

Impilo yengqondo ngexa le-COVID-19



#UnityinAction

Iimpembelelo ezingabonwayo zikabhubhane we-COVID-19:

Sikhunjuzwa yonke imihla ukuba iseyinxenye yobomi bethu i-COVID-19. Kodwa njengoko zikhutshwa iinkcukacha manani kwaye sifunda ngenani labantu abaswelekileyo yonke imihla, okonwabisa ngokungaphaya, ziindaba ezimalunga nokuba ngabantu abangaphi abaye baphila, ngeke sibone ngaphaya kwamanani kanye nelahleko nentsokolo eziwafihlileyo.

Ubuhlungu basemoyeni ngexa likabhubhane buza kusa bukhona kuninzi lwabantu ubomi babo bonke. Kodwa, apho kukho khona ubomi, kukho ithemba. Ukuze ujongane neengxaki kwaye ufumane uncendo olufunayo kufuneka wamkele ukuba into eyenzekileyo ngokuqinisekileyo yeyona ndlela yokuya phambili.

Ingqethemba lokuba lokuba iingcebiso ezimbalwa ezikolu xwebhu ziza kunceda abantu abehlelwa bubuhlungu ngokwasemoyeni ngenxa yentlekele ebangwe ngubhubhane ukuba bafumane intuthuzelo kwaye bafune uncendo abalufunayo

Ukulahlekelwa ngulowo umthandayo ngenxa ye-COVID-19:



Intlungu ngamava awodwa kumntu wonke. Kwimeko ye-COVID-19, ilahleko ingenziwa nzima nangakumbi kuba ukudibana nelungu losapho okanye umhlobo kuyaphela phambi kokuba lisweleke. Imimiselo imisela ukuba ngeke kutyelelwe esibhedlele, nako na ukukwazi ukuthuthuzelana kwabantu emingcwabeni nako kuneempembelelo.

Ingcali yonyango lwezifo zengqondo uDessy Tzoneva ucebisa ukuba ukuhlala uqhagamshelana nomntu ojongene nokuba ubomi bakhe bufikelele esiphelweni kokona kubalulekileyo.

Ingcali yezifo zengqondo uDessy Tzoneva uthi:

“Ukuba lowo umthandayo uyagula uphethwe yi-COVID-19 kwaye kufuneka alaliswe esibhedlele, qiniseka ukuba uhlala uqhagamshelana naye.

Nakuba kunzima kakhulu, menze ukuba athethe ngokusweleka ukuba kusengqondweni yakhe. Kunokwenzeka ukuba uzama ukujongana noloyiko lwakhe, ukulungisa ubudlelwane, ukulungisa imicimbi ethile, ukuziva ezilungiselele ngokungaphaya. Kulungile nakuwe ukucinga ngezi zinto. Akuthethi ukuba ufuna [ukusweleka] kwenzeke okanye ngokucinga ngako kuza kwenza ukuba kwenzeke.

Ukunyiseka kwaye ungafihli nto ngeli xesha kunokusinika ithuba lokutsho izinto esinokunqwenela ukuba ngaba sizitshilo mva, ingakumbi ukuba impilo yalowo simthandayo iba mandundu ngesiquphe. Ukuba ufumana ithuba, thatha ixesha lokumxelela ukuba ahambe kakuhle.

(<https://www.discovery.co.za/corporate/covi19-how-to-deal-with-the-death-of-a-loved-one>)

Ukumelana nokusweleka komntu omthandayo:

Ekugqibeleni, ukungamkeli – imvakalelo yokuqala kuninzi lwethu olukule meko -kulandelwa kukwamkela. Ukuba sifika njani apho kunye nexesha elithathwayo kuyohluka ukusuka emntwini ukuya komnye. Zininzi izinto ezancedayo ukuze uye phambili. Zezi:



- Ukuba nomonde kuwe, kwaye uzenze ukuba uyive intlungu.



- Ukuqinisekisa ukuba uyatya, uyalala kwaye ukhathalela impilo yakho.



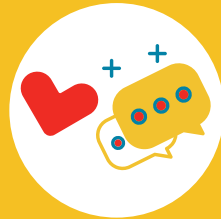
- Ukwenza ukuba iimvakalelo zakho zikuse apho zifuna ukuya khona.



- Ukuxhomekeka kwabanye ngentuthuzelo nenkxaso.



- Bhenela kwinkolo yakho ukuba iyakuthuthuzela.



- Ukuthetha ngalowo umthandayo, ukhumbula into emenzileyo okanye ukukhetheka kwakhe kunye nokumbhiyozela.



- Kuthathele ingqalelo ukudibana nabanye abehlelwe yilahleko kananjalo kwaye ukuthathele ingqalelo ukujoyina iqela lenkxaso.



- Ukhumbula ukuba zisekhona izinto ezinokwenziwa ebomini kunye nokufuna izinto onokuzenza.

Into onokuyenza xa kubonakala ngathi akukho nto incedayo:

Akukho nto ilihlazo ekufuneni uncedo xa ulufuna. Ezinye zeempawu zokuba ufuna ululeko ngqondo lwengcali ziquka:



- Ukufumanisa kungenzeki ukukholwa okanye ukwamkela ukuba akasekho lowo umthandayo.



- Ukufumanisa ukuba intlungu yakho iya isiba ngamandla ngokuhamba kwexesha endaweni yokuba kube lula ukuyamkela.



- Ukucinga ukuba abunamsebenzi ubomi okanye abufanelanga kuphilwa. Ukunqwanela ukuba ungasweleka.



- Ukuziva usoyika, uxhalabile okanye ukwehlelwa luloyiko olwenzeka ngesiquphe.



- Ukuziva uthuthunjiswa bubutyala okanye ukuzisola.



- Ukuba iingcinga zakho zijolise kulowo umthandayo.



- Ukuziva ungenamvakalelo okanye ungenalunxulumano.



- Ukufumanisa kunzima ukuzikhathalela kunye nokwenza izinto ekufanele ukuba uzenze.

Ukufumana uncedo:

Uncedo kunye necebo ngento omawuyenze, lukufutshane lukwiQele lokuDakumba neNkxalabo loMzantsi Afrika (South African Depression and Anxiety Group) (SADAG), umbutho ongenzi nzuzo onika inkxaso kwimingeni eyahlukeneyo. Babonelela ngamaqela enxaso kunye noluleko ngqondo lwasimahla ngomnxeba iiyure ezingama-24 ngemini, iintsuku ezisi-7 ngeveki.

Qhagamshelana nabo kumnxeba onghlawulelwayo ku-0800 12 13 14 okanye uthumele i-SMS ku-32312.

Iimpembelelo zempilo yengqondo zikabhubhane we-COVID-19:

Uphando lwakutsha nje lwaseMzantsi Afrika oluqhutywe kumacandelo onke karhulumente kunye nawabucala kuquka neQela lokuDakumba neNkxalabo lase-SA (SA Depression and Anxiety Group) (SADAG), lufumanise ukuba:



- Ukwehla kwezozoqoqosho, ilahleko yemisebenzi kunye nokudendwa ziye zakonyusa ukudakumba.



- Abantu abaninzi baphila kwimo yoxinzelelo olukhona rhoqo.



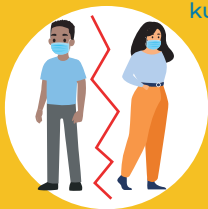
- Abantu abadala kunokwenzeka ngokuphindiweyo ukuba behlelwe kukudakumba okubangwe ngubhubhane kunabantwana.



- I-SADAG ifumanise ukuba ngaphezulu kwesiqingatha abantu ekwenziwe kubo uphando bazifumanise becelwa umngeni yinkxalabo kunye nobuphakuphaku.



- Izihlo zobundlobongela obusekelwe kwisini zenyukile ngenxa yokuba abantu bebevalelekile ngexesha lokuma ngxi kweentshukumo.



- I-COVID-19 ibe neempembelelo ezingamandla ekudibaneni buqu phakathi kwabantu. Ikwehlilise kananjalo ukudibana phakathi kwabantu kwaye yehlisa ukudibana nehlabathi elingaphandle. Isiphumo ibe ziimpembelelo kwimpilontle yengqondo ngokubanzi.



- Abantu ebebesesichengeni sezihlo ezonzakalisayo emoyeni okanye abehlelwa luxinzelelo oluqhubayo olwenzakalisayo emoyeni ngabona basesichengeni nangakumbi sokuba nesigulo sengqondo ngenxa kabhubhane we-COVID-19.

Ukunceda abantwana bamelane notshintsho oluvela kwi-COVID-19



Abantwana bajonge ebantwini abadala ngesikhokelo, kwaye into eyenziwa ngabantu abadala ikhokelela ekusabeleni kwabo kwiimeko ezinoxinzelelo kwinto eyenzekayo ebajikelezileyo. Xa uthetha nabantwana nge-COVID-19:

- Hlala uzolile, mamela kwaye uqinisekise.
- Yilumkele indlela othetha ngayo nge-COVID-19. Mamela kwaye uphendule kwiingcinga kunye noloyiko lwabantwana ngokunyanisekileyo.
- Cacisa ukuqelelana kunye namanye amanyathelo okhuselo, kuquka ukuhlanjwa kwezandla kunye nokubulawa kweentsholongwane.
- Jolisa kokuhle ngokuthi ngoku ninexesha elininzi losapho. Thatha ixesha lokuba nidlale imidlalo yangaphakathi endlini kunye neyangaphandle.
- Bambelela kwezo zinto nizenza ngesiqhelo imihla ngemihla njengoko abantwana besabela kwiishedyuli zesiqhelo ezinokunika ukuzola kwaye ezinokuxelwa kwangaphambili.
- Nika uthando oluninzi.
- Kubeke iliso ukubukelwa kukamabonakude, i-intanethi, kunye namakhasi onxibelelwano ngolwazi olunxulumene ne-COVID-19 olwenzelwe abantu abadala kuba lunokubanga inkxalabo nokudideka kwiingqondo zabantwana abancinane.

Ukuyiqonda impilo yengqondo yomntwana wakho:

Most children will manage well with the support of parents and other family members. If children show changes in behaviour, and display some of the symptoms below, consider consulting a professional if they occur for more than two weeks.



Abantwana abakumabanga aphambi kokuqala isikolo:

Ukuncanca ubhontsi, ukuchama, ukungafuni ukusuka kubazali, ukuphazamiseka ekulaleni ukungacaceli kutya, uloyiko lobumnyama, ukuziphatha okuqatselayo nokurhoxa.



Abantwana abahamba isikolo

Ukuyaluzela, uhlaselo, ukuthi nca, amaphupha amabi, ukuphepha isikolo, ukungazikisi ngqondo kunye nokurhoxa kwimidlalo nabahlobo.



Abantwana abafikisayo

Ukuphazamiseka ekulaleni nasekutyeni, ukuyaluzela, imbambano enyukileyo, izikhalazo emzimbeni, ubunjubaqa kunye nokungazikisi ngqondo.

Amanyathelo okugcina impilo yengqondo elungileyo:

ISEBE lezeMpilo lixele iqela leendlela zokumelana noxinzelelo kunye nobunzima engqondweni obubangwa ngubhubhane. Ziquka:

1. Ukuqinisekisa ukuba awuzibeki sichengeni solwazi olungafanelekanga oluphathelele nobhubhane kunye nemidla yobuqu, kunye neminye imiba yobomi bakho. Ukufumana ulwazi olugqithisileyo olufaka uxinzelelo amathuba amade kunokunyusa umngcipheko weempawu ezinxulumene nesifo sengqondo esifana nenkxalabo nokudakumba. Kubalulekile kananjalo ukuba ulwazi lube luchanekile kwaye luthembekile.
2. Ukugcina imikhwa enemipilo yokutya.
3. Ukuzilolonga rhoqo.
4. Ukuqinisekisa ukuba igciniwe imikhwa yokulala.
5. Ukuphepha izixa ezigqithisileyo zotywala okanye zekhafeyini.
6. Ukwamkela iindlela ezinokusebenziseka zokuphumla ezifana nemithambo yokuphefumla elawulwayo nokucamnga.
7. Ukuthetha ngeemvakalelo ezimbi nabo ubathandayo kunye nokuseka inkqubo yenkxaso.
8. Ukufuna uncedo olunobungcali xa ufumanisa ukuba awumelani nemeko.

Iireferensi

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Ukufumana icebo nenkxaso, tsalela:

Umnxeba woncedo ongahlawulelwayo woMbutho wokuDakumba neNkxalabo woMzantsi Afrika (SADAG)
ku-0800 12 13 14 okanye uthumele i-SMS ku-32312.

Griefshare, eqhuba iisayithi elizweni lonke. Ukufumanisa ngokungaphaya, ngena kwi-browser, uze uchwetheze u-'Griefshare branches in South Africa'.

Eminye iminxeba yoncedo iquka:

I-Befrienders Bloemfontein inika inkxaso yokuchukumiseka emoyeni yeeyure ezingama-24, oko kusenziwa ngeminxeba kunye ne-imeyile yentlekele, kubantu abehlelwa ziimvakalelo zokudakumba okanye ukungabi nathemba. Inkonzo zoluleko ngqondo zobuso ngobuso ziyafumaneka kwabo batsala iminxeba banofikelelo e-Bloemfontein.

Umnxeba: 051 444 5000

Umnxeba woncedo wobomi woMzantsi Afrika unika inkonzo yeeyure ezingama-24 ubantu abaseMzantsi Afrika ukunceda ngoxinzelelo olunxulumene nengqondo kunye nentlalo kunye nokwenzakala emoyeni abasokolayo ukumelana noku.

Umnxeba: 0861 322 322

Umnxeba woThintelo lokuziBulala we-SADAG

Umnxeba woNcedo kuThintelo lokuziBulala weQela lokuDakumba neNkxalabo loMzantsi Afrika unika inkxaso yeeyure ezingama-24 kubantu baseMzantsi Afrika abasengozini yokuzibulala.

Umnxeba: 0800 567 567

Umnxeba woNcedo kwiNtlekele yokuziBulala yoMzantsi Afrika unika inkxaso yeeyure ezingama-24 kubantu baseMzantsi Afrika abaxhwalekileyo okanye abasengozini yokuzibulala.

Umnxeba: 0800 21 22 23

Umnxeba: 0800 12 13 14

I-Tears Foundation inika uncedo kwilizwe ngokubanzi ngenkonzo ye-SMS yasimahla yeeyure ezingama-24 kuye nabani na olixhoba lodlwengulo kunye nophatho gadalala ngokwesondo eMzantsi Afrika.

Umnxeba: *134*7355# / 010 590 5920

I-Imeyile: info@tears.co.za