

Physical effects of grief

Language: Somali

**Cruse**  
Bereavement  
Support

## Saamaynada jireed ee ay keento murugada

Murugadu waxay jidhka u saamaysaa siyaabo aadan filanayn. Isbeddelladani waxay noqon karaan kuwo walwal leh ama xitaa cabsi badan.

## Rabitaanka cuntada iyo dheefshiidka

Waxaa laga yaabaa inaad dareemin inaad wax cunayso maalmaha ugu horeeyo kadib marka qof dhinto. Waxaa laga yaabaa in ay kugu adkaato in la liqo cuntaduna ay yeelato dhadhan qariib ah. Ama waxaa laga yaabaa in aad ogaato in aad sidii hore si ka badan aad wax u cunayso, ama aad cunayso oo kaliya cuntooyinka aad jeceshahay. Xanuunnada dheefshiidka ayaa sidoo kale inta badan lagu yaqaanaa.

Tan aad ayay caadi u tahay. Isku day inaad naftaada aad u dhibin haddii cuntadaadu u muuqato mid ka duwan hadda. Isku day inaad argagaxin haddii aad aragto isbeddeladan.

### **Maxaa caawiya?**

Isku day inaan hesho waxa adiga si fiican kuugu shaqaynaya. Haddii aadan jeclayn wax cunista, isku day inaad qaadata qaybo yaryar oo la maarayn karo. Haddii aadan jeclayn karinta, isku day cunto diyaar ah ama wax u baahan diyaarin fudud. Naftaad u fududee. Waa caadi haddii aadan wax u cunin sidii caadiga ahayd, laakiin si tartiib ah dib ugu soo noqoshada sidii caadiga wax u cunida waqti isku mid ah ayaa ku caawin kara.

Haddii aad weli welwelsan tahay dhowr toddobaad ka dib, la hadal GP-gaaga.

## Hurdada

Waa wax caadi ah in ay dhibaato kaa haysato dhanka hurdada ka dib markuu qof dhinto. Waxaa laga yaabaa inaad ka baqeyso inaad seexato sababtoo ah riyooyin xun ama qarow darteed. Ama waxaa laga yaabaa in ay kugu adkaato inaad seexato sababtoo ah maskaxdaadu tartan ayay ku jirtaa. Mararka qaarkood, waxaa laga yaabaa inaad ku riyootid in qofkii dhintay uu weli nool yahay oo aad aragto in uu soo jeedo oo aad u xanuun badan.

**Maxaa caawiya?**

- Isku day in aad si tartiib ah dib ugu soo noqoto hawl-maalmeedka habeenkii.
- Waxyaabaha ay ka mid yihiin qubeyska ama maydhashada sariirta ka hor ayaa ah siyaabo wanaagsan oo kaa caawin kara inaad nasato ilaa fiidkii.
- Jimicsigu sidoo kale runtii waxtar buu kuu yeelan karaa inaad jidhkaaga daaliso.
- Socodka iyo jimicsiga (yoga) waa siyaabo dabacsan oo lagu dhaqaaqo haddii aadan u kicin jimicsi tamar leh.
- Isku day inaad sariirta gelin ilaa aad dareemayso inaad diyaar u tahay inaad seexato.
- Isku day inaad dhageysato muusiga lagu raaxaysto ama muuqaalada la dhagaysto xilliga hurdada.

**Walaaca**

Murugadu waxay kaa dhigi kartaa inaad dareento welwel aad u badan. Mararka qaarkood tani waxay keeni kartaa in qofku dareemo neef-tuur, wadne garaac ama xataa argagax. Tani waxay noqon kartaa mid cabsi badan. Haddii aad bilowdo inaad kuwaas si joogto ah ula kulanto, waa fikrad wanaagsan inaad la xiriirto dhakhtarkaaga.

**Maxaa caawiya?**

- Jimicsigu waa hab faa'iido u leh jidhkaaga si uu u yareeyo xiisadda, oo aad isticmaasho adrenalin-ka uu soo saaro taas oo ku dareensiinaysa walaac. Laakin ha isku dayin inaad bilowdo fasal jimicsi cusub oo xad dhaaf ah marka socod tartiib ah uu yahay waxa kaliya ee aad maareyn karto.
- Jimicsiga neefsashada iyo ka-fiirsashadu aad bay waxtar u yeelan karaan.
- Cuntada - dadka qaarkiis waxay helaan cuntooyin iyo cabitaano gaar ah sida kafeega ayaa ka sii dari kara, qaarna waxay u arkaan inay caawiso. Samaysashada diwaanka cuntada maalinlaha ah waxay kaa caawin kartaa inaad ogaato waxa ku saameeya.
- Inaad qof kala hadasho waxa kaa dhigaya inaad walaacsanaato sidoo kale runtii way ku caawin kartaa. U sheeg saaxibadaada, qoyskaaga iyo asxaabtaada waxa aad la kulmayso si ay u ogaadaan sida ay kuu taageeraan. Ama la xidhiidh urur bixiyo taageero sida Cruse.

**Xanuun jireed iyo jirro kale**

Waa wax caadi ah in la dareemo xanuun jireed, oo laga qaado jirro fudud ka dib markuu qof dhinto. Murugada waxay saameyn kartaa jirkaaga oo dhan. Way ku adkayn kartaa jidhkaaga inuu iska difaaco caabuqyada yaryar.

**Maxaa caawiya?**

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Caadi ahaan, dareemida xanuunka jidhka ayaa fududaan doona waqti ka dib. Laakin isku day inaad hesho nasasho badan intii suurtoagal ah oo dhegayso waxa jidhkaagu u baahan yahay.

Kala hadal GP-gaaga haddii aad dareento inaad fiicnayn, ama aad aragto inaad weli jiran tahay ama aad dareemayso xanuun dhawr toddobaad ka dib.

## 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

## English version

### Physical effects of grief

Grief affects the body in ways you might not expect. These changes can be worrying or even frightening.

#### Appetite and digestion

You may not feel like eating in the early days after someone dies. It may feel difficult to swallow and food can taste strange. Or you might find you're eating a lot more than usual, or only eating foods that you find comforting. Digestive upsets are also common.

This is very normal. Try not to be too hard on yourself if your diet looks different right now. And try not to panic if you notice these changes.

#### ***What helps?***

Try to find what works for you. If you don't feel like eating, try serving yourself small, manageable portions. If you don't feel like cooking, try a ready-meal or something that takes little preparation. Go easy on yourself. It's okay if you're not eating as you normally would, but slowly getting back to a routine of eating at the same times can help.

If you're still worried after several weeks, speak to your GP.

#### Sleep

It's normal to have trouble sleeping after someone dies. You might be frightened to go to sleep because of bad dreams or nightmares. Or you might find it difficult to get to sleep because your mind is racing. Sometimes, you may dream that the person who died is still alive and find waking up to be very painful.

#### ***What helps?***

- Try to slowly get back into a night-time routine.
- Things like taking a bath or showering before bed are good ways to help you relax into the evening.
- Exercise can also be really helpful to tire your body out.
- Walking and yoga are gentle ways to get moving if you don't feel up for energetic exercise.
- Try not getting into bed until you feel really ready to sleep.
- Try listening to relaxing music or sleep podcasts.

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## Anxiety

Grief can make you feel very anxious. Sometimes this can result in feeling breathless, having heart palpitations or even a panic attack. This can be very scary. If you start to have these regularly, it's a good idea to contact your doctor.

### ***What helps?***

- Exercise is a useful way for your body to reduce tension, and use up the adrenalin that it's producing that's making you feel anxious. But don't try and start an extreme new gym class when a gentle walk is all you can manage.
- Breathing exercises and meditation can be very helpful.
- Diet – some people find certain foods and drinks like coffee can make it worse, and some find it helps. Keeping a food diary could help work out what is affecting you.
- Talking to someone about what's making you anxious can also really help. Tell your friends, family and colleagues what's going on so they know how to support you. Or contact a support organisation such as Cruse.

## Physical pain and other illness

It's common to feel physical pain, and have minor illnesses after someone dies. Grief can affect your whole body. It can make it harder for your body to fight off minor infections.

### ***What helps?***

Normally, feelings of physical pain will ease with time. But try to get as much rest as possible and listen to what your body needs.

Speak with your GP if you feel very unwell, or find you're still ill or in pain after several weeks.

## 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.

[cruse.org.uk](http://cruse.org.uk)

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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