



Mental Health Monday

ናይ ኣእምሮ ጥዕና ስኑይ

TRIGGERS

መለዓዓልቲ ወይከዓ ጀመርቲ

Disclaimer: If you or anyone you love have thoughts of suicide please call the national Suicide Hotline and get professional help through your primary care or mental health provider.

መታሓሳሰቢ: ትፍልጥዎ ወይ ከዓ ትፍትዎ ዝኮነ ሰብ ዓርሱ ናይ ምጥፍእ ሓሳብ ኣንድሕር ደኣ ሃልይዎ ብዝተኻኣለ መጠን ናብ ናይ ብሄራዊ ዓርሰ ምጥፍእ ስልኪ ደዊልኩም ዋና ክንክን እና ድጋፍ ካብ በዓል ሞያ ይርከቡ።

What Is A Trigger?

መለዓዓልቲ ወይከዓ ጀመርቲ እንታይ እዩም?

A trigger is a reminder of a past trauma. This reminder can cause a person to feel overwhelming sadness, anxiety, or panic. It may also cause someone to have flashbacks .



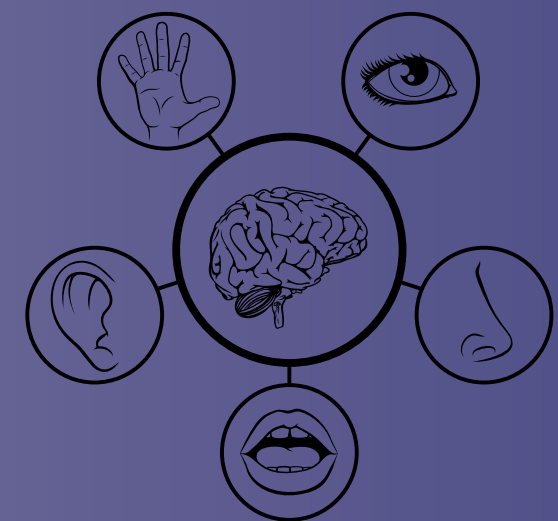
መለዓዓልቲ ናይ ሕሉፍት ናይ ቀውስነት ስሚዒት እዩም።
እዚ መተሓሳሳቢ ሓደሰብ ካብ መጠን ንላዕሊ ሓዛን ጭንቀት
ከምኡ እውን ፍርሓት ንክስመዖ ክገብር ይክእል እዩ።
ብተውሳኪ እውን ነፀብራቕ(ትዝታ) ንክህልዎ ይገብር እዩ።

During a traumatic event, the brain often ingrains sensory stimuli into memory.

በዚ አስቃቂ ኩነታት ሓንጎል ብዙሕ ግዜ ናይ ስሚዒት ህዋሳት ናብ ናይ ነፀብራቕ (ትዝታ) የእቱ።

That means , our mind records specific phrases, smells, or sounds that are connected to the trauma.

እዚ ማለት ኣምርና ዝቀርፆም ሓረጎች ጨና ከምኡውን ድምፅታት ሞስዚ ኩነታት ዝተታሓዙ እዩም።



These stimuli can later act as triggers if we have not dealt with the event and its affects.

ኣጀማምርኡ እና ተፀዕንኡ እንድሕር ደኣ ዘተከታቲልናዩም እዞም መነቓቓሕታት ክኮኑ ይክእሉ እዩም።



Signs Of Trauma

ናይ ምቕዋስ ስሚዒት ምልክታት

Internal

ውሽጣዊ

Anger

ምንዳድ

Anxiety

ምጭናቕ

Loneliness

በይንካ ናይምኳን ስሚዒት

Muscle tension

ናይ ጠንቻ ውጥረት

Pain

ቃንዛ

Sadness

ሓዘን

Feeling Overwhelmed, vulnerable,

Abandoned, or out of control

ካብ መጠን ንላዕሊ ምሕሳብ ዝተጋለጸ ውይከዓ

ዝተገደፍ ስሚዒት ካብ ቁፅፅር ወፃኢ ምኳን

Memories tied to a traumatic event

ምሳ ኣሳቓቂ ኩነታት ዝተተሓሓዙ ነፀብራቓት

(ትውስታ)

Signs Of Trauma Continued

ምልክታት ምቕዋስ ወይከዓ - ምዕባድ

External

Comes from the environment, person, place, or a specific situation.

አመፆፅኡ ካብ ኣከባቢኡ ሰባት ከምኡውን ዝተወሰኑ ኩነታት እዩ።

Certain sounds and smell

ከብ ዝተወሰኑ ድምፅታት እና ጨና

Specific time of the day

ካብ ዝተወሰኑ ናይ ሰዓታት መዓልቲ

Significant dates (ex. holidays or anniversaries)

ፍሉጣት መዓልቲታት ንኣብነት፡ በዓላት እና ዓመታዊበዓላት

A person connected to the experience

ምስ ተሞክርኡ ዝተተሓሓዘ ሰብ

Changes to relationships or ending a relationship

ምስ ሰብ ዘለካ ርክክብ ምልውዋጥ ወይከዓ ምቁርራፅ።



**Signs Someones
Trauma Has
Been Triggered**

Giving a "big" reaction to something you consider "small"

ንእሽተይ ንዝገልገዩ ዓብይ መልሲ ምሃብ

Shutting down emotionally

ስምዒታዊ ዝኮነ ስቋታ

Being unable to express their emotions

ስሚዒት ምግላፅ ዘይምግላፅ

Hyperventilating/shortness of breath

ካብ መጠን ንላዕሊ እንትፊስ ምሕፃር

avoid making eye contact

ዓይነ ንዓይነ ንምርእኻይ ዘይምእካል

Express a strong desire to leave/ be alone

በይንካ ንምኻን ፍልይ ዝበለ ድልየት ምርኣይ

**ናይ ሓድ ሰብ ናይ ምቕዋስ ስሚዕት
ከም ዝተልዓሎ ዘርእዩ ምልክታት**



Ways To Cope With Triggers

ናይ ከምዚ ዘለዓዕሉ ጠጠው ንምገልጻ

Beware of your triggers

ከብ ዘለዓሉካ ነገራት ምጥንቃቕ

Practice relaxation techniques

ከዝናንዮካ ዝክእሉ ነገራት ምብልሓት

Anticipate & plan for a coping strategy for triggers

ዘለዓዕሉ ነገራት ብ ከመይ ክትከላክሎም ከምትክእል ኣቀዲምካ ምፍላጥ እና ምዝግጃው

Call someone and talk about it if you can

እንተተካኢሉ ናብ ሰብ ደዊልካ ስሚዕትካ ምግለፅ

Keep a journal of this time

ናይዚ ግዜ እዙይ ደሒፍካ ምቕማጥ

Do your best to practice healthy habits like exercise

ብዝተክእለ መጠን ከም ስፓርት ዝኣመስሉ ናይ ጥዕና ልምድታት ምጅማር።



What To Do If Someone Is Triggered

ሓደ ሰብ ኣብ ዝተለዓዓለሉ ክትግበሩ ዝግበኑም ነገራት

Understand what their Triggers are in the first place

ብመጀመርያ ዘለዓዓልዎ ኣንታይ ከምዝኮኑ ምርዳእ።

Don't tell them they are exaggerating

ኩነታቶም ተጋኒኑ ኢልካ ዘይምዘራብ (ዘይምንጋር)

Get them out of the situation as quickly as possible

ብዝተካኣለ መጠን ካፍቲ ፀገም ንክወፁ ምሕጋዝ

Reassure them that they are safe

ኣብ ዝተረጋገኣ ኩነታት ምህላዎም ብዝተካለ መጠን ምግላፅ

Don't treat them like they are crazy

ከም ዕብድ ዘይምርኣይ

Get them to breathe

ንከተንፉሉ ምሕጋዝ (ምንጋር)

Know that trigger responses can last for a while

ናይ ምንዳጋፅ ስሚዒት ንነውሕ ግዜ ክቐፅል ይክእል እዩ