

# COVID-19

## Hababka Jahwareerka

(Distraction Techniques)

Fudud xanuunka iyo cidhiidhiga kahor,  
intuu socdo iyo kadib



### Neefsashada Qotada dheer

(Deep Relaxation Breathing)

Ka neefso sanko iyo afka adoo tirinaaya 3 mar kasta



### Isticmaal teknolojiyada

(Use Technology)

Isticmaal taleefon ama taableet si aad u ciyaarto ciyaar ama aad muusig u dhageysato



### Dareenkoo Meel Kale loo Jeediyo

(Shift Attention)

Habraaca ka jeeso ama meel aad jeceshahay ka fakar



### Su'aalo Isdaba Joog ah

(Rapid Fire Questions)

Sheeg magacyada 5 magaaladood

Sheeg magacyada 4 ciyaar oo isboorti ah iyo 3 nooc oo qudaar macaan ah



### Hawli Qeyb Kaloo Jirka Katirsan

(Engage Another Part of the Body)

Lul suulasha cagaha ama faraha

Debci gacanta lagaa tallaalayo