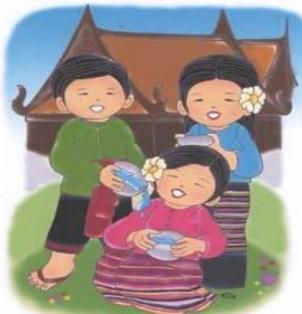


Nrog lwm cov niamtxiv
tham nrhiav kevpab thiab
tawm tswvyim.

- Mus kawm txog ua niamtsev thiab txivtsev.
- Hu rau lub koomhaum hmoob ntawm koj lub hroog 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 kevpab.

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



Slutter 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



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

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

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

Yog koj npaj saibxyuas koj tuskheej kom zoo, yamno yuav pab tau koj txoj kev nyuansiab 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 tejyam muaj caffeine. Yam no ua rau koj meem txom tshaj.
- Exercise yog ib yam zoo tshaj vim tias hws yog ibyam pab koj lub cev thiab yuav pab koj tsopa. Mus taugkev yog koj ua tsistaus tejyam nyhav. Sablaj nrog koj tus kws kho mom uahtej 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, tejyam no yuav ua rau koj muaj kev nyuansiab vim tias lub sijhawm tsuas muaj tsawg zujzus. Koj tswj tsis tau lwm tus kom ua tau li koj nyiam thiab koj yuav hres 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 menuam ib pliag kom koj tswj tau koj tuskheej lawm.
- Yuav tsum qee ib lub sijhawm rau koj tus kheej mus ua tejyam lomzem. Tejyam no yuav pab koj lub siabntsaws hloov thiab pab koj tswj tau koj lubsiaab .

Sutter Yuba Mental Health
Prevention and Early Intervention
Program

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

Hmong Outreach Center
4853 Olivehurst Ave
Olivehurst, CA 95961



For more information
please contact:

Yog Xav Paub Ntau Tshaj Hu Rau:

Mai Youa Vang, ASW
Mental Health Therapist

Hmong Outreach Center (530) 749-2746