

# Coping with Stress

Stress is an emotional and physical reaction to change. Everyone has stress. Stress can be positive and give you energy or it can be unhealthy and cause health problems. Stress for short periods may not affect you but stress over time can cause or make some illnesses worse, such as heart disease, stroke, high blood pressure, diabetes, irritable bowel syndrome, asthma or arthritis.

## Causes

Causes of stress vary from person to person. Some common causes of stress can be a death of a family member, illness, taking care of your family, relationship changes, work, job change, moving and money. Even small things such as long waits or delays or traffic can cause stress.

## Signs

Some common signs of unhealthy stress:

- Feeling nervous, sad or angry
- Fast pounding heartbeat
- Hard time breathing
- Sweating
- Pain or tense muscles in the neck, shoulders, back, jaw or face
- Headaches
- Feeling tired or having trouble sleeping
- Constipation or diarrhea
- Upset stomach, lack of appetite or weight loss

# Maareynta Giigsanaanta (Stress)

Giigsanaantu waa jawaab-keenis niyadeed iyo jidheed oo ka imanaya isbeddel. Qof kasta ayaa qaba giigsanaan. Giigsanaantu waxay noqon kartaa mid fiican oo ku siinaysa tamar ama waxay noqon kartaa mid caafimaad-daro ah oo sababta dhibaatooyin caafimaad. Giigsanaanta ah mudo gaaban waxa laga yaabaa inaanay ku saameyn laakiin giigsanaanta mudo dheer ahi waxay sababi kartaa ama keeni kartaa inay ka sii daraan jirrooyinka qaarkood, sida cudur wadne, faalig, dhiig-kar ama cadaadis dhiig oo sareeya, sonkor/sonkorow, ciladda mindhicirta dareenka badan, neef/asma ama xanuunka laabatooyinka (arthritis).

## Sababaha

Sababaha giigsanaanta dadku way ku kala duwan yihiin. Sababaha caanka ah waxa ka mid noqon kara geerida qof qoyska ka tirsan, xanuun/jirro, daryeelista qoyskaaga, isbeddel ku dhacay xidhiidh lala lahaa qof, shaqo, isbeddel shaqo, guuritaan iyo lacag. Xiitaa waxyaabaha yaryar sida sugitaan dheer ama daahid ama taraafigga/socodka baabuurta ayaa sababi karta giigsanaan.

## Calaamadaha

Qaar calaamadaha caamka ah ee giigsanaanta aan caafimaad lahayn waxa ka mid ah:

- Dareen ah fiigsanaan, murugo ama xanaaq
- Wadne degdeg garaac u sameynaya
- Neefsashada oo dhib kugu ah
- Dhidid
- Xanuun ama muruqyo giigsan oo ah qoorta, garbaha, dhabarka, daanka ama wejiga
- Madax-xanuun
- Dareen daal ah ama hurdada oo dhib ah
- Calool-adag ama shuban
- Calool qasan, rabitaan la'aan cunto ama lumis miisaan

## **Tips for Coping with Stress**

Watch for signs of stress. When they occur, try to avoid the cause or change how you react. Other helpful tips:

- Do something that relaxes you such as: deep and slow breathing, stretching exercises, yoga, a massage, meditation, listening to music, reading, a hot bath or shower.
- Get a hobby or do something you enjoy.
- Learn to accept things that you cannot change.
- Think positive.
- Set limits. Learn to say no. Take one thing at a time.
- Get 8 hours of sleep each night.
- Eat a healthy diet that includes fruits, vegetables, protein and whole grains. Limit caffeine and sugar.
- Exercise regularly. Exercise will help relax tense muscles, improve your mood and help you sleep better.
- Talk to your family and friends about your problems.
- Do not deal with stress in unhealthy ways such as eating too much, not eating enough, using tobacco products, drinking alcohol or using drugs.
- Get help from a professional if you need it. A counselor can help you cope with stress and deal with problems. Your doctor may prescribe medicines to help with sad feelings, nervousness or trouble sleeping.

**Talk to your doctor or nurse if you have signs of stress.**

## **Talooyin ku Saabsan Sida Loo Maareyo Giigsanaanta**

La soco calaamadaha giigsanaanta. Marka ay yimaadaan, isku day inaad iska ilaalisid sababta keentay ama wax ka beddel sida aad jawaab uga keentid.

Talooyinka kale ee gargaarka leh waxa ka mid ah:

- Samee wax aad ku nafistid sida: neefsasho xoog iyo tartiib ah, jimicsiyo iskala-bixin ah, yoga, duugis/masaajo, cibaadeysi, dhageysi muusig, akhris, qubays ama maydhasho kulul.
- Yeelo maararow ama samee wax aad ka heshid.
- Baro inaad aqbashid waxyaabaha aanad beddeli karin.
- U fikir si wanaag leh.
- Dejiso xad. Baro inaad tidhaahdid maya. Halkii mar samee hal wax.
- Habeen kasta seexo 8 saacadood.
- Cun cunto caafimaad leh oo ay ku jiraan khudaar, cagaar, borootiin iyo xabuub aan waxba laga saarin. Yaree kafeynta iyo sonkorta.
- Si joogto u samee jimicsi. Jimicsigu waxa uu kaa gargaari doonaa dibcinta muruqyada giigsan, hagaajinta niyaddaada waxana uu gargaar ka geysan kara hurdada oo kuu sii fiicnaata.
- Qoyskaaga iyo saaxiibadaa kala hadal dhibaatooyinkaaga.
- Siyaabo caafimaad-daro ah wax ha uga qaban giigsanaanta sida cuntada oo aad iska badisid, cuntada oo aan kugu filnayn, isticmaalka waxyaabaha ka sameysan tubaakada, cabitaanka aalkolada ama khamriga ama isticmaalka daroogada.
- Gargaar ka hel qof xirfadle ah haddii aad u baahan tahay. La-taliye ayaa ka gargaari kara inaad maareysid giigsanaanta oo aad wax ka qabatid dhibaatooyinka. Waxa laga yaabaa in dhakhtarku kuu qoro dawooyin kaa gargaara dareennada murugada leh, fiigsanaanta ama hurdada dhibka ah.

**La hadal dhakhtarkaaga ama kalkaaliso haddii aad qabtid calaamadaha giigsanaanta.**

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