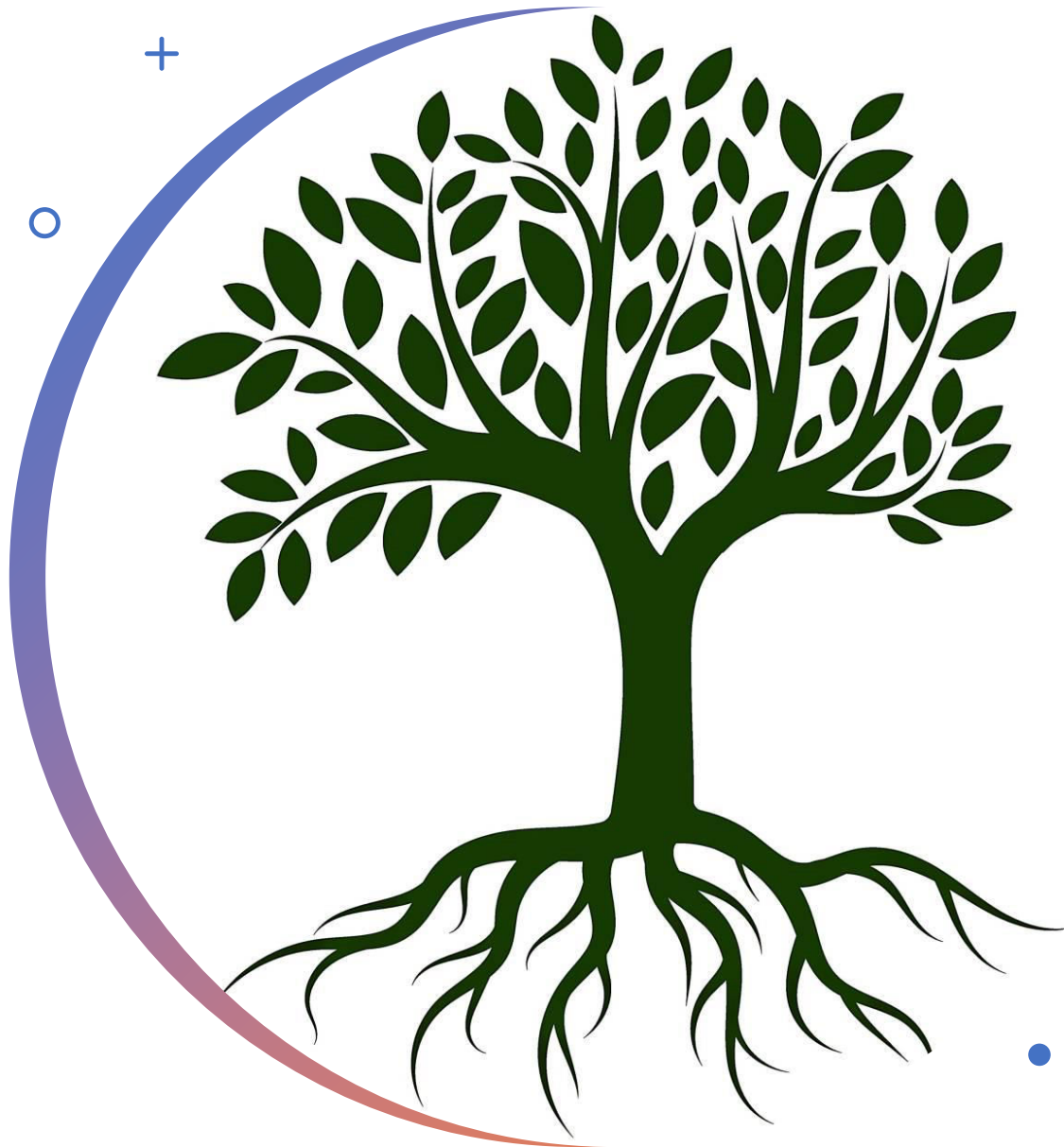


Kukabiliana na maisha: Uhamiaji, afya na shida tofauti





YALIYOMO

- Mchakato(prosessen) wa uhamiaji
- Afya na mtindo wa(njia ya) maisha
- Afya ya kimwili na kiakili
- Maisha mapya ya kila siku nchini Noruveje
- Haki ya kuishi kwa uhuru na maisha huru nchini Noruveje.



Kanuni(sheria) za msingi

- Usiri
- Kushika wakati
- Kushiriki
- Heshima
- Kuhudhuria kwa lazima
- Maswali zaidi, ni bora zaidi
- Usizungumze na mtu wa pembeni
- Kuwa mwangalifu kuhusu taarifa za kibinafsi
- Tia simu yako ya mkononi kuwa kimya

Afya na mtindo wa (njia ya) maisha

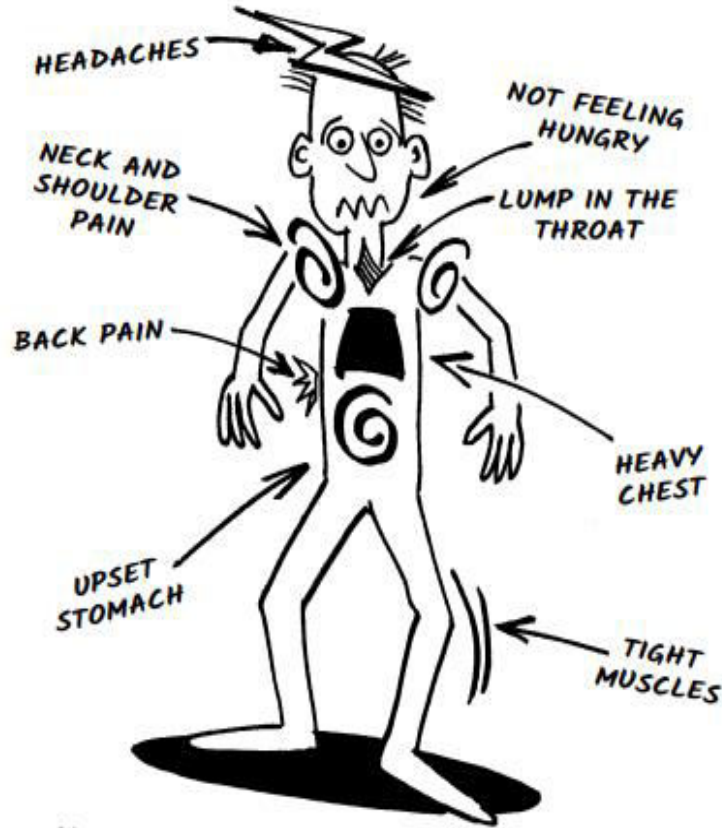
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Mkazo(stress) ni nini?

Mkazo(stress) unaonekanaje kwa kawaida

But very high stress often affects the body. Many people get unpleasant feelings.



Other people find their body gets sick – skin rashes, infections, illnesses or bowel problems.

When they are stressed, many people ...

...cannot focus



...get angry easily



...cannot sit still



...have difficulty sleeping



...feel sad or guilty



...worry



...cry



...feel very tired



...have changes in appetite.



And many of us think a lot about bad things from the past or bad things we fear in the future.





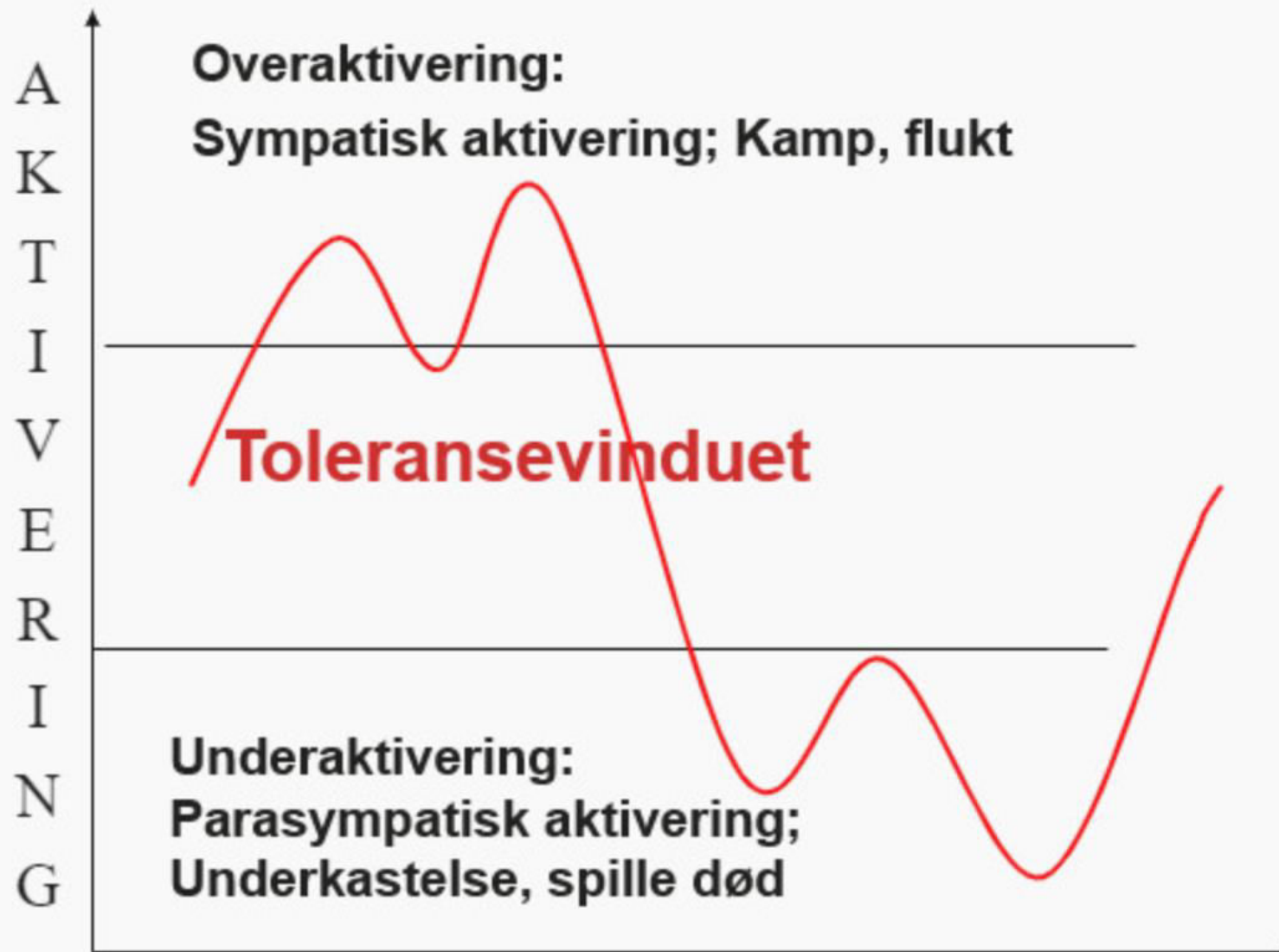
Wakati kuna mkazo(stress) nyingi..

- David ana umri wa miaka 27, anasoma na kufanya kazi kama mhadumu katika mgahawa(restaurant) huko Bergen. Anaishi peke yake, na ana marafiki kadhaa mjini. Familia inaishi katika nchi nyingine. Ana wasiwasi sana kuhusu jinsi mambo yatakavyokuwa kwenye mthani na kama atapata kazi nzuri katika siku zijazo.

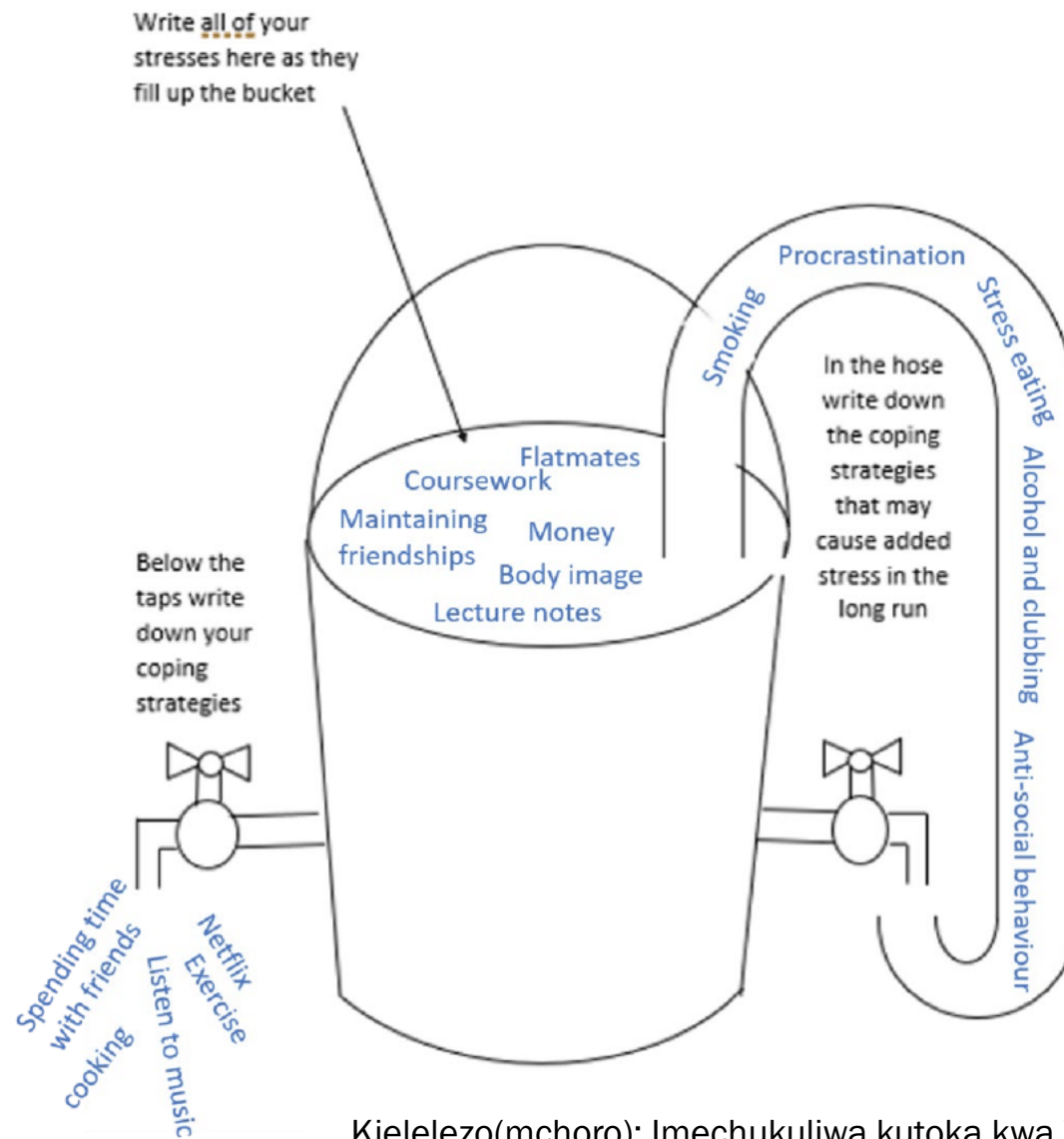
Mara nyingi hufikiria kuwa mambo yataharibika, na kisha anaweza kukosa utulivu katika mwili wake. Yeye hupata nafuu(anatulia) kutokana na wasiwasi wake anapofanya kazi katika mgahawa huo. Wakati huo huo, anafikiri kwamba anahitaji kufanya kazi kidogo sasa kabla ya mthani, kwa kuwa amechoka sana na ana mengi ya kupata. Mara nyingi humwambia bosi wake ndiyo anapombwa kufanya kazi ya ziada, ingawa anataka kukataa. Mara tu alipofika kazini, alipatwa na mapigo ya moyo ya ghafla, akitetemeka mwilini mwake na kupoteza mwelekeo wa kile alichokuwa akifanya. Baada ya hayo, alianza kuogopa kwenda kazini, iwapo ingetokea tena, na labda mbele ya wateja. Anaona vigumu kuzingatia masomo yake kwa siku ambazo ametenga wakati kwa hili. Pia anaona kwamba ni vigumu kulala usingizi usiku na kwamba analala vibaya.

Kwa kawaida anapenda kufanya mazoezi, kupika na kujumuika na marafiki zake, lakini sasa anaonekana hana wakati wa kufanya hivyo. Mara ya mwisho alipokuwa na marafiki, alihisi kuwa alikasirika sana na alikuwa na hisia mbaya baadaye. Familia yake inapompigia simu kuuliza hali yake, yeye huchagua kujifanya yuko sawa.

- Nini kinampata David?



Illustrasjon: Siegel (1999)



Kielelezo(mchoro): Imechukuliwa kutoka kwa Williams & Powell (2017)



Senter for migrasjonshelse, Bergen kommune

Mkazo(stress) unaoendelea



Je, unafanya nini
ili kupunguza
msongo wa
mawazo(stress)?

vær sosial



SOV godt



**tren og vær
aktiv**



pust rolig



Most people try at least some of these strategies:

Yelling!



Trying not to think about it



Avoiding people, places or situations



Staying in bed



Isolating yourself



Giving up



Alcohol



Tobacco



Illicit drugs



Starting arguments



Blaming or criticizing oneself



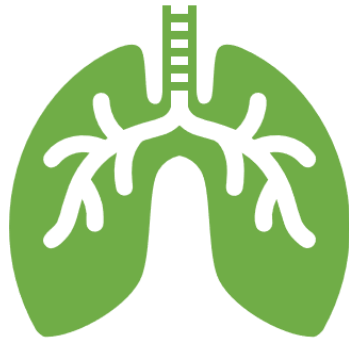
What else have you tried?



Kielelezo(mchoro): WHO



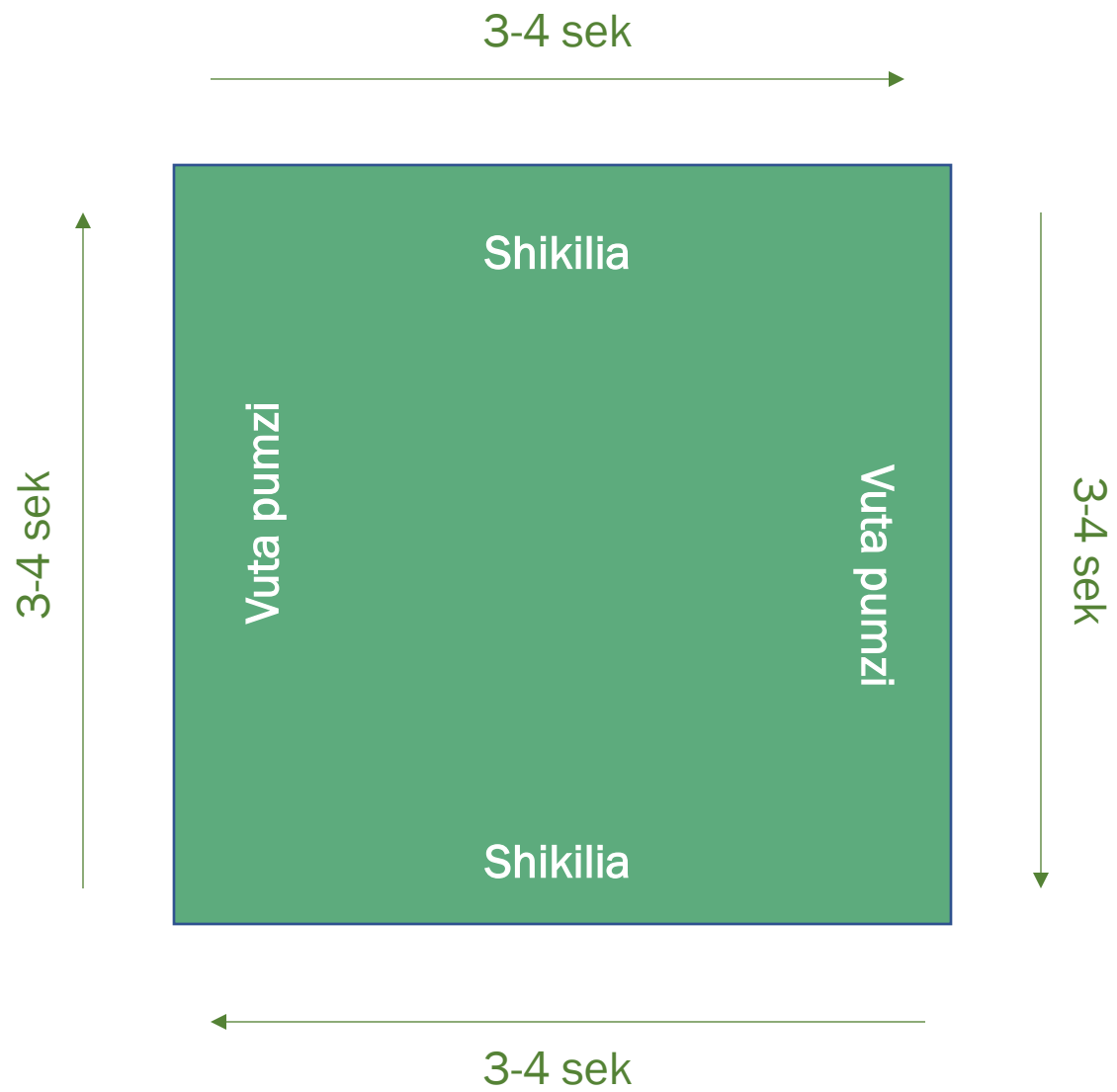
Kushughulikia mkazo(stress)



Kiwango cha kupumua kwa utulivu ni chochote chini ya pumzi 13 kwa dakika.



Wakati watu hupumua kupita kiasi, kawaida hupumua zaidi ya pumzi 23 kwa dakika.



MAPUMUZIKO

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Kulala



Usingizi una umuhimu gani?





Senter for migrasjonshelse, Bergen kommune



Senter for migrasjonshelse, Bergen kommune



Usafi wa kulala

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Mlo(malisho)





- Salio: Mpiga picha PhotoshopTofs











Asante kwa Leo!