

Codka Memo 1:

Hello/ greetings in local language, my name is Mohidin from the British Somali Community and I would like to share with you some tips to..

Ilaali ladnaantaada xilliyadan adag

Bulshadeena, cudurka faafa wuxuu u ahaa waqti aad u dhib badan. Kadib bilooyin xayiraad iyo kala fogaansho bulsho ay jireen, dhamaanteen waan daallan nahay, qoys iyo asxaabba waan tabnay, waxaan ka walwalsanahay shaqada iyo lacagta, iyo inaan awoodi weynay inaan banaanka u baxno.

Covid-19 wuxuu saameyn weyn ku yeeshay badqabka maskaxeed, jireed iyo shucuureed. Waxaan noqonay kuwo dareemay culeys, jahwareer, hoos u dhac ama cidlo, laakiin waa caadi, kaligaa ma tihid oo waan ka wada guuleysan doonnaa cudurkan faafa.

Waxaa jira shan waxyaabood oo aan dhammaanteen qaban karno si aan u ilaalino badqabkeena:

Marka hore, xiriir sameey. Tan macnaheedu waxa weeye inaad waqti u hesho sidii aad ula xiriiri lahayd saaxiib ama qof reerka ama deriska ah. Dhageyso sida ay yihiin una sheeg sidaad adiguna tahay. Xulo waddo kasta oo kuugu fiican oo ugu ammaan badan inaad la hadasho.

Marka labaad, firfircoonow. Socod fudud aad maalin kasta, carruurta u lugeysii dugsi, ama jimicsi ku samee guriga.

Tan saddexaad, sii wad waxbarashada. Isku day inaad kariso raashin cusub. Dib u cusboonaysii waxyaabo aad hore u xiisayn jirtay. Iska diiwaangeli koorsadaas.

Tan afraad, wax bixi. U samee wax fiican saaxiib, deris, ama xitaa shisheeye. Qof u mahadceli. Qof u dhoola cadee. Waqtigaaga mutadawacnimo ku bixi ama ka mid noqo koox bulsho.

Ugu dambeyntii, fiiro gaar ah u yeelo wax walba. Ka taxaddar adduunyada hareerahaaga ah! Eeg dabeecadda kugu hareeraysan - ubaxyo qurux badan, shimbiro, geedo.

Xusuusnow in ay caadi tahay inaad u roonaato naftaada! Samee waxyaabo kaa dhigaya mid dhoola cadeeya oo kaa dhigaya inaad dareento wanaag.

Waxaa jira kheyraad badan oo loogu talagalay badqabka oo ku jira websaydhka Good Thinkiga ee <https://www.good-thinking.uk/>.

For more information on mental health and wellbeing support in Camden visit [camden.gov.uk/mental health and wellbeing](https://www.camden.gov.uk/mental-health-and-wellbeing) or Contact Camden on 020 7974 4444 (option 9) Monday to Friday, 9am to 6pm.

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