ እዩ።
- ነብሲካ ኣብቲ መንጎ ናይ ሸቁሎት ዘሎ ግዜ ክትሸቀል ወይ ክትጭነቅ ምስትረክባ፡ ቢሮን ወረቀትን ወይ ሞባይል ኣዳሉ። ክትጭነቅ ክትጅምር ከለካ ነቲ ዘጭነቀካ ዘሎ ሓደ ብ ሓደ መዝግቦ። እቲ ምምዝጋብ ካልኣይ ግዜ ብዛዕቦም ከይትሓስብ ክትግዘካ እዩ።

Grounding: Grounding is a form of mindfulness that can be used in the moment to address stress, anxiety, anger, or other unwanted or overwhelming emotions by focusing entirely on the experiences of the moment instead. It can reduce the negative emotions so that the individual has time to refocus instead of being overwhelmed. For example, a person might be feeling angry, but before yelling at someone else they may take a moment to ground themselves, and instead of yelling they can then discuss their needs in a more productive manner instead of starting an argument.

ምርግጋእ (Grounding): ኣብ ግዜ ጽቅጢ፡ ጭንቀት፡ ሕርቃን ከመኡ ዉን ዘዩድላዩ ስሚዒታት ወይ ሓሳባት ክመጻካ ከሎ ነቲ ዘጭነተካ ዘሎ ዘረሳስዕን ኣብ ክንዲኡ ብዛዕባ ካልእ ምሕሳብን ኣብቲ ግዜያዊ ዘሎ ኩነታት ምትካርን ትወስዶ ሜላ እዩ። ነቲ ዘለካ ኣሉታዊ ስሚዒታት ብምግዳልን ኣብቲ ዘሎ ህልው ኩነታት ሙሉእ ግዜ ሂብካን ኣተኩርካን ብምስራሕ፡ ካብ ዘይተደልዩ ድካም ከይትደክምን ይሕግዘካ። ን ኣብነት ሓደ ሰብ ክሓርቅ ይክእል እዩ፡ ኣብ ክንዲ ነዲርካ ምምላስን ምጭዳርን፡ ቅሩብ ግዜ ወሲድካ፡ ተረጋጊእካ ብ ልዙብ ዝኮነ ጠባይ ክትረዳዳእ ትክእል።

When grounding, focus your attention on the moment....5,4,3,2,1

- 5 things you can see,
- 4 things you can touch,
- 3 things you can hear,
- 2 things you can smell,
- 1 thing you can taste.

ክትረጋገእ ከለካ፡ ሙሉእ ኣድህበካ ናብቲ ዘሎ ግዜያዊ ኩነታት ኣተኩር. ... 5,4,3,2,1

- 5 ነገራት ክትርእዮም ትክእል
- 4 ነገራት ክትንክፎም ትክእል
- 3 ነገራት ክትሰምዎም ትክእል
- 2 ነገራት ክትሸትቶም ትክእል
- 1 ነገር ክተስተማቅሮ ትክእል

Be sure to really focus on each sensation as you go through the process and exclude as many other thoughts or emotions as possible. For example, can you name the specific shade of pink of the flower you are looking at, is it more blush or peach? When you hear sirens outside, are they moving towards you or away from you?

ነብስካ ከተረጋገእ ከለካ ሙሉእ ኣድህበካ ናብዘም ኣብ ላዕሊ ዘሎው ስሚዒታት ኣተኩር፡ ብዝተካእለ መጠን ኩሎም ካልእ ሓሳባትን ስሚዒታትን ክትርስዎም ፈትን። ን ኣብነት ሕብረ ጽላሎት ሊላ ሕብረ ናይዛ ትርእያ ዘለካ ዕንባባ ስማ ክትነግረኒ ትክእል ዶ። ሰማያዊ ድዩ ወይ ሓውሲ ኩክ ዝመስል? ድምጺ ናይ ኣውያት ሓደጋ ምስትሰምዕ፡ ናባካ ገጹ ድዩ ዝመጽእ ዘሎ ወይ ናብ ካልእ ኣንፈት?

If you or someone suffers from anxiety, contact your family doctor or psychiatrist. If it is not possible to have one-on-one sessions at the moment, the doctor/psychiatrist will help you evaluate your condition over the phone. You may also want to make an appointment with a counsellor, such as a registered psychologist or registered social worker. Healthy Minds is offering free counselling services online. You do not need a diagnosis of anxiety or a referral from a doctor in order to access counselling services.

ንዉልቅካ ወይ ካልእ ሰብ ጭንቀት ምስዘጋጥም፡ ን ናትካ ዶክተር ወይ ናይ ስነ-አእምሮ ሓኪም ተወከስ። ብ ኣካል ሓደ ብሓደ ኮንካ ምዝርራብ ምስዘይከኣል፡ ናትካ ሓኪም ወይ ናይ ስነ-አእምሮ ሓኪም ብ ተሌፎን ብምጥቃም ነቲ ዘለካ ሽግር ኣብ ምፍታሕ ክተሓባበሩካ እዮም። ተወሳኪ ዉን ምስ ኣማካሪ ን ኣብነት ሳይኮሎጊስት ወይ ሶሻል ዎርከር ቀጻራ ክትሕዝ ትክእል።ጥዑይ ኣተሓሳስባ (Healthy Minds) ብ ኣንላይን ብምጥቃም ብ ነጻ ምክሪ ኣገልግሎት ይህብ። ኣገልግሎት ምክሪ ምስትድሊ፡ ካብ ሓኪም ኣፍልጦ ናይቲ ሕጻን ወይ ድማ ደገፍ ሪፈር ካብ ሓኪም ኣይድልዮካን እዩ።

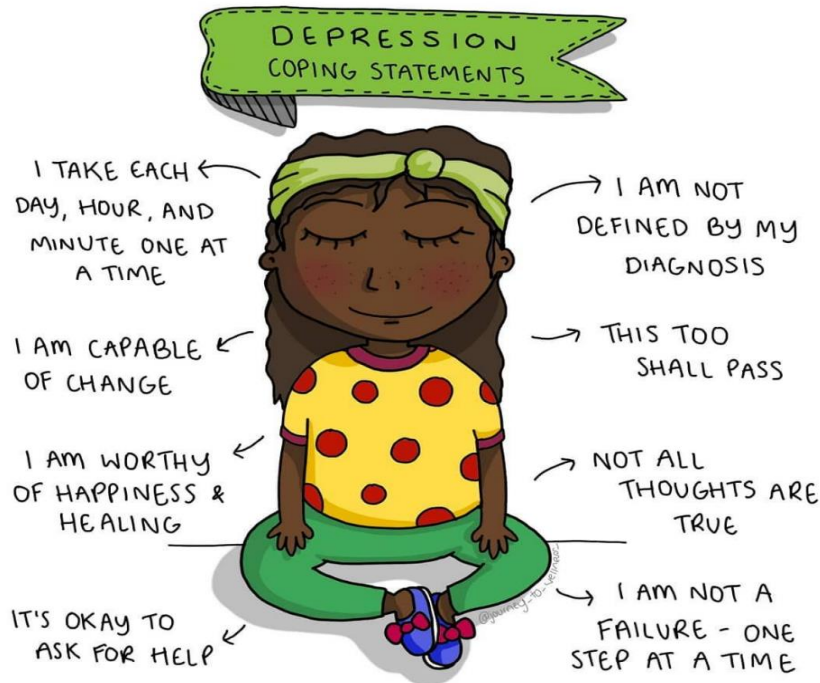
Please see the following link for further Information in English about COVID-19 safety and anxiety management: <https://www.rehab4addiction.co.uk/coronavirus/mental-health-coronavirus>

ብዛዕባ ኮቪድ-19 ተወሳኪ ሓብሬታ ምስትድሊ ኣብዚ ሊንክ ብምጥዋቅ ብ እንግሊዝ ዝተጻሕፈ ናይ ጥንቃቄን ጭንቀት ከምይ ጌርካ ከምትብድሆ ዝገልጽካ ክርከብ ይከኣል።

<https://www.rehab4addiction.co.uk/coronavirus/mental-health-coronavirus>

Managing Depression

ጭንቀት አእምሮ ብከመይ ትቀጻጸሮ



Depression can include persistent feelings of sadness, loss of interest in activities or daily life, low energy, feelings of hopelessness, sleep problems, difficulty concentrating and withdrawal from others. Depression can come in waves, vary in intensity, and have physical as well as psychological symptoms.

ጭንቀት ንነዊሕ ዝጸንሕ ዘይሕጉስ ስምዒት ከም ኣብ ስራሕካ ወይ መዓልታዊ ሂወትካ ኣገዳስነት ምግዳልን፡ ድካም ወይ ሓይሊ ምስኣን፡ ተስፋ ምቅራጽ፡ ድቃስ ምእባይ፡ ሓሳባት ምትሕውዋስን ካብ ሰባት ምንጻልን ክኮኑ ይክእሉ። ጭንቀት ከም ማዕብለ ክመጽእ ይክእል፡ ዓቀኑ ካብ ሰብ ናብ ሰብ ይፈላለ፡ ኣካላዊን ስነ-ኣእምራዊን ምልክታት ድማ ኣሎዎ።

For further information, please watch the following video on Depression

<https://www.youtube.com/watch?v=XiCnriLQGYc>

ንዝያዳ ሓብሬታ ኣብዚ ታሕቲ ሊንክ ዘሎ ቪዲዮ ምርኣይ ይከኣል።

<https://www.youtube.com/watch?v=XiCnriLQGYc>

How to manage your Depression:

- Stay informed, insufficient information and/or contradictory information may aggravate the reaction.
- Be attentive to your feelings, write them down somewhere or express them through different activities. Engage in activities that make you feel good about yourself.
- Practice healthy living habits, proper nutrition, and sufficient sleep
- Practice self-care.
- Remind yourself of successful strategies you used in the past to get through difficult times.
- Look for support from people who make you feel safe and cared for. The person you talk to doesn't have to be able to fix you; they just need to be a good listener—someone who'll listen attentively and compassionately without being distracted or judging you. Family and friends can be a great support system. Here is a link to further information <https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=hw30709&#ug5180>
- Limit access to stressors that may provoke depressive feelings. If overcoming the reactions is not possible, seek help. Call your doctor/psychiatrist. Call Mental Health Support 811.

ጭንቀት ብከመይ ክትቆጻጸሮ ከምትክእል:

- ኩሉ ግዜ እዋናዊ ሓብሬታ ይሃልወካ፡ እቲ ትረክቦ ሓብሬታ ዘይእኩል ወይ ድማ ዝጻረር ሓብሬታ ምስዝከወን ነቲ ዘሎ ኩነታት ከጋድዶ ይክእል።
- ነቲ ዝስማዓካ ዘሎ ስሚዒታት ኣስተብህሉ፡ እንተኪእልካ ጽሓፎ ወይ ድማ ብዝተፈላለዩ ኣገላልጻ ግለጻ፡ ብዛዕብካ ጹቡቅ ስሚዒት ዝህበካ ስራሓት ተሳተፍ።
- ጥዑይ ኣነባብራ ሂወት፡ ግቡእ ኣመጋግባ፡ እኩል ድቃስ ኣዘውትር
- ኣብ ዝሓለፈ ግዜ ኣብ ኣሸጋጋ እዋን ንክትብድሆን ዕዉት ኮንካ ክትሓልፎን ዝሓገዝካ ሜላታት ዘክሮምን ተጠቀመሎምን።
- ኣብ ሂወተካ ዉሑስን ጥንቁቅን ንክትከወን ዝሕግዙካ ሰብ ሕተት። እቲ ትዛረቦ ሰብ ሸግርካ ሙሉእ ብ ሙሉእ ክፈትሓልካ ኣይትጸበ፡ እንታይ ደኣ ጽን ኢሉ ዝሰምዓካ፡ ብ ኣተኩሮ ተገዲሱ ዝሰምዓካን ዝድንግጸልካን፡ ሓሳብካ ዘይከልፈካን ተሃዊካ ዘይውስን ክከወን ኣሎዎ። ስድራካን የዕርኩትካን ኣዝዮም ሓገዝቲካ ክኮኑ ይክእሉ። ንዝያዳ ሓብሬታ ኣብዚ ታሕቲ ሊንክ ሓብሬታ ክርከብ ይከኣል። <https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=hw30709&#ug5180>
- ነቲ ናይ ጭንቀት ስሚዒታት ዘለዓዕሉ ኣጨነቅቲ ነገራት ብዝተከእለ ኣወግድ። ነዚ ክትስዕሮ ምስዘይከኣል ሓገዝ ሕተት። ሓኪምካ ወይ ናይ ስነ-ኣእምሮ ሓኪም ተወከስ። 811 ብምድዋል ናይ ኣእምሮ ጥዕና ሓገዝ ክትረክብ ትክእል።

Coping with Sleep Issues

Approximately 30% of adults report trouble falling/staying asleep or having unrefreshing (nonrestorative) sleep and approximately 10% of the population has sleep problems so severe that it affects daytime activities. Therefore, it is important to understand why you have sleep issues.

Some factors include:

- Poor sleep hygiene or too much blue light in the evening.
- Lack of exercise; exercises creates fatigue which can be recovered by rest.
- Stressing about the day that just passed or about the future can lead people to worry during bedtime.
- Medical problems or medications may affect sleep schedule.

For more information, please follow the link here

<https://www.ementalhealth.ca/Canada/Insomnia/index.php?m=article&ID=8918>

ከመይ ጌርካ ናይ ድቃስ ጸገማት ትለማመዶ (Coping with Sleep Issues)

ብሳይነሳዊ ግምት አስታት 30% ዝኮኑ ሰባት ናይ ድቃስ ምስኣን ድቃስ ምጅማርን / ኣብ መንጎ ምብርባርን ኣመልኪቶም። አስታት 10% ናይቲ ህዝቢ ብሰንኪ ጸገም ናይ እኩል ድቃስ ዘይምህላው፡ ናይ መዓልታዊ ህወቶም ስራሕ ከምዝተጸልወን ይሕበር። ስለዝ ስለምንታይ ናይ ድቃስ ጸገም ከምዘለካ ምፍላጥ ኣዝዩ ኣገዳሲ እዩ።

ገለ ካብቶም ምክንያታት ንምጥቃስ፡ (Some factors include)

- ዘይጥዑይ ድቃስ ወይ ድማ ኣዝዩ ቡዙሕ ሰማያዊ ብርሃን ኣብ ግዜ ምሽት
- ስፖርት ዘይምዝውታር፡ ስፖርት ምዝውታር ድካም ይምጽእ፡ እቲ ድካም ድማ ምስጥዕራፍካ ናብ ንቡር ትምለስ።
- ብዛዕባ ዝሓለፍ ሂወት መዓልታዊ ምጭናቅ ወይ ብዛዕባ መጻኢ ምሕሳብ ኣብ ግዜ ድቃስ ሽቅሎት ከስዕብ ይክእል።
- ዝኮነ ሕዳር ሕማም ወይ መድሃኒት ምስ ድቃስ ምግርጫዎት ከምጽእ ይክእል።

ንዝያዳ ሓብሬታ ኣብዚ ሊንክ ምርኣይ ይከኣል፡

<https://www.ementalhealth.ca/Canada/Insomnia/index.php?m=article&ID=8918>

Strategies to fall asleep:

- Be consistent! Try to wake up and go to bed at the same time every day.
- Create a routine around bedtime. This may include brushing your teeth, tidying up from the day, changing into your pajamas, etc. This routine can act as a sign to your body that it is almost time to sleep and help it begin to relax for the evening.
- Eat a healthy, nutritious diet. Some people find it helpful to avoid large meals at night.
- Listen to your body. If you are tired in the evening, go to bed even if it is earlier than usual. Pushing yourself to stay up until a certain time might cause you to be awake later than intended.
- Try to exercise with moderate intensity. Creating some fatigue that will help the body fall asleep.
- Turn off all electronics 1-2 hours before bedtime.
- Take a warm shower or bath before going to sleep, helps to relax the body.
- Explore low blue-light features. Blue light are light waves that trick the brain into thinking it's daytime, hence impairing our sleep.
- Try to cover your senses, such as plug your ears to reduce noise, cover eyes to reduce light.
- Avoid caffeine and nicotine, particularly in the late afternoon and evening.
- Avoid spending time in bed or in the bedroom during daytime hours. Avoid doing activities in bed that are not related to sleep, such as work or playing computer games.
- Keep in mind it can take over two weeks for your sleep patterns to respond to these adjustments. If you still see no change in sleep after consistently trying a strategy for three weeks, contact your doctor.

ድቃስ ንምትዕርራይ ዝሕግዎ ሜላታት: (Strategies to fall asleep)

- ቀጻልነት ይሃልወክ: ትድቅሰሉን ትትሰኣሉን ሰዓታት መዓልታዊ ተመሳሳሊ ሰዓት ክከዉን ኣሎዎ።
- ኣብ ግዜ ድቃስ ቀጻሊ ትገብሮ ነገር ፍጠር: ን ኣብነት ስነ ምጽራይ ወይ ብራሽ ምግባር: ምጽርራይ ናይ ሙሉእ መዓልቲ: ምቅያር ክዳን ለይቲ ወይ ብጃማ ወዘተ። እዚ ቀጻሊ ስራሕ ስራሕ ን ኣካላትካ ከም መዘካከሪ ኮይኑ ኣብ ግዜ ድቃስ ምሽት ከምትዘነ ይገብረካ።
- ትምግብ መግቢ ጥዑይን ማእዘ ዘለዎን ክከዉን ኣሎዎ። ገለ ሰባት ኣብ ግዜ ምሽት ቡዙሕ ዘይምብላዕ ሓጋዚ ኮይኑ ይረክብዎ።
- ነብሲካ ስምዓዮ: ቅድሚ እቲ መዓልታዊ ትድቅሰ ድካም ምስዝስመዓካ ክትድቅስ ፈተን። ድቃስ ኣናተሰመዓካ ከሎ ኣብ ክንዲ ምድቃስ ቡዙሕ ግዜ ምስትወስድ ጸኒሑ ድቃስ ካብዩካ ይክእል።
- ምንቅስቃስ ኣካላት ኣብ ትሰርሓሉ ግዜ ብመጠን ምንቅስቃስ ኣክላት ግበር: ድካም ክስመዓካ ከሎ ንክትድቅስ ክሕገዘካ ይክእል እዩ።
- ቅድሚ ምድቃስካ 1-2 ዘሎ ግዜ ኩሉ ናይ ኤለክትሮኒክስ መሳርሒ ዕጸዎ።
- ሙዚቅ ዝበለ ሻወር ቅድሚ ናብ ድቃስ ምካድካ ምግባር : ኣካላትካ ንክዘነ ክሕግዘካ እዩ።
- ሰማያዊ ብርሃን ከይህሉ ፈቲሽ። ሰማያዊ ብርሃን ን ሓንጎልና ብምትዕሽሻው ቀትሪ ከምዘሎ ከመሲል ዩ: ብከመኡ ድማ ድቃስ ክተዓናቀፍ ይክእል።
- ሀዋሳትካ ክትሸፍና ፈትን: ን ኣብነት እዝንካ ረበሻ ንምግዳል ዕጸዎ: ዓይንካ ካብ ጩራ ብርሃን ከይ ኣትወካ ተዓመት

- ኣብ ግዜ ምሸት ዝኮነ ካፌይን ወይ ኒኮቲን ዘለዎ ነገር ካብ ምውሳድ ተቆጠብ
- ኣብ ግዜ ቀትሪ ኣብቲ ናይ ለይቲ ትድቅሶ ዝኮነ ስራሕ ካብ ምስራሕ ተቆጠብ። ምስ ድቃስ ምትእስሳር ዘይብሎም ዝኮነ ስራሕ ን ኣብነት ምስ ኮምፕተር ምጽዋት ካብ ምስራሕ ኣቃርጽ።
- ኣብ ግምት ከተእተዎ ዘለካ፡ ሰዓታት ናይ ድቃስካ ክሳብ ዝተዓረረ ክሳብ ክልተ ሰሙን ክወስደልካ ይክእል። እዚ ኩሉ ሜላታት ን ኣስታት ሰለስተ ሰሙን ዝከዉን ወሲድካ ዝኮነ ለዊጢ ምስትስእን ን ሓኪምካ ተወከስ።

On Using Alcohol and/or Other Substances to Cope

ኣልኮላዊ መስተ ወይ ካልእ ነገራት ከም ግዜያዊ መለጣመዲ ምጥቃም

The pandemic is a stressful time, and many people are seeking new ways to manage the stress and isolation. Some people may have started using alcohol or substances to de-stress on a rare occasion, but now are finding their alcohol or substance use is taking up more and more time. If you are concerned, use the resources below or contact your doctor for assistance.

እዚ ግዜ ለበዳ ኣዝዩ ኣሻቃሊ እዋን እዩ፡ ብተሓት ሰባት ነቲ ሻቅሎትን ነብሶ ምግላልን ንምስዓር ሓድሽ መንገድታት ኣብ ምድላይ ይርከቡ። ገለ ሰባት ኣብ ሳሕቲ ነዚ ሻቅሎት ንምስዓር ኣልኮላዊ መስተ ወይ ድማ ነዚ ሻቅሎት ከጥፊኡ ዝክእሉ ነገራት ብምጥቃም ዝጀመሩ ይህልዉ፡ እንተኮነ ግን ኣልኮላዊ መስተ ወይ ካልእ ነገራት ምጥቃም ቡዙሕ ግዜ ክከዉን እዩ። በዚ ምስትሻቅል ነዚ ካብዚ ሓሳባት ክትወስድ ይከኣል ወይ ድማ ንዝያዳ ሓገዝ ምስ ሓኪምካ ተላዘብ።

If you think your drinking/substance use may be a problem, you can complete a self-screening test here: <https://www.heretohelp.bc.ca/screening-self-tests>
 ኣልኮላዊ መስተ ወይ ካልእ ትወስዶም ነገራት ጸገም ከዩምዱልካ ምስትሓስብ ነዚ ኣብ ታሕቲ ሊንክ ዘሎ ወልካዊ መፈተሻ ክትመልኡ ይከኣል፡ <https://www.heretohelp.bc.ca/screening-self-tests>

Find more information here

ንዝያዳ ተወሳኪ ሓበሪታ ኣብዚ ሊንክ ክርከብ ይከኣል

https://www.drinksenseab.ca/drinksense-tips/low-risk-guidelines/?gclid=Cj0KCQiAnb79BRDgARIsAOVbhRob0wRkaHTDd16VN7kahWPESI18abAJG SgDxnS1Z0 UZsQoOyl0xvgaAmsBEALw_wcB

You may be at risk for alcohol abuse if you:

- Have more than 10 drinks per week for women or 15 drinks per week for men.
- Have more than 3 drinks in one day for women or 4 drinks per day for men, especially if this occurs regularly

ናይ ኣልኮል ወልፊ ዝተቃልዕካ ከይትከውን ንምፍላጥ

- ልዕሊ 10 መስተታት ኣብ ሰሙን ን ጋል ኣንሰይቲ ወይ ልዕሊ 15 መስተታት ን ወዲ ተባዕታይ
- ልዕሊ 3 ግዜ መስተ ኣብ መዓልቲ ን ጋል ኣንሰይቲ ወይ ልዕሊ 4 ግዜ ኣብ መዓልቲ ን ወዲ ተባዕታይ ብፍላይ ከኣ ቀጻሊ ዘጋጥም እንተኮይኑ

Try to get help using the following contacts:

- Kids Help Phone (for youth) ■ 1-800-668-6868
- Addiction Helpline (for everyone, multilingual service) ■ 1-866-332-2322
- Health Link (for everyone, multilingual service) ■ 8-1-1
- Mental Health Help Line (for everyone, multilingual service) ■ 1-877-303-2642

በዞም ኣብ ታሕቲ ዘለዉ ኣድራሻታት ጌርካ ሓገዝ ክትሓትት ፈትን:

- ተሌፎን ሓገዝ ንቆልዑ (Kids Help Phone) (ንመንእሰያት) ■ 1-800-668-6868
- ሓገዝ ንወልፍታት (Addiction Helpline) (ንኩሉ ሰብ, ብቡተሕ ቃንቃታታ ዝወሃብ ኣገልግሎት) ■ 1-866-332-2322
- ሄልዝ ሊንክ (Health Link) (ንኩሉ ሰብ, ብቡተሕ ቃንቃታታ ዝወሃብ ኣገልግሎት) ■ 8-1-1
- ሓገዝ ናይ ኣእምሮ ጥዕና (Mental Health Help Line) ((ንኩሉ ሰብ, ብቡተሕ ቃንቃታታ ዝወሃብ ኣገልግሎት) ■ 1-877-303-2642

Maintaining Healthy Relationships

ከመይ ጌርካ ፍቅራዊ ዝምድናካ ትከላልከል

The pandemic has been stressful on everyone, but it can especially prove difficult for relationships. Some relationships have been separated due to quarantines or travel restrictions, others have been forced into close quarters and trying to navigate work-life balance in the same space. Whether you are seeing more or less of your partner than usual, it is normal to expect that there may be more strain on the relationship than usual.

ሕመም ለበዳ ንኩሉ ሰብ ጸሊዎ እዩ፡ ብዝደዳ ድማ ንፍቅራዊ ዝምድና ተጻመድቲ ኣዝዩ በዳሂ ክከውን ይክእል። ገለ ዝምድናታት ብሰንክ ምድሻብ ወይ ጉዕዞ ምክልካል ክሰብ ዝፈላለዩ ኮይኖም፡ ካልኣት ናብራ ስራሕን-ሂወትን ንምምዝዛን ኣብ ጸቢብ መንበሪ ተጨቓጪቆም ክነብሩ ተገዲዶም። ኣብ መጻምድትካ ርኣዮ ኣይትርኣዮ ብዘይዩገድስ ከምዚ ዓይነት ፈተነ ኣብ ግዜ ለበዳ ትጽብዮ ነገር እዩ።

Here are some tips for managing relationship stress:

ከመይ ጌርካ ፍቅራዊ ዝምድናካ ትከናከኖ ዝሕግዙ ሜላታት ኣብዚ ታሕቲ ክንረክቦም ንክእል፡

- **Take time to discuss the relationship.** COVID-19 has changed the way we live our lives. Take the time to check in with your partner and see how they are feeling about your relationship. Schedule a time to talk and be honest. Address the problems that the pandemic has caused, such as working from home, separation, managing work and childcare, household responsibilities, etc.
ምስ መጻምድትካ ንክትዛራረብ እኩል ግዜ ውሰድ፡ ኮቪድ-19 ነቲ ንነብሮ ሂወት ቀደርዎ እዩ። ምስ መጻምድትካ እኩል ግዜ ብምውሳድ ፍቅራዊ ዝምድናካ ከመይ ከምዝጸለዎ ተዛራረብ። ንክትዛራረብ መደብ ስራዕ፡ ቅኑዕ ድማ ኩን። ብሰንኪ ለበዳ ሲዒቡ ዘሎ ጸገማት ከም ካብ ገዛ ምስራሕን ምፍልላይን ከመይ ገርካ ቆልዓ ይእለን ናይ ገዛ ሓላፍነትን ዝብሉን ወዘተ ሓይ ብሓይ ተዛረብሎም።
- **Consider how you address problems.** Snapping at your partner when you are frustrated or remaining silent doesn't help resolve problems. Be aware of your tone of voice and the words you choose when making a request or expressing a need. Even if this is how you have resolved problems in the past, the stress of the pandemic can make problem-solving more difficult, so be aware of how you approach your partner.
ብከመይ ነቲ ሽግራት ትገልጽ ፍለጥ፡ ካብ መጻምድትካ ክትፍለ ምፍታን ወይ ድማ ትም ምባል ከም መፍትሒ ክከውን ኣይክእልን እዩ። ክትሓትት ከለካ ወይ ብዛዕባ ኣድላዪ ነገር ክትዛረብ ከለካ እቲ ኣወጻጽኣ ቃላትን እትጥቀመሎም ቃላትን ተጠንቀቀሎም። ወላ እካ ኣብቲ ንቡር ግዜ ከም መፍትሒ ትጥቀመሎም እንተነበርካ ኣብዚ ግዜ ለበዳ ግን እቲ ሻቅሎት መልሱ ከጋዲዶ ስለዝክእል ብዛዕባ ብጸይቲካ ኣቀራረብካ ኣስተውዕል።
- **Listen and be kind.** Stress from the pandemic can lead to short tempers, but be patient with yourself and your partner, and also consider that stress affects people differently, so your partner's experience may be different than yours, even when you are spending all your time together.

ተገዳሽነት ስሜትን ህያዋዊ ኩን፡ ጸቅጢ ካብዚ ለበዳ ን ዓቅልካ ሓዲር ክገብሮ ይክእል ስለዚ ምስ ነብስካን ምስ መጻምድካን ዓቃል ኩን። ከተሰውዕሉሉ ዘለካ ጸቅጢ ንኩሉ ሰብ ብማዕረ ኣይጸልዎን እዩ፡ ስለዚ ናይ መጻምድካ ዉን ካብ ናትካ ዝተፈልዩ ክከዉን ይክእል ወላ ኣብቲ ነዊሕ እዋን በሓደ ዘሕለፍኩሞ።

- **Reconnect.** You may be spending all your time together, but make sure that part of that time is with intention. Build some couple time into your routine, even if it is as simple as going on for a walk and talking or playing a card game together. If you are separated because of COVID-19, look for online ways to connect, such as playing a board game online, or platforms that let you watch movies together, such as Netflix.

ክትራኩብ ኣሉካ። ቀጻሊ ብሓደ ክትህሉ ትክእል ኢካ፡ ግን ካብቲ ሙሉእ ግዜ ገለ ናይ ወልቅካ ተዕልለሉ ግዜ ፍለ። ኣብቲ ቀጻሊ ትገብሮ ናይ መጻምዲ ግዜ ግበር፡ ን ኣብነት በሓደ ኣብቲ ከባቢ ገዛ ክካድ ወይ ድማ ካርድ ክርታ በሓደ ምጽዋት ክከዉን ይክእል። ብሰንኪ ኮቪድ-19 ክትፈላለ ምስትግድድ፡ ብ ኣንላይን ክትራኩብ ፈትን፡ ን ኣብነት ካርታ ምጽዋት ወይ ድማ ፊልምታት ኣብ ነትፍልክስ ብሓባር ዝረኡኩሞ ክም መበገሲ ዕላል ተጠቀምሉ።

- **Seek help.** Sometimes, counselling may be your best option. An experienced couple counsellor can help you and your partner communicate problems and address your feelings.

ሓገዝ ሕተት፡ ሓደ ሓደ ግዜ ምክሪ እቲ ዝበለጸ ምርጫ ክከዉን ይክእል እዩ። ሓደ ሙኩር ዝኮነ ናይ ተጻምዲ ኣማካሪ ንዓካን ን መጻምድካን ብከመይ ሽግርኩም ትፈትሉን ትገልጹን ክሕግዘኩም ይክእል።

Addressing Abuse በደል ከመይ ትርድኦ

Remember: “In Canada, abuse is not tolerated. You don’t have to stay in an abusive situation”
<https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-cana da/family-sponsorship/abuse.html>

ንምዝክካር፡ ኣብ ካናዳ ምብዳል ኣይፍቀድን እዩ። ኣብ ግዜ ምብዳል ዝኮነ ነገር ትብሎ ዩብልካን። ኣብዚ ታሕቲ ብምጥዋቅ ተወሳኪ ሓብሬታ ክርከብ ይከኣል።

<https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-cana da/family-sponsorship/abuse.html>

Types of Abuse:

ዓይነታት በደላት:

Physical Abuse:

አካላዊ በደላት:

- any form of contact that intimidates or hurts
- ዝከነ ዓይነት ዘረባ ምፍርራህ ይኩን ጉድኣት ምውራድ

Sexual Abuse:

ጾታዊ ዓመጽ ወይ በደል:

- any form of sexual contact or action that is done against your will
- ዝከነ ጾታዊ ምትንካፍ ወይ ምፍጻም ኣንጻር ድሌታት ዝከነ

Emotional Abuse:

ስሜዒያዊ በደል:

- insulting, humiliating, harassing, intimidating, excessive jealousy/possessiveness, name-calling, threatening in forms such as taking away or hurting your children or your pet, and/or preventing you from seeing your family
- ምጽራፍ፣ ምፍርራሕ፣ ምህዳድ ምጉባዕብዕ፣ ኣዝዩ ዝተጋነነ ቅኒእን ወይ ዘይናትካ ምድላይን፣ ስም ምጽዋዕ፣ ስግኣት ምፍታር ን ኣብነት ን ደቅኩም ወይ ዝለመደ እንስሳ ክወስዶም እይ ክቀትሎ እዩ ኢልካ ምፍርራሕን ንስድራካ ምርኣይ ምክልካልን።

Financial Abuse:

ፋይናንሳዊ በደል:

- any form that may allow a person to limit your access to money in order to hurt you
- ዝከነ ዓይነት ምክልካል ካብ ምጥቃም ናይ ገንዘብ ኮነ ኢልካ ንምህሳይ ኢሉ ዝዓለመ

Controlling Behaviour:

ምቁጽጻር ንብረት:

- any behaviour that may limit your freedom, such as withholding your passport, identifications and other documents. OR keeping you under surveillance and limiting the people that you may see and not see.
- ዝከነ ጠባይ ናጽነትካ ጽክልክለካ ን ኣብነት ፓስፖርት ምትጋዝ፣ መለለዩ ካርድን ካልኣት ዶኩመንትን። ወይ ድማ ኣብ ትሕቲ ቅጽጽር ከትኣቱ ከለካ፣ እቶም ትርጉም ወይ ዘይትርጎም ሰባት ውሱናት ክኮኑ ከለዉ።

Forced Marriage:

ግዴታዊ መርዳ

- consent to marry is given through pressure of one or more parties.
- ብድራት ንክትምርጹ ዝወሃብ ዝገድድ ናይ መርዳ ፍቓድ ካብ ሓደ ወይ ንላዕሊ ክፍል

Get Help:

- Call 9-1-1 or your local police in an emergency
- Call 403-234-SAFE (7233) for the 24-hour Family Violence Helpline this number can provide resources and arrange for a space in the shelter if necessary. The shelter can provide a safe space for women, their children, and small pets when fleeing abuse. This number also provides access to counselling services for women and youth experiencing abuse, and men who want to work on their abusive behaviors.
- Call 1-888-242-2100 to contact Client Support Centre if the case involves citizenship or immigration status.

ሓገዝ ርኽብ: (Get Help) :

- 9-1-1 ብምድዋል ወይ ድማ ኣብ ከባቢካ ዘላ መደበር ፖሊስ
- 403-234- SAFE (7233) 24 ስዓታት ሓገዝ ናይ ስድራ-ቤታት ዝተባእሱ ክህብ ይክእል። ተወሳኪ ክሳብ ናይ ዉሑስ ገዛ መጽንፊ ከዳልውልካ ይክእሉ። እቲ መጽንፊ ገዛ ን ሰበይቲ፣ ጃልዑ፣ ወይ ድማ ነኣሽቱ ሰብ ዝለመዱ እንስሳታት (pets) እዩ። ካልእ ተወሳኪ በዚ ቁጽሪ ብምድዋል ን ሰበይቲ ኣገልግሎት ምክሪ ክህብ ይክእል ን ሰብኣይ ድማ ብዛዕባ እቲ በዳሊ ጠባይ ንክእረም ሓገዝ ክህብ ይክእል።
- 1-888-242-2100 ብምድዋል ን Client Support Centre ደዊልና ዜግነትን ናይ ኢሚግሬሽን ጉዳይን ዘራክብ እንተሃልዩ ሓገዝ ክንሓትት ንክእል።

Addressing Thoughts of Self Harm

ሓሳብ ናይ ነብስካ ምህሳይ ብከመይ ትምክቶ

Suicide, a leading cause of death with devastating emotional and societal cost, is a generally preventable cause of death. If you have a suspicion that your family member or a friend might be struggling with thoughts of suicide, please check the following link to look for warning signs and finding ways to support them:

<https://www.canada.ca/en/public-health/services/suicide-prevention/warning-signs.html>

ነብሱ-ቅትለት፡ እቲ ቀንዲ ጠንቂ ናይ ሞት ኮይኑ ኣዝዩ ሃሳዩ ዝኮነ ስሚዒታዊን ማሕበራዊን ጸገም ዝፈጥር ግን ከኣ ክትከላከሎ ትክእል ጠንቂ ሞት እዩ። ገለ ካብ ስድራካ ወይ የዕሩክትካ ናይ ነብሱ-ቅትለት ሓሳብ ከይህልዎም ምስትጥርጥር ነዚ ኣብ ታሕቲ ዘሎ ብክብረትካ ብምፍታሽ ክትሕግዘሎም ትክእል መንገዲ ርክብ።

<https://www.canada.ca/en/public-health/services/suicide-prevention/warning-signs.html>

Signs a person may be suicidal:

- Withdrawal from family, friends, or activities.
- Feeling like you have no purpose in life or reason for living
- Increased use of drugs, alcohol and other substances to cope with life
- Talking about being a burden to someone or about being in unbearable pain
- Feeling isolated and without support
- Feeling hopeless about the future or being trapped and feeling like there is no way out of a situation.

ምልክታት ናይ ሓደ ሰብ ሓሳብ ናይ ነብሱ-ቅትለት ከምዘለዎ ዝገልጽ፡

- ተነጽሎ ካብ ስድራ፡ይዕሩክ ወይ ካልእ ስራሓት
- ኣብ ሂወት ኣገዳስነት ዘይብልካ ኮይኑ ይስመዓካ ወይ ዉን ምንባርካ ትርጉም ዘይቡሉ ኮይኑ ይስመዓካ
- ብብዝሒ መድሃኒታትን ኣልኮሎን ካልኣት ነገራትን ምጥቃም
- ንሓደ ሰብ መሰናክል ከም ዝኮንካ ምዝራብ ወይ ድማ ክትጻወሮ ዘይትክእል ቃንዛ ምህላው
- ካብ ሰብ ዝተነጻልካ ወይ ሓገዚ ዘይብልካ ኮይኑ ይስመዓካ
- ብዛዕባ መጻኢ ተስፋ ሙቁራጽ ወይ ኣብ ሓደ ነገር ክትተሓዝ ከለካ ወይ ድማ መውጽኢ ዘይብልካ ኮይኑ ይስመዓካ

A person is more likely to attempt suicide if:

- They have attempted before
- They are talking about or threatening suicide
- They have a specific plan - date, time, method
- They have undergone a major life change with negative impact such as a loss of a loved one, loss of independence, diagnosis of a serious disorder

ሓደ ሰብ ካብዘም ኣብ ታሕቲ ዘሎዉ ምልክታት ምስ ዝህልዎ ነብሱ-ቅትለት ክገብር ተክእሎ ኣሎዎ፡

- ቅድሚ ህጂ ነብሱ-ቅትለት ዝፈተንካ ምስትከዉን
- ብዛዕባ ነብሱ-ቅትለት ብዙሕ ግዜ ምዝራብ
- ብዛዕባ ነብሱ-ቅትለት ዉሱን ዝኮነ መደብ ከም ዕለት፡ግዜ፡ ኣገባብን ምህላው
- ብዛዕባ ሂወት ብዙሕ ምቅይያራት ምህላው ከም ትፈትዎ ሰብ ምስዝፍለየካ፡ ናጽነትካ ክትግደፍ ከለካ፡ ወይ ድማ ኣብ ቀረባ ግዜ ብ ሓደገኛ ሕማም ምስዝንገረካ

If you or someone you know is suicidal, get help:

ንውልቅካ ወይ ካልእ ሰብ ትፈልጦ ነብሱ-ቅትለት መደብ ከም ዘለዎ ምስትፈልጦ በዚ ተሌፎን ሓገዝ ሕተት

Crisis Services Canada (everyone):

ካናዳ ኣገልግሎት ሓደገኛ ኩነት (ንኩሉሰብ ዘገልግል):

1-833-456-4566 or text 45645

Kids Help Phone (For Canadians aged 5-29)

ቕለው ተሌፎን ሓገዝ (ን ካናዳውያን ካብ 5-29 ዕድሙ)

1-800-668-6868 or text CONNECT to 686868 (TIES, is this number correct?)

Hope for Wellness Help Line (For Indigenous peoples across Canada):

1-855-242-3310 or connect to the online Hope for Wellness chat.

ተስፋ ንጥዕና ሓገዝ ላይን (ን ኢንዲጂነውስ ህዝቢ ኣብ ሙሉእ ካናዳ)

1-855-242-3310 በዚ ብምድዋል ብ ኣንላይን ምስ **Hope for Wellness Help Line ክትረክቡም ትክእል**

Supporting Children Struggling with Mental Health

ብ ናይ ስነ-እእምሮ ጥዕና ዝሰቀዩ ዘለዉ ቆልዑ ምሕጋዝ

If your child suffers from mental health disorders, they may be eligible for necessary services. Speak to their teacher, or other caregivers, to see if they notice any concerns.

ዉሉድካ ብ ናይ ስነ-እእምሮ ሕመም ምስዝጥቀዕ : ንዝተወሰኑ ኣገደስቲ ኣገልግሎት ይግብኡም ይከዉን። ዝኮነ ዝሸቅል ከይህሉ ንመምህራኖም ወይ ካልእ ኣላይቲ ተዛረቡም።

Contact your doctor to make an appointment or 811 for mental health advice.

ናይ ስነ-እእምሮ ጥዕና ሓገዝ ምስዘድሊ ን ሓኪምካ ብምድዋል ቆጶራ ሓዝ

If English is your child’s second language, your child’s school may be able to provide an interpreter to aid in the process.

ዉሉድካ ኢንግሊሽ ካልኣይ ቃንቃ እንተኮይኑ: ዉሉድካ ዝመሃረሉ ቤት ትምህርቲ ተርጋማይ ከሰርዑልካ ይክእሉ እዮም።

To find service locations, please visit the following website:

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=7484>

Scroll down to Service Locations and find your designated location.

ኣገልግሎት ዝርከቡሉ ቦታ ምስትደሊ ኣብዚ ሊንክ ምጥቀቅ ይክኣል።

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=7484>

ናብ ታሕቲ ገጽካ ናብቲ ኣገልግሎት ዝርከቡ ቦታ ብምእታው ናብካ ዝቀረበ ቦታ ክትመርጽ ትክእል

Here is the list of services available:

- assessment, diagnosis, treatment, therapy and support
- referrals to other professional or community agencies when appropriate
- walk-ins, single session services and support to mental health patients discharged from hospitals to assist them in returning to community life

ኣገልግሎት ዝወሃብ ዝርዝር ኣብዚ ታሕቲ ንረክቡ

- ገምገማ መግባር: መርመራታትን ሕክምናን ምድራዝ ኣካላትን ከመኡ ድማ ሓገዝ ምግባርን
- ኣድላዪ ምስዝከዉን ናብ ካልእ ሓኪም ወይ ሕክምና ረፈር ምባል
- ሕክምና ክሊኒክ ኣግልግሎትን: ኣብ ሓይ ግዜ ዝወሃብ ኣገልግሎትን ሓገዝትን ናይ ስነ-እእምሮ ሕመማት: ድሕሪ ካብ ሆስፒታል ምፍናዎም ኣብቲ ንቡር ናይቲ ኮሙኒቲ ዓወቶም ዝምለሱሉ መገዲ ምሕጋዝን

OTHER WAYS TO CARE FOR YOUR EMOTIONAL WELL-BEING

- Listen to reputable news information about Covid-19: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>
- Limit the amount of time you spend reading/viewing/listening to the news if the information contributes to your stress.
- Practice self-compassion. Instead of criticizing yourself for what you are not doing, praise yourself for what you have done. In these trying times, be gentle with your expectations for yourself. Sometimes, basic hygiene and feeding yourself is all you can do in a day, and that is ok. Link: <https://self-compassion.org/the-three-elements-of-self-compassion-2/>
- Don't compare yourself to others, especially on social media. Social media is designed to allow people to present the best version of themselves, and sometimes that version isn't even real. It is easy to go on social media and see people who seem to be carefree and achieving all sorts of goals during the pandemic without a hair out of place. Do not compare yourself to this image that you see, it is not real, or it has nothing to do with your experience. Instead, focus on setting small, realistic tasks for yourself, things that interest you and motivate you. Take breaks from social media if necessary.
- Remember that having a bad day is a universal human experience. It is not a reflection of who you are as a person, it is something that happens to everyone.
- Talk to your children, discuss the news with them but consider their age and level of maturity. Adjust the information to their level of understanding. Follow link here: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html
- Eat Healthy and exercise daily and get plenty of rest. Follow the Canadian Food Guidelines and Fitness Plan. <https://food-guide.canada.ca/en/food-guide-snapshot/>
- Speak to a Mental Health Professional. Book a Counselling appointment. Counselling can help with dealing with stress, anxiety, isolation, and burnout related to the pandemic. It can also help with existing issues that have become severe during the pandemic, such as co-parenting, job loss, work stress, career changes, relationship stress, etc.
- Learn about Mindfulness, and practice mindfulness regularly. Take 'The Immigrant Education Society's Mindfulness workshop' to learn to pay attention to your thoughts and feelings in a way that increases your ability to manage difficult situations and helps you make wise choices.
- Check out this Mindfulness Daily Calendar: <https://blog.calm.com/mindfulness-resources>

ስምዒታዊ ጥዕና ንምሕላው ዝሕግዎ ተወሰኑኑ መንገድታት

- ዝናታት ከተንብብ: ክትርኢ ወይ ክትሰምዕ ትሕልፎ መጠን ግዜ ክትቆጸጸዎ ይግባእ: ብፍላይ እት ዘናታት ትረክቦ : ጸቅጢ ዝፈጥረልካ ምስዝከዉን
- ነብሰ-ሓልዮት ክህልዉካ ተላማመድ:: ኣብ ክንዲ ብዘይ ምግባርካ ነብስካ ትነቅፍ ቦቲ ዝገበርካዮ ንነብስካ ሞግሳ:: ኣብዚ ፈታኒ ግዜ: ብዛዕባ ትጽቢት ናይ መጻኢ ዕጉስ ክትከዉን ኣሎካ:: ሓደ ሓደ ግዜ ኣብ ሙሉእ

መዓልቲ ጽሬት አካላትን ምምጋብን ጥራት ክትገብር ትክእል፡ እዚ ድማ ጸገም የብሉን። አብዚ ሊንክ ተወሳኪ ሓብሬታ ክርከብ ይከኣል

: <https://self-compassion.org/the-three-elements-of-self-compassion-2/>

- ብዛዕባ ኮቪድ-19 ሓቀኛ ሓብሬታ ዝዝርግጡ ዜናታታ ምስማዕ፡ አብዚ ሊንክ ተወሳኪ ክርከብ ይከኣል <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>
- ነብስካ ምስ ካልኦት ኣይተወዳድሩ ብፍላይ ከኣ አብ ማሕበራዊ መራከቢታት። ማሕበራዊ መራከቢታት ን መብዛሕትኦም ሰባት አብዚ ዝብሉጹ ዝለዉ መሲሎም እዩ ዝቀርቡ፡ ኩሉ ግዜ ድማ ሓቂ ማለት ኣይኮነን። አብ ማሕበራዊ መዲያ ወዲካ ኩሉ ከምትክእልን ኩሉ ዕላማታትካ ዝወቃዕካ ኮንካ ምምሳልን ግን ከኣ አብ ግብረ ቡዙሕ ዝገበርካዮ ዘየለ ምዝራብ ቀሊል እዩ። ነዚ ከምዚ ዓይነይ አብ ማሕበራዊ መዲያ ዝቀርብ ምስ ነብሲካ ኣይተታኣሳስሮ፡ ምክንያቱ ኩሉ ሓቂ ስለዘይኮነ፡ ምስ ናትካ ተመኩሮታት ዉን ዝኮነ ዘተሓሕዝ የብሉን። ኣአብ ክንዲኡ ግን አብ ንእሽቶይ ነገር እሞ ከኣ ሓቀኛ ዝኮነን ነኣኻ ዝገድሰካን ዘበራዕተካን ነገራት ኣተኩር። ካብ መሕበራዊ መራከቢታት ዕረፍቲ እንትወሲድካ ዝበለጸ እዩ።
- ክትፈልጡ ዘለካ ሓይሊ ሓይል ግዜ ሕማቅ መዓልቲ ምህላው ን ኩሉ ሰብ ዘጋጥም ናይ ተፈጥሮ ነገር እዩ። ከም ሰብ ነኣካ ጥራት ዘጋጥም ነገር ኣይኮነን። አብ ኩሉ ሰብ ዘጋጥም ዝክእል እዩ
- ንዉሉድካ ይዕልሎም፡ ብዛዕባ ዝወጽእ ዜናታት ዉን ተላዘቡ፡ ን ዕድሚኦምን ኣረዳድኦምን ግን አብ ግምት ይእቱ። ነቲ ዝወጽእ ሓብሬታ ምስ ዕድሚኦም ከምዝሰማማዕ ገርካ ንገሮም።ነዚ ዝስዕብል ሊንክ ብምጥቀስ ተወሳኪ ሓብሬታ ክርከብ ይከኣል።
- https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschoools-childcare%2Ftalking-with-children.html
- ማእዘዊ መግቢ ተመገብ፡ ምንቅሳቃስ ኣካላት ኣዘውትር፡ እኩል ናይ ዕረፍቲ ግዜ ውሰድ። ብዛዕባ ኣመጋግባን ጥንካረ ኣካላትን ዝገልጽ ና ካናዳ ምንጪ ሓብሬታ ምውካስ ይከኣል። <https://food-guide.canada.ca/en/food-guide-snapshot/>
- ምስ ናይ ስነ-ኣእምሮ በዓል ሞያ ተዛራረብ። ምክሪ ንምርካብ ቆጶራ ሓዘ፡ ምክሪ ንዘለካ ጸቅጢ፡ ሻቅሎት፡ ጽምዋ ወይ ምብሕታው፡ ወይ ድማ ለበዳ ዘምጽኦ ኩቴር ድካም ንክትብድሆ ይሕግዝ። ከም ተወሳኪ ንዝነበረካ ጸገም ምስ ለበዳ ዝገደደ ምስዝከዉን ን ኣብነት ቆልዓ ምእላይ፡ ስራሕ ምስጋግ፡ ስራሕ ዘምጽኦ ጸቅጢ፡ ስራሕ ምቅያር፡ ከምኡ ድማ ምስ መጻምድካ ዘመጸ ጸቅጢ ንክትፈትሖ ይሕግዝ።
- ብዛዕባ ርግእ ኢልካ ምስ ነብስካ ምዝርራብ ተማሃር፡ መዓልታዊ ድማ ተላመድ። ብ ኣገልግሎት ትምህርቲ ንኢሚግራንት (The Immigrant Education Society's Mindfulness workshop') ዝወሃብ ትምህርቲ ተከታተል፡ እዚ ብዛዕባ ከመይ ገርካ ሓሳባትካን ስሚዒታትካን ትሰምዖን ፡ አብ ፈታኒ እዋን ብከመይ ትሰግሮን ከመይ ገርካ ቅኑዕ ውሳኔ ትውስንን ክሕግዝካ እዩ።
- እዚ ዕለታዊ ዝወሃብ ናይ ምርግጃ ወይ ንነብሲካ ምስማዕ አብዚ ሊንክ ምርኣይ ይከኣል፡ <https://blog.calm.com/mindfulness-resources>

Resources for further assistance:

A free course on Managing your Mental Health during Covid-19

<https://www.coursera.org/learn/manage-health-covid-19>

ተወሳኪ ምንጭ ንተወሳኪ ሓገዝ ኣብዚ ክርከብ ይከኣል

ብ ናጻ ዝወሃብ ኮርስ ወይ ትምህርቲ ብዛዕባ ስነ-ኣእምሮ ጥዕና ኣብ ጊዜ ኮቪድ-19

<https://www.coursera.org/learn/manage-health-covid-19>

Managing Stress and Anxiety, Free Course

<https://info.starlingminds.com/covid19-free-mental-health>

ከመይ ገርካ ጸቅጥን ሻቅሎትን ተቆጻጸሮ : ናጻ ኮርስ ኣብዚ ሊንክ ኪርከብ ይከኣል

<https://info.starlingminds.com/covid19-free-mental-health>

Mindful Healthy Minds

<https://www.mindful.org/>

ጥዕና ዘለዎ ኣታኣሳሳስባን: ኣብዚ ታሕቲ ዘሎ ሊንክ ምርካብ ይከኣል

<https://www.mindful.org/>