

Tajanab wa tarkiz matamata



Magadama

Gudra elmuheim elmumkin yakun farida le insan de yawu gudra asan yafakir afkartana. Algudra elkueis de bedina bagi aduat gawi ta idara elmumkin narudubow lo indada nafsiat aw kibra ta tahab, beshmil sukoltana.

Wahid min aduat del owa gudra berifubow de yatu juanab alamtana elbeligu ehtimam ketiir minana, wa yatu juanabanina banadiw ehtimam besit. Zakar inu alamtana beshmil alamtan elkarji (elbieh, nas, izahaj wa ajat tani awala na) wa alamtana eldakali (elshour elfi jisimtana, afkartana wa shourtana) Seyi anina rakizu fi ajat fi alamtana (eliteneed kariji wa dakeli) de beshajana wa bejadidna? Aw anina narakiz fi ajat elbazidu le ozuntana wa tahbtana?



Mulahza

Eltajamad wa tarkiz ta tajamad de ma nafsa inkar wa tajanab. Elinkar de zamen anina masalna inu masakat kator ma muheim wa ma tamulu ay aja ashan omen. Eltajanab de zamen anina fashalu asan yahel elmasakalt elkator lanu anina kaifiin min elsurah, nashour belisraj wa asbab taniin. Eltajamad wa tarkiz ta tajamad de ma tajanab aw inkar ta masakat tana.

eltajamad elmahmad manatu inu anina nagazna betajanab elgima ta ehtimam alanine banadiuw leajat ma muheima elbazidu nafsiat wa ozon le ayatana ta sukol. Rakiz de zamen amuolu takid inu anina benadi ehtimam le ajat ta ayatana elbakalina nakunu tamam be sukol wa ayatana. Eltehed del de anuah min aduat elinta bemasasu asan besaidu inta bekun indu waya keif inta bewajahu ehtimamtaki, wa keif begeir betajanab elbarakiz le ziada ta radak ta tahtaf, wa benagiz elkator ta irhak, sadma darja tani, wa dek ta aklak.

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“Iklak ” wa “Fata”

Nas ketiriin elbasakalu fi sukol indu nafsiat wa bajibu le omen fi lasak ma tahbanin beligu muehim inu yajaizu nafusum agliyen gable omen dakalu le mahalt ta sukoltomen. Bad marat de isimto “iklak” lanu beshmil nagsa ta agliya eldaif le alam. Asan “iklak” be tajanabgable dakalu le sukol, bekunu fi masafa sahab aw sukol, mumkin tastafid min zamentaki **afkar, sura, wa fael**.



fikara

- Mumkin inta induabara elinta be idu le nafsutaki fi muoktaki (afkar)



Sura

- Inta mumming takun indu sura shailu be muoktaki(sura)



fael

- Mumkin bekun fi afahal elinta beistakdam betajanab asan bejaizu nafsutaki le sukol gawi elfi yiedtaki.

Kulu zol beistakdamu afkar maktalifa, sour wa afahal wafgale ashkas, ehtigagadat wa sagafa. Amulu tajriba ta afkar baktalif ata inta ligu aja elbasakal le inta. Diaya ta yom de muheim inu inta beistakdam nafsa injra le "Fatah" tani.

Silu misal ta Lela, elowa mamaraida ta adum elbasakal ma iyhal sukeiriin. De sahab shedid lo sufu iyhal sukeiriin tabahnin be tahab wa ma mebshi,wa owa barifu inu elshaida le tahab tomen yomi mumkin yakun indu natija kahab le ayatu. Owa beistakdam elmufta be gasid asan besaidu be yom(iklak). Gable owa ma dakalu le wahid be hiada tahil elowa sakalfiw, owa bawagif be degiga wa bamulu talata ajat,

1. Owa bekarar nafsuf "ana indu guwa ze i bahr alja min allah." (afkar).
2. Owa bekfil oyuntow asan besufu bahar amulu be dahab, Malian be taga, aja sahil ze i asel nahal (sura).
3. Owa alak shara kebir be ibtisam le odumto (fael). De bakali iyahal sukeiriin yabtasamu, lakin Kaman bazakar owa inu owa bebda elsukol.

Asna Lela sakal fi ajat del, owa barakiz fi shour ta haduoh wa kafah wa elistirka eljaya min lahza adiya gable elsukol bada. Zamen owa yakun indu furus be nahar be fusah sukeir owa beistakdam afkar wa sura betajanab asan yajadid tarkiztowl le guwa wa marowna eldakali.

Zamen Lela kalasu sukol, owa beistakdam muftah tani asan yafta tani gable owa ma mashi elbeit le rajiltow wa iyhaltow (iklak). Tani, owa beistakdam, afkar, sour wa afahal asan begeiru tarkiztow betjanab.

1. Owa bakarar le nafsu"ana insan bazader fi alaka jAMIL." (afkar).
2. Owa bekfil oyuntow wa besufu zuhor jAMIL banamu fi motora sukun wa leyen. (sura).
3. Owa tagla sharatow elkabir be ibtisam, de ishara le nafsu inu owa kalis be sukoltow ta yom. (fael)

Asna Lela bamulu de, owa bekali nafsu yashour be tahab elkan bana nafsu be yom wa besufu gidam asan yarja le osratow.



Muhza

De muheim inu yakun fi iteneen mufti daiman. Mafi zol "biftawu" aw "begafilu" kulu zamen. Anina daeriin zamen asan narakaz le itiajat dakeli elbakali nafustana yamululow gizha min elnas gaidin awlana, wa fi zamen lo anina fi sukol wa daeriin narakiz le itiajat ta taniin. Elkibra asan yadir belgasid elmufta bene turuk eliteneen del ta tafahal ma alam. Zei kulu kibrat, de besilu mamarasa..

"Tawil bara" wa "Tawil juwa"

Elmuok ta insan amulu asan yarakiz le ajat makueis ta biehtana. Asan kide elasasat elmakueis del daiman ishara le katar wa anina daeriin namulu isabtana asan bekunu fi salama. De sah inu fi asasat ketiir makueis fi mahalat ta sukoltana elmahindu isharat ta katar, omen bas sabitiin be zahal elmakueis – zhal min izhaj, riaha ma kueis, nur bewala shediid, muzehj ta jera ta dahar. Elajat elmakueis del fi bieh ta sukoltana bezidu nafsiat ketiir le yom tana wa belasif muoktana lisu bedim ziada intibah. Be natija inu, elzahl elsukeiriin del mumkin yasilu zamen ketiir fi kibratana le alam akter min omen yastehegu.

Elmuheim, asan guwatana elkas le fikra ta afkartana, de mumkin bamulu nafustana indu marifa la ajat del asan anina nageirum. Asan bamulu de, jarab elkatuat del:



Amulu gaima ta asasat elmakueis fi bieħ ta sukoltaki wa zifu le nafsiattaki elyomi



Mumkin yakun fi aja fi gaima deelinta basalu, wa fi ala de amulu wa shatufom bara min elgaima



Lakin bekun fi ajat inta mabegder tageiru, bas intebeh zamen wahid ta jat elbazeħel lo besilu intibaħtaki wa bizu nafsiattaki



Inta lo laħazta indu de basel, kalik fi sukol begasid asan tarkiz ta intibah yakunu behid min asasat elmakueis (tadbit bara) wa le aja el-limu be shour kueis.(tadbit dakeli)



Asna inta bemasu de inta beligu inu inta mumkin besilu ketiir min elsaytara le ajat ta nafsiat fi bieħ ta sukoltaki.



Mulahza

Kalik matakıt inu ita ma dusu bara abaden tazirattana kasaten min maraga ta saħa.



Maraj awa giraya ketiir

1. Distraction and Humor in Stress Reduction [Saraf ta intiba wa fakah fi tanzil ta nafsiat]
https://www.gulfbend.org/poc/view_doc.php?type=doc&id=15671
2. How to Reframe Situations So They Create Less Stress [Keif inta bamulu siaka muagaf ta bas tagalek be dugut sukeir]
<https://www.verywellmind.com/cognitive-reframing-for-stress-management-3144872>
3. Improve Your Life by Paying Attention [Tahsin ayataki min kilal el-ehitimam]
<https://fs.blog/2013/10/improve-your-life-by-paying-attention/>
4. Quick Stress Relief [Takfiz ta nafsiat be sura]
<https://www.helpguide.org/articles/stress/quick-stress-relief.htm>
5. Why Attention Matters for Stress Management & How to Train it [Le el-ehitimam muheim le idara ta nafsiat wa keif badarabu]
<https://www.stressresilientmind.co.uk/articles/why-attention-focus-key-for-stress-management>