

Nafas



Magadama

Anina lo bedena nashohor be galeg aw zehel, aw ma martah, nafastana wahid min ajat elbageiru. Owa daiman bekun sirieh, wa bekun setieh ketiir wa salamto bekun agela. De basel lanu owa rad le itlak muad kimiahiya fi jisimtana elbajaisu anina asan eltahdid. Eltageir fi nafastana owa ishara le muoktana inu fi aja golot. Lo yirifna eltageir fi nafasta, wa barifiin inu fi tahdid gaid, wa bamulu tageir adiya fi mahadel wa ameg ta nafastana, anina mumkin nagul le muoktana wa jisimtana inu anina fi salama, el bakali nazamtana kulu asan bekun tamam. De isimto tanzim.

Elnuoh ta nafas eldeyif de isimto tanafas elbatuni aw eltanafas ta kersha. Owa basamu kide asan owa beistakdamu adalat tamatad bene ratina wa batuntana, wa de besaidu fi tosieh wa tagalas ratina wa irsal ta rasala le muoktana asan asam bamulu jisimtana tamam. Eltanafas be terika de, owa besid wa lakin de tamrin gawi le saha ta jisimtana wa agiltana.

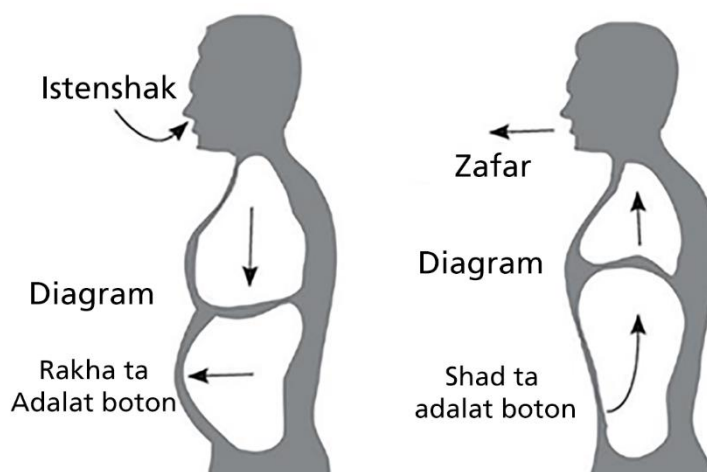
Eltanafas be terika de, owa besid wa lakin de tamrin gawi le saha ta jisimtana wa agiltana.



Turuk

<p>Katuoh 1: Fatisu makan martah elbakali sudurtaki beshour be iftitah wa adom ingibat</p>	<p>De mumkin yakun waguf be kureentaki be masafa min kulu kureen, katafeen masha le wara wa yiedentaki be shakil murieh jambek. De mumkin bekun guad murieh be kureentaki fi wata wa dahartaki badamu be kursi. De Kaman mumkin bekun numu tehed be jisimtaki ala sata masata wa rijleentaki manaza, kureentakimasata fi wata. Abda be irif ta jisimtaki, belakas ay mahal indutawatar, Kaman kulu mahalat elbabesh bene jisimtaki wa wata.</p>
<p>Katuoh 2: Kutu yiedtaki wahid barah fi butuntaki wa yiedtaki wahid bara fi sudurtaki</p>	<p>Asi kutu intibahtaki le nfastaki Lahaz elsura ta nafastaki. Seyi elyiedtaki elfi sudurtaki mashi fuok wa tehed lo nafasta? Seyi elyied elfi butuntaki mashi? Ketiiir min elnas fi marahala de beligu elyied elfi sudurtomen mashi akter min elyied elfi butuntomen, wa nafastomen sireih nasbiyen.</p>
<p>Katuoh 3: Asi rakis asan bejibu ketiir min nafastaki le butuntaki</p>	<p>Istahag basalam gader elimkan Istahag be nakarataki was hour el-awa elmashi tehet le butuntaki asan yiedtaki begom asna butuntaki tala. Sufu elrasam ta biani eltehet. Mumkin inta bekeil kanu butuntaki zeii owa balloon bamla be awa lo beishtahag Lo mala, kali butuntaki yanasar asna inta banfas bara barah lo bekder, le tafrika min elawa. Inta mumkin tektar ishtag be nakartaki aw kasumtaki Wagif, wa ishtag tani, jibu awa kulu teriek tehet le butuntaki. Mimkin inta talahaz inu inta begder ishtag be zamen tawil, jibu awaketiir le jisimtaki. Be rakam inu zamen inta awaltu eltadrib elawel, mumkin besgour sahab wa murtah aba lanu adalattaki mashin beterika jedid, wa anina mumkin nakunu ma matawadin be mashi besit wa istirka, lakin ma kul nafas bekun indu shour tabieyi wa sahil. Inta lazim talahaz inu be nuod ta nafas de, elyiedeen elfi butuntaki mashi akter</p>

	min yied elfi sudurtaki. Inta mumkin talahaz nafastaki mashi tehet bara lo biga tahmok.
Katuoh 4: Wasil elnafas zeï de be agela kamsa nafas	Lahaz keif inta beshour bad inta marasu tamrin ta nafas.
Awil tamaras tamrin ta nafas be agela kamsa nafas, talata sahat be yom.	



Nasahi

Bagi nas ligu de muheim le:

- ✓ **asim rastomen** asna omen shaigu wa zafiru. Elisab ta ishaig am be arba, wa zafir be arba, wagif be itenen.
- ✓ **keil be maseles** asna omen benafasu, wa ishaig tomen bakalim yamshu fuok beterika wahid min elmaseles. elzafirtomen bakalim yamshi le tija eltani, wa wagif elshuoya bene nafas owa tehet ta maseles.
- ✓ Keil inu omen beishtaigu kanu omen banafasunur abiet baritt, wa omen beishtaigu, omen benafasu bara dalam sukun wa tegil.

Elnafas wa tahab Anina lo wagana tahab, banamil be nafastana, elaslen mumkin yazid elhasas ta tahab asna shadedna eladalat awla elmakan. Eltarkiz awla nafastana mumkin yasaidu fi mashi fi hetimam ta muktana min eltahab wa besaidu elmakan eltaban yakunu indu istirka, begalil ehsas ta tahab. Inta mumkin tekeil kanu gatanafas be ehtimam wa sukun le elmakan ta jisimtaki daeru wa ishtaig eltahab wa tawatar.



Maraj awa giraya ketiir

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2. <https://www.health.harvard.edu/lung-health-and-disease/learning-diaphragmatic-breathing>
3. https://uhs.berkeley.edu/sites/default/files/breathing_exercises_0.pdf