



**Healthy Minds**  
*Counselling Clinic*

# “UBUZIMA BWO MU MUTWE NI INGENZI”

# IBIBAZO WAKWIBAZA KU BUZIMA BW'IMITEKEREREZE

1. Utekereza iki ku muntu ufite ubuzima bwiza bwo mu mutwe?
2. Wavuga ryari ko wagize uburwayi bwibasira imitekerereze cyangwa bimwe mu bimenyetso bugaragaza?
3. Waba uzi zimwe mu mpamvu zangiza imitekerereze ya muntu cyangwa ubuzima bwo mu mutwe?
4. Waba uzi bimwe mu bimenyetso mpuruza by'uburwayi bwibasira imitekerereze?
5. Waba uzi zimwe mu ndwara zikunda kwibasira imitekerereze?
6. Waba uzi icyo wakora igihe ugize ikibazo cyerekeranye n'imihindagurikire y'imitekerereze ndetse n'imyitwarire?

## Utekereza iki ku muntu ufite ubuzima bwiza bwo mu mutwe?

“Bavuga ko umuntu afite ubuzima bwiza bwo mu mutwe iyo abasha kumenya ubushobozi bwe ndetse no guhangana na siteresi z'ubuzima zisanzwe, ashobora gukora ibimubyarira umusaruro we bwite n'umuryango we na Sosiyete/ Kominote atuyemo”. Abashakashatsi benshi bagaragaje ko ubuzima bwiza bwo mu mutwe ari urufunguzo rw'ubuzima bwose.

## Wavuga ryari ko wagize uburwayi bwibasira imitekerereze cyangwa bimwe mu bimenyetso bigaragara ku muntu wagize ubwo burwayi?

Muri make uburwayi bwibasira imitekerereze ya muntu bugaragazwa n'uruhurirane rw'ibimenyetso byatewe no kwangirika kw'imitekerereze, amarangamutima ndetse n'ihindagurika ry'imyitwarire, aribyo bishobora kugaragazwa no kwangirika kwimikurire ya muntu (developmental process), imitekerereze (Psychological), ubuzima abayemo (Social living) ndetse n'imikorere y'umubiri bwite (biologically).

Akenshi iyo ubuzima bwo mu mutwe bwamaze kwangirika, imitekerereze n'imyitwarire birahinduka bikangiza imikorere ndetse bikagabanya n'umusaruro uwagize ubu burwayi yatanganga kuri we, n'umuryango we ndetse na Kominote (Community).

# Waba uzi zimwe mu mpamvu zangiza imitekerereze ya muntu cyangwa ubuzima bwo mu mutwe?

N'ubwo ubushakashatsi bugaragaza ko igitera uburwayi bwo mu mutwe no kwangirika kw' imitekerereze ya muntu kitaramenyekana, hari bimwe mu bishobora kuba imbarutso yo kuba wagira ibimenyetso bigaragaza ko ubuzima bwo mu mutwe butagenda neza.

## Muri byo harimo:

### **Ibiterwa n'imikorere y'ubuzima bwa muntu (Biological risk factors)**

**Ingero:** Kuvuka umwana ananiwe, impanuka, indwara zidakira n'ubundi burwayi butandukanye,

### **Ubuzima umuntu abayemo (Social risk factors)**

**Ingero:** Kubura akazi, kubura aho kuba, ubukene, amakimbirane mu miryango n'ibindi

### **Ibyangiza imitekerereze (Psychological issues or factors)**

**Ingero:** Kubura uwo wakundaga, kugwirwa n'ibyago, guhura n'ibibazo bitandukanye mu buzima, n'ibindi

### **Imikurire ya muntu n'aho yakuriye (Developmental and environmental risk factors)**

**Ingero:** Gukurira mu makimbirane cyangwa mu bibazo byo mu muryango bikamwangiza mu mikurire ye. Bitewe n'aho umuntu yakuriye kandi ashobora kujya mu bigare akahakura imico mibi yo gukoresha inzoga, itabi cyangwa ibindi biyobyabwenge, ibyo byose bikaba bishobora kuba imbarutso yo kwangirika kw'imitekerereze ndetse no kugaragaza ibimenyetso by'uburwayi bwo mu mutwe.

# Waba uzi bimwe mu bimenyetso mpuruza by'uburwayi bwibasira imitekerereze?

Bimwe mu bimenyetso mpuruza by'uburwayi bwibasira imitekerereze n'ibi bikurikira:

- ♦ Guhindagurika kw'imyitwarire;
- ♦ Agahinda gakabije;
- ♦ Kwitakariza icyizere
- ♦ Guhindagurika kw'ibitotsi
- ♦ Kutiyitaho kuburyo bw'isuku
- ♦ Gukoresha cyangwa kunywa ibiyobyabwenge
- ♦ Gutekereza kwiyahura no kubishyira mu bikorwa
- ♦ Guhora wumva ufite ubwoba bukabije ndetse unahangayitse
- ♦ Kutagira ubushake bwo kurya cyangwa ukarya cyane mu buryo budasanze
- ♦ Kumva ntacyo umaze ndetse nta gaciro ufite muri Sosiyete
- ♦ Kwigunga no kudashaka kujya aho abandi bari
- ♦ Kumva amajwi cyangwa ukabona amashusho adahari n'ibindi

## Waba uzi zimwe mu ndwara zikunda kwibasira imitekerereze?

Indwara zibasira imitekerereze ni nyinshi muri rusange zimwe muri zo harimo:

- ◆ Indwara igaragazwa n'agahinda gakabije
- ◆ Kugira ubwoba bukabije bw'ibintu; abantu cyangwa ahantu runaka
- ◆ Kubatwa n'ibiyobyabwenge bishobora kuba byaba imbarutso y'uburwayi bwo mu mutwe
- ◆ Indwara igaragazwa n'amarangamutima ari ku rugero rwo hejuru
- ◆ Indwara ituma umuntu asa naho yibereye mu Isi ye
- ◆ N'izindi zitandukanye bitewe n'imibereho ya muntu

**Muri rusange ubu bwoko bw'indwara zo mu mutwe bushobora gufata umuntu wese yaba umwana cyangwa umuntu mukuru !!!!**

## Waba uzi icyo wakora igihe ugize ikibazo kerekeranye n'imihindagurikire y'imatekerereze ndetse n'imyitwarire?

Abantu mu muco nyarwanda dukunda gusubiza tuti “ni meza” kandi hari byinshi bitagenda neza, byaba byiza kugaragaza amarangamutima yawe hakiri kare ugahabwa ubufasha buboneye ugezwa ku ivuriro rikwegereye.

Tubifurije kugira ubuzima bwiza bwo mu mutwe. Tumenye, twirinde kandi twivuze hakiri kare ibyakwangiza ubuzima bwacu bwo mu mutwe.



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