

# Ubuzima bwo Mumutwe: Ese Nkeneye Ubufasha?

Icyamba mbere, uburyo ibimenyetso byawe by'ivangamira n'ubuzima bwawe bwa buri muni



## KEse mfite ibimenyetso bidakomeye bimaze muni y'ibyumweru 2?

- Kumva utishimye
- Gusinzira bigoranye
- Kumva utishimye, ariko ugishoboye gukora akazi, imirimo y'ishuri, cyangwa imirimo yo mu rugo
- Kumva umerewe nabi, ariko ugishoboye kwiyitaho wowe cyangwa wita kubandi

## Niba aribyo, dore ibikorwa bimwe byo kwiyitaho bishobora gufasha



- Imyitozo ngororamubiri (urugero, kwigorora, yoga)
- Kurya neza
- Kugira uruhare mukuvugana n'abandi (muburyo bw'iyakure cyangwa imbona nkubone)
- Kuganira n'inshuti yizewe cyangwa umwe mu bagize umuryango
- Kubona ibitotsi bihagije kandi kugihe
- Kwimenyereza gutekereza, kuruhuka, no kuzirikana

Niba ibimenyetso byavuzwe haruguru bitoroha cyangwa bisa nkaho bikabije nubwo hashyizweho ingufu zo kwiyitaho, vugana n'ushinzwe ubuzima.



## NEse mfite ibimenyetso birengeje ibyumweru 2 cyangwa Birenga?

- Kugorwa no gusinzira
- Kugorgutinda kubintu
- Kudashaka ibyokurya bivamo guhindagurika kw'ibiro
- Kudashishikazwa n'ibintu bisanzwe bigushishikaza
- Kugorwa no kubyuka mugitondo kubera uburakari
- Kudashobora gukora imirimo isanzwe ya buri muni n'izindi nshingano
- Ibitekerezo by'urupfu cyangwa kwigirira nabi

## Shakisha ubufasha bw'abanyamwaga:



- Kuvurwa mu mutwe (ibiganiro bivura) — ukoresheje iyakure cyangwa amaso kumaso; umuntu ku giti cye, itsinda, cyangwa umuryango
- Imiti
- Imivurire yo gukangura imyakura y'ubwonko

Kubufasha bwo gushakisha kwivuza, gusura [nimh.nih.gov/findhelp](https://www.nimh.nih.gov/findhelp).

Niba uri mubibazo, hamagara cyangwa wandike 988 hamagara umurongo wo kwiyahura n'ibyago kuri 988 cyangwa uganire kuri [988lifeline.org](https://988lifeline.org), cyangwa wandikire umurongo w'abari mubyago (andika MURAHU kuri 741741).



**NIH** National Institute of Mental Health

[www.nimh.nih.gov](https://www.nimh.nih.gov)

Kurikira NIMH kumbuga kuri @NIMHgov

