



February 5th, 2021

Stress and Coping

Myit ru ai lam hpe hparan hporen ai lam

Myit ru ai lam hte seng nna ntsa lam shachyen ai lam,

Myit ru ai lam hte seng nna masha shagu gaw lam amyu myu hku nna chye htang ma ai.

- Nang myitru ai lam gaw lawu kaw na jaw da ai hta mahta na mai bying ai: langai hte langai gaw n bung ai hku nna chye htang ma ai.
 - Na a nta dinghku masa. Ga shadawn, ma kaji (sh) sak kung masha hpe gawn lajang ai wa gaw tinang langai sha nga ai hta grau myitru hpa re.
 - Na a kan bau bungli Masa. Ga shadawn, Nang hku nna, Nta dinghku kata e,shang gumhpraw hpe lit la tam ra ai shaloi hte, bungli n'lu galaw ai ten rai yang grau myitru na re.
 - Mare buga masa. Ga shadawn, masha law htam nna shani shagu lang ra ai ahkrak madung ni n'lu jai lang ai/n'nga ai gaw masha hpe grau myitru shangun ai.
- Masha shagu gaw tinang bying hkrum ai masa hta hkan nna chye htang tsun shaga, galaw chye ma ai. Dai majaw, tinang gaw masha ni hta grau myitru ai ngu hkam sha ai shaloi, tinang hkum hpe masha ni hte shingdaw ai lam n'galaw gying ai.

Yak hkrat jam jau ai mabyin ni pru wa ai aten ladaw hta lawu na myit ru myit tsang ai lam ni bying chye ai:

- Tinang (sh) tinang tsawra ai masha ni a hkamja lam a matu, matut manoi myit tsang ai.
- Aten shagu hta myit n'pyaw ai zawn myit hkam sha ai.
- Myit masin kahpra ai, myit hkrit ai.
- Yup ai, sha ai lam ni shai wa ai.
- Yup yak ai, myit maju jung yak ai.
- Kanawn mazum lam hta masan nsa mara mu wa ai.
- Myit kadun ai (sh) grai pawt ja wa ai.
Tinang hkum tinang si mat mayu ai myit ni rawng wa ai (sh) masha ni hpe machyi hkra galaw kau na ngu myit wa ai
- Aten galu hkamja lam mang hkang hpe grau sawng shangun ai.

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- Nang h pang malu masha, Tsa chyaru , malut hte gaga tsi mawang ni hpe lu sha ai lam law wa ai
- Myit n'pyaw ai, myit daw hteng ai.
- Galoi mung myit lawm taw ai lam hta, myit n'lawm wa ai.
- Langai sha nga ra ai (sh) langai sha nga shangun ai ngu hkam sha ai.
- Myit ba ai, myit hkri lit li wa ai.
- Myit ru ai a marang e shawoi myit lawm galaw ai bungli ni n'lu galaw mat ai.
- Nta masha (sh) mare buga kata na masha ni hpe dingbai dingla jaw ai hku htang wa ai. Ting nang hkum ting nang dingbai dingla jaw wa ai.
- Makaji ni the Ramma ni mung myit n chyi nmu byin wa ai, masin kadun wa ai zawn re ni, Yup mang n'tsawm ai zawn re ni, myit ru ai majaw hkum n'pyaw ai (gsd, baw machyi ai, kan machyi ai) zawn re ni, tinang a kanu kawa/ya gawn ai ni hpe grau nna kanan ai zawn re ni , bying chye ga ai.

Ndai zawn nang hku nna kumla langai ngai (sh) law law hpe tinang hkrum sha ai shaloi, (Sh) tinang hkum tinang (sh) masha ni hpe dingbai dingla machyi shangun mayu ai myit ni pru wa ai aten, shawoi galaw ai bungle ni hpe n lu galaw ai hte, aten na na n'ji nmu myitru ai zawn re ni bying ai rai yang, myit tsu wa ai lam ni, myitru ai lam hpe shayawm shakut ra na re. Lahta kaw ka madun tawn ai kumla ni hpe jailang mai ai zawn, Na a n ta masha ni hte manaw ma nang ni a mabyin masa hpe mung dinglit yu na matu mung mai jai lang ai. Nang hkum nang (sh) nang chye ai masha ni hku nna hpaji jaw ai lam ni, karum ai lam ni mung galai shai ra ai lam ni hta myit shalawm mai ai.

Tinang hte Tinang A Makau Grup Yin Na Masha Ni Hpe Karum Mai Ai Ninggam Ni

Lawu kaw shalawm da ai lam yan ni gaw Myitsu wa hku nna myitru ai lam hte nau nseng ai zawn myit chye ai, rai tim myitru lam hpe shayawm na matu grai ahkrak ai lami laman ni rai ga ai. Ndai lami laman ni gaw hpaji jaw ai lam sha re, hpaji jaw madi shadaw ai lam yan ni mung langai hte langai akyu byin shangun ai lam n'bung na re. Hpa nra ai. Hkum ngau shagu byin mai ai daram lam tam shakut na matu mung n'gun jaw mayu ai. Hpaji jaw madi shadaw ai lam ni gaw:

1.1 Tinang Hkum Tinang Sadi U - Langai hte langai a sadi ai lam gaw nbung na re. Lawu na Madi madun da ai lam ni gaw:

- Mai bying ai daram tinang a shani shagu na lu sha hpe aten masat nna hkam la u, hkamja lusha ni hpe mung sha shalawm u.
- Mai bying ai daram yup rawt ai hpang tinang a nta kata/shinggan hkan e hkamja lam a matu hkawm sa ai lam galaw u, mare buga kaw masat da ai rit kawp Tara hta hkan nna byin mai ai daram hkawm sa shamu shamawt u.
- Tinang hkum tinang yup hkru hkru yup u (Gsd hkying hkum 8 yup u)



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- Hkayawm, Malut, Tsa hte kaga tsi mawan ni hpe koi u (sh) shayawm jai lang u. Myitru ai lam hpe lu hparan na matu ndai zawn malu masha (sh) kaga tsi mawan ni hpe tinang jai lang taw ai hta jan nna hkum jai lang u.
- Tinang hkum hkrang san seng u, Tinang hkum hkrang ma kawp maga na the aten mam man Hka shin na

1.2 Kaga Masha Ni Hte Matut Mahkai U- La ma na, Nan hte a mare buga hta, nta shinggan de pru hkawm ai shaloi tinang a hkum hpe masha ni hte tsan tsan nga ra ai ngu hkang zing tara jahkrat da ai gaw, masha ni hte tsun shaga ai lam hpe pat shingdang ai lam nre. Masha shada ga tsun shaga ai lam n'nga yang, grau nna myit ru shangun ai zawn, tinang hkrai laksan nga ra ai zawn hkamsha shangun chye ai.

- Mai galaw ai Lam n'kau mi: Social Media (Internet hku matut mahkai ai lam), Phone (sh) nta shinggan hkan e langai hte langai a lapran meter 1 (pe 3) (sh) meter 2 (pe 6) gang nna zuphpawng galaw ai lam ni mai ai.
- Shani shagu yawm dik marai langai hte ga tsun shaga ai lam masum lang shakut nna shaga u.
- Tinang a myit tsang ai, myit hkam sha lam hpe tsun dan chye na matu mung ahkrak nga ai.

1.3 Myit Ru Ai Lam Law Wa Yang Tinang Hkum Tinang Myit Shazim Shakut U-

- Nsa hpe hkru hkru sa u. - Ladi hte hkru hkra sa nhtawm, n'gup hku nsa hpe gau ngwi shapraw u. Yawm dik 5 lang gau ngwi hte na na nsa sa bang u.
- Kyu hpyi u (sh) myit shazim u, dai galaw ai lam ni hpe lam a myu myu hku nna mai galaw ai. Galaw na lam law law nga ai kaw na, Lam langai gaw minute 10 daram dung nna ky u hpyi ai lam (sh) myit shazim ai lam galaw u.
- Tinang hkum tinang kaja ai lam hku nna sawn la u “Ndai mabyin hta ngai langai hkrai sha nre” (sh) “Ngai lai di lu na re”. Jahpawt, Shani, Shana 5 lang daram tinang hkum tinang kaja ai hku myit sawn tsun la u.

1.4 Shiga Tam Sawk Hti U, Rai Tim Aten Hpe Masat U-

- Kam mai ai shiga lawk kaw nna shiga ni hpe jahpawt, shani, shana minute 10 daram tam sawk hti u.
- Shiga hti ai aten hpe hti hpang ai kaw na atsawm matsing da u. Dai hpe minute 10 daram yu nna .aten hpe shadum ai lam mung mai galaw ai.
- Tinang kam mai ai shiga lawk hta lai nna, social media kaw nna shiga law law hpe yu kam ai lam n galaw ga. Ndai zawn yak hkrak jam jau ai ten ni hta, Njaw nteng ai shiga ni hpe social media hta grai chyam bra chye ai hpe sati ga.
- Lawu na shiga lawk ni hpe madi shadaw ai:
 - MoHS (<https://www.mohs.gov.mm/>)



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- Voice of America (<https://www.voanews.com/>)
- Radio Free Asia (<https://www.rfa.org/burmese/>)

1.5 Nang hpe Myit Pyaw Shangun Ai Lam Ni Galaw U- Langai hte langai gaw shai na re.

- Mai galaw ai shamu shamawt lam n’kau hpe madun da ai: laika hti ai, ma ni hte aten shama ai, nampan sun gawn ai, lam hkawm ai, mahkawn madat ai, mahkawn hkawn ai, madum sumpi dum ai, myit hpe shazim ai, kyu hpyi ai, zawn re ni mai galaw ai.
- Ting nang ra sharawng ai Shamu shamawt ai lam hpe yawm dik minute 10 galaw u, Lani mi 2 lang yawm dik galaw u.

1.6 Karum Shingtau Ai Lam Ra Yang Karum Hpyi U- Lama na nang hku nna myit ru myit tsan ai lam Grai sawn ai hku nna hkam sha wa ai rai yang (sh) tinang hkum tinang (sh) masha ni hpe machyi hkra galaw kau mayu ai myit ni bying ai rai yang, chyeju hte Seng An ai (Counselors)hpe matut mahkai karum hpyi u.

- Tinang a makau grupyin hta phone hku nna mai tsun shaga ai Counselors ni hpe sagawn nna karum hpyi u.