



Build your Resilience



GVERN TA' MALTA
MINISTERU GHAS-SAHHA
U L-ANZJANITA ATTIVA



Direttorat għall-Promozzjoni
tas-Saħħa u Prevenzjoni tal-Mard
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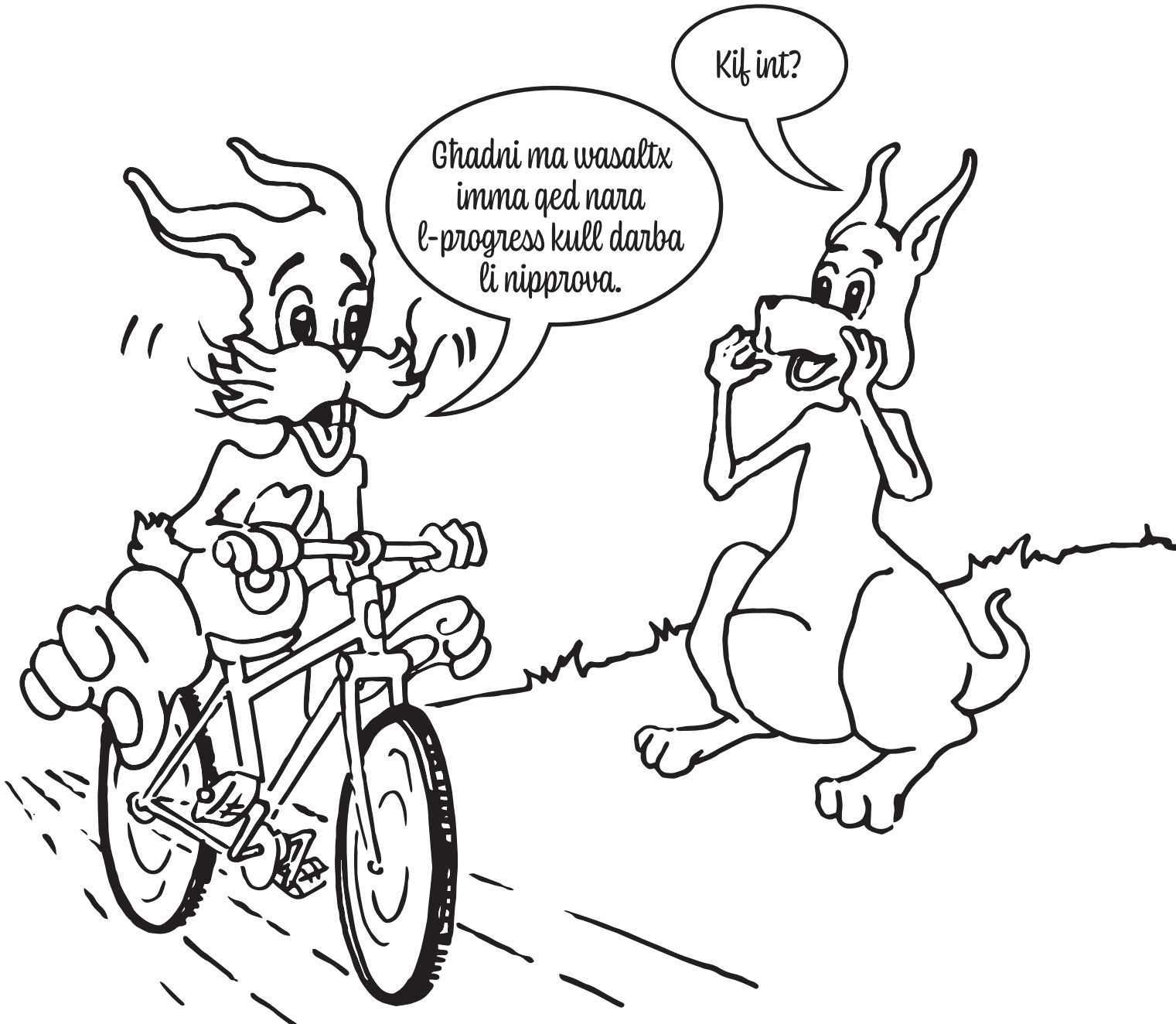
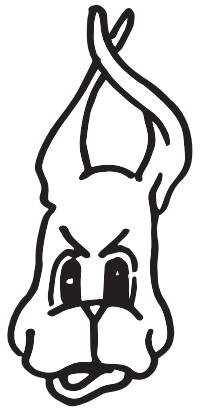
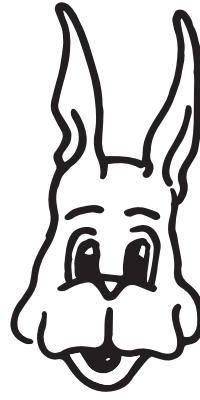
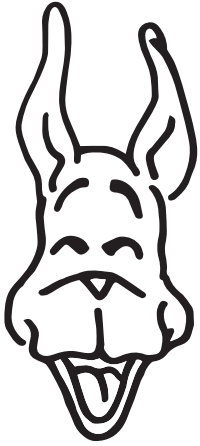


Attivitajiet sabiex tiegħu waqfa mill-gurnata!

X'inhi π -Reziljenza?

Il-hila li tirkupra minn zminijiet difficili.
Kulhadd jista' jitghallem ikun reziljenti!





Ghadni ma wasaltx
imma qed nara
l-progress kull darba
li nipprova.

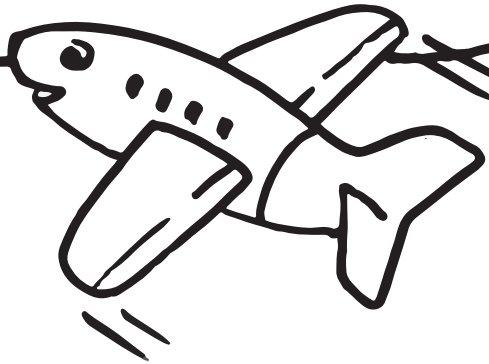
Kif int?

Affarijiet li
ghadni

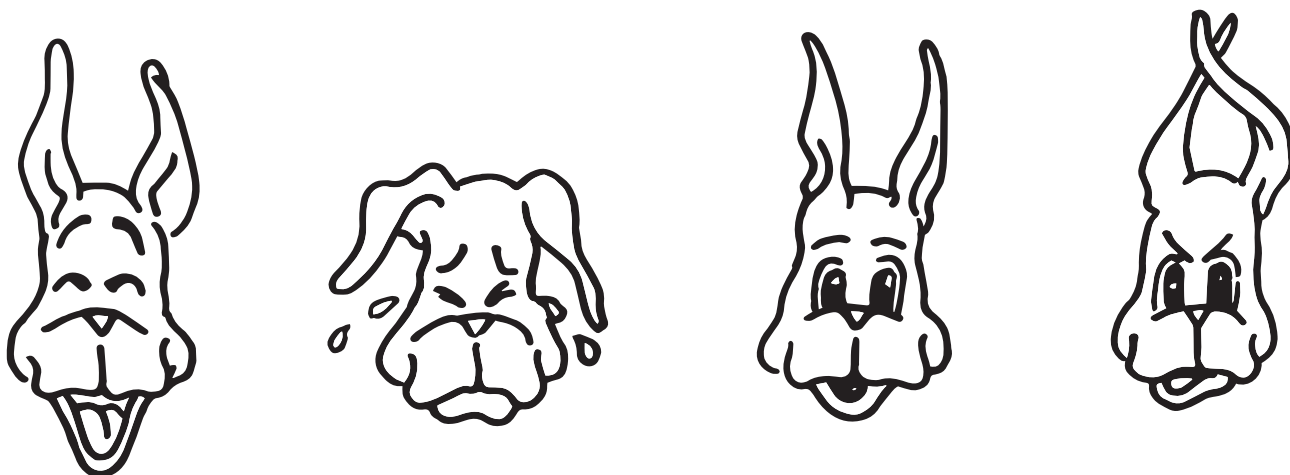
ma nistax nagħmel

...u

li rrid nitgħallem!



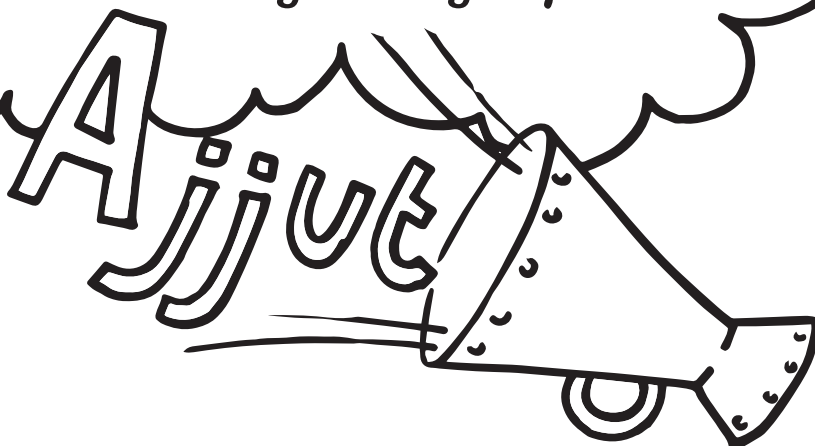
Aghmel lista t' affarijiet li għadek ma tistax tagħmel imma li tixtieq
titgħallem. Aghti hin lil moħħok u gismek biex jitgħallmu affarijiet godda!



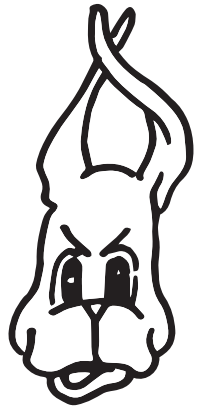
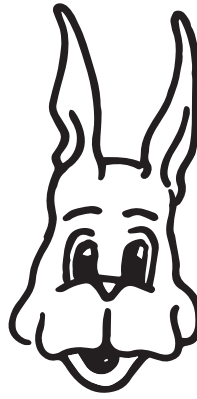
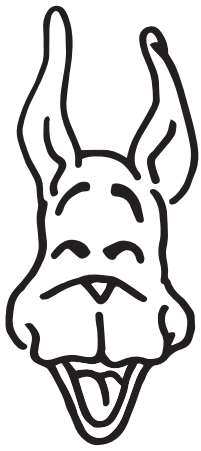
Ilni nahdem fuq
dal-homework ma nafx
kemm! Wehilt!



Dejjem tista' titlob għall-ghajnuna!

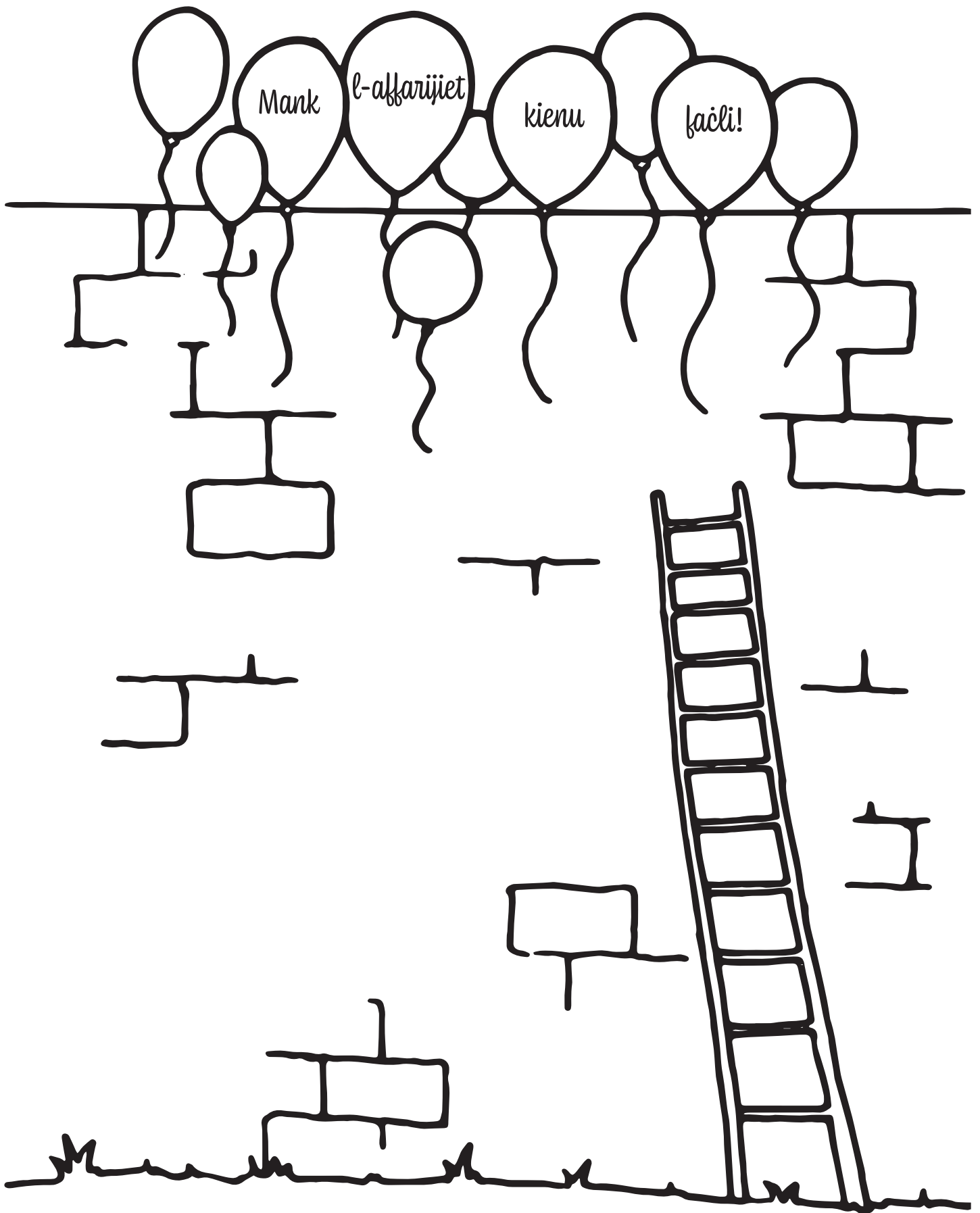


Tista tikteb lista ta' nies li jistgħu jtuk xi pariri, support, jew forsi jgħinuk
tizviluppa perspettiva ġdida u aktar utli.

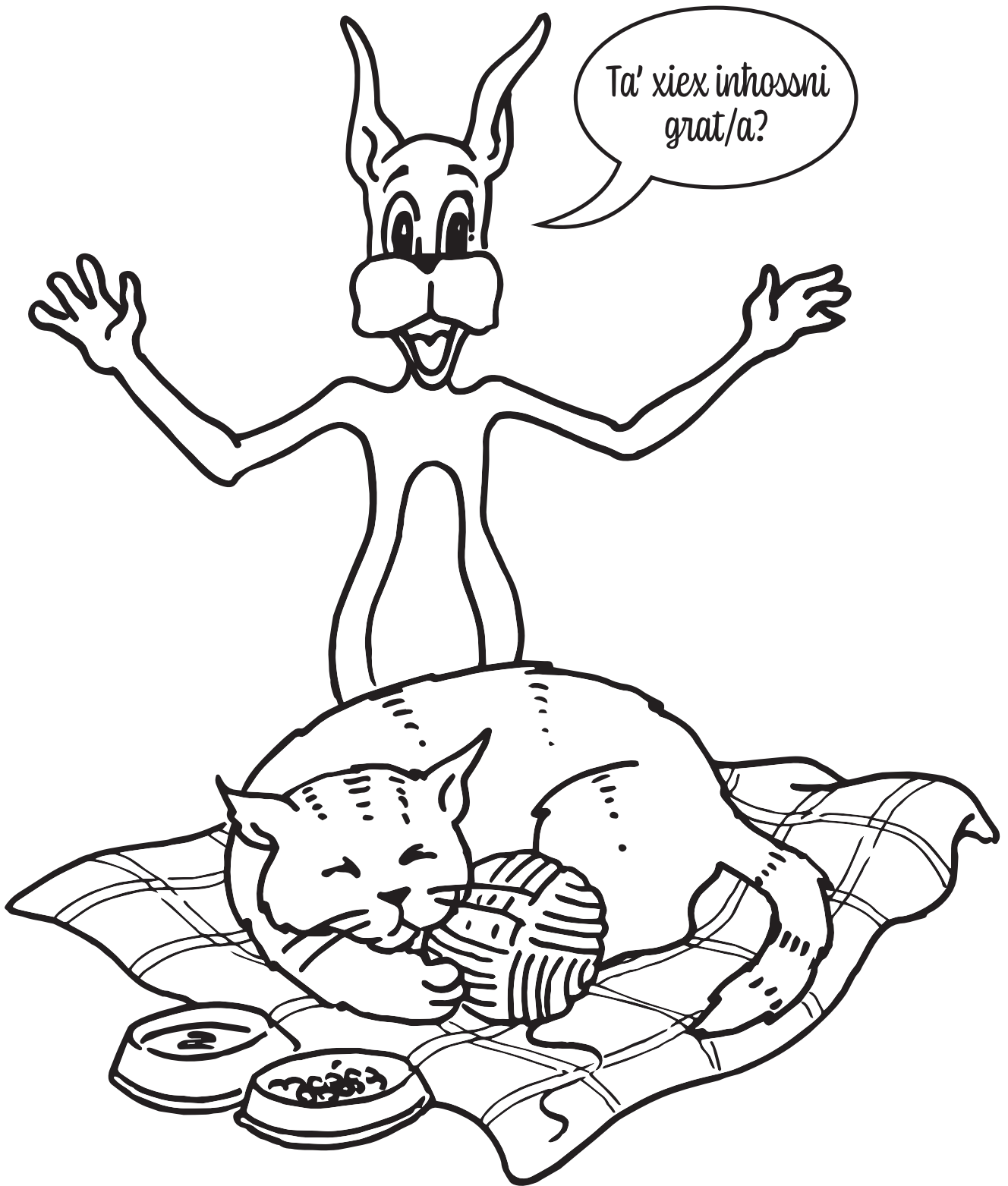
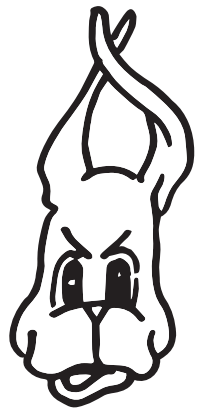
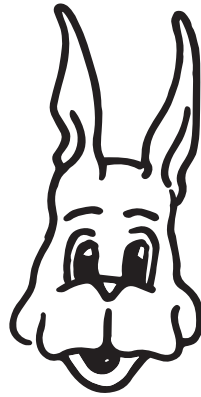
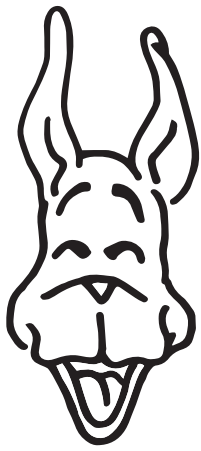


Kemm nixtieq
li kollox
ikun faċli!

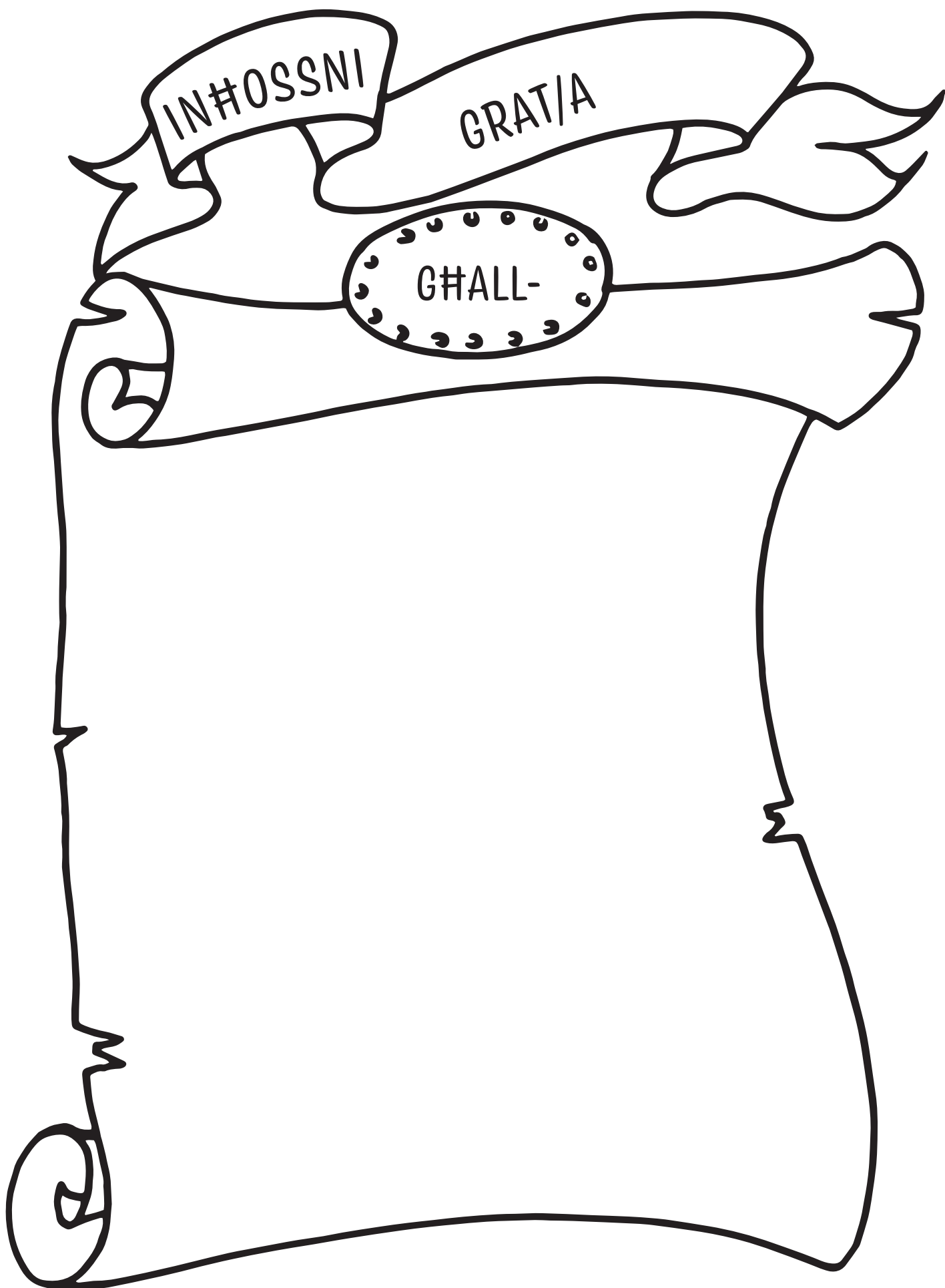




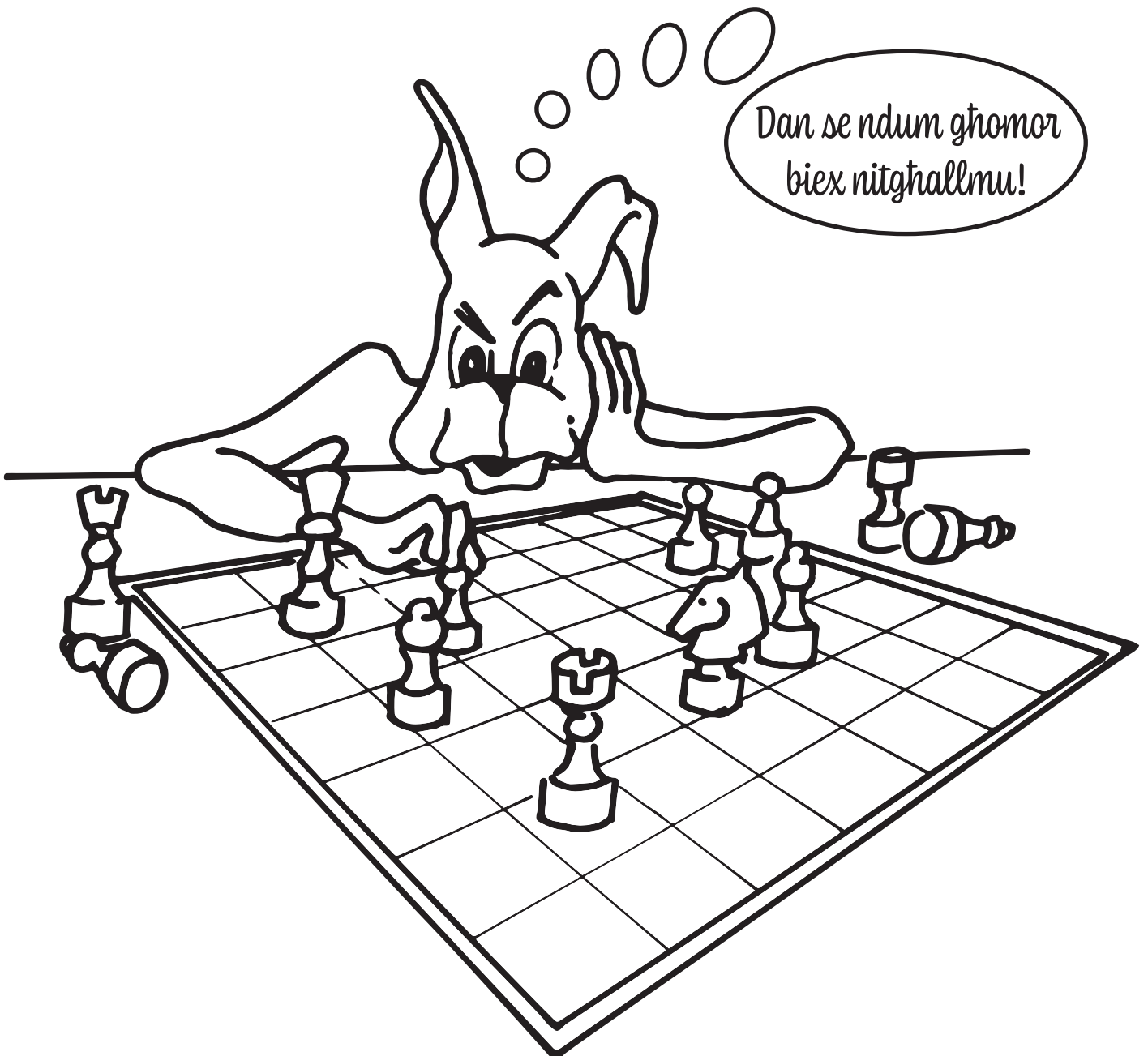
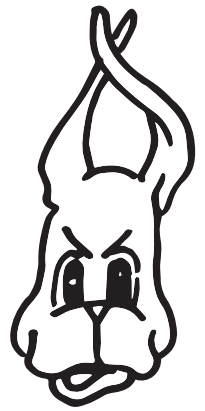
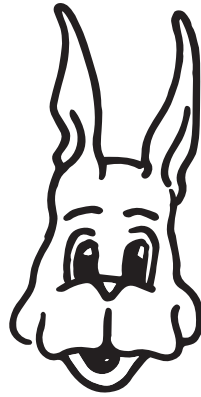
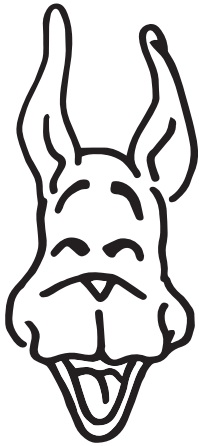
Meta l-affarijiet ikunu facli, ma nikbrux!
Nikbru meta naffaccjaw l-isfidi.

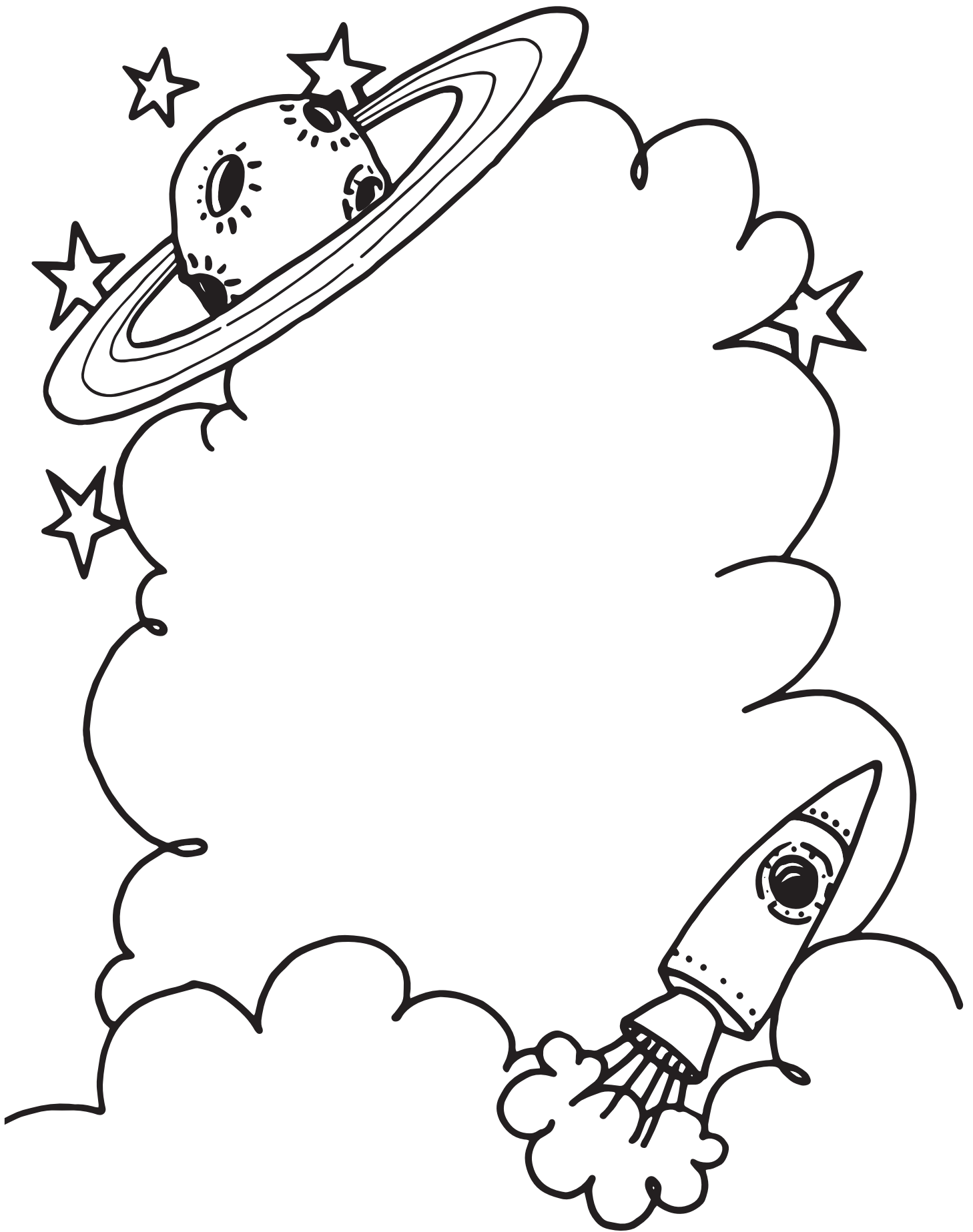


Ta' xiex intossni
grat/a?

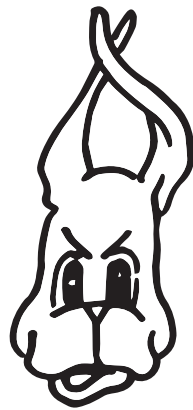
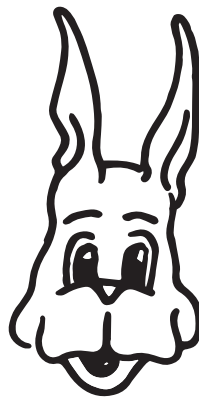
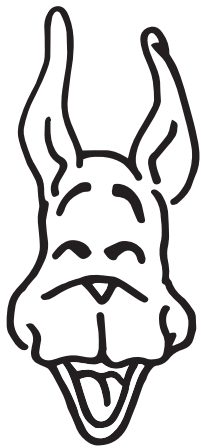


Intossni grat/a għal dak kollu li għandi, dak
kollu li qed nitgħallem u dak kollu li jien.

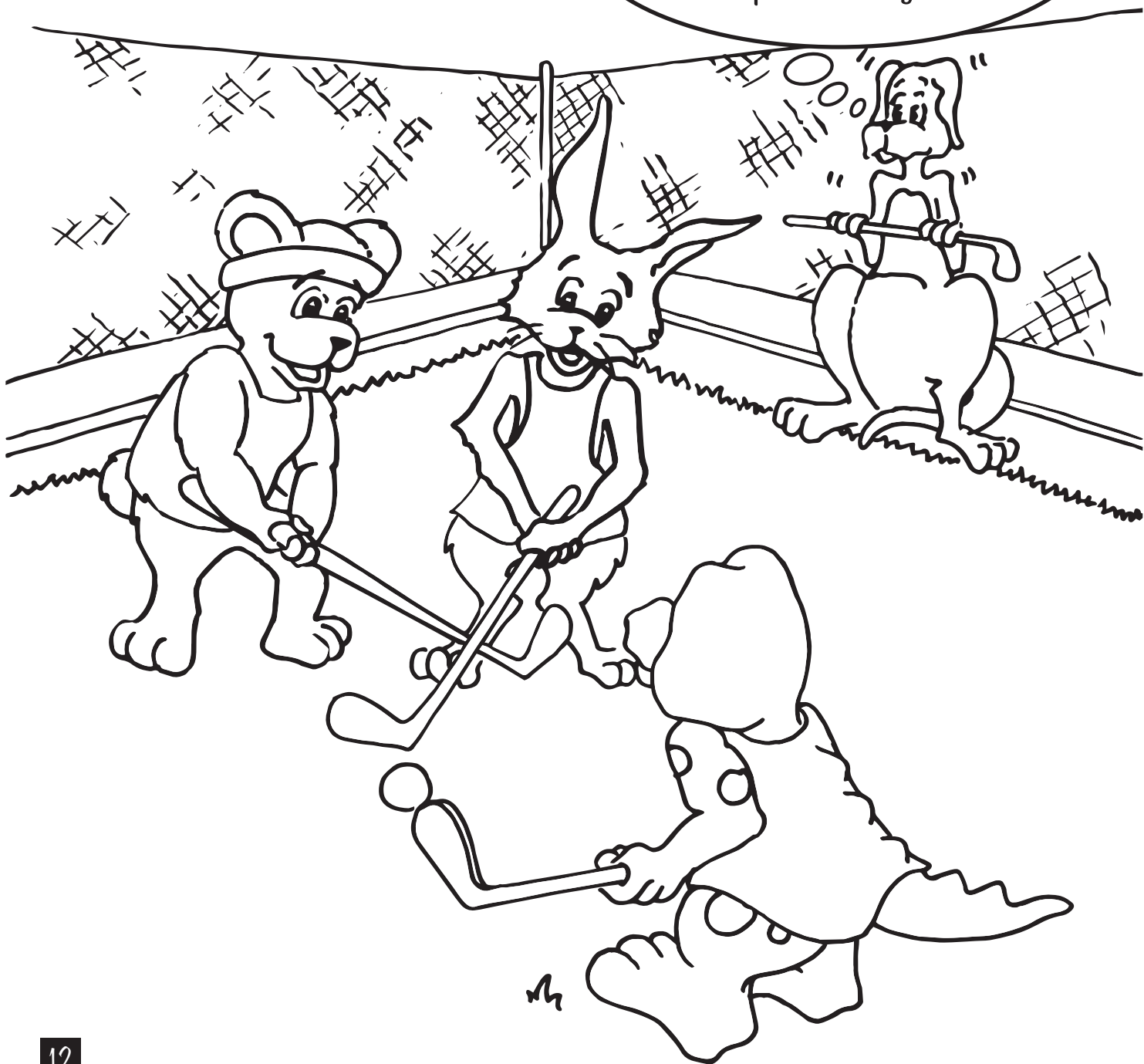


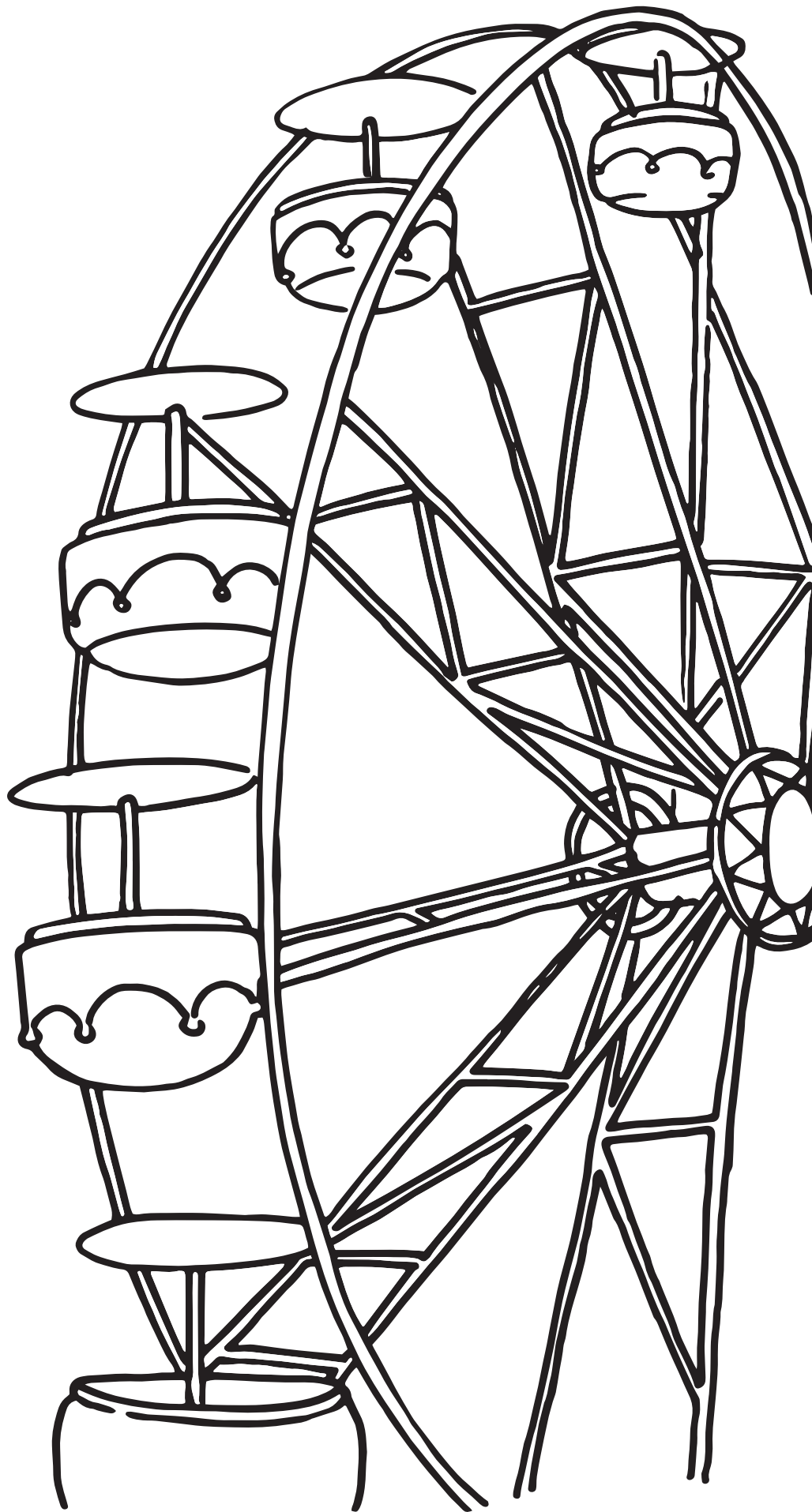


X'jaghmillek it-tagħlim aktar faċli u divertenti?

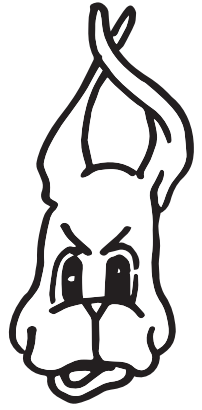
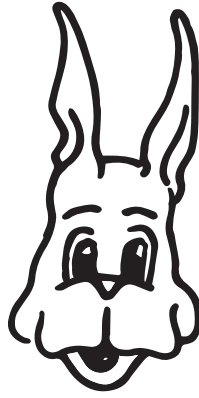
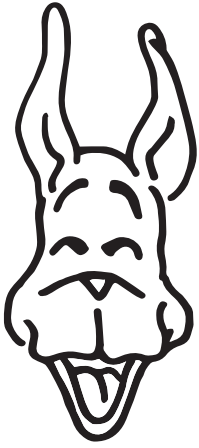


Ma n'hobbx immur f'postijiet
fejn ma naf lil hadd. Nibza'
niltaqa' ma' nies godda.

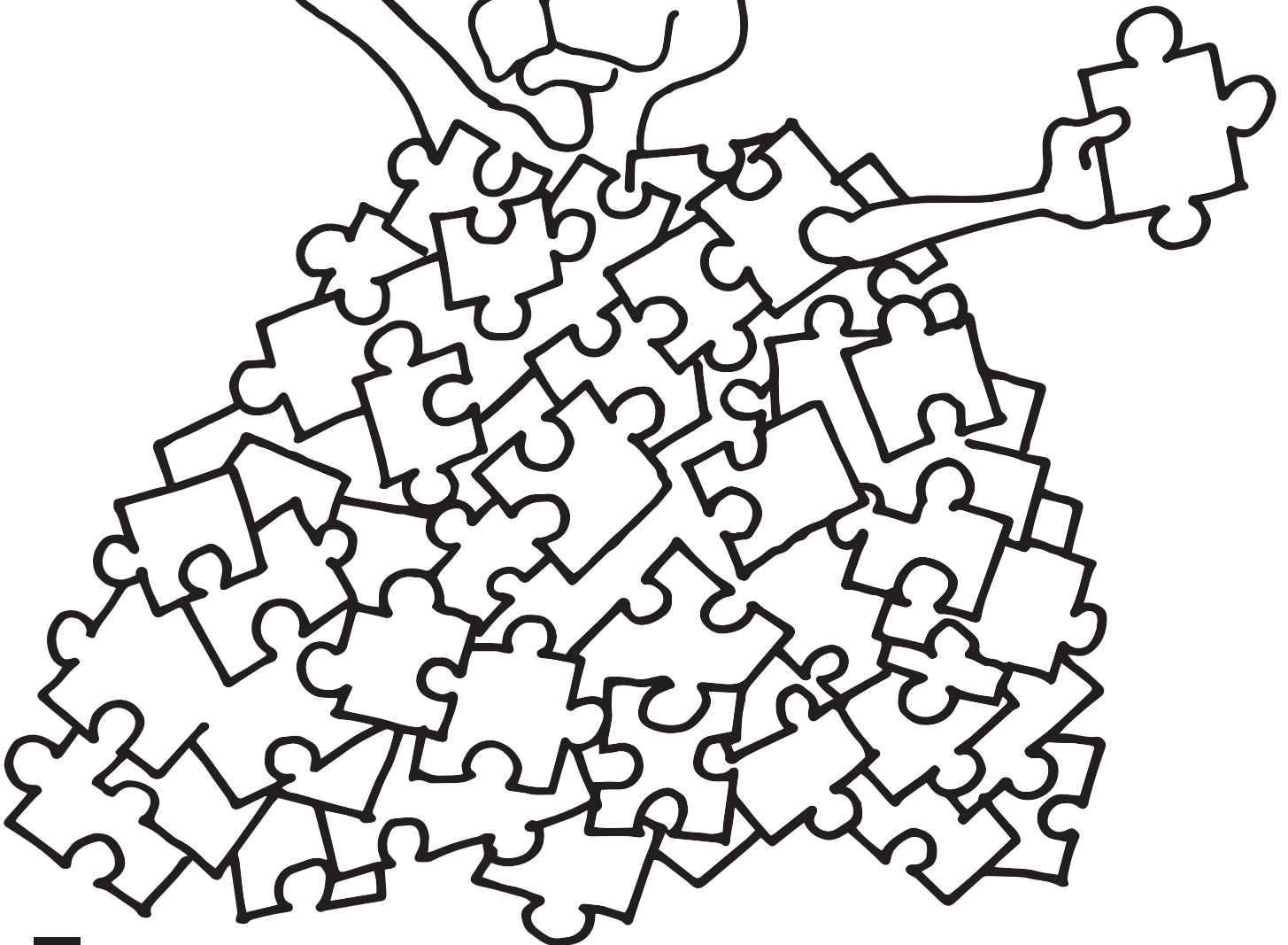


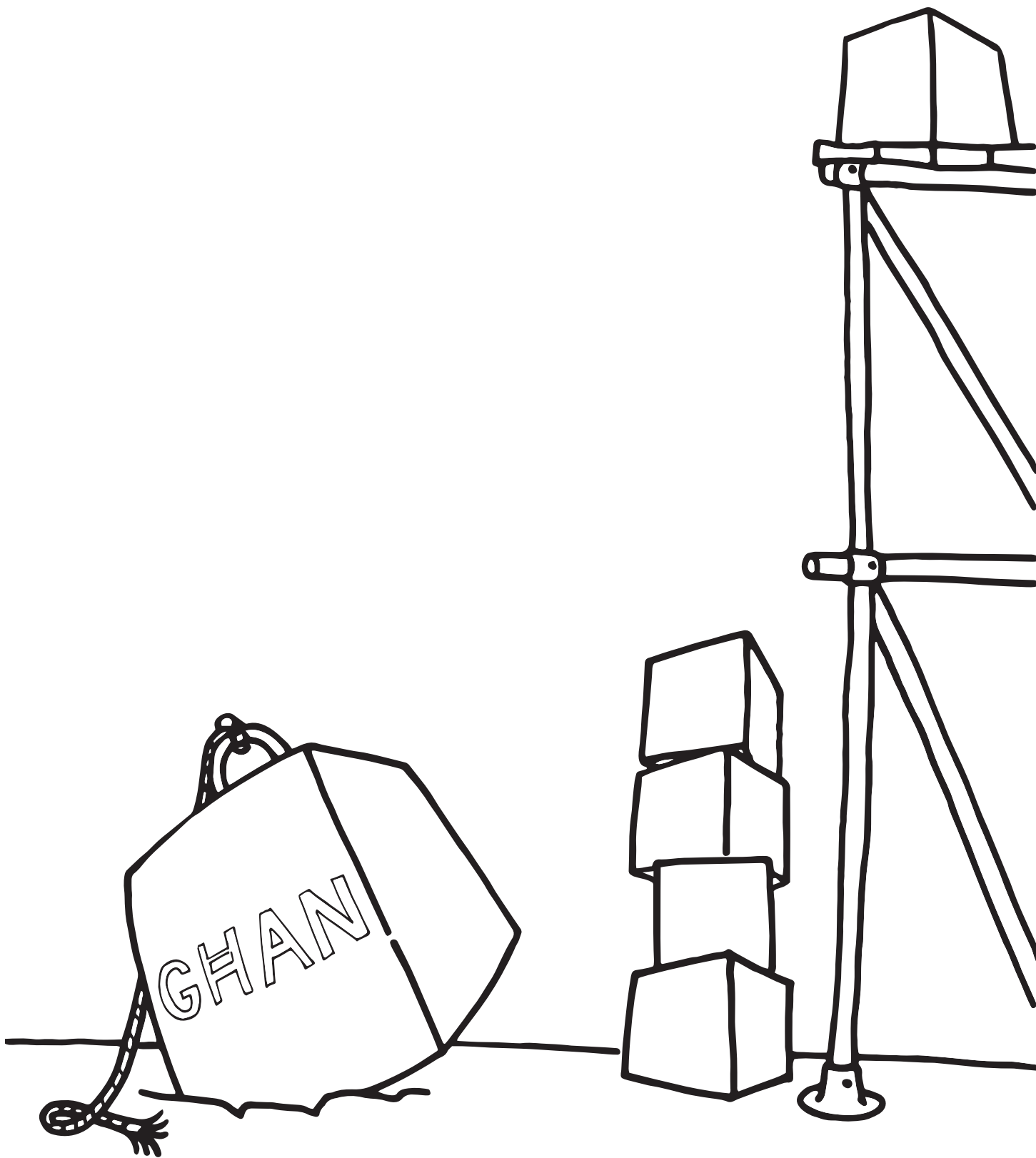


Tista' tahseb fi zmien meta ghall-ewwel bzajt tipprova xi haga izda mbaghad bdejti tiehu gost taghmilha?



Qed natdem fuq
din il-bicċa xogħol u
ma nałx mnejn
se nibda!





Ahseb f'xi haga li tixtieq tagħmel jew issir. Ahseb fuq kif tista' taqsam l-ghan tiegħek f'partijiet iżgħar.

Pariri utli għall-ġenituri

Ir-reżiljenza tikkonsisti f'li:

- Inkunu konxji mis-sentimenti, il-ħsibijiet, il-fatturi stressanti, il-valuri u l-għanijiet tagħna
- Nikkontrollaw l-emozzjonijiet u nikkalmaw ruħna waqt żminijiet diffiċli
- Inkunu kapaci nħarsu lejn l-affarijiet b'mod pożittiv jew minn perspettivi differenti
- Nibnu ħiliet godda u nitgħallmu meta l-aħjar nużawhom
- Infittxu l-għajjnuna minn persuni oħra
- Nippruvaw affarijiet jew esperjenzi godda jew nagħmlu l-almu tagħna

1. Qattgħu ħin ta' kwalità ma' wliedkom biex toħolqu rabtiet b'saħħithom. Dan jgħinhom jitgħallmu kif isolvu l-problemi f'relazzjonijiet b'saħħithom.
2. Appoġġjawhom biex joħorġu barra miż-zona komda tagħhom. Kemm jekk tkun attività ġdida, parteċipazzjoni fi drammi jew daqqa t'id lil ħabib mistħi. It-teħid raġonevoli tar-riskji jrawwem fihom il-kunfidenza u l-ħiliet meħtieġa biex isolvu l-problemi.
3. Minflok issolvulhom il-problemi, iggwidawhom biex isibu s-soluzzjonijiet. Staqsu mistoqsijiet li jqanqlulhom moħħhom u jiggenerawhom ideat godda. Ikkollaboraw magħhom biex taslu għat-twegibiet.
4. Għallmuhom li l-emozzjonijiet kollha huma normali u li meta nagħtuhom isem nifhmuhom aħjar. Serrħulhom moħħhom li ma jagħmlux ħażin meta jħossu emozzjonijiet differenti, u li s-sentimenti negattivi s-soltu jtilqu qajl qajl.
5. Tgħallmu u għallmuhom tekniki sempliċi tat-teħid tan-nifs biex tgħinuhom jikkalmaw waqt emozzjonijiet intensi. Din iċ-ċarezza tgħinhom isibu soluzzjonijiet aħjar għall-problemi tagħhom.
6. Aċċettaw l-iżbalji u wruhom li l-falliment jgħtuhom ċans jitgħallmu u jikbru u mhumiex xi ħaġa li tiddefinixxihom. Rawwem fihom mentalità li tilqa' l-isfidi.
7. Ibnu mentalità pożittiva billi tfittxu magħhom il-fatturi pożittivi f'sitwazzjonijiet negattivi u prattikaw il-gratitudni b'mod regolari.
8. Qattgħu ħin barra mid-dar u għamlu attivitajiet fiżiċi. Id-dawl tax-xemx, l-arja friska, in-natura u l-eżerċizzju huma essenzjali għall-benesseri, kemm fiżiku kif ukoll mentali.