

Indwara yo Guhangayika ni iki?

Ubuzima burakomeye! Dushishikarira hafi ibintu byose kuva ku mafaranga kugeza ku buzima ndetse n'umutekano w'umuryango wacu.

Rimwe na rimwe guhangayika bishobora:

- Kuduteza kuribwa, n'ububabare, kuribwa mu nda, kuribwa umutwe.
- Kugira ingaruka ku gusinzira.
- Gutuma utiyumva nkawe ubwawe.
- Gutuma ukunja isura cyangwa kurakara vuba.
- Kumva umeze nk'uwo ibintu byarenze.
- Kugutera kumva wahiye ubwoba.

Indwara yo kwiheba n'umuhangayiko bishobora kubera icyarimwe, kimwe cya kabiri cy'abantu bafite indwara yo kwiheba baba banafite umuhangayiko.



Hari ubuvuzi bwizewe kandi bukora neza ku ndwara yo kwiheba n'umuhangayiko. Ubuvuzi bushobora gufasha kugabanya ubukana bw'ibimenyetso kandi bigatuma uguma kwibanda ku buzima bwawe.

WABA uri kugira ibitekerezo byo kwikomeretsa cyangwa gukomeretsa abandi?



Bahamagare AKA KANYA ku bijyanye n'ubuvuzi bwihutirwa.

- Ni ubuntu, 24/7, Umurongo uhamagarwaho n'abafite ibibazo bijyanye no Kwiyahura n'Ibibazo by'amarangamutima: **Hamagara cyangwa wandike 988**
- Erekeza aho batanga ubuvuzi bwihutirwa hakwegereye
- Hamagara 911



Abagore baba bashobora kugira byikubye kabiri kurusha abagabo indwara yo kwiheba no guhangayika.

Vuga n'ushinzwe kuguha serivisi z'ubuvuzi ku bimenyetso URI kugaragaza.



Kwiheba ni iki?

Urumva...

- Utameze nk'uko usanzwe umeze?
- Wumva wacitse intege kandi ubabaye?
- Uri kugira imbogamizi zo gusinzira?
- Uri kurya bike cyangwa byinshi kurusha uko bisanzwe?
- Utari kwishimira ibikorwa nk'uko bisanzwe bigenda?
- Unaniwe kurusha uko bisanzwe?
- Uri kugorwa no kwibanda ku gikorwa, kwibuka, cyangwa gufata ibyemezo?
- Uri kuribwa cyangwa kubabara, kuribwa umutwe, kuribwa byio gufatwa n'imbwa, kuribwa mu nda?

Abagore 1 mu 8 bazagira indwara yo kwiheba mu buzima bwabo kandi biramenyerewe mu myaka 25-44.

Ushobora kuba warwaye indwara yo kwiheba.

Iki ntabwo ari ikimenyetso cy'intege nke. Vugana n'uguha serivisi z'ubuvuzi ku bijyanye n'ibimenyetso ugaragaza!



Ntugomba kubanza gutegereza ngo umererwe nabi kugira ngo usabe ubufasha cyangwa uvuge ku mbogamizi ufite.

Ufite amahitamo!

Hari ibintu byinshi ushobora gukora kugira ngo uharanire ko ubuzima bwo mu mutwe bumera neza harimo:

- Impinduka zijyanye n'imitwarire
- Gukoresha umubiri
- Guhumekera hejuru
- Kumarana igihe hanze
- Gusinzira neza
- Kumara igihe gito ki mbuga nkoranyambanga no kuri za mugaragaza
- Kwandika muri ajenda cyangwa kwandika ibitero n'ibiyumvo byawe
- Imyitozo yo Kuruhura mu mutwe nko kwitekerazaho

Rimwe na rimwe ibyo bikorwa ntibiba bihagije. Uguha serivisi z'ubuvuzi ashobora kuguhuza n'umunyamwuga w'ibijyanye n'ubuzima bwo mu mutwe ushobora kugufasha mu buvuzi bwawe, kubona imiti, cyangwa byombi.

Gahunda z'ubuvuzi

Ubuuvuzi bw'indwara yo guhangayika no kwiheba bushobora kubamo imbumbwe y'impinduka mu myitwarire, ubuvuzi, n'imiti. Ibi uba ukeneye kubikora wenyine.

Ubuuvuzi

Ubuuvuzi ni ahantu hatekanye kandi h'ibanga ho kuganirira no kubonera ubufasha. Hazaba harimo guhanahana amakuru ku buryo bwumvikana ku mahitamo yo kuvurwa n'ikiguzi cyabo.

Imiti

Uguha serivisi z'ubuvuzi azakugira inama y'imiti wafata ngo igufashe kugabanya ubukana bw'ibimenyetso ndetse no kuzamura imibereho yawe myiza. Niba utangiye gufata imiti, vugana n'uguha serivisi z'ubuvuzi mbere yo kugira impinduka ukora.

Ubuuvuzi n'Imiti

Rimwe na rimwe uburyo bwiza buba ari ubuvuzi n'imiti bifatanyije. Imiti igufasha kubonera ibirenze mu buvuzi ugabanya ubukana ugaragaza.

Inyandiko zifashishijwe

Indwara yo kwiheba no guhangayika si ibimenyetso by'intege nke. Vugana n'uguha serivisi z'ubuvuzi ku bijyanye n'ibimenyetso ugaragaza uyu munsu!

Ku yandi makuru ku ndwara yo kwiheba n'umuhangayiko CYANGWA ku byifashishwa byagufasha kubona ubuvuzi ukeneye; wasura:

<https://grc.osu.edu/Projects/Focus-on-Me>



Niba **WARAGIZE** ibitekerezo byo kwikomeretsa, hamagara **NONE** aha kugira ngo uhabwe ubuvuzi.

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Ibyitwaho mu gihe cyo gutwita no nyuma yo kubyara

Ibintu nko gutwita cyangwa cyangwa kubyara bishobora gutera abantu bamwe kumva bahangayitse cyangwa bababaye.



Waba uzi ko indwara yo kwiheba cyangwa guhangayika zishobora kugutera ibyago wowe n'umwana wawe? Kugira ibise hakiri kare, kubyara umwana ufite ibiro bike cyangwa kwiyahura bishobora kubaho igihe kwiheba cyangwa guhangayika birushijeho gukomera.

Vugana n'umuganga uguha serivisi z'ubuvuzi ku bijyanye n'ubuvuzi kugira ngo utagira ikibazo mu gihe cyo gutwita no konsa.

Ibuka gushaka Umunyamwuga w'ibijyanye n'ubuzima bwo mu mutwe ukubereye!

Ubuzima bwo mu Mutwe ni Ubuzima bw'Ingenzi.

