



## UW Medicine | **Hagaha murugada**

*Baroordiiqda qof la jeclaa*



*Waayo waxaan jirin, kama aynaan dhalan, oo inaga oo aan waxba ahayn ma dhimano. jiritaanku waa goobaabin, oo waan qaldanaa markaan is niraahno cabira inta u dhexeysa xoolka ilaa xabaasha.*

*Manuel Acuna*

### Su'aalo?

Su'aalahaagu waa muhiim. Fadlan na soo wac haddii aad qabtid su'aalo ama walaac.

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*Waxaan rajeneynaa in  
buug-yarahani uu noqon  
doono mid kaa caawima  
inaad bilowdo habka  
bogsashada.*





*Xusuusin*

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## **Isla Marka Geeridu dhacdo ka Dib**

Waxaa laga yaabaa inaad dareento shoog ama kabuubyo - naxdin in dhimashadu dhacday iyo inkiraad in khasaaruhu dhab yahay. Dareennadani waxay kaa ilaalinayaan in xanuunku kaa tan bato. Qaar kale waxay soo sheegaan dareen nafis ah oo ah in qofka ay jecl yihiin dhibaatadiisa ay dhammaatay. Dareennadani waa kuwo caadi ah.

## **Dareen Khasaaraha**

Waxaa laga yaabaa inaad yeelato muddo cadho ah. Caradu waxay ka dhalan kartaa dareenka caawimo la'aanta iyo niyad-jabka ah in aadan xakamayn karin xaaladdaada. Waxay sidoo kale ka iman kartaa dareenkaaga in uu kaa tegay qof aad jeceshahay. Caradu waa qayb ka mid ah hannaanka murugada. Caqabadda jirta waa in la barto in carada loo muujiyo siyaalo caafimaad qaba.

Marka hore, waxa kale oo laga yaabaa inaad dareento dembi la xidhiidha khasaarahaaga. Muddo ka dib, waxaad baran kartaa inaad aqbasho in wixii la soo dhaafay uu dhamaaday oo eedaynta naftaada aysan soo celineynin qofka aad jeceshahay.

## **Aqoonsiga in Khasaarahaagu uu Dhamaad Yahay**

Marka aad bilowdo in aad aqbasho in qofka aad jeceshahay uu tegay, niyad-jabka iyo rajo-beelka ayaa bilaabmi kara. Tani waa markii aad la xiriiri lahayd kuwa kale si aad uga hesho raaxo.

## **Dib u Dhiska Nolashaada**

Wagtigan, waxaad bilaabi doontaa inaad hesho maalmo ka wanaagsan maalmihii xumaa, waxaadna u gudbi doontaa waqti is-beddel iyo aqbalaad. In kasta oo nolashaadu aanay weligeed ahaan doonin sideedii hore, haddana waxaad bilaabi kartaa raadinta macne iyo ujeedo cusub.

## Dareen-celinta khasaaraha

Waxaa laga yaabaa in khasaarahu uu beddelo habka aad u dhaqanto. Waxaa laga yaabaa inaad nasasho la'aan noqoto ama aad si fudud u ooydo. Waxaa laga yaabaa in cuntadaadu aad u badato ama aad u yaraato ama ay dhib kugu noqoto hurdadu.

Qaababka fikirka ayaa isbedeli kara. Waxaa laga yaabaa inaad dhib kala kulanto inaad diirada saarto, ama waxaad dareemi kartaa jahawareer. Go'aan qaadashada way adkaan kartaa. Waxaa laga yaabaa inaad ku mashquusho xasuus murugo leh ama welwel.

Khasaaruhu wuxuu keeni karaa dareemo cusub oo aan la aqoon. Waa caadi in la dareemo walaac iyo murugo. Waxaa laga yaabaa inaad dareento kabuubyo, cidlo, ama caawimo la'aan. Waxaa laga yaabaa inaad tahay mid xanaaqsan ama xanaaq badan, ama aad dareento sida aad "walaan tahay". Dad badan oo murugaysan ayaa waxay dareemaan dambiyo la xiriiira wax ay u sameeyeen ama aanay u qabanin qofkii ay jeclaayeen. Dhimashada ka dib, dadka qaarkood waxay dareemaan nafis.

Qaar baa laga yaabaa inay dareemaan isbeddello caafimaadkooda jireed, sida dawakhaad, daal, af qallayl, madax-xanuun, garaaca wadnaha, ama neefta oo ku dhegta. Dhibaatooyin caloosha ah ama cidhiidhi laabta ah ayaa laga yaabaa inay la xiriirto kacsanaan iyo walaac.

Waxa kale oo laga yaabaa inaad aragto isbeddel ku yimaadda noloshada bulsho iyo xidhiidhkaaga. Tusaale ahaan, waxaa laga yaabaa inaad in badan ku tiirsan tahay dadka kale in muddo ah ama aad dareento in saaxiibadaa aanay ku fahmin. Waxa laga yaabaa inaad xataa ka masayrto ama aad ka cadhooto farxaddooda.

## Ilaha ama Meelaha Caawimaada leh

Waxaa jira ilo badan oo taageero iyo macluumaad ah oo ka jira bulshooyinka intooda badan. Qaar kuwan ka mid ah waa la-taliyayaal, wadaado iyo la-taliyayaal ruuxi ah, kooxaha taageerada murugada, iyo aqoon-is-weydaarsiyo. Waxa kale oo aad ka heli kartaa agab ku saabsan habka murugada maktabadda xaafaddaada ama dukaankaamada buugaagta, ama internetka. Adeegahaaga bulsho ayaa kaa caawin kara inaad hesho qaar badan oo ka mid ah ilahan.

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*Waan u xiisi doonaa kuwa aan jeclahay ee aan hadda ila joogin, laakiin waxaan u arkaa inay mahad ii tahay inaan jeclaaday iyaga.*

*Mahadnaqu waxay ugu dambeyntii ka guuleysatay khasaarihii.*

*Lama garanayo cidii tiri*

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Carruurto ha ka qaybqaataan habka baroor-diiqda, oo ha arkaan murugadaada. Ku dhiiri geli inay muujiyaan dareenkooda oo ay su'aalo waydiiyaan.

U sheeg carruurtaada cidda daryeeli doonta. Ku dar qorshayaasha hawl maalmeedka sida, "Waan ku soo qaadi doonaa dugsiga ka dib. Maalmaha aan shaqeeyo, ayeeyo ayaa ku soo qaadi doonta."

Waa caadi in carruurta yaryari ay ciyaaraan oo ay qoslaan wax yar ka dib marka qof dhinto, xitaa marka ay aad u murugaysan yihiin. Carruurto waxay u habeeyaan murugada siyaabo ka duwan sida dadka waaweyni sameeyaan. Dhaqdhaqaaqa jireed wuxuu ka caawiyaa inay muujiyaan shucuurtooda oo ay gubaan tamarta.

Dhallinyaradu waxay u badan tahay inay u jeestaan saaxiibadooda si ay u taageeraan. U diyaar ahow dhallinyarada laakiin ha dhaawacmin ama ha dhibsan hadday ayan rabin inay kula hadlaan.

Carruurto way ka soo kaban karaan murugada haddii ay haystaan cid ay jecel yihiin oo ay ku tiirsanaan karaan raaxo iyo badbaadado ahaan, kuwaas oo u xaqiijin kara in la jecel yahay.

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*Carruurto awood adkeysii bay leeyihiin.  
Naftaadana taageero u hel si aad cunuggaada u taageerto.*

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## **Weydiisashada Caawimaad**

Haddii aad leedahay astaamo jirka ah oo ku dhibaya oo aan kaa tegin waqti dheer, waxaa laga yaabaa inaad rabto inaad aragto dhakhtarkaaga.

Haddii ay adkaato maaraynta hawlahaaga maalinlaha ah ama aad adigu is-dabarto, la hadlidda la-taliye ayaa kaa caawin kara.

## **Marxaladaha murugada**

Inkastoo falcelinteen ay si weyn u kala duwanyihiin, haddana waxaa jira marxalado caam ah oo loo maro habka murugada. Waynu geli karnaa gudaha oo kana soo bixi karnaa marxaladahaas. Mid kastaa waa qayb ka mid ah habka guud. Ka gudubka wejiyadan waxay kaa caawinaysaa inaad la qabsato oo aad aqbasho khasaarahaaga wakhti ka dib.

Waxaa laga yaabaa inaad u marin wejiyadan siday u kala horreeyaan. Dadka intooda badan hore iyo gadaal ayay u dhex maraan, taasoo ku xidhan dhacdooyinka kale ee noloshooda. Waxaa laga yaabaa in qofku uu soo maro marxalad isku mid ah oo murugo dhowr jeer ah, laakiin darnaanta dareenka iyo muddada ayaa si tartiib tartiib ah u sii yaraanaya.

U oggolaanshaha naftaada inaad dareento dareenkan xoogga leh taasi waxay oggolaan doontaa inay yaraadaan waqti ka dib. Haddii aad isku celiso, waxa laga yaabaa inay xoog ahaadaan. Waxaa laga yaabaa in isbeddello badan uu soo maro dareenkaagu inta aad mareyso geedi socodka murugada.

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*Quus ka dib rajooyin badan ayaa soo  
ifbaxa. Sida gudcurka dabadii,  
kumanaan qorraxo ayaa furma oo  
bilaaba inay iftiimaan.*

*Rumi*

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## **Ka Bogsashada Murugada**

Murugadu waa shaqo adag oo u baahan tamar iyo feejignaan. Caadooyinka murugada iyo caadooyinka dhaqankaaga ama dhaqanka ruuxiga ah ayaa kaa caawin kara bixinta qaabdhismeedka iyo diiradda.

Marka aad murugoonayso, waxaa laga yaabaa inaad marwalba awoodin inaad hawlo badan qabato isla hal mar. Isku day inaad dejiso yoolal fudud oo aad ku qaban karto maalin, usbuuc, ama bil gudaheed. Diirada saar waxaad maareyneeyso inaad qabato maalin kasta, iskuna day inaad murugada mudnaan ka dhigto.

- **Ka hadal murugada.** Aqoonsiga dareenkaaga, aqbaliddooda, iyo helista siyaabo aad ku muujiso waxay kaa caawin kartaa inaad soo gaabinayso habka murugada waxayna kaa caawinaysaa inaad bogsato.
- **Wajah xaqiiqada dhabta ah ee khasaaraha.** Ka fogaanshaha khasaaraha waxay ka dhigi kartaa habka murugada mid dheer oo xitaa xanuun badan.
- **Naftaada u naxariiso.** Isku day inaad ku degdegin murugadaada. Isku day inaad qaadin masuuliyado cusub.
- **Aqoonso oo muuji dareenkaaga.** Dareen xoog leh ayaa soo bixi doona markaad bilowdo inaad aqbasho khasaarahaaga. U oggoolow naftaada inaad dareento. Samee wakhti aad ku murugooto - fiiri sawiradii hore oo akhri waraaqo hore. Naftaada sii meel aammaan ah iyo wakhti aad ku ooydo - waxaa laga yaabaa inaad la yaabto inaad ogaato in oohintu ay keeni karto xoogaa nafis ah. Carada iska saar adiga oo si xoog leh u samaynaaya jimicsi ama la hadal saaxiib ama la-taliye. Akhri buugaag ku saabsan murugada iyo khasaaraha si aad u ogaato sida dadka kale ula qabsadaan.
- **La wadaag murugadaada.** Aqbal dareenka naxariista iyo welwelka kuwa ku siin kara taageerada. Haddii saaxiibo dhow ama xubnaha qoyskaaga aan la heli karin, tixgeli inaad aragto lataliye u tababaran caawinta dadka murugada. Dad badan ayaa u arka in ka qaybgalka kooxda taageerada murugada ay tahay mid waxtar leh. Markaad la wadaagto fikradaha dadka kale, waxaad baran kartaa in murugadaadu tahay mid dabiici ah oo caadi ah.

- **Daryeel baahidaada niyadeed iyo jireed.** Soo hel waxyaabo fudud oo aad samayn karto si aad naftaada u kobciso. Qaado wakhti aad ku diyaarsato oo aad ku cunto cunto isku dheeli tiran, seexo hurdo kugu filan, oo maalin walbana jimciso. Ka fogow aalkolada iyo maandooriyayaasha - waxay ka dhigi karaan habka murugada inuu sii dheeraado.
- **Hayso joornaal.** Qoraalka dareenkaagu wuxuu kaa caawin karaa inaad barato inaad muujiso dareenka xanuunka badan. Waxay sidoo kale ku siin kartaa diiwaanka horumarka aad gaartay.
- **Iska ilaali meelaha dhibka ka iman karo.** Fasaxyada, maalmaha dhalashada, sannad-guurada, iyo xitaa waqtiyada cuntada caadiga ah ayaa laga yaabaa inay adag tahay. Waxaa laga yaabaa inaad rabto inaad iska ilaaliso meelo gaar ah oo hadda xasuusin xanuun badan u ah khasaarahaaga. Isku day inaad horay u sii qorsheysato waqtiyadan.
- **Naftaada u fasax inaad wax ka beddesho jadwalkaaga caadiga ah.** Beddelidda qaar ka mid ah xusuusinta yar iyo caadooyinka xiriirkaaga lumay ayaa kaa caawin kara inaad murugooto oo aad bilowdo inaad dhisto nolol cusub.
- **Dib-u-firin nolosha.** Mararka qaarkood, waxaad dareemi doontaa inaad diyaar u tahay inaad dib u soo gasho dunida bulshada oo aad bilowdo inaad samaysato saaxiibo cusub ama aad xoojiso cilaqaadka hadda jira. Waqti ka dib, waxaad bilaabi doontaa inaad u abuurto yoolal iyo macno cusub noloshaada.

## Carruurta iyo Murugada

Caqiidooyinkaaga dhaqameed iyo ruuxiga ah ee aad aaminsan tahay ayaa hagaya waxa aad carruurta ku tidhaahdo oo ku saabsan macnaha dhimashada. U xaqiiji carruurtaada jacaylkaaga iyo taageeradaada. U xaqiiji in aanay dhimashadu ahayn eeddooda.

UW Medicine

## A Guide Through Grief

*Mourning the loss of a loved one*



### Questions?

Your questions are important. Please call us if you have questions or concerns.

UWMC Social Work and Care Coordination:

Montlake Campus:  
206.598.4370

Northwest Campus:  
206.668.1304

HMC Social Work:  
206.744.8030

*We hope this booklet will help you begin the process of your healing.*

*For out of nothingness we are not born, and into nothingness we do not die. Existence is a circle, and we err when we assign to it for measurement the limits of the cradle and the grave.*

*Manuel Acuna*

Grief is a natural response to an important loss.

When we lose someone dear to us, each of us grieves in our own way and at our own pace. Many things affect how we grieve, and for how long. Our ethnic backgrounds, cultures, personalities, life experiences, spiritual beliefs, responses to stress, and our relationships all may impact our grief process.

There is no right or wrong way to grieve. Some of us express grief freely, find comfort in the company of others, and keep reminders of loved ones nearby. Others find comfort in being alone, away from reminders of our loss. Still others find that cultural or spiritual rituals can help restore order and meaning.

As you begin your grieving process, knowing what to expect can help you cope with the pain and loneliness. It may help to know that your feelings are common.

The grieving process may be long, slow and painful. There may be many times when you feel sorrow and yearning. For many people, the grieving process may also be a strengthening and growth-filled experience. This may be hard to believe right now, when your grief is so new.

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*Remember to be gentle with yourself.*

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*Notes*

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## **Right After the Death**

You may have a feeling of shock or numbness – shock that the death has occurred and denial that the loss is real. These feelings protect you from pain that can be overwhelming. Others report a feeling of relief that their loved one’s suffering has ended. These feelings are common.

## **Feeling the Loss**

You may have periods of anger. Anger can grow out of feelings of helplessness and frustration at not being able to control your situation. It can also come from feeling abandoned by your loved one. Anger is a part of the grieving process. The challenge is to learn to express it in healthy ways.

At first, you may also feel guilt related to your loss. Over time, you can learn to accept that the past is over and that blaming yourself will not bring your loved one back.

## **Recognizing That Your Loss Is Final**

When you begin to accept that your loved one is gone, depression and despair can set in. This is the time to reach out to others for comfort.

## **Rebuilding Your Life**

At some point, you will begin to have more good days than bad days, and you will move into a period of adjustment and acceptance. Although your life will never be the same, you can begin to find new meaning and purpose.

## Reactions to a Loss

Loss may change the way you behave. You may be restless or cry easily. You may eat too much or too little or have trouble sleeping.

Thinking patterns may change. You might have trouble concentrating, or you might feel confused. Making decisions can be harder. You may dwell on sad memories or worries.

Loss can cause unfamiliar, new feelings. It is common to feel anxious and sad. You may feel numb, lonely, or helpless. You may be irritable or angry, or feel like you are “going crazy.” Many grieving people feel guilty about something they did or did not do for their loved one. After a death, some people even feel relieved.

Some may notice changes in their physical health, such as dizziness, exhaustion, dry mouth, headaches, pounding heart, or shortness of breath. Stomach problems or tightness in the chest may be related to tension and anxiety.

You may also notice changes in your social life and relationships. For example, you might depend more on others for a while or feel that your friends do not understand you. You may even envy or resent their happiness.

## Helpful Resources

There are many sources of support and information in most communities. Some of these are counselors, clergy and spiritual advisors, grief support groups, and workshops. You can also find materials about the grieving process at your local library or bookstore, or online. Your social worker can help you find many of these resources.

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*I will miss those I loved who are no longer with me, but I find I am grateful for having loved them.*

*The gratitude has finally conquered the loss.*

*Anonymous*

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Let children take part in the mourning process, and let them see your grief. Encourage them to express their feelings and ask questions.

Tell your children who will be caring for them. Include them in plans for daily routines such as, “I will pick you up after school. On the days I work, Grandma will pick you up.”

It is normal for young children to play and laugh shortly after a death, even when they are very sad. Children process grief in different ways than adults do. Physical activity helps them express their emotions and burn off energy.

Teens are more likely to turn to peers for support. Be available for teens but do not be hurt if they do not want to talk with you.

Children can recover from grief if they have loved ones they can depend on for comfort and security, who can reassure them that they are loved.

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*Children are resilient. Get support for yourself so you can support your child.*

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## **Asking for Help**

If you have physical symptoms that disturb you and that do not go away for a long time, you may want to see your doctor.

If it is becoming hard to manage your daily activities or to take care of yourself, talking with a counselor may help.

## **The Phases of Grief**

Even though our reactions vary widely, there are common phases in the grief process. We can cycle in and out of these phases. Each one is part of the overall process. Moving through these phases helps you adjust to and accept your loss over time.

You may not go through these phases in order. Most people move back and forth between them, depending on other events in their lives. A person may go through the same phase of grief several times, but the intensity of the feelings and how long they last slowly lessen.

Letting yourself feel these strong feelings will allow them to lessen over time. If you hold them in, they may remain powerful. You may have dramatic changes in your emotions as you go through the grieving process.

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*After despair many hopes flourish. Just as after darkness, thousands of suns open and start to shine.*

*Rumi*

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## **Healing from Grief**

Grieving is hard work that requires energy and attention. The grief rituals and traditions of your culture or spiritual practice can help provide structure and focus.

When you are grieving, you may not be able to do many tasks at once. Try setting simpler goals for what you can get done in a day, a week, or a month. Focus on what you *do* manage to do each day, and try to make grieving a priority.

- **Talk about grief.** Recognizing your emotions, accepting them, and finding ways to express them can help shorten the grieving process and help you heal.
- **Face the reality of the loss.** Avoiding the loss may make the grieving process longer and even more painful.
- **Be gentle with yourself.** Try not to rush through your grieving. Try not to take on new responsibilities.
- **Acknowledge and express your emotions.** Strong feelings will come up as you begin to accept your loss. Allow yourself to feel them. Make time to grieve – look at old photos and read old letters. Give yourself a safe place and time to cry – you may be surprised to find that crying may bring some relief. Let go of anger by exercising vigorously or talking with a friend or counselor. Read books about grief and loss to find out how others cope.
- **Share your grief.** Accept sympathy and concern from those who can provide support. If close friends or family members are not available, consider seeing a counselor who is trained in helping people grieve. Many people find that attending a grief support group is helpful. By sharing insights with others, you can learn that your grieving is natural and normal.

- **Take care of your emotional and physical needs.** Find simple things you can do to nurture yourself. Take the time to prepare and eat balanced meals, get enough sleep, and exercise each day. Avoid alcohol and drugs – they can make your grieving process last longer.
- **Keep a journal.** Writing down your feelings can help you learn to express painful emotions. It can also give you a record of your progress.
- **Be aware of possible trouble spots.** Holidays, birthdays, anniversaries, and even ordinary meal times may be difficult. You may want to avoid special places that now are painful reminders of your loss. Try to plan ahead for these times.
- **Give yourself permission to change your routine.** Changing some of the little reminders and routines of your lost relationship may help you to grieve and begin to build a new life.
- **Refocus on life.** At some point, you will feel ready to re-enter the social world and begin to make new friends or strengthen current relationships. Over time, you will begin to create new goals and meaning for your life.

## Children and Grief

Tell children the truth when someone dies. Trying to protect them by not telling them what happened can do lasting harm. Your own cultural and spiritual beliefs will guide what you say to children about the meaning of death.

Assure your children of your love and support. Reassure them that the death is not their fault.