

Tagnihat ta wata



Magadama

Eltahrid de majmuoh ta istaratijiya elmafida elmumkin beistakdamu zamen anina shourna be tahab aw nafsiat. Eltahrid besaidu fi ta muok wa jisim, nejibek le asi wa inta bekun indu kibra ta sakan ta salama wa mashi bara min arad ta dek. Eldek wa galag elinta beshouru mumkin de natija ta zikiariat kahaba min kibra ta elsadma(elsadma darja tani) aw belbasid bekun makasif wa atifa ta tahdi. Eltahrid de tarika faeli le inta asan bsamud inta,ligu tani asas ta seitara, wa tahsen gudurataki asan tesama elshourat elma-martaha.

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Mulahza

Eltahrid owa tagania sukeir asan badiru madaiga wa ligu tani saitara ta nafsu f mahal de wa asi lo shourta be tahab aw galag. De ma bedil kalis le ilaj elmumkin baliju bagi masakalat elmumkin bejibu shour yakunu indu galag aw tahab.



Talimatat ta tanzil ama

Eladaf ta tahrid de asan yasamut wa shourtaki be samt ta jisimtaki lo inta indu nafsiat. Dorbe masel, keil kanu de yom indiuhasaf wa elsiahab tgila wa indu rahad. Makauftana mumkin beshour zeid de. Mumkin omen beshouru zeid siahab tagila awala anina. Elwata besaidu elsiahab asan yakasiru wa elshamish yawala lom. Anina benabda nashour be istagrar wa asfa kalas masha. Bagi guaniin tamshi waram le tahrid del bashmil:



	Wen	Mumkin namaras tahrid fi ay makan
	Wen	Eltahrid mumkin yamulu ay zamen elinta zanadta be tatuf selbi. Mumkin beistakdamu ka tekniki ama le samud asan bejibu le zamen elasi.
	keif	Elnazul mumkin bamulu fi tuoruk ketiir lakin eltarika elmuheim de asan tawilu tarkiz le shour ta kureentaki fi wata, elshour besadu el-alam aw wata aw kursi aw sijaj elinta gaid fiw). De badi tani tojeh le muok wa jisimtaki asan ahla elasi ta salama wa beid min el-isharat wa dek.










Takanie ta tanzil

Libu be kamsa asasat

Eltarika elsail asan mamarasa nazul de dumu kamsa asasat taki.







	Eltanzim	<ul style="list-style-type: none"> Awel, fatisu masaha samud, wa mumkin tagud fiw murtaf Silu nafasat kebiir wa lafaz nafastaki.
	shaif sunu	<ul style="list-style-type: none"> Badu, sufu awalek baraha fi gurfa elinta fiw wa abda lafaz de sunu elmashi awalek. Inta sufu sunu? Lahaz el-aluan, el-ajsam. Agif be zamen besid wa rakiz fi aja elzei kueis le inta zeid alama fi segif, aw jasim elinta iktaru. Adi ajat elfi muoktaki asma asna inta gatshufum wa wasif aluultaki,wa elmahan, wa malamas ta jasimde. Keil kanu inta rasam wa inta daer tarasam eljasim min zakara, sufu le aja de tawali wa awil tasawar kulu kasasiyatow ma madiyatow.

	<ul style="list-style-type: none"> Amshi le jasimtani wa karar eltamrin de bekamsa jasim fi gurfa.
 nafiz	<ul style="list-style-type: none"> Silu nafas tani, baraha wa arik amulu nafas wa rakiz fi nafas elbara baraha wa kalisu kulu elawa elfi ranataki.
 inta sameh sunu	<ul style="list-style-type: none"> Asi rakiz fi elsowt elinta besma. Keil kanu inta fanan wa daer tamulu elasuut del maden le guna. Lahaz lo inta atarafta le sout, kashif keif bamulu sountomen, omen lo tawali nafsa aja, lo omen fi kalfiya aw fi mayasbit kebir. Lahaz elwasif ta sout, makan el-owa jay fiw? Lahaz elagama, elsout wa elzamen elomen zaru aw ma zaru. Asma eliga ta sout, keif omen indu alaga ma kulu wahid, elnuoh ta guna elomen bekunu fi benom, wa yatu masaha ta samud indum bene eliteneen. Amulu de talata degiga, zuru kulu asuat elja le inta.
 Nafas	<ul style="list-style-type: none"> Silu nafas tani, baraha wa arik amulu nafas wa rakiz fi nafas elbara baraha wa kalisu kulu elawa elfi ranataki.
 inta beshour/ belamis be sunnu	<ul style="list-style-type: none"> Rakiz fi اساس elinta indu. Lahaz keif odumtaki beshour fi jisimtaki, lo malabis layen aw atif. Inta lo gaduk, shour be aja amulubow elkursi. Jilittaki walek, lahaz keif el-lamsa jilitaki zeif ekfi kureen, kureentaki, gadumtaki, saigek wa rakik, wa jazahk wa sudurtaki, yiedeentaki, ragabataki, wa rastaki. Lahaz eldarja arara fi gurfa, lo inta beshour be barid ama, lo wahid min jisimtaki sukun aw barid akter min eltaniin. Mumkin tajib aja zeif bataniya aw ayuan ashu aw ay aja tani zeif kubaya. Abishu aja wa shour bemalam, shikil, darja arara wa ratuba. Amulu de talaat marat alalagel, kashif kulu malam wa darja ararat de awlek aw aja elinta iktartu.
 nafas	<ul style="list-style-type: none"> Silu nafas tani, baraha wa arik amulu nafas wa rakiz fi nafas elbara baraha wa kalisu kulu elawa elfi ranataki.
 inta be shumu/dhugu	<ul style="list-style-type: none"> Rakiz fi sham wa dhog Lahaz ay riaha mamiez awlek. Bad marat talahaz inu elguruf indum ratuba aw nashifiin be asas ta shamtaki. Lahaz lo inta biarif shamtaki. Lahaz eldhog fi kusumtaki Silu zamen taki le iktishaf ta sham wa taham, ata lo mahindek fi awel. Inta mumkin tashil aja sukeir ashan takulu, zeif alawa, luban asan imda aw alka (masel, elnahnah) Awel aja jibu elanasar le nakarataki wa shumu. Awil tawasif elsham. Fa kutu fi kusumtaki, kaliw yagot badun ma tamulow imda, lambow be lisanek. Lahaz guamtow, sham, nakah, wa taham fi kusumtaki. Inta mumkin tamdau baraha wa sufu tegeirattow, lo mahindu taham kasaf. Silu zamentaki bamulu de, lo de luban, imdau baraha, lo helu kaliw yazub fi kusumtaki.
 Nafas	<ul style="list-style-type: none"> Akeren, silu nafas kebir wa tala elawa baraha Lahaz inta shourta keif bad eltamrin de. Arak yiedtaki wa katiftaki asan yatalu tawatar, aftar wa akfil kusumtaki asan yatala eltawatar elfiw kamn.

Inta mumkin tamulu eltamrin de wa Kaman batamulu elnashata de. Dorbe masel, inta lo bekaid, mumkin inta bamulu elijara maraha wa sufu keif gazel bekunu keif, elsout, shour wa sham. Silu zamentaki asan talahaz elmashi elinta bamul be ibrahat wa gazel wa intebah le kulu tafasil be wakit min zamentaki, amulu baraha.

Lasik jisim wa muok be nafas

Terika tani le tahrid de tamrin elbalasik jisimtaki wa muoktaki be nafas. Inta mumkin taktar asan begot murtah fi kursi be 20 degiga aw tagif aw elajabek.

 1	<p>Agot (aw agif) be kureentaki eliteneen sabit fi wata. Shour inu kureentaki bamulu lamsa kamil ma wata, asan inta beshour elwata tehed le inta. Keil kanu eljuzur namu min kureentaki le wata wa bamulu inta shour gawi wa gawi</p>
	<p>Tahdil muogaftaki asan inta bekun dukri wa martah Shour be inu elkursi besaidu jisimtaki. Lahaz mahal kureentaki wa dahartaki lamas ma kursi.</p>
	<p>Adi istirka besid le oyuntaki wa kalim yakunu fi elnukta gidamek fi wata.</p>
 2	<p>nafis juwa be nakara wa nafis bara be kusumsilu nafasat beside wa lahaz nafastaki.</p>
 3	<p>Lahaz shaigek wa zafirek Asi le kamsa nafas eljay zamen zafirta, dusu kaehibek le wata, shour ze kureentaki shaolin judur fi wata.</p>
	<p>Silu zamen asan beistarka belkamil asna inta beshour eldaham ta wata wa elkursi.</p>

Bad inta kalasu eltahrid, silu dagaig besit tahbirtow:

- Inta shourta keif zamen bamulu eltamrin de?
- Seyi inta talahaz elziada ta asas ta daham ta wata/ard? Min elkursi?
- Seyi lahazta tegerat fi jisimtaki? Seyi inta barif be asas ta istigrar wa sumud fi jisimtaki?
- Seyi lahazta tegerat fi afkartaki?

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² Icon made by [Freepik](https://www.flaticon.com) from www.flaticon.com

³ Icon made by [Freepik](https://www.flaticon.com) from www.flaticon.com

lahaz



Fi bidaya inta mumkin tashour be galeg lo bamulu eltamrin de, de aja adi wa daiman ma mamarasa bekun sail. Inta lo shourta be galeg, silu nafas kebiir, gul le nafsutaki inu inta bamulu de asan bamulu isabtaki wa bewasilu eltamrin.

Tawsiahat idafiya

- Tahrid de tiknik elbakun tamam be mamarasa tawali asan bamulu zamen le mamarasa le tahrid daiman.
- Elxamen ta tahrid baktalif, igrataru inu yamulu be agela shi 20 dagiga.
- Awil ketiir min eltaganik ata inta ligu wahid elbeshour inu de yawu aja sah le inta
- Inta lo ligu kibrat mumkin tamulu insha ta terika taki
- Begtarawu inu abda elmamarasa ta tahrid tawali bad ma shourta be tahab aw galeg
- Mumkin tamaran barak, aw mumkin tadumu sadik aw zol min osra



Maraj awa giraya ketiir

1. 30 Grounding Techniques to Quiet Distressing Thoughts [30 tagana ta tahrid asan besamud elnafsiyat fi afkar]
<https://www.healthline.com/health/grounding-techniques#mental-techniques>
2. Detaching from Emotional Pain (Grounding) [Elinfasal min tahab ta tahtuf(tahrid)]
http://www.vsias.org/wp-content/uploads/2015/07/DP070115_Kevin-Koffler-Detaching-From-Pain_NoBranding.pdf
3. Grounding Techniques [Tagania ta tahrid]
<https://www.therapistaid.com/worksheets/grounding-techniques.pdf>
4. Grounding exercises [Tamarin ta tahrid]
<https://www.livingwell.org.au/well-being/mental-health/grounding-exercises/>
5. How to Ground Yourself during an Anxiety Attack [Keif inta banazil nafsutaki fi zamen ta ojum galak] / Anxiety Treatment Wisconsin
<https://shermanconsulting.net/grounding-methods-anxiety-attacks/>