

# Feeling Sad

Feeling sad or unhappy is normal when something goes wrong or you lose someone. These feelings often go away with time and you feel better.

If these feelings are severe or affect your everyday life for more than 2 weeks, see your doctor. Treatment can help.

## Signs

- Lose interest in things that you enjoy
- Feel restless
- Sleep too much or are not able to sleep
- Feel tired all the time or lack energy
- Gain or lose weight
- Lose your appetite
- Have a hard time concentrating or remembering
- Feel hopeless, guilty, worthless, or helpless
- Have headaches, stomach aches, bowel problems, or pain that does not get better with treatment

If you have any of these signs for more than 2 weeks or you are thinking of harming yourself or others, see your doctor. You may have depression.

## Your Care

The first step to feeling better is talking to someone who can help you. This might be a doctor or a counselor. Your care may include medicine and counseling. Here are things you can do that can help:

- Eat a healthy diet and avoid junk food.
- Drink plenty of water.
- Avoid alcohol and street drugs.
- Try to get 7-8 hours of sleep each night.

# Dareemidda Murugo

In la murogodo ama aan la faraxsanayn waa iska caadi marka ay wax qaldamaan ama uu qof kaa dhinto. Dareennadaan waxay badanaa la tagaan waqtiga waadna ka soo fiicnaanaysaa.

Haddii dareennadaan ay aad u daran yihiin ama ay saameynayaan nolol maalmeedkaaga in ka badan 2 toddobaad, takhtarkaaga u tag. Daaweyn ayaa ku caawin karta.

## Calaamadaha

- Xiisaha aad u hayso waxyaabaha aad ku raaxaysato oo kaa luma
- In aad dareento degganaansho la'aan
- In aad in badan huruddo ama aad hurdi weydo
- In aad dareento in aad mar walba daallan tahay ama tamar la'aan
- In aad cayisho ama caatowdo
- Rabitaanka cuntadu kaa lumo
- Ay kugu adkaato u kuurgeliddu ama xusuustu
- Aad dareento rajo la'aan, denbiilennimo, wax laguma-fale ama ciirsi-laawe
- Uu madaxu ku xanuuno, calooshu ku xanuunto, dhibaato xagga saxarada ah, ama xanuun aan ka soo raynayn marka la daaweeyo

Haddii aad qabtid mid ka mid ah calaamadahaan wax ka badan 2 toddobaad ama aad ka fekereyso inaad naftaada wax yeesho ama kuwo kale, takhtarkaaga u tag. Waxaa laga yaabaa in buufis ama diiqo ku hayso.

## Daryeelkaaga

Tallaabada ugu horreysa ee lagu soo bogsoonayo waa in aad la hadasho qof ku caawin kara. Kaasu waxaa laga yaabaa inuu yahay takhtarka ama la taliye. Daryeelkaaga waxaa laga yaabaa in ay ku jiraan daawo iyo la talin. Halkaan waxaa ah waxyaabo aad sameyn karto oo ku caawin kara:

- Cun cunto caafimaad leh kana fogow cuntooyinka qashinka ah.
- Biyo fara badan cab.
- Ka fogow aalkolo iyo mukhaadaraadka waddooyinka.
- Isku day inaad hesho 7-8 saacadood oo hurdo ah habeen kasta.

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- Stay active, even if you do not feel like it.
- Plan activities for the day.
- Set a small goal each day that you can do, such as do a small task or take a walk.
- Avoid stress if possible.
- Avoid being alone.
- Join a support group.
- Talk to clergy or spiritual leaders.
- Pray or meditate.
- Share your feelings with family or friends.
- Write down your thoughts and feelings.
- Let your family and friends help you.

### **Family and friends can help.**

Helping someone get treatment is important. Your loved one may not have the energy or desire to ask for help. Ways to help:

- Offer to go to the doctor with your loved one. You can ask questions and write down notes.
- Invite the person to go for walks or outings. Do not be discouraged if he or she says no. Continue asking, but do not push.
- Give emotional support through talking and careful listening. Do not ignore feelings, but point out realities and offer hope.
- Offer reassurance that with time he or she will feel better.
- **Do not ignore** words or actions that show the person thinks life is worthless. **Do not ignore** words or actions about hurting others. Seek help **right away** at a hospital emergency department.

**Talk to your doctor if you think you or a loved one has feelings of sadness that last for more than 2 weeks.**

- Fir-fircoonow, xataa haddii aadan dareensaneyn sidaas.
- Qorsheyso hawlo maalmeed.
- Maalin walba bartilmaameed aad sameyn karayso u sameyso, sida hawl yar ama socod gaaban.
- Ka fogow diiqadda haddii ay suuragal tahay.
- Ka fogow in aad keligaa noqoto.
- Ku biir koox taageero.
- La hadal sheekh ama hoggaamiye diineed.
- Tuko ama ictikaaf.
- Dareennadaada la qaybso qoyska ama saaxiibbada.
- Qor fekerkaaga iyo dareenkaaga.
- Qoyskaaga iyo saaxiibbadaaduba ha ku caawiyaan.

### **Qoyska iyo saaxiibbaduba way ku caawin karaan.**

Ku caawinta qof inuu helo daaweyn waa muhiim. Qofka ku jecel waxaa laga yaabaa inuusan kuu haynin tamar ama rabitaan uu caawino kugu weydiisto. Siyaabaha la isu caawino:

- U bandhigidda qofka aad jeceshahay in uu takhtarka aado. Waad weydiin kartaa su'aalo qoraal baadna ka qori kartaa.
- Qofka ku martiqaad inuu aado socod ama dibedda u baxo. Niyadda ha ka jebin haddii uu asagu ama ayadu ay yiraahdaan maya. Sii wad inaad weydiiso, laakiin ku curjin.
- Sii taageero dhimir ahaaneed adigoo la hadlaya isla markaana si taxaddar leh u dhegeysanaya. Ha is illowsiin dareennada, laakiin u tilmaan xaqqiyooyinka ugana deeq rajo.
- Ugu deeq u xaqqijinta in asagu ama ayadu waqti ka dib ay ka soo rayn doonaan.
- **Ha is illowsiin** ereyada ama ficillada muujinaya in qofku uu ku fekerayo ineysan noloshu waxba ugu fadhiyin. **Ha is illowsiin** ereyada ama ficillada ku saabsan dhaawicidda kuwa kale. Isla markiiba caawino ka raadso waaxda gargaarka degdegga ah ee isbitaalka.

### **La hadal takhtarkaaga haddii ay kula tahay in adiga ama qof aad jeceshahay uu qabo dareenka murugada oo soconaya in ka badan 2 toddobaad.**

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