Ushaka kumenya ayandi makuru ja kuri:

http://www.helpguide.org

www.stress.org

• • •

Aka gatabo kanditswe n'imfashanyo y'amakuru be n'uburyo bituruka muri:

Ingingo z'ubuzima bwiza: Gufatanya kubw'Impunzi
(Points of Wellness: Partnering for Refugee)
Amagara no Kubaho Neza
(Health & Well-Being)
Amagara y'Umutwe muri Amerika
(ryahoze ryitwa Urunani rw'Amagara y'Umutwe mu Guhiku)
(Mental Health America
(formerly National Mental Health Assoc.))
Urunani rwa b'Abanyamerika ruvura Indwara z'Umutwe
"American Psychiatric Association"
SAMHSA
Umusaraba w'Ubururu Inkinzo y'Ubururu, Indongozi y'Ugufasha ubwa mbere
(Blue Cross Blue Shield, Carefirst Guide)
Amakuru y'Amagara y'Abantu Yahinduwe mu zindi ndimi
(Health Information Translations)
Icicaro co Gukingira be no Kugenzura Indwara
(Center for Disease Control and Prevention)

Infashanyo y'amahera yo kwandika aka gatabo yatanzwe n'Igisata c'Ibiro vy'Akazi n'Amagara y'Abantu bifasha Impunzi mu vyo Kwimukira mu mahanga.

U.S. Committee for Refugees and Immigrants
2231 Crystal Drive, Suite 350
Arlington, VA 22202-3711
Telefone: 703 • 310 • 1130
Fax: 703 • 769 • 4241
www.refugees.org

Ingene Wokwitwararika Agahinda

How to Manage Stress (Kirundi)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
USCRI

www.refugees.org
Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

KUBAHO NEZA

Muri Leta Zunze Ubumwe za Amerika, impunzi zihura n'ingorane nshasha zishobora gutera agahinda. Agahinda ni ukuntu wifata mu bigushikira bigushavuza mu buzima bwawe. Bishobora no kuba ukuntu wakira ivyo usabwa vyinshi n'ingorane nyinshi. Ariko agahinda ni ikintu gisanzwe umuntu wese ahura naco mu buzima. Agahinda gashobora guhera mu gihe kitaweho neza. Iyo katavuwe, gashobora kugira nabi canke kagatera indwara.

MBEGA AGAHINDA GATERA COKIMWE KURI BOSE?

Abantu bumva agahinda mu buryo butandukanye. Ushobora kwumva agahinda mu mubiri wawe, mu mutwe wawe, canke mu mibanire yawe. Agahinda gashobora kuvamwo indwara mu gihe katavuwe. Yamara, igitera kuri umwe gishobora kutaba ku wundi.

Ibitera agahinda bimwe ni:

- kutagira amahera akwiye canke akazi keza
- ubunyakamwe
- ivyo wibuka bibabaje
- gutandukana n'umuryango

Ibimenyetso bimwe vy'agahinda ni:

- kwumva ubabaye canke ufise ubwoba
- kugira ingorane mu guhema
- kumeneka umutwe
- kubabara mu mitsi
- kwumva urushe umwanya wose
- nta kayabagu
- kubabara mu nda
- kunywa ibiboreza vyinshi

NOSHOBORA GUKURA AGAHINDA GUTE?

Agahinda ntigategerezwa kwiganzira ubuzima bwawe. Woshobora gukura agahinda mu:

- gukora ibintu vyo kuruhuka nko guhemuka, kurimbura, kwumviriza umuziki, canke gusoma
- kuganira n'umuryango be n'abagenzi mukundana
- kugira ivyo ukora hanze y'inzu
- gufungura infungurwa zigira akamaro mu mubiri

Uguhema Vyoroshe

Guhemuka be no kurimbura vyorohereza umutwe kandi bikagabanya agahinda. Humiriza uheze uhemuke, bukebuke, kandi igihe cose. Ukwiye kubikora incuro nke imisi yose. Vyongeye, kwumviriza umuziki woroshe bifasha kworohereza umutwe.

Kuganira n'Umuryango be n'Abagenzi Mukundana

Kuganira n'umuntu wizigiye, nk'umuryango canke abagenzi, ni kimwe mu buryo bwiza bwo kwifata mu gahinda kawe. Bazokwumviriza ingorane zawe banagufashe kuronka uburyo bwo kwiyambura agahinda kawe. Woshobora no kuvugana n'umuntu yigeze canke ari mu gahinda nk'ako urimwo. Kuvuga ku bikubujije amahoro no gutahura ko hari abandi bafise ingorane nk'izawe ni inzira nziza yo kugabanya agahinda kawe.

Kugira ivyo Ukora

Kugira ivyo ukora ni uburyo bukomeye bwo kugabanya agahinda kawe. Bituma umutwe wawe witwararika ibindi bintu bitari agahinda mu buzima bwawe. Gira akamenyero ko gufata umwanya wo kugenda n'amaguru imisi yose canke gusura abagenzi canke ababanyi bawe.

Gufungura Neza

Gufungura nk'uko bibereye bituma umubiri wawe ugira amagara meza. Ni ngirakamaro gufungura ivyamwa, imboga, ndema mubiri, n'imbuto z'imitumba. Nywa amazi menshi kandi wirinde ibiboreza. Ukwiye kandi kwirinda infungurwa z'ibinure.

Ukoze ivyo, hanyuma ntiwiyumve neza, n'inyuma, hashobora kuba hari ingorane nini. Birakwiriye kuja kwa muganga. Muganga wawe azokubwira ibindi wokora mu kwitwararika agahinda kawe.

MBEGA ABANA BARAGIRA AGAHINDA?

Abana b'impunzi ntibagira agahinda mu buzima bwabo bushasha muri Leta Zunze Ubumwe za Amerika, gusa ariko bakagira bitewe nivyo baba baraciyemwo mu gihe cahise. Abana bamwe b'impunzi basinzikazwa n'ingorane z'amagara, indoto mbi, kandi bagira ingorane zo kuba ahantu hashasha. Abavyeyi bari bakwiye kwitwararika ibimenyetso vy'agahinda mu bana babo kuko benshi badatahura ingaruka z'agahinda.