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Ma wel-welsantahay ama ku hayaa welbahaar?



Laga bilaabo dareen wel-wel ah ilaa laga gaadhayo walbahaar?

Waa iska caadi in mararaka qarkood la dareemo wel-wel. Mararka qaarkood sababta keenta wel-welku waa mid cad laakiin ma aha mar kasta sidaas. Haddii wel-welku noqdo mid culus waxaa uu isku bedelaa cabsi iyo welbehaar. Inta uu welbehaarku dhanyahay wey kala du-duwantahay, lagaa bilaabo baqdin fudud ilaa argagax buuxa. Ma aha wax khatar ah in la dareemo wel-wel iyo walaac, laakiin ma aha dareen fiican. Wel-welka iyo walaacu waxaa ay sidoo kale tu-saale ahaan yimaadaan marka uu yimaado niyad jab, laakiin waa in markaas la daweeyaa.

Maxaa ku dhacaya jidhka

Wel-welka iyo walacu waa falcelin ay sababto khatar ama hanjabaad. Waxaa ay noqon kartaa khatar dhab ah oo jirta ama khatar lagu fikiro ama riyoodo, laakiin falcelintu waa mid isku mid ah. Jidhku waxaa uu galayaa heegaan deg-deg ah si aan u raadsan karno gabaad uu kaga gabado khatarta ama si uu iskaga difaaci karo khatarta. Wadnuhu wuxuu bilaabayaa in uu si deg-deg oo xoogan u garaaco, heerka neefsashada kor bey u kacayaa, murqaha jidhkuna waxaa ay bilaabyaan in ay isku soo ururaan. Waxaa dhici karta in aad bilowdo in aad dhidido, waxa dhici karta in aad wareerto, yalaalugooto/laboo-labooto iyo in aad jareyso/gariirto. Waxaa kale oo caadi ah in culyes laga dareemo xabadka, sida iyada oo neeftu kugu dhageyso oo kale. Marka la walaacasnayahay waxaa dhici karta in jidhka gabaleelkiisa/jalaskiisa fal-celintu loo dareemo khatar kale oo dheeri ah. Waxaa markaa si fudud loo galayaa maraxalada wel-wel oo kordheysa iyo heegan jidheed. Fal-celintu waa mid iskeed u imanaysa (automatisk), oo aan khatar ahayn, waana mid tegta mar walba.

Daaweynta

Daaweynta xagga maanka ah (Psykologisk) si fiican bey u shaqeysaa marka qofka ay heyso wel-wel iyo walaaca/walbahaar. Ma haboona In daawo la qaato marka ugu horeys marka uu qofku la il daranyahay wel-welka iyo walbahaarka, laakiin mararka qaarkood waa lagama maarmaan, waxtarna wey leedahay. Laakiin dawooyinka qaarkaood waxaa haboon in laga feejignaado in la qaato, sababta oo ah waxaa ay keenaan dhibaatooyin, waxaa sidoo kale ay sababaan in jidhku la qabsado xitaa haddii la qaato cadad aad u yar. Fadla kala xaajoo dhakhtarkaaga ama maan-dhayahaaga dabiibyada ama daaweymaha kala duwan ee la kala dooran karo.

Waxyaabahan ayaad sameyn karto adiga naftaadu haddii uu walbahaar kula soo derso

- Fadla kala hadal qof sida xaalkaagu yahay isla markaana isku dey in aad dareenkaaga u sharaxdo si erey ahaa ah, waa ay cawisaa qofka sida caadiga ah.
- Fadlan baro hab farsamooyin la isku dajiyo, kuwaas oo aad isticamaali karto marka aad dareento in kurbo kugu jirto, jidhkaagu is galo ama aad welbahaarto.
- Socod deg-deg ah, jimicsi ama gucleyntu waxaa ay maareysaa dheecaanada jidhka. Isku dey in aad hesho wakhti joogto ah oo aad sameyso jimicsi.
- Isku day in aad u neefsato si degen, neefsasho tartiib ah.
- Haddii uu kugu dhaco argagax (panik) isku day in aad ku sii sugnaato da reenka walbahaarka iyo falcelinta gabaleelka/jalaska jidhka. Waxaa aad mar kaa dareemi doontaa in fal-celinta marka ugu horeysa ay kor u kaceyso laakiin marka danbe tartiib-tartiib hoos ugu dhaceyso.
- Haddii uu kugu dhaco argagax hab la iskugu dayi karo in loo maareeyo waa cagaha oo lagu xajiyo dhulka, isla markaan waxaa diirada la saraa sida aad ka dareemeyso lugaha dabadeedna isku day in aad naftaada u sharaxo sida dareenkaasi yahay.
- Isku day in aad isku dheeli tirta heerka sonkorta dhiigga ku jirta adiga oo wakhtiyada cuntada u cunaya si joogta ah. Marka sonkorta ku jirta dhiigga uu dhaco waxaa la helaa dareen sida kan walbahaarka oo kale. Waa in aad yareysaa isticmaalka kafeyga, cabitaanka laga helo tamarta, kofaa'iinka badan waxaa la dareemaa dareenka walbahaarka oo kale.
- Aalkoladu/khamrigu uma fiicno daawooyinka loo qaato walbahaarka, kaas oo inta badan sii kordhiya oo kaliya dareenka walbahaarka.