Dareenda Caadiga ah

Waa caadi iska ah inaan dareenno murugo marka ay wax naga qaldamaan ama marka qof kuu dhow dhinto. Mararka qaarkood waxaad xitaa la dareemi kara murugo haddii maalin xun ay kula kulanto ama aanad helin hurdo kugu filan.

Dareenadaasi waa kuwo iska caadi ah badanaana wey iska dhamaadaan waqti kadib.

Hadiise ay dareenadaasi raad ku yeelanayaan nolol maalmeedkaada ama ay ku hayeen wax ka badan laba todobaad, waxaa kala yaaba inay yihiin niyad jab (depression).

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Niyad jabka (depression)

Markii aad dareemayso murugo oo aad rabto inaad iska ooyso mar kasta taas waxaa lagu magacaaba “depression.”

Calaamadaha kale ee niyad jabka waxaa ka mid ah *

- iska dhaafida waxyaabahii aad jeclaan jirtay inaad sameeyso
- dareenka aan xasilnooneyn
- hurdada badan, ama hurdo la’aanta
- qaadida culays badan ama dhuminta culayska badan
- madax xanuun fara badan, calool xanuun, dhibaato xaga saxarada, ama xanuun soo hagaagi waayay daaweyn kadib

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Khubarada Caafimaadka Maskaxda

Haddii aad dareemayso niyad jab, kala hadal arintaas dhaqtarkaada.

Khubarada caafimaadka ee kaa caawin karta niyad jabka waa *

- la taliyayaasha
- takhasusyada cilmi nafsiga
- dhakhtada caafimaadka dhimirka

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