



Inama zo Kuvugana nuwashinzwe ubuzima Kubuzima bwawe bwo mumutwe

NATIONAL INSTITUTE of MENTAL HEALTH

Ntutegereze abashinzwe ubuzima ko bakubaza ubuzima bwawe bwo mumutwe. Tangira ikiganiro. Hano hari inama eshanu zagufasha gutegura no kukuyobora mugihe muganira n'ushinzwe ubuzima kubyerekeye ubuzima bwawe bwo mumutwe no kubibyaza umusaruro gusura kwawe

1. Vugana n'ushinzwe ubuvuzi bw'ibanze.



Niba utazi aho wahera ushaka ubufasha, ushobora gushaka kuzana ibibazo by'ubuzima bwo mumutwe mugihe wahanye gahunda n'Ushinzwe Ubuvuzi bw'ibanze (**PCP**). PCP ni umuntu ushinzwe ubuvuzi busanzwe bw'ibibazo rusange, kandi uyu muntu akenshi ni umuganga. Ariko, PCP ashobora kugirira umufasha w'umuganga cyangwa umuforomo.

Ubuzima bwo mu mutwe ni igice cy'ingenzi cy'ubuzima, kandi abantu bafite ibibazo byo mumutwe bashobora **mu kaga k'ibindi bibazo by'ubuvuzi**, nk'indwara z'umutima cyangwa diyabete. Mubice byinshi by'ubuvuzi bwibanze, ushobora kubazwa niba wumva uhangayitse cyangwa wihebye, cyangwa niba ufite ibitekerezo byo kwiyahura. Nubwo PCP wawe atakubajije mbere, fata umwanya wo kuvugana na PCP wawe, ninde ushobora kugufasha kukoherereza inzobere mubuzima bwo mumutwe. Ushobora kandi gusura **NIMH Shakisha ubufasha bw' Indwara zo mumutwe** kugirango rugufashe kubona umuvuzi cyangwa ubuvuzi.

2. Witegure mbere y'uruzinduko rwawe.



Abatanga ubuvuzi bafite igihe gito kuri buri gahunda, bishobora rero kuba byiza utekereje kubibazo byawe cyangwa impungenge zawe mbere y'igihe.

- **Tegura ibibazo byawe.** Kora urutonde rw'ibyho ushaka kuganira n'ibibazo cyangwa ibiguteye impungenge. Iru **urupapuro rwa mudaso** rushobora kugufasha gutegura ibibazo byawe cyangwa impungenge zawe.
- **Tegura urutonde rw'imiti yawe.** Ni ngombwa kubwira abashinzwe ubuzima kubijyanye n'imiti yose urigufata, harimo imiti isanzwe, imiti y'ibyatsi, vitamine, hamwe ninyongera. Uru **rupapuro rw'akazi** rushobora kugufasha gukurikirana imiti yawe.
- **Suzuma amateka y'umuryango wawe.** Indwara zimwe na zimwe zo mu mutwe zikunze kuba karande mu miryango kandi kugira umuvandimwe ufite ikibazo cyo mu mutwe bishobora gusobanura ko ufite ibyago byinshi. Kumenya **amateka y'ubuzima bwo mu mutwe** bishobora kugufasha kumenya ibyago ufite byo kurwara indwara zimwe na zimwe. Bishobora kandi gufasha utanga serivisi z'ubuzima kukugira inama zo kugabanya ibyago byawe kandi bikagufasha wowe n'umuganga wawe gushaka ibimenyetso biburira hakiri kare.

3. Tekereza kuzana inshuti cyangwa umuvandimwe.



Bishobora kugorana gufata amakuru yose abashinzwe ubuzima bakubwira, cyane cyane iyo utameze neza. Rimwe na rimwe, ni byiza kuzana inshuti magara cyangwa umuvandimwe kuri gahunda yawe. Mugenzi ashobora kuba ahari kugirango agufashe, agufashe kwandika, kandi akibuka ibyo wowe n'ushinzwe ubuzima mwaganiriye. Bashobora kandi gutanga ibitekerezo kushinzwe ubuzima bijyanye nuko wiyumva. Abantu bamwe bakunda kugira inshuti cyangwa umuvandimwe wo mumuryango mugihe cyose bafite gahunda, mugihe abandi bahitamo kubanza guhura bonyine n'abashinzwe ubuzima hanyuma bakagira inshuti cyangwa umuvandimwe wizewe bifatanya nabo mugihe ibyifuzo byo kwivuza byaganiriweho.

4. Ba inyangamugayo.



Umuganga wawe wita kubuzima ashobora kugufasha gukira gusa mugihe uganira wisanzuye kandi harimo ubunyangamugayo. Ni ngombwa kwibuka ko ibiganiro hagati yawe n'ushinzwe ubuzima ari ibanga kandi ntibishobora guhabwa undi muntu wese utabibyemeye. Sobanura ibimenyetso byawe byose kushinzwe ubuzima kandi ugaragaze neza igihe byatangiriye, nuko urembye, ninshuro bibaho. Ugomba kandi no kumubwira ibibazo byose by'ingenzi cyangwa impinduka z'ubuzima za vuba zishobora kugutera cyangwa kongera ibimenyetso byawe.

Ibimenyetso by'indwara zo mumutwe zishobora kugaragazwa:

- Guhora ubabaye, uhangayitse, cyangwa "kumva ntakintu utekereza"
- Ibyiyumviro byo kwiheba cyangwa kwikunda
- Kurakara ubusa
- Guhora wishinja icyaha, kumva ntagaciro ufite, cyangwa kumva ntawagufasha
- Gutakaza imuhate cyangwa kwishimira ibyo akunda n'ibikorwa
- Kugabanuka kwingufu cyangwa umunaniro
- Kugenda cyangwa kuvuga buhoro
- Kumva udatuje cyangwa ufite ikibazo cyo kuguma hamwe
- Kutita kukintu kimwe, kwibuka, cyangwa gufata ibyemezo
- Kogorwa no gusinzira, kubyuka kare mugitondo, cyangwa gusinzira cyane
- Kugira ubushake bwo kurya cyangwa guhindura ibiro (cyangwa byombi)
- Ibitekerezo by'urupfu cyangwa kwiyahura, cyangwa kugerageza kwiyahura
- Kubabara cyangwa, kubabara umutwe, kugugara, cyangwa ibibazo byigogora nta mpamvu ifatika igaragara yabiteye kandi / cyangwa bidakira n'ubwo wavurwa.

5. Baza ibibazo.



Niba ufite ibibazo cyangwa impungenge, baza ushinze ubuzima kubindi bisobanuro bijyanye no gusuzuma indwara zo mu mutwe cyangwa kuvurwa. Niba ukuvura atanze igitekerezo cyuburyo bwo kuvurwa butakoroheye cyangwa umenyereye, garagaza impungenge zawe hanyuma ubaze niba hari ubundi buryo. Ushobora guhitamo kugerageza hamwe imiti kandi washaka kubona ikindi gitekerezo kubashinzwe ubuzima butandukanye. Ni ngombwa kwibuka ko nta buvuzi "bumwe-bwuzuye". Kugirango ubone bumwe bukubereye, ushobora gukenera kuvugana n'abandi bashinzwe ubuzima kugirango ubone umuntu wishimiye kandi ugerageze kuvurwa bitandukanye cyangwa uhuze imiti.

