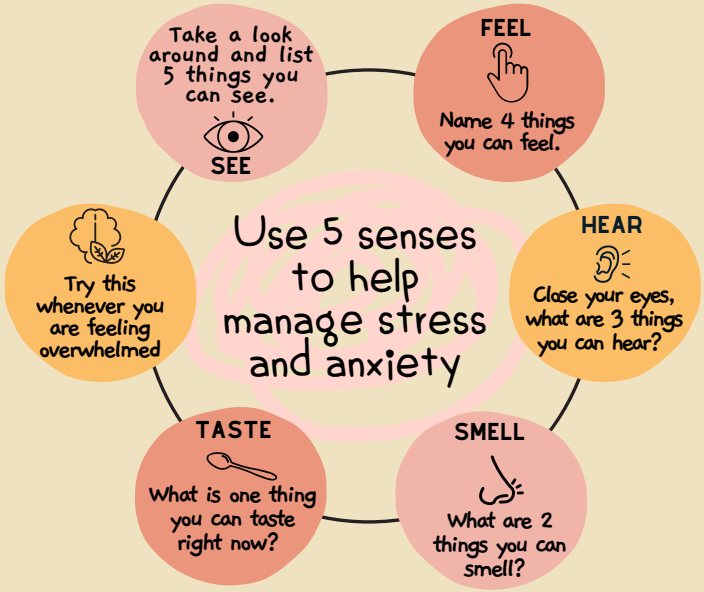
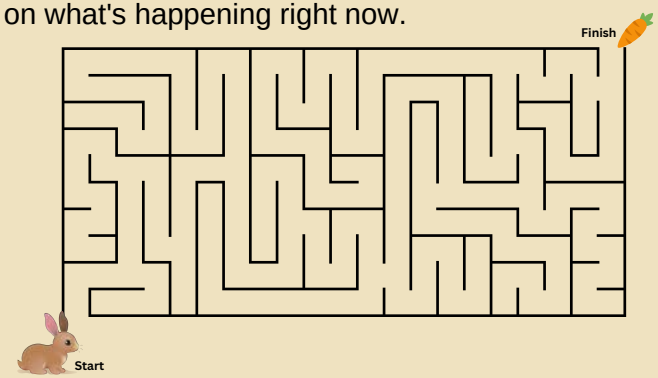
MINDFULNESS EXERCISES



This 5 senses exercise is a great tool for staying present in any situation. For example, when you are having a cup of tea, doing house chores or gardening, it can help to bring your awareness back to the moment and focus on the task at hand.

Mindful maze: Focus on the present.

Mindful Maze can help train your mind to stay focused on what's happening right now.



Breathing Exercises

To help the body relax/reduce tension.

- Make yourself comfortable in a quiet space.
- Start breathing in and out in a regular rhythm, breath in through your nose, and imagine you are filling your whole lungs with air.
- Each breath in, count to 4.
- Then let the breath come out your mouth slowly, counting to 5 while you let it out.
- Keep doing this until you feel calmer.

Self-Help videos:

STARTTS English Visualisation Relaxation:
https://youtu.be/5YFpSXrkUrw

STARTTS English Relaxation CD progressive muscle relaxation:
https://youtu.be/4I89Of6IhYY

For further support, contact:

- Your Family Doctor (GP)
- Kids Helpline - 1800 55 1800
- Beyond Blue - 03 9810 6100
- Reach Out - 02 8029 7777
- Lifeline - 13 11 14

bendigo Community Health services

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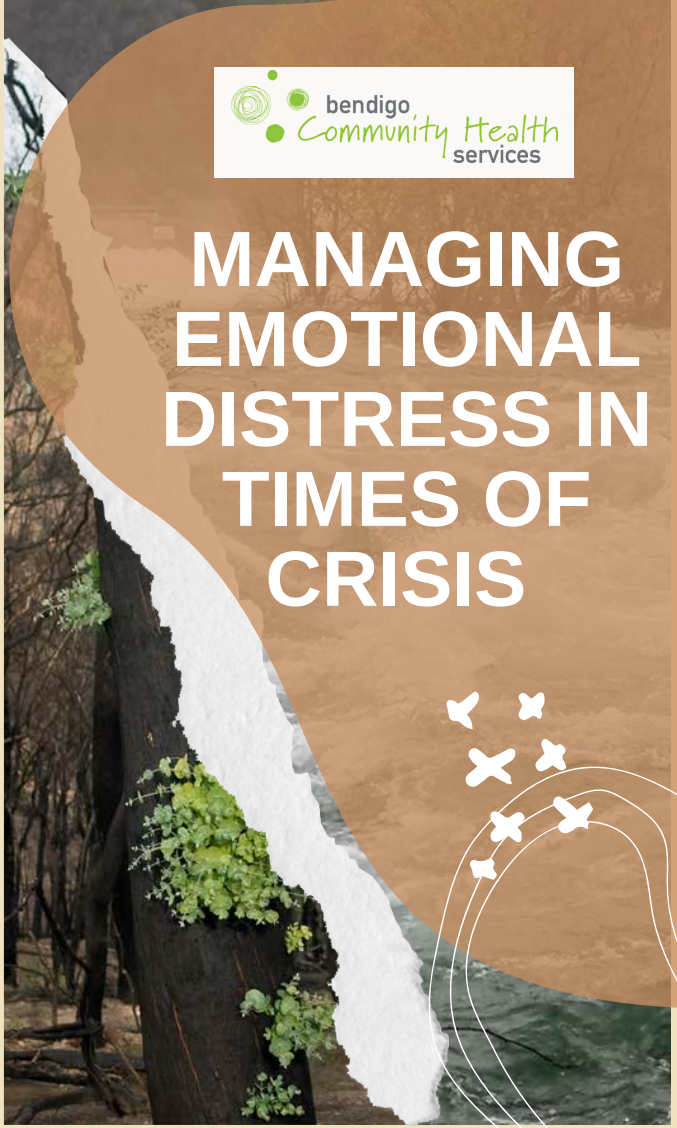

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MANAGING EMOTIONAL DISTRESS IN TIMES OF CRISIS

When we hear that there are weather warnings and our home or community is threatened by a flood or fire, it can be frightening. Sometimes we don't realise how stressful it can be and how much it can affect us. Most people are not able to think as clearly as usual when they are under severe stress, and this can affect their decision making and reactions. This is perfectly normal.

Research shows that you are more likely to think clearly and stick to your safety plan if you are able to manage your emotions in an emergency. Being psychologically prepared can save your life and potentially the lives of others. (Australian Psychological Society, 2020)

Think about how you usually react when you are feeling stressed.

You might notice that these symptoms happen for you when you hear that there is a weather warning or an emergency event coming.

"If you understand your usual reactions, you can learn ways to manage them better when they happen." It is important to acknowledge that it is normal for anyone to be frightened by a disaster, your body is reacting the way it is because it is working to protect you. (Australian Psychological Society, 2020)

There are techniques which can help

Recognising your responses

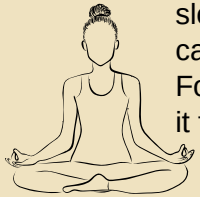
People often find that they start feeling anxious or worried when in an emergency situation such as preparing for an extreme weather event or under pressure.

The symptoms can include:

- Feelings: anxiety, overwhelmed, angry or short-tempered like you want to cry or panicking
- Physical: a racing heart, pain in the chest, shortness of breath, dizziness and sweating, ringing in ears, blurring vision, feeling very cold, stinging eyes, dry mouth, shakiness/trembling headaches, muscle aches and pains/ tension, prickly sensation, feeling weak in body, nauseous and sleep disturbance.
- Thoughts: I'm so scared, this is awful, we're going to lose everything, I don't know what to do, I wish this weren't happening, I can't deal with it.

Managing the Symptom

Slow breathing:



slowing down your breathing can help calm down your body's fear response. Focus on your out breath and extend it for as long as is comfortable for you.

Self-talk strategies:

Replace anxious thoughts and images with more helpful ones that will support you more now. Try to be aware of current situation but not always connected to it. Watch funny videos, listen to music and help put other thoughts/images in your brain. Remind yourself that you can do more to help keep yourself and your family safe if you can help yourself stay calm. Remind yourself that there is help available in emergency situations if needed. Try not to focus on what might happen and remind yourself of what you can do now.

Connect with your loved ones or someone you trust

During periods of high stress, it is extremely important for your mental health to feel connected to a significant other to share your feelings and thoughts, who can support you and be there for you in this difficult time.

တၢ်သးစၢ်ဆၢအ တၢ်ဟူးတၢ်ဂဲၤ

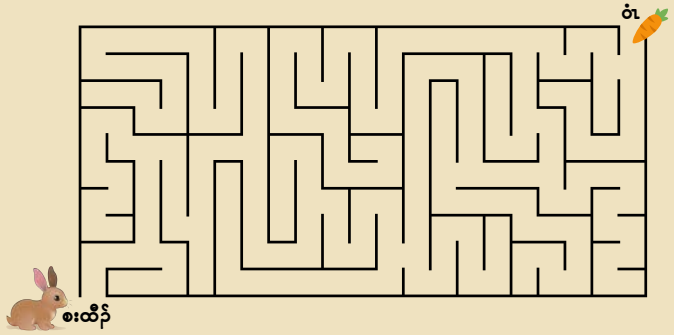
MINDFULNESS EXERCISES

နၢ် (၅)နၢ်အတၢ်ဟူးတၢ်ဂဲၤတခါအံၤမ့ၢ်ဝဲ တၢ်ပီးတၢ်လိအဂ့ၤတခါလၢကအိဉ်ဒီးတၢ်သ့ဉ် ညါသးစၢ်လီၤသးဖဲတၢ်အိဉ်သးတခါဂ့ၤတခါ ဂ့ၤနှဉ်လီၤ. အဒိ, ဖဲနအိလးဖးထံ, မၤဟံဉ် တၢ်မၤမ့တမ့ၢ်သူဉ်တၢ်ဖျးတၢ်လၢကရ့ၢ်ပူၤအ ဆၢကတိၢ်, တၢ်ဝဲအံၤကမၤစၢၤနၤလၢနကအိဉ် ဒီးတၢ်ပလိၢ်သူဉ်ပလိၢ်သးဖဲဆၢကတိၢ်ဖဲနှဉ်ဒီး အိဉ်ဒီးတၢ်သးစၢ်ဆၢလၢတၢ်မၤလၢနကမၤအီၤ တဖဉ်နှဉ်လီၤ.

တၢ်သးစၢ်ဆၢမ့ၢ်စ်–သးစၢ်ဆၢလၢခဲခဲအံၤ

Mindful maze- Focus on the present.

တၢ်သးစၢ်ဆၢမ့စ်မၤစၢၤနၤလၢနကမၤလိနသးအတၢ်ဆိကမိဉ်လၢန ကအိဉ်ဒီးတၢ်သးစၢ်ဆၢလၢတၢ်လၢအကဲထိဉ်သးခဲအံၤသ့ဝဲနှဉ်လီၤ.



တၢ်သါထီဉ်သါလီၤအတၢ်ဂဲၤလိတဖဉ်

Breathing Exercises

လၢနကမၤစၢၤနမိၢ်ပှၢ်လၢကအိဉ်ဘှံး, မၤစၢ်လီၤတၢ်ဖှဉ်ဆၢ

- မၤဘဉ်နသးလၢနအိဉ်ကမုဉ်အဂီၢ်လၢတၢ်လီၢ်လၢအဘျဉ်အဘျိဉ်
- စးထိဉ်ကသါနှာ်လီၤဒီးကသါဟးထိဉ်ဒ်ညိနှၢ်အသိး, ကသါနှာ် လီၤလၢနနါဒ့, ဒီးဆိကမိၢ်မံ့နမၤပဲ့ၤနပသိဉ်ဒိတဖျာဉ်လၢကလံၤ
- ကသါနှာ်လီၤတထံဉ်ဘဉ်တထံဉ်, ဂ်ၢ်တူၤ (၄)
- ဝံၤ, ပျဲနကသါထိဉ်လၢနကိာ်ပူၤကယိကယိ, ဂ်ၢ် တူၤ (၅) ဖဲနပျဲနကသါထိဉ်အဆၢကတိၢ်
- မၤတၢ်အဝဲအံၤတူၤလၢနတူၢ်ဘဉ်လၢနအိဉ်မှာ် ထိဉ်ကဒါက့ၤတက့ၢ်.

နိၢ်ကစ်တၢ်မၤစၢၤလီၤသး တၢ်ဂီၤမူ

Self-Help videos:

STARTTS တၢ်ထံဉ်မ့ဲတၢ်အတၢ်အမၤမုဉ်မၤခုဉ်လီၤသး
https://youtu.be/sHDTI2vhBZM

STARTTS တၢ်ထိဉ်လီၤကဆုဉ်လီၤညဉ်ထူဉ်လၢအဂုၤထိဉ်ပသိထိဉ်
https://youtu.be/p_wGnscLmZQ

For further support, contact:

နမ့ၢ်လိၢ်ဘဉ်တၢ်မၤစၢၤန္ဉ်ဆဲးကျိး

- နဟံဉ်ဖိယိဖိကသံဉ်သရုဉ် (GP)
- Kids Helpline - 1800 55 1800
- Beyond Blue - 03 9810 6100
- Reach Out - 02 8029 7777
- Lifeline - 13 11 14

bendigo Community Health services

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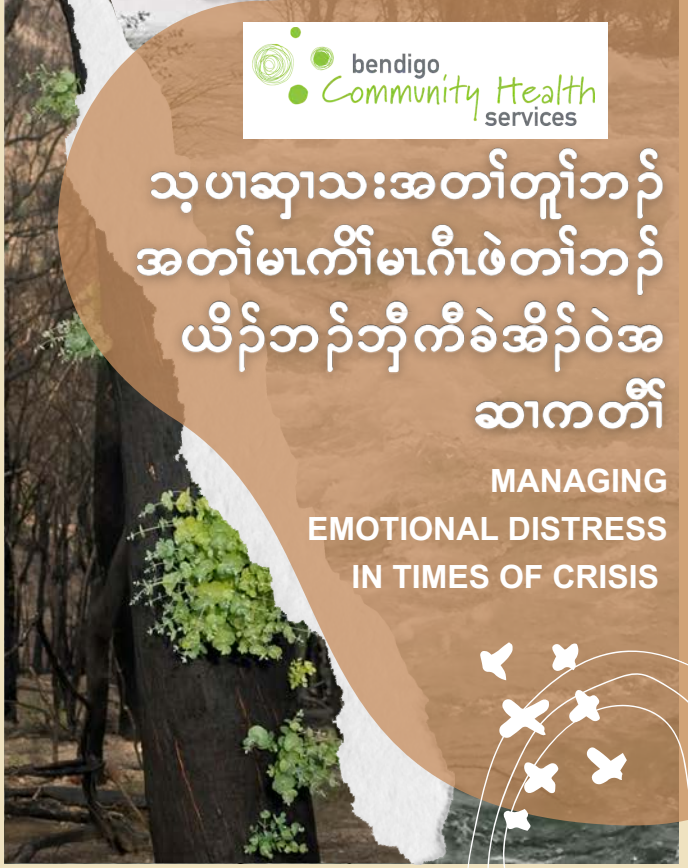


bendigo Community Health services

သ့ပၢဆၢသးအတၢ်တူၢ်ဘဉ် အတၢ်မၤကိၢ်မၤဂီၤဖဲတၢ်ဘဉ် ယိဉ်ဘဉ်ဘှိကီခဲအိဉ်ဝဲအ ဆၢကတိၢ်

MANAGING EMOTIONAL DISTRESS IN TIMES OF CRISIS

ဖဲပနၢ်ဟူမူခိဉ်ကလံၤသိဉ်ဂီၤအတၢ်ဟ့ဉ်ပလိၢ် ဒီးပဟံဉ်မ့တမ့ၢ် ပပှၤတဝၢန္ဉ်အိဉ်ဝဲဒီးတၢ်မၤပျဲၤလီၤဘဉ်ယိဉ်လၢအဟဲဝဲ လၢထံလုၢ်ဘၢတၢ်မ့တမ့ၢ်မ့ဉ်ဇူအိဉ်တၢ်နှဉ်, ကဲထိဉ်တၢ်သူဉ်ပျဲၤ သးဖုးသ့ဝဲန္ဉ်လီၤ.

တဘျိတခိဉ်ပတသ့ဉ်ညါဒဉ်လဲဉ်လၢတၢ်အံၤကလီၤသူဉ်ကိၢ်သး ဂီၤထဲလဲဉ်ဒီးကမၤဘဉ်ဒိပှၤသ့ထဲလဲဉ်ထဲလဲဉ်ဘဉ်နှဉ်လီၤ. ပှၤအါတက့ၢ်နှဉ်ဆိကမိဉ်ဝဲတၢ်သ့တဂဲဒ်ညိနှၢ်အသိးဘဉ်ဖဲလၢအ ဝဲသ့ဉ်အိဉ်လၢတၢ်ဆိဉ်သနံးအါမံၤအဖိလ်အဆၢကတိၢ်ဒီးတၢ် အံၤမၤဘဉ်ဒိအဝဲသ့ဉ်အတၢ်ဆၢတဲာ်လီၤတၢ်ဒီးတၢ်ခိဆၢတၢ်သ့ဉ် တဖဉ်လီၤ. တၢ်အံၤန္ဉ်မ့ၢ်ဝဲတၢ်လၢကဲထိဉ်ညိနှၢ်မၤအသးလီၤ.

တၢ်ယုထံဉ်သ့ဉ်ညါဟ်ဖျါဝဲလၢနဆိကမိဉ်တၢ်ကဲ့အါ ထိဉ်ဒီးကမၤထွဲနတၢ်ပူၤဖျဲးအတၢ်တိာ်ကျဲၤဂ့ၤထိဉ် ဖဲနမ့ၢ်သ့ပၢလိၤ နသးအတၢ်တူၢ်ဘဉ်ဖဲလၢဂ့ၢ်ဂီၤအူအိဉ်ဝဲအဆၢကတိၢ်နှဉ်လိၤ. တၢ်အိဉ်ဒီးတၢ်ကတဲာ်ကတိၤသးလၢနီၢ်သးဂ့ၢ်ဝိပိညါနှဉ်မၤပူၤဖျဲးနၤဒီး ပှၤလၢခိဉ်ယၢၤအသးသမူသ့ဝဲနှဉ်လိၤ.

(Australian Psychological Society, 2020)

ဆိမိဉ်ထိဉ်ဘဉ်ဃးဖဲနတူၢ်ဘဉ်တၢ်ဆိဉ်သနံးအခါ ညီနၢ်နှဉ်နခီဆၢတၢ်ဒ်လဲဉ်နှဉ်တက့ၢ်.

Think about how you usually react when you are feeling stressed?

ဘဉ်သ့ဉ်သ့ဉ်နကဟ်သူဉ်ဟ်သးလၢ တၢ်ပနိဉ်သ့ဉ်တဖဉ်အံၤကဲထိဉ်ဝဲ ဒီးဖဲနန်ၢ်ဟူကလံၤသိဉ်ဂီၤ အတၢ်ဟ့ဉ်ပလိၢ်မ့တမ့ၢ်ဂ့ၢ်ဂီၢ်အူတၢ်မၤအသးကအိဉ်ထိဉ်ဝဲ အဆၢကတိၢ်နှဉ်လိၤ.

"နမ့ၢ်နၢ်ပၢ်နတၢ်ခိဆၢအတၢ်ပနိဉ်လၢအညိနၢ်တဖဉ်, နမၤလိကျဲ လၢနကပၢဆ့ၢနတၢ်ခိဆၢသ့ဂ့ၤထိဉ်ဖဲအကဲထိဉ်သးအဆၢက တိၢ်နှဉ်လိၤ." တၢ်အံၤမ့ၢ်ဝဲတၢ်အရူဒိဉ်လၢကအၢဉ်လိၤတူၢ်လိာ်လၢ တၢ်အံၤမ့ၢ်တၢ်လၢအညိနၢ်ဟဲကဲထိဉ်သးဒီးပှၤကိုးဂၤဒဲးလၢကပျံၤ တၢ်ဖုးတၢ်ခီဖျိလၢတၢ်တတၢ်တနၢ်, နနီၢ်ခိမိၢ်ပှၢ်နှဉ်ခိဆၢဝဲတၢ်လၢ ကျဲဒ်နှဉ်ခီဖျိလၢအဝဲမၤတၢ်လၢကဒိသဒၢနၤအဂိၢ်နှဉ်လိၤ.

(Australian Psychological Society, 2020)

ကျိုၤကျဲအိဉ်ဝဲဒဉ်လၢမၤစၢၤတၢ်သ့

သ့ဉ်ညါမၤနီဉ်မၤဃါနတၢ်ခီဆၢ

Recognising your responses

ပှၤအါတက့ၢ်ကသ့ဉ်ညါဝဲလၢအဝဲသ့ဉ်စးထိဉ်တူၢ်ဘဉ်ဝဲလၢအ သူဉ်တတုၤလီၤသးတတုၤလီၤမ့တမ့ၢ်ကိၢ်ဂီၤတၢ်ဖဲအဝဲသ့ဉ်အိဉ်က တဲာ်ကတိၤသးလၢမူခိဉ်ကလံၤသိဉ်ဂီၤဆူဉ်ဆူဉ်ကဲၤကဲၤအဆၢကတိၢ် မ့တမ့ၢ်ဖဲတၢ်ဆိဉ်သနံးဘဉ်အီၤအဆၢကတိၢ်နှဉ်လိၤ.

တၢ်ပနိဉ်သ့ဉ်တဖဉ်ဟ်ဃုာ်သ့ဝဲဒီး–

The symptoms can include:

တၢ်တူၢ်ဘဉ်သ့ဉ်တဖဉ်–တၢ်သူဉ်ကိၢ်သးဂီၤ, တၢ်သးလုာ်ဘၢ, တၢ်သးဒိဉ်ထိဉ် မ့တမ့ၢ်သးဒိဉ်တၢ်ညီ, လီၤဂ်အဲဉ်ဒီးဟီဉ် မ့တမ့ၢ်ပျံၤနၢ်စိၤတၢ်

နီၢ်ခိနီၢ်ခိ–သးစံဉ်, သးနၢ်ပှၢ်ဆါ, ကသါတပဲၤဘဉ်, တၢ်ခိဉ်မူၤန၊်မူၤဒီးကပၢၤထိဉ်, နၢ်ပူၤသိဉ်, ထံဉ်တၢ်ကဒုလီၤ, တူၢ်ဘဉ်လၢတၢ်ချံဉ်, မဲာ်ချံကိၢ်အူ, ကိာ်ပူၤယ့ထိ, ကနီးကစုာ်,ခိဉ်သဉ်ယံဆါ, ထူဉ်ပျၢ်တကံပဝဲဒီးဆါ, တၢ်ဖ့ဉ်ဆၢ, တၢ်ဆဲးသဖုံ, နီၢ်ခိမိၢ်ပှၢ်ဂံၢ်စၢ်, သးကလဲၤဒီးတၢ်မံတၢ်ဂဲၤတဘဉ်လိဉ်ဘဉ်စးဘဉ်

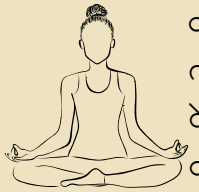
တၢ်ဆိကမိဉ်–"ယပျံၤတၢ်ဒိဉ်မး, တၢ်အံၤနးဒိဉ်မး, ပတၢ်ကလီၤမၢ်ခဲလၢာ်လီၤ,ယကဘဉ်မၤမနုၤလဲဉ်နှဉ် ယတသ့ဉ်ညါဘဉ်, ယဆၢလၢတၢ်အံၤတကဲထိဉ်သးဘဉ်, ယကွၢ်ဆၢဉ်မဲာ်တသ့ဘဉ်

တၢ်ပၢဆ့ၢတၢ်အတၢ်ပနိဉ်

Managing the Symptom

ကသါကယီကယီ

Slow breathing



တၢ်မၤကဘ့ၢလီၤနတၢ်သါထိဉ်သါလီၤနှဉ်မၤစၢၤမၤ ဂၢၢ်မၤကျၢၤနမိၢ်ပှၢ်အတၢ်ပျံၤတၢ်ဖုးအတၢ်ခိဆၢသ့ ဝဲနှဉ်လိၤ. ဟ်နသးစၢၤ်ဆၢလၢဖဲလၢနကသါဟးထိဉ်ဒီးကသါအီၤထိထိတုၤလၢနမၤန့ၢ်နှဉ်လိၤ.

တဲတၢ်ဒီးနနီၢ်ကစၢ်အတၢ်ကူဉ်ဖးတိာ်ကျဲၤတဖဉ်

Self-talk strategies

ဆိတလဲတၢ်မၤကိၢ်မၤဂီၤအတၢ်ဆိမိဉ်ဒီးတၢ်ဂီၤလၢအကဲထိဉ်တၢ် မၤစၢၤတဖဉ် လၢအကမၤစၢၤနၤအါထိဉ်လၢခဲခဲအံၤအဂိၢ်နှဉ်တက့ၢ်. ဂ့ၢ်ကျဲးစးသ့ဉ်ညါတၢ်အိဉ်သးလၢကဲထိဉ်သးခဲခဲအံၤ ဘဉ်ဆဉ် တဘဉ်မၤဘဉ်ထွဲနသးဒီးအီၤထိဘိဘဉ်. ကွၢ်တၢ်လီၤနံၤတၢ်ဂီၤမူ, ကနဉ်တၢ်သးဝံဉ်ဒီးမၤစၢၤဟ်နတၢ်ဆိကမိဉ်, တၢ်ဂီၤလၢနခိဉ်နှဉ် ပူၤတက့ၢ်. ဒုးသ့ဉ်နိဉ်ထိဉ်နသးလၢနကမၤစၢၤနနီၢ်ကစၢ်ဒီးနဟံဉ် ဖိယိဖိဒ်သိးကပူၤဖျဲးအဂိၢ်ဂ့ၤဒိဉ်ဝဲဖဲနမ့ၢ်မၤစၢၤလီၤနသးလၢကအိဉ် လီၤကယးနသးနှဉ်လိၤ.

ဂ့ၢ်ကျဲးစၢၤဒ်သိးနသုတသးစၢၤဆၢလၢတၢ်ကကဲထိဉ် သးဒီးဒုးသ့ဉ်နိဉ်ထိဉ်နသးလၢနမၤမနုၤသ့ခဲအံၤ လဲဉ်နှဉ်လိၤ.

မၤဘဉ်ထွဲနသးဒီးပှၤလၢနအဲဉ်မ့တမ့ၢ်ပှၤလၢနနာ်အီၤတဖဉ်

Connect with your loved ones or someone you trust

ဖဲတၢ်ဆိဉ်သနံးအိဉ်အါဝဲအခါနှဉ်, အရူဒိဉ်ဒိဉ်မးလၢနကဒုးဘဉ်ထွဲ နနီၢ်သးဂ့ၢ်ဝိအတၢ်အိဉ်ဆူဉ်အိဉ်ချဒီးပှၤလၢအရူဒိဉ်လၢနဂီၢ်တဖဉ် လၢနကဟ့ဉ်ခိဟ့ဉ်နိၤလီၤနတၢ်တူၢ်ဘဉ်ဒီးတၢ်ဆိကမိဉ်တဖဉ်, ဒ်အမ့ၢ်ပှၤလၢဟ့ဉ်နၤတၢ်ဆိဉ်ထွဲဒီးအိဉ်ဒီးနၤဖဲလၢတၢ်ကို တၢ်ခဲအကတိၢ်သ့သ့ဉ်တဖဉ်နှဉ်လိၤ.