

Barista /Ku-wacyigelinta Waalidka Calaamadaha ugu Horreeya ee lagu garto Istimaaalka Daroogada [opioid]

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Daroogada waa xanuun ama balwad lala qabsado, se maahan doorasho uu qofku doorbidayo in uu isticmaalo.

Waddan ka Maraykanka Waaxda Dawooyinka (National institute on Drug Abuse) waxay diiwaangelisay in kabadan 2 million in ay isticmaalaan Daroogooyinka, , in ka badan 90 qof oo Ameerikaan ah ayaa u dhinta isticmaalka Daroogada maalin kasta.

Maxay yihiin calaamadaha addiction-ka ?

1. Imaha oo kubiira kooxo ama si joogta ah u yeesha saaxiibbo badan oo cusub (Changing friends).

2. Imaha oo waqti badan ku luminaaya kalinnimo (alone) ama cunuga oo ka fogaanaya in uu waqti laqaato /lajoogo ehelkiisa iyo saaxiibadii.
3. Imaha oo naca waxyaabihii uu jeclaa in uu sameeyo sida kubadda, jirdhiska, saaxiibadii in uu waqti la qaato, iskoolka Iwm.
4. Cunugga oo aan isnadiifin, dharkana aan iska beddelin, iyo isaga oo aan afkiisa nadiifin Iwm.
5. Imaha oo daallan markasta, welwel na ka kuuqdo, intaas oo ay u dheer tahay hadal badni.
6. Imaha oo seexanaya xilliyo uusan horay u seexan jirin ama ah xilli aan sida caadiga ah la seexan si guud (Sleeping odd hours).
7. Cunugga oo mar kasta sharciyada dalka jebinaya, oo deris la noqda badanaa waaxda sharciyada.

Haddaba doodda oo faahfaahsan oo dhammaystiran lifaaqa hoose ka dhegayso:

<https://www.facebook.com/BRC.Center/videos/640996523483747>