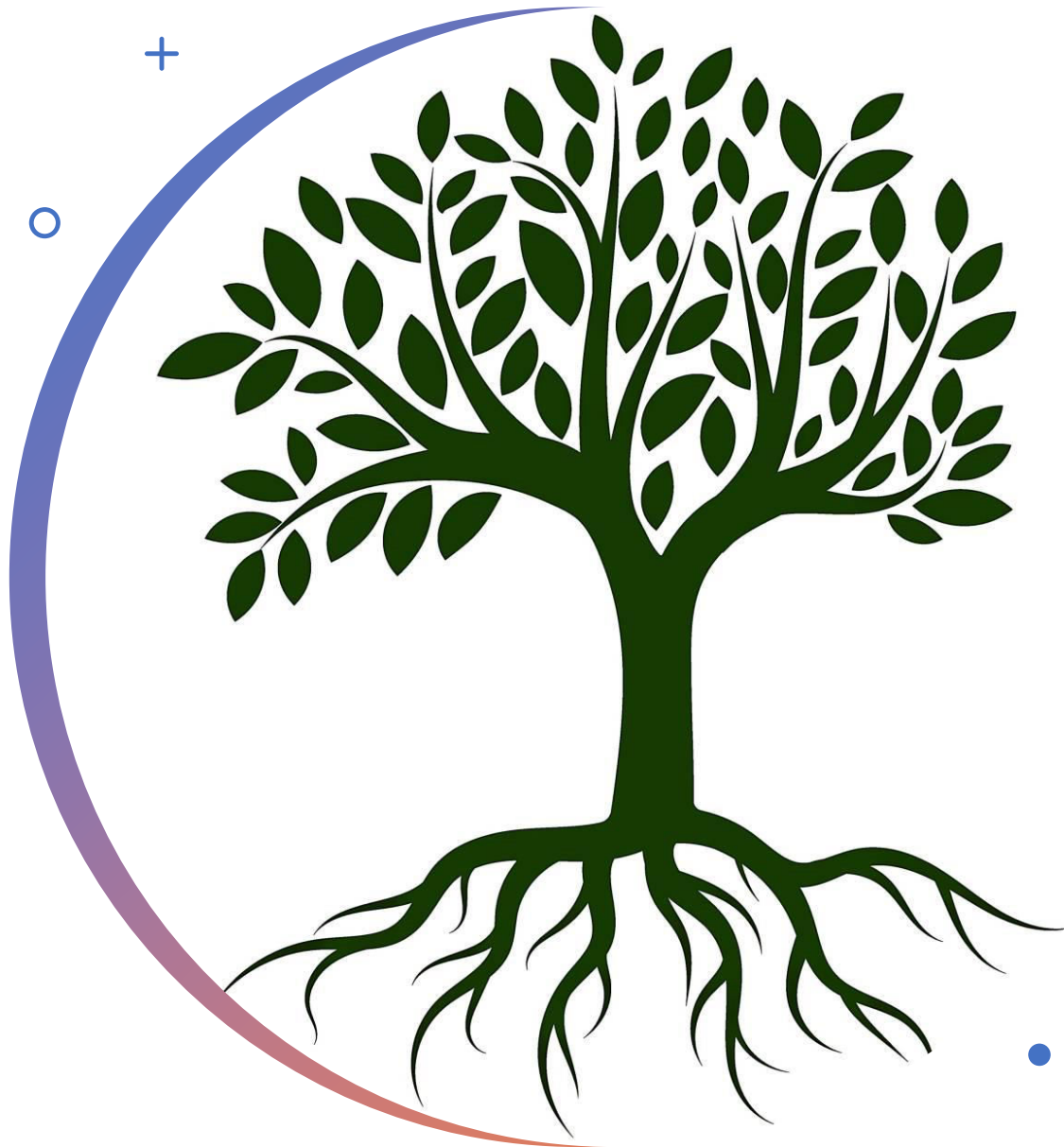


# Kukabiliana na maisha: Uhamiaji, afya na shida tofauti





# YALIYOMO

- Mchakato (prosessen) wa uhamiaji
- Afya na mtindo wa (njia ya) maisha
- Afya ya kimwili na kiakili
- Maisha mapya ya kila siku nchini Noruveje
- Haki ya kuishi kwa uhuru na maisha huru nchini Noruveje.



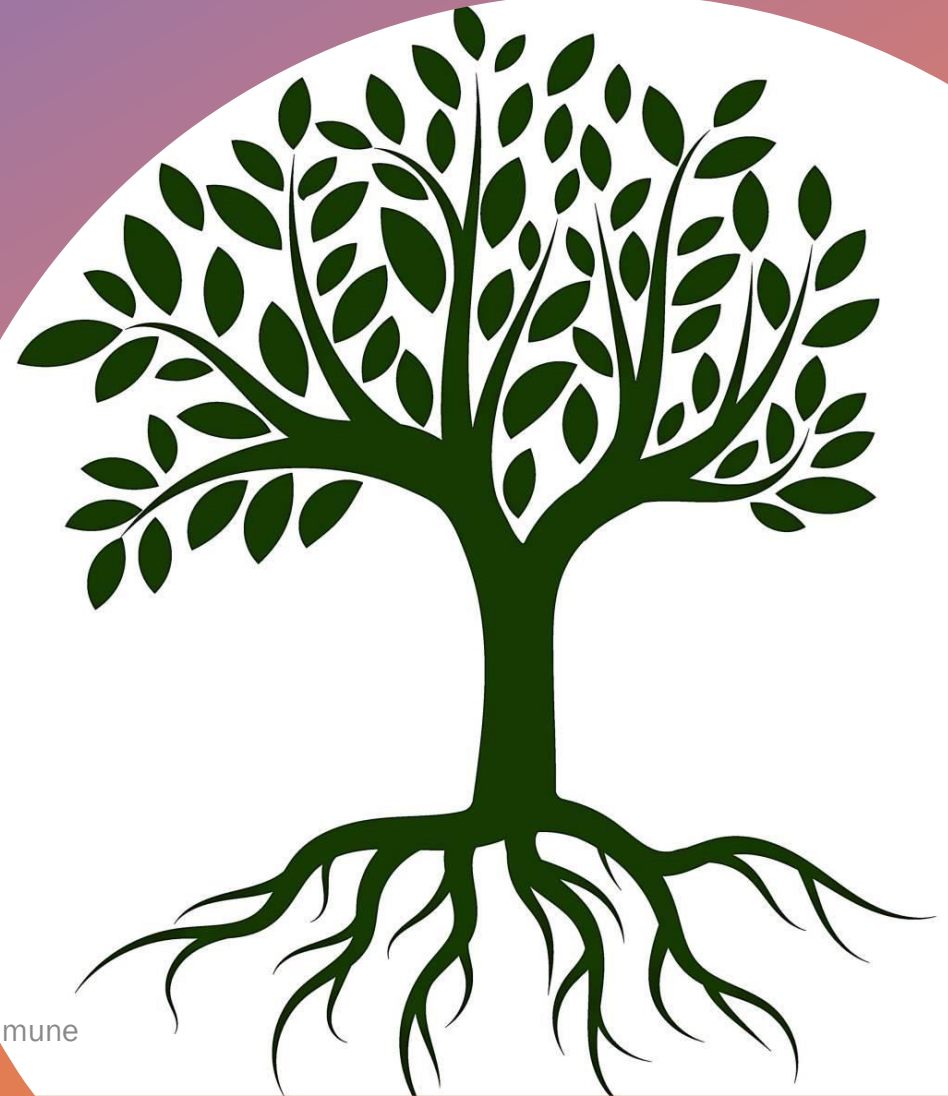
# Kanuni(sheria) za msingi

- Kuwa na siri
- Kushika wakati
- Kushiriki
- Heshima
- Kuhudhuria kwa lazima
- Maswali zaidi, ni bora zaidi
- Usizungumze na mtu wa pembeni
- Kuwa mwangalifu kuhusu taarifa za kibinafsi
- Weka simu yako ya mkononi kuwa kimya(silent mode)

+

o

# Afya ya kimwili na kiakili





# PTSD

(ugonjwa wa mkazo(stress) wa baada ya kiwewe(trauma))



# Huzuni

**“SIKU NYINGI ADAM HUHISI  
KWAMBA KUSHUKA(KUTOKA)  
KWENYE KITANDA ILI  
KUTENGENEZA SANDWICHI  
NI SAWA NA KUPANDA  
MLIMA EVEREST”**





**You walk around.  
You see what  
people do.**



**You see but you  
can't feel it.**



**It's like a wall  
between you and  
the world.**



**Life is on the other side.**



**It dulls everything.  
The colors, the sounds,  
the feelings.**



**You don't know what to do.  
You are not even sure how to  
explain it.**



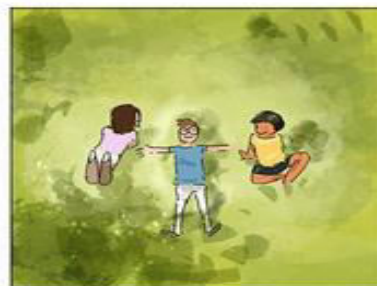
**You are stuck in your own  
gray world.**



**Nobody can see it.  
And no one can fix it.**



**Maybe that's true.  
They can't fix it.  
But they can help.**



**Please, let them.**

Chanzo : Pascal Campion for October 10, 2019  
Mental Health day  
<https://www.facebook.com/pascalcampionart/>





# Unyogovu (Huzuni mingi)

- Unyogovu ni ugonjwa wa kawaida wa akili. Ulimwenguni kote, inakadiriwa kuwa 5% ya watu wazima wanakabiliwa na unyogovu.
- Unyogovu ndio sababu kuu ya ulemavu ulimwenguni.
- Wanawake wengi hugunduliwa na unyogovu kuliko wanaume.
- Kuna matibabu madhubuti kwa unyogovu mdogo, wastani na kali.



# Majadiliano

# Mapumziko



Senter for migrasjonshelse, Bergen kommune

## Hatua tofauti za huzuni

### Awamu(hatua za maisha anazopitia ndani za) ya mshtuko

- Hawezi kufikiri vizuri au kutenda kama kawaida
- Haelewi kikamilifu umuhimu wa tukio
- Miitikio(mabadiliko inayotokea) tofauti.



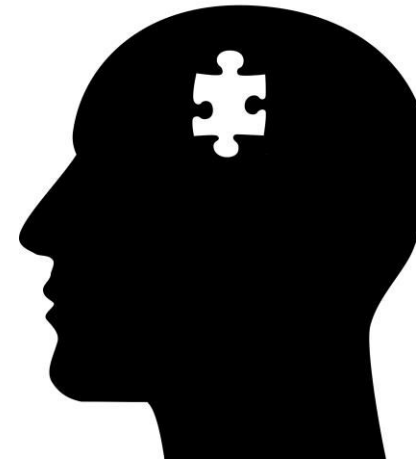
## Awamu ya mwigitiko\*(hatua za matukio)

- Pata ufahamu wa kile kilichotokea
- Hisia nyingi zinaweza kuamushwa ndani yetu
- Inaweza kuwa ngumu kuona mbele
- Haja ya msaada kutoka nje



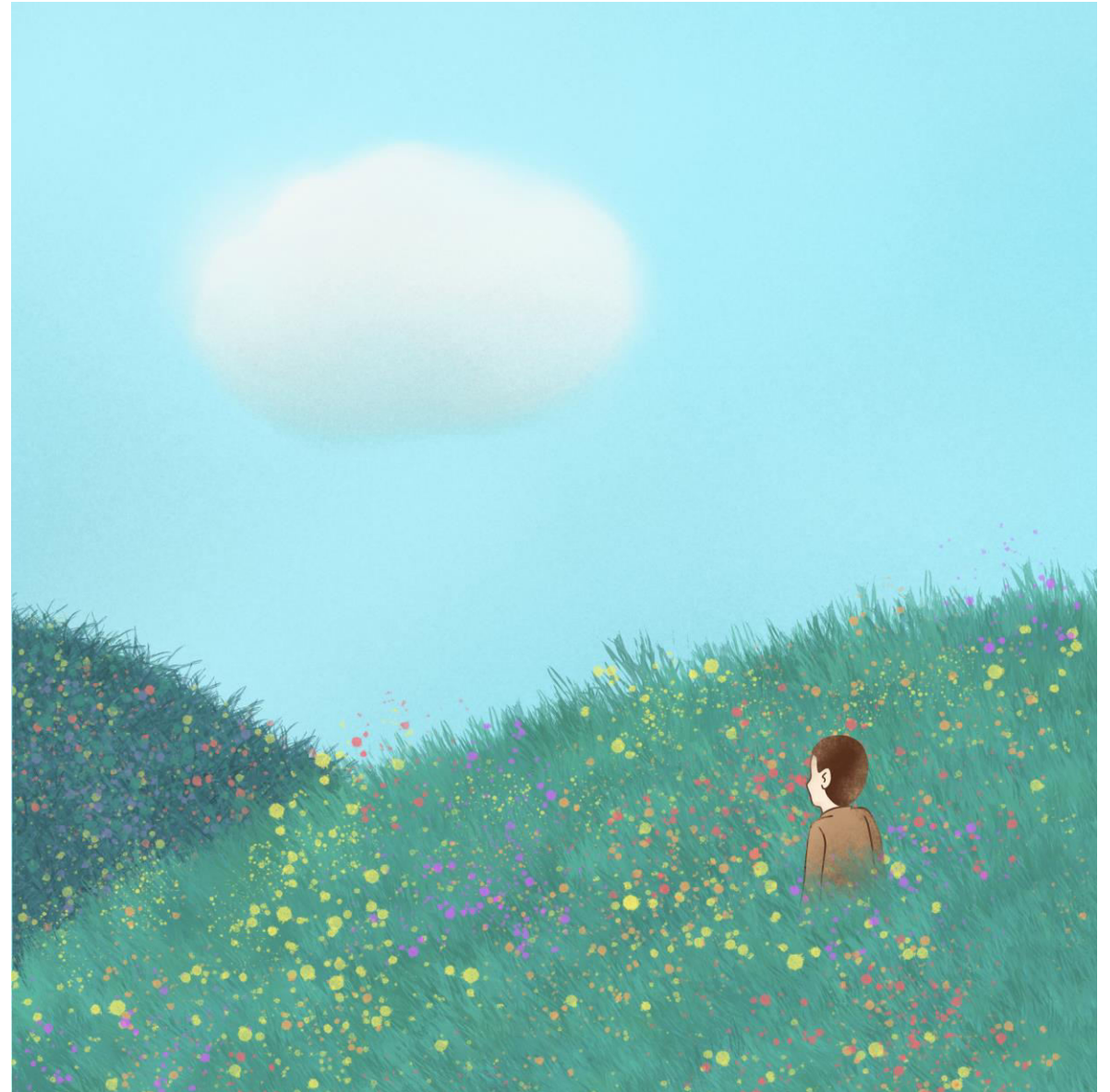
## Awamu ya ukarabati(hatua za kutengeneza maisha yetu)

- Tunaweza kuelekeza umakini(attention) wetu kwa mazingira
- Pata furaha na shauku(vitu ambavyo unafurahia) katika ulimwengu unaotuzunguka



## Awamu(hatua) ya kuelekeza upya

- Tayari kuanza kuangalia mbele
- Huanza kutengeneza mikakati(strategy) ya jinsi maisha yatakavyoendelea
- Matokeo ya mwisho ya huzuni.





## **Majadiliano**

Ni muhimu kujiruhusu kuhisi kile unachohisi na kuwa tayari kuwa hisia zitabadilika.

Hakikisha unapata lishe ya kutosha na kulala.

Jisikie huru kuzungumza na wengine ambao wamepoteza kitu walichopenda.

Huzuni inapozidi kuwa nzito, ni muhimu kuwasiliana na mtu unayeweza kuzungumza naye.

Inaweza kuwa vizuri kujaribu kurudi kwenye mazoea(rutiner) na maisha ya kawaida.


Ni sawa kukasirika na kupandisha hasira, na inaweza kuwa wazo nzuri kuiondoa.

Inaruhusiwa kucheka.

Ni sawa kufurahiya na marafiki zako hata kama umechoka.

Ni muhimu sana kutafuta msaada ikiwa maisha yako inakumbwa na huzuni ya kila siku vibaya kwa muda mrefu, au huna uzoefu wowote au tofauti katika hisia nzito.





Unaweza  
kupata  
msaada hapa

*Msaada kutoka kwa wataalamu au wengine:*

- Huduma za afya za manispaa
- Shule, wasiliana na mwalimu au muuguzi wa afya ya umma(watu)
- Daktari wako wa kwanza.

# Shughuli na Afya ya kiakili



# Haki za mgonjwa

## Kapitteloversikt:

Kapittel 1. Alminnelige bestemmelser (§§ 1-1 - 1-3)

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Kapittel 2. Rett til helse- og omsorgstjenester og transport (§§ 2-1 - 2-8)

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Kapittel 3. Rett til medvirkning og informasjon (§§ 3-1 - 3-6)

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Kapittel 4. Samtykke til helsehjelp (§§ 4-1 - 4-9)

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Kapittel 4 A. Helsehjelp til pasienter uten samtykkekompetanse som motsetter seg helsehjelpen mv. (§§ 4A-1 - 4A-11)

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Kapittel 5. Rett til journalinnsyn (§§ 5-1 - 5-3)

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Kapittel 6. Barns særlige rettigheter (§§ 6-1 - 6-5)

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Kapittel 7. Klage mv. (§§ 7-1 - 7-8)

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Kapittel 8. Pasient- og brukerombud (§§ 8-1 - 8-8)

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Kapittel 9. Ikrafttredelse og endringer i andre lover (§§ 9-1 - 9-2)

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[https://lovdata.no/dokument/NL/lov/1999-07-02-63#KAPITTEL\\_1](https://lovdata.no/dokument/NL/lov/1999-07-02-63#KAPITTEL_1)

# Matumizi ya mkalimani(mtafsiri)







# Asante kwa Leo!