

# Mu'amalantar damuwa yayin da muka shiga sabon sashu na COVID-19

Mutane suna ta komawa "sabuwar rayuwa" bayan COVID-19, wanda zai iya saka jin damuwa ko dimuwa. Ga nan wasu bayanai dan rage damuwa da zaku iya ji, kuma ku kare kanku daga COVID-19 yayinda kuke tare da mutane da yawa.



## Bayanai dan kula da damuwa tattare da COVID-19:



### Bi shi kwana bayan kwana

Bi shi a hankali: fara da wani abu karami kamar zuwa shagon tireda maimakon yin oda a kan layi. Sannan, yi kari a kan haka. Komawa zuwa ga komai lokaci guda yakan iya sa matsanancin farin ciki.



### Yi bitar mayar da hankali da godiya

- Ware lokaci kayi waiwaye idan kana jin damuwa na musamman. Gwada yin nazari dan taimaka maka wajen mayar da hankali kan abunda ke wanzuwa a yanzu kuma ka rage matakan gajiyarka.
- Ga wasu manhajojin zikiri kadan:



Insight  
Timer



UCLA Mindful



### Tattauna damuwowinka da mutanen da ka yarda da su

Mai yiwuwa sun san yadda kake ji. Idan muka furta abubuwa, muna kalon matsaloli ta sabuwa hanyar sai mu iya magance su kuma mu dauki matakai na gari.



### Kasance mai kuzari a kowace rana

Bincike ya nuna cewa motsa jiki yana taimakawa wajen rage bakin ciki da damuwa ta hanyar sake sinadaren jin dadi cikin kwakwalwarka. Zai kuma iya cire wa ranka damuwowi.



### Yi alaka da al'ummarka dan tallafi

Shiga wasu harkokin al'umma ta hanyar da take da tsaro. Idan muka bata lokaci tare da wasu, muna tuna martabar kanmu da tsaro. Yan adam halittu ne na zamantakewa!

Jin damuwa da dimuwa dai-dai ne. Koyon yadda zaka dore ta hanyar lafiya da zai kara maka juriya.

Yi sikanin din lambobin QR da wayarka dan sauke wadannan manhajojin:

Insight Timer



[insighttimer.com/individuals](https://insighttimer.com/individuals)

UCLA Mindful



[uclahealth.org/marc/ucla-mindful-app](https://uclahealth.org/marc/ucla-mindful-app)



## Bayanan kare kanka daga COVID-19

Idan al'amura suka fi karfin mu, zamu iya shiga damuwa. Karka bar damuwarka ta yanke maka hukunci. Dauki mataki dan jin iko:



**Zauna cikin sani kan ragakafen COVID-19 dinka – harda masu karin karfi!** Suna taimakawa wajen kare cututtuka masu karfi, kwanciyar asibiti, har da mutuwa daga COVID-19. Duba CDC.gov dan sabbin shawarwari: [cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html)



**Saka takunkumin fuska duk lokacin da yake saka ka jin cikin kariya.** CDC ta bada shawarar saka takunkumin fuska a cikin gida lokacin da matakin al'ummardu ya tsawaita. Duba matakin COVID-19 na al'ummardu a nan: [covid.cdc.gov/covid-data-tracker/#county-view?list\\_select\\_state=all\\_states&list\\_select\\_county=all\\_counties&data-type=Vaccinations](https://www.covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=all_states&list_select_county=all_counties&data-type=Vaccinations)



**Inganta yawatawar iska a cikin gida ta hanyar bude tagogi da amgani da abun tace iska.** Wannan na taimakawa wajen kare kananan kwayoyin cutar daga kambamuwa a ciki. Yi amafani da kayan aikin CDC din dan duba yawatawar iska a sararinku: [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/interactive-ventilation-tool.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/interactive-ventilation-tool.html)



**Yi gwaji idan kana jin rashin lafiya.**



Kamata yayi ace kayi gwaji a wadannan lokuta:

- Idan kana jin alamu
- Kafin ziyartar aboki ko dan uwa wanda yake da yiwuwa mai karfi na rashin lafiya sosai (mutanen da suke da garkuwan jiki mai rauni ko wasu rashin lafiya)
- Kafin manyan taro ko taro na cikin gida
- Idan ka fuskanci COVID-19



## Gane lokacin da kake bukatar taimako

Idan ka lura cewa baza ka iya jure damuwarka ba, mai yiwuwa lokaci yayi da za ka yi magana da likitan ka. Abubuwa kamar shawara da magani suna aiki sosai wajen magance damuwa.

Ka tuna, ba za mu iya kula da ayyukan waasu ba. Mayar da hankali kan abunda zaka iya kulawa – ayyukanka da abunda ke saka ka jin tsaro.



**Samu mafi sabon bayani kan COVID-19**

Ziyarci CDC: [www.cdc.gov/coronavirus/2019-nCoV/index.html](https://www.cdc.gov/coronavirus/2019-nCoV/index.html)