

Igisanzwe ni iki?

Umujagararo urimo Ihungabana bishobora guhungabanya umutekano wawe, bikagutera kumva ko utishoboye kandi ufite intege nke mu isi iteye akaga. Ushobora kumva ufite intege nke mu mubiri no mu marangamutima, uneshejwe n'intimba, cyangwa bikagora kwibanda, gusinzira, cyangwa kugenzura uburakari bwawe. Ibi byose n'imytwarire isanzwe mubihe bidasanzwe.

Ni ibisanzwe kumva ufite ubwoba mu gihe na nyuma y'ihungabana. Ubwoba ni igice cy'imytwarire y'umubiri yo "kurwana-cyangwa-guhunga", bidufasha kwirinda cyangwa gusubiza ibyago bishobora kubaho. Abantu bashobora guhura n'imytwarire itandukanye nyuma y'ihungabana, harimo:

Kumva uhangayitse, ubabaye, cyangwa urakaye

Ikibazo cyo kwibanda ku kintu & gusinzira

Gukomeza gutekereze ku byabaye

IMYTWARIRE KWIHUNGABANA RYO MU MUTWE

Kubabara umutwe • Kubabara mu gifu /
Ibibazo by'igogora • Kunanirwa gusinzira /
Gusinzira cyane • Kwiruka kw'Umutima &
Gututubikana • Gushamaduka cyane /
Gutangara cyane



(UMURONGO WA 988 UKORA AMASAHA 24/IMINSI 7 WO GUTABARIZA UBUZIMA MU GIHE HARI USHATSE KWIYAHURA & AKAGA DUHAMAGARE, TWANDIKIRE, TWANDIKIRE KU MBUGA NKORANYAMBAGA)

UMURONGO WAHAMAGARA MU GIHE USHAKA GUTUZA: 1-866-771-9276 Umurongo w'ubufasha w'amasaha 24/Iminsi 7 w'urungano mu gihe cy'ikibazo ku buzima bwo mu mutwe ku bantu bafite imyaka 18 n'abayirengeje batanga ibiganiri ku buntu hamwe n'inzobere z'urungano zahuguwe ifite uburambe bwo kuvura ubuzima bwo mu mutwe.

UMURONGO W'UBUFASHA WAKWANDIKIRA W'INGIMBI: 207-515-8398 Wayisanga muri NAMI Maine buri muni guhera 12 z'amanywa - 10 z'ijoro ku rubyiruko rufite imyaka 13 - 24 y'ubukure.

NAMIMaine.org



(800) 464-5767
info@namimaine.org

IHUZE NATWE

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 **NAMI** | **Maine**
National Alliance on Mental Illness

ICYIZERE & GUHANGANA NYUMA Y'TBIHE BY'IHUNGABANA

Imfashanyigisho &

Ubufasha





NTABWO uri
wenyine

1: Gabanya Ibitangamakuru: Mu gihe bamwe mu barokotse cyangwa ababonye igihe cy'ihungabana bashobora kongera kugenzura uko bareba ibica ku bitangamakuru cyangwa mu kureba ibyafasha mu gukira, abandi basanga kubyibutsa byongera ihungabana. Nibura shiraho imipaka yo kutareba ibitangamakuru mbere yo kuryama.

2: Emera ibiyumvo byawe: Emera kubyumva. Ibiyumvo byawe birakenewe kugira ngo ukire. Witondere kandi wubahe amarangamutima y'abandi & imyitwarire nubwo utabyumva. Kandi, ntukicire urubanza uko wumva umeze cyangwa witwaye. Gira uruhare mu bintu bikuzanira umunezero, kunyurwa, no kumva ibintu bisanzwe.

3: Ihangane no kumva ko utishoboye: Kunesha umujagararo urimo ihungabana akenshi ni ugufata ingamba. Igikorwa cyiza gishobora kugufasha gutsinda ibiyumvo by'ubwoba, kutagira gitabara, no kwiheba - ndetse n'ibikorwa bito bishobora guhindura byinshi. Tanga umwanya wawe, utange amaraso, utange imfashanyo ukunda, cyangwa uhumurize abandi. Niba ubukorerabushake busanzwe busa nk'ubwitange burenze, wibuke ko gufasha gusa no kuba mwiza ku bandi bishobora gutanga umunezero ugabanya umujagararo kandi bikagutera kumva ko utishoboye.

4: Gutera imbere: Bishobora kuba ikintu cya nyuma wumva ushaka gukora mu gihe uhuye n'umujagararo urimo ihungabana, ariko gukora siporo bishobora gutwika adrenaline no kurekura ibiyumvo byiza-endorphine kugira ngo wongere uko umerewe. Ongeramo ikintu utekerezaho wibanda ku mubiri wawe n'uburyo wumva ubwo utera imbere. Reba uko ibirenge byawe bikubita hasi, ku rugero, cyangwa injyana yo guhumeka kwawe, cyangwa kumva umuyaga ku ruhu rwawe.

5: Shyikira: Ihumure rituruka ku kumva uhujwe kandi ukorana n'abandi wizeye. Vuga kandi ukore ibintu "bisanzwe" hamwe n'inshuti n'abawe, ibintu bidafite aho bihuriye n'ibyabaye byaguteye umujagararo urimo ihungabana.

Reba Byinshi @ NAMIMaine.org

GUMANA UBUZIMA BUZIRA UMUZE

Inzira nziza zo kubikemura zishobora gufasha kugabanya umujagararo no kuzamura imibereho myiza. **Dore ibintu bimwe ushobora gukora kugira ngo bigufashe:**

- Irinde kunywa inzoga cyangwa ibiyobyabwenge
- Fata umwanya hamwe n'inshuti n'abavandimwe bizewe bagushyigikira
- Gerageza kugira gahunda ihamye mu kurya, gukora siporo, no gusinzira
- Witondere ibyo utekereza
- Ishyirireho intego zifatika kandi wibande kubyo ushobora kuyobora

