

# Awerɛhow, ahodwiri, ne COVID-19: nsem de ma awofo

Mmofra faa nsakrae ne adwendwene pii mu wɔ COVID-19 ɔyaredɔm no mu. Sukuu a wode kɔ intanet so wɔ ɔyaredɔm no mfiase no maa mmofra pii tee nka sɛ wɔate wɔn ho, mmere a na asetena mu nsem akese te sɛ awodadie ne adesuawie ayɛ bisi basaa. Na adɔfo hweree yɛ awerɛhow ma nnipa pii.



## Diɛn ne awerɛhow ho sɛnkyerɛnne a ɛtaa ba?

Ebia wobɛhunu nsenkyerɛnneɛ te sɛ:

- Wo bo fuw ntɛmntɛm sene daa
- Nna mu haw
- Ɛyɛ den sɛ wobɛtie biribi wɔ sukuu anaa fie
- Wo sukuu mmɔden bɔ kɔ fɛm
- Suro ma woho anaa afoforo ahobanbɔ ho
- Suban bɔne te sɛ nɔubɔne a wɔde di dwuma anaa nsa

Mmofra anaa mmabun nyinaa werɛ anho wɔ ɔkwan koro so. Wonim wo mma yiye-sɛ wote nka sɛ biribi agyae a, wo ne wɔn nkasa.



Ebia wo ba no ho adwiri no anaa ne werɛ ahow, ɛnfa ho mpo sɛ asetena “asan aba senea na ɛte kan no” de.



## Nnɛma asan ayɛ senea na ɛte kan - so me ba no ayɛ basaa ankasa wɔ yaredɔm no ho?

Ebia. Nsem a ɛyɛ awerɛhow anaa adwendwen a atwam no betumi aka mmerrante ne mmabaa wɔ bosome anaa mfie bi akyi. Mmofra behia mmoa na wɔate nsakrae a ɛbaa ɔyaredɔm no mu ase na wɔadi atinka a na wɔwɔ no ho dwuma. Ebia wo ba no benya adwenemhaw wɔ ahodwiriw akyi. Wei si sɛ w'afa nsem foforo a ɛhaw adwene wɔ n'asetena mu te sɛ awaregyae anaa sɛ ne dɔfo bi wu a.



## Sɛ me ba redi awerɛhow anaa ne ho adwiri no a, mɛyɛ den aboa no?

- Ma wo ba no nkasa mmere a obetumi- nhyɛ no mma ɔnkasa sɛ ɔmpɛ a
- Fa nsemmissa anaa nsem te sɛ “Deɛn na wodwene fa nea ɛrekɔ so wɔ wiase ho?” bue nkɔmmɔkɔ no ano. Anaa “Sɛ wopɛ sɛ wokasa a, ma menhu.”
- Tie yiye na bisa nsem wɔ ɔkwan a enbu wo ba no atɛn.
- Ma wo ba no awerɛhyem na ma onhu sɛ wowɔ hɔ ma no, na obetumi abisa wo nsem abere biara.
- Wo ne wo ba no sua akwan horow a wɔfa so ma ne bo dwo ma no tumi gyina nsem ano.
  - Hyehyɛ akwan a ɛfata a yɛfa so gyina nsem ano ma wo ba no. Ebi tesɛ, wobɛma w'oahu sɛ wogyɛ home kɛsɛɛ a emu dɔ, bere a woayɛ basaa no.
  - Ma wo ba nkasa anaa ɔnkyɛ n'adwene. Ma no dan n'atenka adi wɔ akwan ahodoɔ so, te sɛ mfoniniyɛ anaa nnwom toɔ.

- Bua nsemisa ano, na ka nokwasem ahorow kyer3 wo ba no wɔ kwan a obetumi ate ase yie. Fa nsem a efata nenfie ne nokwardie di dwuma.
- Hwehwe fotufɔ anaa ɔyaresafo a wɔatete no se ɔnhwe mmofra, bere a wɔn ho adwiri wɔn anaase wɔn were aho. Se wonnim baabi a wobefiri ase a, frɛ wo ba no ɔkɔta no bisa no.



### Akadeɛ ben na ɛwɔ hɔ?

Nneɛma a wɔde boa mmofra nkumaa (0-5):

- **Breathe, Think, Do with Sesame Street:**  
<https://sesamestreetincommunities.org/activities/breathe-think-do/>
  - Ade a ɛbeboa awofo ma wɔne wɔn ba aye adwuma wɔ nkate akese mu.
- **Tools for supporting emotional wellness for younger children and their parents:**  
<https://nap.nationalacademies.org/resource/other/dbasse/wellbeing-tools/interactive/tools-for-children.html>




Nneɛma a wɔde bɛma mmofra a wɔanyin kakra ne mmabun:

- **Tools for supporting emotional wellness for youth and teens:**  
<https://nap.nationalacademies.org/resource/other/dbasse/wellbeing-tools/interactive/tools-for-teens.html>
- **Apps a wɔde tew adwennwen ne dadwen so:**
  - Moodfit: Adwene mu Akwahosan Ho Apɔwmuden  
<https://www.getmoodfit.com/>
  - Calm: App a wɔde susuw nneɛma ho  
<https://www.calm.com/>
  - MindShift CBT: dadwen mu ahotɔ a egyina adanse so  
<https://kidshelpline.com.au/tools/apps/mindshift-cbt-anxiety-relief>



Kɔ yen wɛbsaet hɔ na hwe se wobetumi afa CDC Bridge Access Program no so anya COVID-19 vaccine no a wontua hwee aa.

 [bit.ly/3QMEI8B](https://bit.ly/3QMEI8B)

