

UKUJONGANA NOXHWALEKA UMPHEMFUMLO, IXHALA NOXHOMEKEKA NGELIXESHA LECOVID-19

Ukuba ungumama ohleli ephilisana noxinzeleka komphefumlo, ixhala, ukuxhomekeka kwiziyobisi, iCOVID-19 isenokwenzeka ikwenza uzive kakubi ngakumbi kunakuqala. Isenokwenzeka uziva unentlungu zomzimba ezongezekileyo, iingxaki nokulala, umsindo okhawulezileyo neengcinga ezikucapukisayo.

Konke oku kuyavakala. Kubalulekile ukuba uzijonge ngakumbi kwelixesha. Nanga amanqaku alungiselwe oomama abajijisana noxinzeleka komphefumlo, ixhala nokuxhomekeka kwiziyobisi.

Ziphe ububele

Ukuba ufumana ukuba ucinga kakhulu okanye iingcinga zakho zikuvisa kabuhlungu, vela nje uziqonde ezingcinga. Sukuzi jaja nokuzi gweba. Yiyamkele lento yokuba lixesha elinzima eli udlula kulo. Zixelele ukuba na le iyedlula.

Ukucetyiswa

Ukuba ungumntu ofuna ingcebiso (counselling) rhoqo, thetha nomcebisi wakho uxoxe ngezicwangciso zakho naye. Abacebisi abaninzi ba nika iseshoni ngefowuni okanye kwi intanethi kwelithuba le COVID-19.

Ukuba awudibani nomcebisi kwaye uziva ungemnandanga tu okanye iingcinga zakho ziya kusokolisa fonela inombolo yoncedo uze uthethe nomntu ngezizinto uzivayo. Ezantsi kwalombhalwano kukho iinombolo zoncedo ezahlukeneyo ezinga kunikeza ingcebiso efownini.

Ukuba ulilungu lecawe, imosque okanye olukholo, zama ukunxumelana nomkhokheli wakho okanye amalungu welokholo. Ukuba ukudibana nabo akukwazeki okanye kunzima ukwenza njalo zama ukuba tsalela umnxeba ngangoko unako. Ukuba unokwazi, zama unceda nabanye ngalendela.

Amayeza

Ukuba ungumntu wamayeza alungiselwe uxinzelelo lomphumlo okanye amaxhala suku wayeka. Ukuba kufuphi ukuba aphele, fumanisa kwangethuba ukuba ekliniki okanye ekhemesti kukho izinto ezitshintshileyo na ekufanele uzazi. Umzekelo, fumanisa ukuba zikhona na iindawo ezilungiselwe ufumana amayeza na, okanye zingaziswa endlini yakho na? s uku wayeka okanye uhlisa idoseji yamayeza ungathethanga nogqirha wakho kuqula.

Fumana uncedo

Ukuba wena nabantwana bakho kumele nizikhethe okwexeshana kwaye unexhala malunga nesimo sakho sempilo yengqondo zama ukucinga ukuba akakho na umntu osemadlini ngaphantsi kweminyaka emi-60 ubudala onozo hlala nani ngelishesha. Lomntu isenoba ngumzali wakho, isihlobo sefemeli okaye umhlobo wakho.

Kunge njalo, ingaba ukhona na umntu omaziyo okule meko ifana nayo neyakho? Kunganceda uku fonela lana naye okanye nincokolisane kuWhatsApp imihla yonke nje oku kuba nithethe ngezinto enidlula kuzo. Hleze niphane amacebo okuphuma kule meko.

Fumana uncedo kwi intanethi

Luninzi uncedo malunga nempilo lwezengqondo kwi intanethi. Ungakwazi ukwenza iiseshoni zophumza ingqondo kuYouTube. Ungakwaze nojoyina iqela lenxaso kwi intanethi. Ungakwazi nokutsala iApp yokucinga nzulu njalo njalo.

Iziyobisi notywala

Kulula kakhulu ukuba umntu avele asebenzise iziyobisi notywala ukuze azame ukuthothisa izoyiko neengcinga ezininzi. Zilumkele xa ucinga kanje. Iziyobisi notywala azincedi ukulawula ezizoyiko negcinga. Into eziyenzayo zikwenza uzive kakubi mpela woku gqiba ngazo.

Ukuba uziva ucaphuka msinya, soloko umincile unovolo, okanye uhleli nje ubilile, isenokwenza ufunyenwe kukwenzeka xa umntu erhoxa ekusebenziseni iziyobisi nosela utywala. Dibana noSANCA (inombolo isezantsi), ugqirha wakho, okanye uye eklinikini ekufuphi nawe. Chazisisa ezizinto uzivayo: asikho isidingo sokuba ubene ntloni okanye uzive uajjwa kuba wena ubusebenzisa iziyobisi okanye utywala. Uvumelelile ukuba uyofuna uncedo lwempilo ngelixesha lotsixelo (lockdown).

Zijonge

Yenza izinto ezikwenza uzive uzolile unolawulo ngesiqu sakho. Ukuba kuhlala unento oyenzayo ekhayeni, yenza lonto. Ukuba kubukela umabona kude, yenza lonto. Ukuba kukuzikhupha kooFacebook nooWhatsApp yenza oko. Ukuba kukumamela umculo udanise ujayiva edlini, yenza oko. Aliqhele kanga elixesha sikulo. Yenza into ezakunceda uze udlule kakuhle kwelixesha.

Jonga olunye ulwazi esize nalo olwenzelwe oomama abajongena noxinzeleka nobudlobongela bosapho ngelixesha leCOVID-19.

Iinombolo: (Qhubeka uzama hleze babambekile)

- South African Depression and Anxiety Group (SADAG) www.sadag.org – has many helplines 0800 21 22 23 or 0800 456 789 or 0800 20 5026 and others
- Lifeline general 0861 322 322 and their AIDS Helpline 0800 012 322
- SANCA for Alcohol and Drug problems WhatsApp line 076 535 1701
- Childline 0800 055 555

For more info and helplines visit www.sidebyside.co.za or www.pmhp.za.org