

Feelings after someone dies

Language: Somali

Cruse
Bereavement
Support

Dareenka qof markuu dhinto kadib

Murugadu waa mid dabiici ah oo caadi ah. Ma aha jirro, inkastoo ay ku keeni karto xanuun. Weligeed ma sii jiri doonto, inkasta oo ay jiri karaan waqtiyo ay u muuqato in xanuunku uusan weligiis dhammaan doonin. Ma jirto waddo 'sax ah' oo loo murugoon karo, mid walbana sideena ayaan uga falcelinaa. Laakiin dadku waxay inta badan wax nooga sheegaan dareenadan soo socda.

Dareenada caadiga ah ka dib markuu qof dhinto

Argagax iyo dareen la'aanta

Marka hore waxaa laga yaabaa inaad dareento argagax. Waxaa laga yaabaa inaad dareento kabuubyo ama aad u socoto sidii inaan waxba is beddelin. Tani waa sababtoo ah waxay qaadan kartaa waqti dheer in laga shaqeeyo wixii dhacay. Waxa kale oo laga yaabaa inaad dareento jahawareer – sida haddii aad lumisay booskii aad ku lahayd aduunkaaga. Waxaa muhiim ah in la ogaado in dhammaan dareenkan uu yahay mid caadi ah.

Xanuun

Dhimashada qof nagu dhow ayaa ah waayo-aragnimada ugu xun ee weligeed nagu dhacda. Waxay noqon kartaa mid aad u xanuun badan. Dadku waxay ku tilmaamaan in lagu kala gooyay laba qaybood ama qayb naftooda ka mid ah inaad weyday. Dareennadani waxay noqon karaan kuwo aad looga naxo oo laga xumaado. Dad badan ayaa aad u ooya.

Cadho

Waa wax caadi ah in la dareemo cadho ka dib markuu qof dhinto. Geeridu waxay u ekaan kartaa mid ah naxariis darro iyo cadaalad darro, gaar ahaan marka aad dareento in qofku dhintay asagoo aad u yar ama haddii aad wada lahaydeen qorshe mustaqbalka. Waxaa laga yaabaa inaad u xanaaqdo qofka dhintay ama u xanaaqay dadka kale. Waxaa laga yaabaa inaad xataa naftaada ugu cadhooto waxyaabo aad samaysay ama aadan samayn intay noolaayeen.

Dembi

Dembigu waa falcelin kale oo caadi u ah dhanka murugada. Waxaa laga yaabaa inaad si toos ah ama si dadbanba u dareemeyso inaad eedayso dhimashada qofka. Ama waxaa laga yaabaa inaad dareento dembi haddii aad xiriir adag la lahayd qofka dhintay. Isku day inaad naftaada dhibin, oo xasuuso wanaaggii aad samaysay iyo weliba wixii aad qoomamo ah.

Niyad-jab

Waxaa laga yaabaa inaad dareento niyad-jab ka dib marka qof kuu dhow uu dhinto. Waxay u ekaan kartaa inaysan waxba ahayn. Waxaa laga yaabaa inaad xitaa dareento inaad rabin inaad sii noolaato. Haddii aad bilowdo inaad dareento waxaa laga yaabaa inaad ku dhaqaaqdo dareenka isdilka fadlan qof kala hadal. GP-gaaga ayaa ku ogeysiin kara taageerada caafimaadka dhimirka ee degaankaaga.

Arkida iyo maqalka qofka

Dadku waxay mararka qaarkood u maleeyaan inay maqlaan ama arki karaan qofka dhintay. “Arkida” qofka dhintay oo maqlida codkooda wuu dhici karaa sababtoo ah maskaxdeenu waxay isku dayeysaa inay ka shaqeeyso dhimashada oo ay aqbasho inay tahay kama dambays. Waa muhiim in la ogaado in tani ay tahay mid caadi ah.

Diirada-saarid iyo fikrado qoto dheer

Waxaa laga yaabaa inaad ogaato inay adag tahay inaad xoogga saarto. Waxa kale oo laga yaabaa inaad ogaato inaad joojin karin ka fikirka dhacdooyinka dhimashada horseedka u ah.

Dareenada jirka

Waa wax caadi ah in la dareemo jirro ka dib marka qof dhinto – xanuunka murugada waxaa loo dareemi karaa xanuun dhab ah. Qayb kasta oo ka mid ah caafimaadkaaga waa ay saameyn kartaa.

Goorma ayaan fiicnaan doonaa?

Dadku waxay inta badan na weydiiyaan inta ay murugadu ay qaadato. Xaqiiqdu waxay tahay in bogsashadu si tartiib tartiib ah u timaaddo, laakiin inta badan way fududaanaysaa in wax laga qabto muddo ka dib. Ma jiro wax beddeli karo qofka dhintay. Laakiin si tartiib tartiib ah dadka intooda badan waxay ogaadaan inay awoodaan inay sii wataan nolosha, oo ay bilaabaan inay dareemaan farxad mararka qaarkood, iyadoo weli xasuusanaya kuwii dhintay.

Maxaa ku caawin kara?

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Khadka caawinta: 0808 808 1677

Lambarka Ku diwaangashan Samafalka 208078

- **La hadal qof.** Isku day inaad hesho saaxiib aad aaminsan tahay, ama qof bulshadaada ka tirsan oo aad kala hadli karto. Ama la xiriirida khadka caawinta ee Cruse (eeg hoos).
- **Naftaada ilaali.** Way adkaan kartaa, laakiin isku day inaad wax cunto, hurudo iyo xoogaa jimicsi samayso.
- **Raadi siyaabo aad ku xasuusato.** Waxay ku caawin kartaa inaad ka fikirto siyaabaha aad ku xasuusan karto qofka dhintay, oo aad uga dhigto qayb nololshaada ka mid ah.

La xiriirida khadka caawinta ee Cruse

Haddii aad u baahan tahay caawimo dheeraad ah, oo aadan ku hadlin luuqada Ingiriisiga, waxaan kaaga diyaarin karnaa taageero khadkeena caawinta adeeg la yiraahdo LanguageLine.

Sida ay u shaqayso

1. Wac 0808 808 1677.
2. Waxaad maqli doontaa fariin la duubay oo Ingiriisi ah. Fadlan khadka kuji si aad qof ula hadasho. Waxaa jira baahi badan oo loo qabo adeegeena markaa waxaa laga yaabaa inaad isku daydo mar labaad wakhti mashquulka yaryahay haddii qofna awoodin inuu ka jawaabo.
3. Marka uu kaa qabto tabarrucaha khadka caawinta, si cad ugu sheeg ingiriisi magaca luqadda aad ku hadasho.
4. Tabarucuhu wuxuu markaa wici doonaa adeegayada turjumaada – waxaad maqli doontaa iyagoo la hadlaya qof kale si ay u habeeyaan wicitaanka, fadlan khadka kusii jir. Tani waxay qaadan kartaa dhowr daqiiqo.
5. Turjubaanka ayaa markaa ku biiri doona wacitaanka oo kuu kala turjumi doona luqadaada iyo Ingiriisiga adiga iyo tabarucaha khadka caawimada kujira.
6. Sababtoo ah kani waa wada hadal saddex geesood ah waxay qaadan doontaa inay sida caadiga waxyar ka dheeraato wicitaanka khadka caawinta markaa fadlan samir.

Saacadaheena khadka caawinta waa:

- Isniin: 9.30am-5pm
- Talaado: 9.30am-8pm
- Arbaco: 9.30am-8pm
- Khamiis: 9.30am-8pm
- Jimco: 9.30am-5pm
- Sabti iyo Axad: 10am -2pm

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English version

Feelings after someone dies

Grieving is natural and normal. It's not an illness, although it can make you feel ill. It won't last forever, although there may be times when it seems like the pain will never end. There's no 'right' way to grieve and we each react in our own way. But people often tell us about the following emotions.

Common emotions after someone dies

Shock and numbness

At first you might feel like you're in shock. You might feel numb or carry on as if nothing has changed. This is because it can take a long time to process what has happened. You may also feel disorientated – as if you have lost your place in your world. It's important to know that all of these feelings are normal.

Pain

The death of someone close to us is the most devastating experience that will ever happen to us. It can be very painful. People describe it as being cut in two or losing a part of themselves. These feelings can be very frightening and upsetting. Many people cry a lot.

Anger

It's normal to feel angry when someone dies. Death can seem cruel and unfair, especially when you feel someone has died too young or if you had plans for the future together. You might feel angry at the person who died or angry at others. You may even be angry at yourself for things that you did or didn't do while they were alive.

Guilt

Guilt is another common reaction to grief. You might feel directly or indirectly to blame for the person's death. Or you might feel guilty if you had a difficult relationship with the person who has died. Try not to be hard on yourself, and remember the good things you did as well as any regrets.

Depression

You may feel depressed after the death of someone close. It can feel like nothing matters. You might even feel like you don't want to go on living. If you start to feel you might act on suicidal feelings please talk to someone. Your GP can let you know about mental health support in your local area.

Seeing and hearing the person

People sometimes think they can hear or see the person who has died. “Seeing” the person who has died and hearing their voice can happen because our brain is trying to process the death and accept that it’s final. It’s important to know this is normal.

Difficulty concentrating and being preoccupied

You may find that it is difficult to concentrate. You may also find that you can’t stop thinking about the events leading up to the death.

Physical feelings

It is common to feel physically ill after someone dies – the pain of grief can be felt as a real pain. Every part of your health can be affected.

When will I feel better?

People often ask us how long the grief will last. The truth is that healing comes slowly, but it usually becomes easier to cope with over time. Nothing can replace the person who has died. But gradually most people find they are able to continue with life, and start to feel happy at times, while still remembering those who have died.

What can help?

- **Talk to someone.** Try to find a trusted friend, or someone in your community you can talk to. Or contact the Cruse helpline (see below).
- **Look after yourself.** It can be difficult, but try to keep to a routine of eating, sleeping and getting a little bit of exercise.
- **Find ways to remember them.** It can help to think of ways you can remember the person who has died, and keep them as part of your life.

Contacting the Cruse Helpline

If you need more help, and don’t speak English, we can arrange for support on our helpline through a service called LanguageLine.

How it works

1. Call 0808 808 1677.
2. You will hear a recorded message in English. Please hold to speak to someone. There is a lot of demand for our service so you might have to try again at a less busy time if no one is able to answer.

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3. When a helpline volunteer answers, clearly tell them the name of the language you speak in English.
4. The volunteer will then call up our translation service – you will hear them talking to someone else to set the call up, please stay on the line. This could take a few minutes.
5. An interpreter will then join the call and translate between your language and English for you and for the helpline volunteer.
6. Because this is a three-way conversation it will take a little longer than a usual helpline call so please be patient.

Our helpline hours are:

- Monday: 9.30am-5pm
- Tuesday: 9.30am-8pm
- Wednesday: 9.30am-8pm
- Thursday: 9.30am-8pm
- Friday: 9.30am-5pm
- Saturday and Sunday: 10am -2pm