

Ways of coping with grief

Language: Somali

Cruse
Bereavement
Support

Siyaabaha loola qabsado murugada

Murugadu waxay noqon kartaa mid daran. Waxay saamaysaa qayb kasta oo nolosheenna ka mid ah, mararka qaarkoodna waxaan dareemi karnaa inay arrimuhu waligood soo fiicnaan doonin. Waqti ka dib, dadka intooda badan waxay noo sheegaan in murugadooda, in kasta oo ay weli xanuun ku hayso, ay noqoto mid sahlan in wax laga qabto. Waxay awoodaan inay nolosha sii wataan oo xitaa wax ku raaxaystaan, iyadoo weli xasuusanaya qofkii ka dhintay.

Waxaa jira waxyaabo caawin kara. Ma aha in wax walba ay caawiyaan qof walba waxaana laga yaabaa inaad waqti ku qaadata inaad waxyaabo kala duwan tijaabiso ka hor intaadan ogaan waxa adiga si fiican kuugu shaqaynaya.

La hadal qof

Ka hadlida dareenkaaga runtii way ku caawinaysaa.

- Saaxiibada iyo qoyska ayaa ah meel fiican oo laga bilaabo. Way adkaan kartaa laakiin dooro qof aad ku kalsoon tahay oo weydii haddii aad ka hadli karto sida aad dareemayso. Waxa kale oo aad jeclaan kartaa inaad la wadaagto xusuusta qofka dhintay.
- Waxaa laga yaabaa inaad la hadasho GP-gaaga, ururada bulshada, ama hogaamiye diimeed. Waxaa laga yaabaa inaad u baahato inaad weydiisato qof ku hadla Ingiriisi inuu kaa caawiyo inaad ku hesho adeegyadan luqadaada ama uu kuu hagaajiyo fasiraad.
- Khadka caawinta Cruse wuxuu leeyahay adeeg fasiraado ah (hoos ka eeg). Waxaad nagala hadli kartaa sida aad dareemayso, sidaad ula qabsan lahayd iyo meesha aad ka heli karto caawimo dheeraad ah.

Naftaada ilaali

Way adkaan kartaa in aad naftaada ilaaliso, gaar ahaan haddii aad dareento rajo la'aan ama haddii aad qabtid mas'uuliyad daryeel oo aad caadaysatay in aad dadka kale iska horraysiiso.

Laakin ma bogsiin kartid mana caawin kartid dadka kale ilaa aad marka hore adiga is hormariso mooyee.

- Ku adkaanta waqti cunto-cunis, seexasho iyo samaynta xoogaa jimicsi ah ayaa ku caawin kara.
- Isku day inaad nasato seexato aadna soo kacdo wakhtiyada caadiga ah, xitaa haddii hurdadu ay adag tahay.
- Murugadu waxay saamaysaa rabitaanka cuntada iyo dheefshiidka laakiin cunista cuntooyinka caafimaadka leh waqtiyada caadiga ah ayaa ku caawin kara.
- Jimicsigu wuxuu kor u qaadi karaa xaaladaada. Ha isku dayin inaad bilowdo barnaamij jimicsi oo hami leh, laakiin isku day oo ka fikir shay firfircoon oo laga yaabo inaad ku raaxaysato. Xitaa socod gaaban maalin kasta ayaa runtii ku caawin kara.
- Ka taxaddar haddii aad isticmaasho aalkolo ama daroogo kale. Waxaa muhiim ah in la xasuusto in waxyaabahani aysan xanuunka ka qaadi doonin.

Xusuuso qofka dhintay

Marka qof dhinto xiriirk aan la lahayn iyaga ma dhinto. Xusuusashada qofka, laga yaabee wakhtiyada farxadda badan jirto, waa hab lagu ilaaliyo xidhiidhka kaala dhexeeyo ayaga. Qaar ka mid ah talooyinka soo socda ayaa laga yaabaa inay ku caawiyaan.

- Fiiri sawirrada ama filimka hore.
- Samee sanduuqa xusuusta oo ay ku jiraan waxyaabo ku xasuusinaya.
- Geed ku beero ama u samee kursi magacooda ku qoran yahay.
- Wax ka samee dharkoodii hore ama hantidoodii.
- Booqo meel iyaga gaar u ahayd, ama eeg sawiradeeda.
- Warqad u qor.
- Samee cuntadooda ay jeclaayeen.
- Daawo filin ay jeclaayeen ama akhri buug ay jeclaayeen.
- Samee liis ah heesaha ay jecel yihiin.
- Isku soo baxa si aad dadka kale ula wadaagto sheekooyinka iyo xusuusta aad jeceshahay.

Meel dhigo joornaalka murugada

Dad badan ayaa u arka qoraalku inuu yahay hab wanaagsan oo lagu maareeyo dareenka.

Qoraalku waa nooc ka mid ah inaad u fikirto qaab adigoo kor u hadlaya. Waxay kaa caawin kartaa inaad wax ka qabato, oo aad aqoonsato qaababka fikirka. Haddii aad isku aragto in aad si waali ah uga fikirayso isla xasuustaa, qoristeeda ayaa kaa caawinaysa in aad madaxaaga ka saarto.

Haysashada xusuus-qorku waxa kale oo ay kaa caawin kartaa in la qoro xusuusaha farxadda leh. Tani waxay kuu ogolaanaysaa inaad dareento inaad u dhowdahay qofka dhintay. Haddii aad sidoo kale ka werwersantahay inaad illoowdo xusuusta aad ayaga la lahayd, qoristeeda waxay noqon kartaa mid raaxo leh.

Joornaalku wuxuu kaloo ku siinayaa wax aad dib u eegto. Murugadu waxay noqon kartaa safar dheer oo aan ku dhexda jirno, way adkaan kartaa in la arko in arrimuhu isbedelayaan. Marka aad dib u milicsato sidii aad todobaadyo ama bilo ka hor aad arki jirtay, waxa aad arki doonta intee in le'eg ayay xaaladaadu is bedeshay muddo ka dib.

Inta aad samaynaysay xusuus-qorka ama joornaal adiga ayay kugu xidhan tahay. Dadka qaarkood waxay u arkaan inay aad waxtar ugu leedahay inay noqoto qayb noloshooda ka mid ah, iyadoo ah taageero joogto ah iyo diiwaanka noloshooda. Kuwo kale ayaa laga yaabaa inay ogaadaan inay u baahan yihiin qalab gaar ah oo keliya muddo gaaban, ama wax ay ku soo noqdaan waqtiyo adag.

Hawlaha kale oo hal abuurka leh

Haddii aadan jeclayn qorista, waxqabadyo kale oo hal abuur leh ayaa ku caawin kara – wax kasta oo kaa caawinaya inaad muujiso dareenkaaga ama xasuusato qofka dhintay.

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 iyadoo 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

Ways of coping with grief

Grief can be overwhelming. It affects every part of our life and sometimes it can feel like things will never get better. In time, most people tell us that their grief, while still painful, becomes easier to deal with. They are able to carry on with life and even enjoy things, while still remembering the person they have lost.

There are some things that can help. Not everything helps everyone and you may have to spend some time trying different things before you know what works for you.

Talk to someone

Talking about your feelings really helps.

- Friends and family are a good place to start. It can be difficult but choose someone you trust and ask if you can talk about how you are feeling. You may also like to share memories of the person who has died.
- You may be able to talk to your GP, community organisations, or a faith leader. You may need to ask an English speaker to help you access these services in your language or arrange for a translation.
- The Cruse helpline has a translation service (see below). You can talk to us about how you are feeling, how to cope and where to find further help.

Look after yourself

It can be difficult to look after yourself, especially if you feel hopeless or if you have caring responsibilities and are used to putting other people first. But you cannot heal or help others unless you look after yourself first.

- Sticking to a routine of eating, sleeping and getting some exercise can help.
- Try to rest and go to bed and get up at regular times, even if sleeping is difficult.

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- Grief affects the appetite and digestion but eating healthy foods at regular times can help.
- Exercise can lift your mood. Don't try to start an ambitious exercise programme, but try and think of something active that you might enjoy. Even a short walk each day can really help.
- Be careful if you use alcohol or other drugs. It's important to remember that these things won't take the pain away.

Remember the person who has died

When someone dies our relationship with them does not die. Remembering the person, perhaps in happier times, is a way of maintaining a bond with them. Some of the following suggestions may help.

- Look at photos or old film.
- Make a memory box containing things which remind you of them.
- Plant a tree or dedicate a bench in their name.
- Make something out of their old clothing or possessions.
- Visit somewhere that was special to them, or look at pictures of it.
- Write them a letter.
- Make their favourite food.
- Watch their favourite film or read a book they liked.
- Make a playlist of their favourite music.
- Get together to share stories and favourite memories with other people.

Keep a grief journal

Many people find writing is a good way to cope with feelings.

Writing is a form of thinking out loud. It can help you work through things, and identify patterns of thought. If you find yourself obsessively thinking over the same memory, writing it down helps to get it out of your head.

Keeping a diary can also help to record happy memories. Doing this will allow you to feel closer to the person who died. If you're also worried about forgetting your memory of them, keeping a record can be really comforting.

A journal also gives you something to look back on. Grieving can be a long journey and when we're in the middle of it, it can be hard to see that things are changing. When you can look back at how you weeks or months ago, you will see just how much your situation has changed over time.

How long you keep a diary or journal is totally up to you. Some people find it so helpful it becomes part of their life, as an ongoing support and record of their lives. Others may find

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they only need this particular tool for a short time, or as something to come back to in difficult times.

Other creative activities

If you don't like writing, other creative activities can help – anything which helps you express your feelings or remember the person who has died.

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.
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