

Damuwa Game da cutarCOVID-19?

Mataki da za sutaimakayayinfama

53% =

Adadin manya a Amarka wadanda suka ba da rahoton cewa an sami illa ga lafiyar hankalinsu saboda damuwa da game da kwayar cutar corona (Kaiser Family Foundation, Yuli 2020).

"Yana sa gajiya... a hankali, da motsin rai da kuma a zahiri. Ya zama ruwan dare. watanni ukunafarko sun iyakance. Kowa ya yi fushi da kyama. Yanzu ayianfani daabunrufefuska. "

Sashin Kasuwancin Sashi, Amurka

"mutane da yawa suna kira [rashin lafiya], muna da farancin ma'aikata koyaushe. Abokan cinikaiya suna zama cikinbacin rai, a wani lokacin tashin hankali idan aka nemi su sanya abin rufe fuska... Ban samiishenshenbarci mai kyau naisawon watanni. "

Ma'aikacin Gidan Kantin Abinci, a Amarka



Mai zan iya yi?

Nemomatsalar:

Tambayi Kanka: “Menene matsalar?”

Misali: 'Bana sake wasosaisabodasharuda da aka gindayaakanciwonCOVID 19 a wurinaiki.”

Yi tunaninmafitaguda uku:

Tambayi Kanka

: “Wadanne hanyoyi guda ukuya dace don matsalata da nake iko a kan su?”

Misali: “1) koyaushe zan iya sanya abin rufe fuska na kuma kawo kayankariya, koda wasu ba su sa ba; 2) Zan iya giyawa abokan aikina su sanya kayankariyana su; 3) Zan iya giyawashugabanaiki game da inganta matakan tsaro.”

Zabimafita:

TambayiKanka: “Daga cikin wadannan mafita guda uku, wanne ne mafi inganci?”

Misali: ‘Zan giyawaabokanaikinasusanyakayankariyansu.”

Gwada shi! Shin ya taimaka?

TambayiKanka: “mafitanyataimaka?”



EEH

**Kayifarincik
i kuma ci
gaba!**



A'A

**Yana da kyau!
Gwada wata
mafitar**

