

Nrog lwm cov niamtxiv tham nrhiav kev pab thiab tawm tswvyim.

- Mus kawm txog ua niamtsev thiab txivtsev.
- Hu rau lub koomhaum hmoob ntawm koj lub nroog nrhiav seb puas muaj kev kawm txog qhuabqhia metub menyuam.
- Sablaj thiab nrhiav tswvyim nrog cov cojnoj cojua ntawm koj lub zos.

Yuavtsum mus nrhiav kev pab.

- Yog koj mloog tau tias koj npau taws tswj tsistaus koj tuskheej, nrhiav kev pab tamsim ntawd.
- Sau cov neeg koj tham tau nrog thaum koj nyuajsiab, lubnpe thiab xovtooj, muab tso ze ntawm koj lub xovtooj thiajli tau hu thaum nyuajsiab.
- Yog koj muaj kev nyuajsiab ntau, mus tom Mental Health losyog tsev muab kev pab kho kev nyuajsiab, mus nrog ib tus neeg muab tswvyim nipigsiab tham.



Sutter Yuba Mental Health
Hmong Ethnic Outreach Program
1965 Live Oak Blvd.
Yuba City, CA 95991

Managing Family Stress: A Resource for Hmong Parents

Tswj Kev NyuajSiab
Los Ntawm Yus TsevNeeg:
TswvYim Pab Rau
Cov Niam Txiv Hmoob



Sutter Yuba Mental Health
Prevention and Early Intervention
Program



Yog koj npaj saibxyuas koj tuskheej kom zoo, yamno yuav pab tau koj txoj kev nyuajsiab txog ntawm yus tsevneeg.

- Noj zaubmov kom zoo thiab pw kom txaus. Thaum koj nkees thiab tshaibplab lawm yuav ua rau txhua yam me me zoo li teeb meem loj heev.
- Txob sivyeeb sivtshuaj losyog haus tejam muaj Caffeine. Yam no ua rau koj meem txom tshaj.
- Exercise yog ib yam zoo tshaj vim tias nws yog ibyam pab koj lub cev thiab yuav pab koj tsopa. Mus taugkev yog koj ua tsistaus tejam nyhav. Sablaj nrog koj tus kws kho mom uantej koj yuav exercise.

Txob xav kom ua tau txhua yam.

- Thaum koj lub siab xav kom ua tau txhua yam, thiab kom ua tau rawsli koj lub siab xav, tejam no yuav ua rau koj muaj kev nyuajsiab vim tias lub sijhawm tsuas muaj tsawg zujzus. Koj tswj tsis tau lwm tus kom ua tau li koj nyiam thiab koj yuav nres tsis tau lub sij hawm.
- Nug koj cov txheebze thiab poojywg seb lawv pab puas tau koj losyog puas pab tau koj zov koj cov menyuam ib pliag kom koj tswj tau koj tuskheej lawm.
- Yuav tsum qee ib lub sijhawm rau koj tus kheej mus ua tejam lomzem. Tejam no yuav pab koj lub siabntsws hloov thiab pab koj tswj tau koj lubsiab .

Kev tutub tukiv yog ib txoj haujlwm nyuaj heev, vim tias tsis muaj sijhawm, tsis muaj nyiaj, pw tsis txaus, thiab hauj lwm muaj tsis txawj tag li.

Txoj kev nyuajsiab ntawm tu metub menyuam thiab yus tsev neeg yog ib yam sawv daws muaj, tsis yog koj ib leeg xwb.

- Txhualleej txhuatus npautaws thiab nyuajsiab qee lub sijhawm.
- Kev mobnkeeg thiab tejam uas hloov lawm losyog txawvtxav lawm ntawm tsevneeg yuav ntxiv rau kev nyuajsiab.
- Cov menyuam loj hlob lub tebchaws no tsis zoo li cov menyuam loj hlob tebchaws nplog lawm. Yog koj tsis paub thiab totaub txog tejam no, koj yuav muaj kev nyuajsiab.
- Thaum koj paub tswj tej kev txhawj thiab kev nyuajsiab lawm, koj yuav yog ibtug niamtsev/txivtsev zoo.

Sutter Yuba Mental Health Prevention and Early Intervention Program

Sutter Yuba Mental Health Lub Program
Los Mus Pab Kho Thiab TivThaiv
Kev NyuajSiab PuasHlwb

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