

## **Guhangayika ni iki?**

Abantu bahangayitse bashobora kugira ibibazo mu buryo batekereza, biyumva cyangwa bitwara. Mu yandi magambo, imitekerereze, imyumvire n'umyitwarire yabo irivanga. Ibi bivangira bikabije imibanire yabo n'abandi bantu, akazi kabo no kwishimira ubuzima.

Guhangayika bishobora gukomerera umuntu bitaretse n'umuryango. Ariko nta pfunwe biteye.

## **Ni iki gitera guhangayika?**

Ni ingirakamaro gusobanukirwa ko guhangayika k'umuntu atari ikosa rye. Rimwe na rimwe bavuga ko biterwa n'amaraso mabi, igihano cyangwa ijisho ribi. Ku rundi ruhande, abaganga bemera ko hari ibintu byinshi bishobora kuba imvano yo guhangayika:

- Imiterere mibi yubwonko
- Umunaniro n'ibibazo bya buri muni
- Kunyura mu bihe bitera guhangayika bikabije

Birakomeye kumenya bidashidikanywaho impamvu zitera guhangayika mu bihe byose. Rimwe na rimwe guhangayika ku mubiri bishobora kugaragarira mu marangamutima.

## **Mbese guhangayika ni karande?**

Ubushakashatsi bwerekana ko abantu bamwe bashobora kugira imiterere ibatera guhangayika. Kubera ko hari impamvu nyinshi zikomeye, twakugira inama yo kubiganiraho na muganga wawe.

## **Ese guhangayika birandura?**

Guhangayika si nk'ibicurane cyangwa iseru, ntibyandura.

## **Guhangayika kurimo ayahe moko y'ingenzi?**

Ibibazo by'ubwoba

Ibibazo bituruka ku ihungabana (PTSD)

Kwiheba

Guta umutwe

Kudahuza ibintu n'ukuri

## ❖ **Ibibazo by'ubwoba**

Umuntu ashobora kugira gukangarana gukabije, ubwoba cyangwaumutima uhagaze. Ibimenyetso rusange birimo:

- Umuvuduko ukabije w'amaraso,
- Gutera k'umutima gukabije,
- Kwivumbura kw'igifu,
- Gusuhererwa,
- Kubyimba kw'imyakura,
- Kumva udatuje,
- Kubura ibitotsi.

## ❖ **Ibibazo biturka ku ihungabana (PTSD)**

Ibimenyetso rusange birimo:

- Inzosi mbi,
- Gutekereza cyane ku ihungabana wagize,
- Kubura ibitotsi,
- Kwikanga ku buryo bworoshye.

## ❖ **Kwiheba**

Kwiheba bigira ingaruka ku miterere y'umuntu.

Kwiheba kudakabije: Abantu benshi bagira kwiheba kudakabije mu buzima bwabo, urugero nk'ishavu cyangwa kudashaka kugira icyo wakora.

Kwiheba gukabije: Ibimenyetso bishobora kubamo:

- Kubabara cyangea kwiheba bikabije;
- Gutakaza ubushake bwo gukora ibintu byose, nk'akazi, ibikuruhura mu mutwe cyangwa isuku;
- Ibibazo byo gusinzira;
- Kutaryoherwa;
- Gutakaza ibiro;
- Gucika intege;
- Kumva wakwiyahura cyangwa gushaka gupfa;
- Kwishinja icyaha;
- Guta ibyiringiro;
- Kumva nta gaciro ufite

Kwiheba, byaba bidakabije cyangwa bikabije, bishobora kuba ingaruka z'z'ibyakubayeho mu buzimanko kubura uwo ukunda, kubura akazi cyangwa kugerageza kwimenyereza ubuzima mu gihugu wimukiyemo. icyakora bishobora kutagira impamvu zigaragara zizwi.

Niba utazi neza uko kwiheba kwawe kungana, shaka inzobere ikugire inama.

## ❖ **Guta umutwe**

Kwibeha bigira ingaruka ku miterere y’umuntu. Umuntu ashobora guhindagurika cyane, akamanuka cyangwa akazamuka.

Ibimenyetso byo “kumanuka” kw’imiterere y’umuntu birimo:

- Ibyiyumviro byo gutsindwa cyangwa kutagira agaciro;
- Kumva wakwiyahura cyangwa gushaka gupfa;
- Imimerere y’ubwihebe;
- Ibibazo byo gusinzira;
- Kutaryoherwa.

Ibimenyetso byo “kuzamuka mu miterere y’umuntu birimo:

- Kurakara,
- Imvugo ishobora kudasobanuka kubera kuvuga vuba vuba;
- Gutungurana;
- Kwiyumvamo ko ukomeye cyangwa ufite ububasha buhambaye.

Umuntu urangwa no guta umutwe (Ibi na none byitwa “guhinduka vuba”) ashobora guhinduka mu miterere ye yose.

Guhinduka mu miterere yose: Ibi bibaho iyo umuntu atazi ibiriho cyangwa adashoboye gutandukanya ukuri n’ikinyoma.

## ❖ **Kudahuza ibintu n’ukuri**

Ikibazo gikunze kubazo cyo mu mutwe ni ukudahuza ibintu n’ukuri.

Ibimenyetso bishobora kubamo:

- Kumva ugize urujijo cyangwa wihebye;
- Kwiheza mu muryango, mu ncuti no kugabanya kwegerana n’abandi;
- Kumva amajwi y’abantu badahari cyangwa badashobora kumvwa n’undi uwo ari we wese;
- Kwiyumvisha ko abantu bashaka kukugirira nabi;
- Kwiyumvisha ko uri umuntu ukomeye cyangwa ufite ububasha;
- Ibyiyumviro n’ibitekerezo bishobora kudahuza, urugero, nko guseka mu bibabaje nta mpamvu igaragara;
- Kudashobora gukora imirimo ya buri muni, urugero nko kwita ku isuku yawe cyangwa imirire yawe.

## **Ni iki cyakorwa ngo umuntu afashwe?**

Abantu bahura n'ibi bimenyetso bagomba gushaka ubufasha bwa muganga. Agahinda ni kimwe n'uburwayi bw'umubiri. Ni ingirakamaro kuvurwa kugira ngo ukire. Iyo umuntu avuwe hakiri kare ashobora gukora vuba cyane. Kimwe muri ibi cyangwa uruvange rwa byose gishobora gufasha umuntu:

- Imiti ishobora gukora uburyo bumwe bwo guhangayika. Bifasha kumenya no gucunga neza ibimenyetso.
- Inkunga n'ubufasha ni ukuvugana n'uwo muntu kugira ngo ahangane n'ibyo bibazo, kumufasha gutsinda agahinda n'ibimenyetso byako.
- Inama z'amatsinda afasha no kuba hamwe n'abandi bantu bafite ibibazo byo guhangayika. Kwifatanya kw'imiryango ifite abantu bafite ibibazo byo guhangayika. Aya matsinda aha abantu amahirwe yo kuvugana ku bibazo, kwigirana ibyo guhangayika no gufashanya.

Intego y'ubu bufasha ni ukugarurira icyubahiro, agaciro n'icyizere abantu bafite ibibazo byo guhangayika.

## **Nabona he ubu bufasha?**

- Abatanga ubutabazi bw'ibanze  
Muganga wawe ashobora kugusuzuma kugira ngo yizere ko nta bibazo bituruka ku mubiri bifitanye isano. Bashobora kuvura umuntu ufite ibibazo byo guhangayika. Muganga wawe ashobora kukurangira no kukohereza ku zindi zindi serivisi zibizobereyemo.
- Amavuriro ya Leta yita ku buzima bwo mu mutwe  
Abakozi barimo abavuzi b'indwara zo mu mutwe, inzobere mu by'ubuzima bwo mu mutwe, abafomokazi bakurikirana uburwayi bwo mu mutwe, abavura uburwayi buturuka ku kazi n'abita ku bantu. Batanga ubufasha bunyuranye ku bantu bafite ibibazo byo guhangayika cyangwa imiryango yabo. Ibi bishobora kubamo ubufasha mu gihe bagize ikibazo.
- Ibitaro bivura indwara zo mu mutwe  
Niba umuntu arembye cyane akeneye kuba mu bitaro. Abantu bashobora kujyanwa ku bitaro bidaturutse ku bushake bwabo, niba hari impungenge y'uko yakwigirira nabi ubwe cyangwa akagirira nabi abandi. Iyo umuntu amaze gushyirwa mu bitaro, ubuzima bwe bwo mu mutwe bukurikiranwa ubudasiba. Intego yo kumushyira mu bitaro ni ugushyira ku murongo ubuzima bwe bwo mu mutwe vuba bishoboka, kugira ngo agaruke mu rugo.

## **Mbese ikibazo cyanjye kizagirwa ibanga?**

Iyo ubonana n'inzobere mu by'ubuzima, amakuru yerekaranye n'ikibazo cyawe ntashobora guhabwa undi muntu uwo ari we wese utabimuhereye uruhushya. Iyo hari umusemuze, na we ibyawe agomba kubigira ibanga. Ni ingirakamaro ko umuntu ufite ibibazo byo guhangayika avurwa kugira ngo akire. Uko guhangayika birushaho kumara igihe bitavuye ni ko bitwara igike kirekire kugira ngo bikire.

## **Ni he navana andi makuru?**

**Baza muganga wawe uguha ubufasha bw'ibanze kugira ngo ubone andi makuru.**

Niba wowe, umwe mu bagize umuryango cyangwa incuti afite ibibazo byo guhangayika bigeze ku rwego rwo hejuru kandi muganga uguha ubufasha bw'ibanze akaba adahari, ugomba kugana icyumba cy'indembe mu bitaro bikwegereye.

*Aya makuru yavanywe mu gatabo kitwa "Uburwayi bwo mu mutwe ni iki," cyanditswe na ADEC (Kurwanya Ubumuga mu Moko Atandukanye) Victoria, Australia.*