Gusobanukirwa ubuzima bwo mu mutwe

Gusobanukirwa ubuzima bwo mu mutwe, tugomba kubanza gutekereza ku buzima bwacu bw'inyuma ku mubiri. Iyo imibiri yacu yumva irwaye, dukora ibintu tugerageza kwiyumva neza. Urugero, niba dufite inkorora ikomeye, dushobora kugerageza kuruhuka, gufata imitit, cyangwa kujya kwa muganga.
Ariko se bigenda bite niba twumva tubabajwe n'uko tudafite imbaraga? Dukora iki iyo tudashobora gusinzira kubera gutekereza cyane? Dukeneye kugira gahunda yo kwita kuri ubu bwoko bw'ibyiyumvo, mbese nk'inkorora. Izi ni ingero z'ubuzima bwo mu mutwe. Niba aya ari amakuru mashya kuri wowe, wihangayika, nturi wenyine, kandi hari ubufasha.

Mu gihe cyashize, ubuzima bwo mu mutwe ntibwatekerezwagaho cyane nk'ubw'inyuma ku mubiri. Icyakora, ibyo ubu biri guhinduka. Twamenye ko kwita ku buzima bwacu bwo mu mutwe bishobora kugabanyiriza uburibwe buri wese, kandi twizera ko uzadufasha kwigisha abandi.
Twese hamwe dushobora gusobanukirwa neza no gufasha n'abandi ku buzima bwo mu mutwe n'ubwinyuma ku mubiri.

EXODUS REFUGEE IMMIGRATION INC

Ibyerekeye Exodus

Exodus Refugee Immigration yiyeguriye kurengera uburenganzira bw'abantu itanga ibikenewe ku mpunzi n'abandi bakurwa mu byabo no guhunga itotezwa, akarengane, n'intambara bagahabwa ikaze muri Indiana.

Exodus ifite amateka maremare mu kwakira impunzi n'abasaba ubuhungiro bava mu bihugu byinshi, imico, indimi, imyizerere, n'ibitekerezo bya politiki . Twatangiye mu 1981 dufite inshingano yo gufasha mu byemewe n'amategeko, abimukira n'impunzi zo muri Cuba, zahageze nka bamwe mu batwawe n'ubwato bwa Mariel mu 1980. Kuva icyo gihe, Exodus yafashije ibihumbi by'impunzi zo mu bihugu bisaga 50 bitandukanye gutangira ubuzima bushya muri Indiana.

Ibi byakozwe n'itsinda rya Exodus ryita ku Mimerere Myiza y'Ubuzima bwo Mu Mutwe. Niba ushaka kumenya wemerewe serivisi zo kwita ku mimerere myiza y'ubuzima bwo mu mutwe muri Exodus, ushobora ku biro byacu kuri 317-921-0836. Niba ushaka kumenya byinshi kuri Exodus, ushobora gusura urubuga rwacu: www.exodusrefugee.org

Ubuzima bwo mu mutwe ni iki?

Ubuzima bwo mu Mutwe ni Iki?

Ubuzima bwo mu Mutwe harimo uko twiyumva, ibyo dutekereza, n'ibyo dukora n'uko twitwara. Ibi dushobora no kubyita amarangamutima yacu, imitekerereze, n'ubuzima mu mibanire. Ushobora gutekereza, kwiyumva, no gukora mu buryo bw'ubuzima bwiza cyangwa butari bwiza kuri wowe. Ubuzima bwo mu mutwe ni ingenzi kuri buri rwego rw'ubuzima, kuva ku bana kugera ku bakuru. Rimwe na rimwe dushobora kwiga uko twakwiteza imbere ubwacu cyangwa tubifashijwe n'inshuti n'umuryango wacu, ariko rimwe na rimwe dukenera ubufasha buvuye ku munyamwuga w'inzobere mu buzima bwo mu mutwe.

Ni gute wamenya niba ukeneye ubufasha?

Nusubiza yego kuri ibi bibazo, uzungukiramo ubufasha bwa kimyamwuga.

- Wumva ubabaye, urakaye, ufite ubwoba, cyangwa wataye umutwe igihe kinini ?
- Ugira ibibazo byo gusinzira cyangwa kuguma usinziriye?
- Ugira ibitekerezo byinshi cyane, kandi bikakugora kubihagarika?
- Wumva urwaye cyangwa ufite uburibwe, ariko abaganga bakavuga ko ufite ubuzima bwiza?
- Waba warigeze kumva bitunguranye ibintu bibi byakubayeho byongeye kuba nk'ibiri kukubaho na none?
- Birakugora gushyira umutima cyangwa kwibuka ibintu?
- Ujya wiyumva nk'udafite imbaraga?
- Ujya uta umutwe nta mpamvu?
- Ujya wumva wishinza ibintu utakoze?
- Ugorwa no kwicara hamwe ugatuza?

Ni iki ushobora gukora mu guteza imbere ubuzima bwawe bwo mu mutwe?

- Sinzira bihagije
- Rya indyo yuzuye
- Koresha umubiri wawe, kora imyitozo ngororangingo.
- Bwira umuntu wizera ko ko uri guca mu bikomeye kandi ukeneye ubufasha
- Ishimire ibintu bito wagezeho
- Gerageza kwimenyereza kugira ikintu kimwe wishimira buri munsi..
- Iyambaze isengesho cyangwa imiti kugira ngo wumve utuje.
- Sohoka utembere cyangwa umare akanya mu busitani.
- Vugisha, andikira, cyangwa umarane umwanya n'abandi bantu.
- Itsa umutima, humeka gahoro utuje.
- Gerageza gufasha abandi.

Ibuka, nturi wenyine, ushobora kongera kwiyumva neza.

Hari uburyo bwinshi bwo guteza imbere ubuzima bwawe bwo mu mutwe. Haracyari ibyiringiro.

Ese uramutse ugikeneye ubufasha?

Muri Leta Zunze Ubumwe za Amerika, abantu benshi batojwe gufasha. Abahanga mu by'Imitekerereze, abajyanama, abakozi bashinzwe imibereho myiza, n'abaganga bose bahuguriwe kugufasha gusobanukirwa, guteza imbere, no kwita ku buzima bwawe bwo mu mutwe. Abita ku buzima bwo mu mutwe ni abaganga bazobereye iby'ubuzima bwo mu mutwe kandi batanga imiti igihe bibaye ngombwa.
Abanyamwuga bose bazagutega amatwi bumve ibibazo byawe kandi bagufashe kubona uko wakwiyumva neza. Ibi tubyita ubuvuzi, kandi hari uburyo butandukanye. Imiti imwe ishobora gufasha mu kwita ku buzima bwawe bwo mu mutwe, mbega nko ku bundi burwayi. Icyakora, hatangwa inama ko imiti ifatanwa no kuganirizwa ku bw'ibisubizo byiza.

Kubona Ubufasha

Niba udatekanye, hamagara 911.

- Niba ufite ibitekerezo byo kwigirira nabi ugakenera kugira uwo uvugisha, hamagara 988 igihe icyo ari cyo cyose, amanywa cyangwa ijoro, uzabona ugufasha.
- Bwira umuganga wawe, ashobora kugufasha kubona ubufasha.
- Niba ufite uwita ku barwayi cyangwa umuntu usanga iyo ukeneye ubufasha, ushobora kumusaba kugufasha kubona ubufasha bwa kinyamwuga.