Five Signs of Emotional Suffering

संवेगात्मक चिन्ता वा पीडाका पाँच लक्षणहरू
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Nearly one in every five people, or 43.8 million American adults, has a diagnosable mental health condition.1 Half of all lifetime cases of mental disorders begin by age 14.2 In addition, 1.7 million Americans sustain a traumatic brain injury each year - which may affect their cognitive and emotional functioning. Drug use is on the rise in this country and 23.5 million Americans are addicted to alcohol and drugs. That’s approximately one in every 10 Americans over the age of 12.

Often our friends, neighbors, co-workers, and even family members are suffering emotionally and don’t recognize the symptoms or won’t ask for help.

1 Substance Abuse and Mental Health Services Administration, Results from the 2013 National Survey on Drug Use and Health: Mental Health Findings, U.S. Department of Health and Human Services (as of 11/24/14).

Here are Five Signs that may mean someone is in emotional pain and might need help:

यहाँ अनुहारका पाँच वटा आकृति वा चिन्हहरू दिइएका छन् जसले कोहि व्यक्ति संवेगात्मक पीडा वा चिन्तामा छ र उसलाई सहयोगको जस्तै छ भन्ने जनाउँछन्:

**Personality changes.**

ब्यक्तित्व (बानीक्ष्योरा) मा परिवर्तन देखिनु।

You may notice sudden or gradual changes in the way that someone typically behaves. People in this situation may behave in ways that don't seem to fit their values, or the person may just seem different.

तपाईले कुनै व्यक्तिको बानीक्ष्योरामा अघानक वा क्रमिक रूपमा भिन्न निर्देशित परिवर्तन आएको कुराको संकेत पाउन सक्नु हुनेछ। यस्तो अवस्थामा भएका व्यक्तिको व्यवहार नैपर्द्रमतासंग मेल नस्कार गर्नुको आवश्यकता मूल्य भएको छ र अथवा यस्ता व्यक्तित्व हुनेछ पनि भन्न फरक देखिन सक्छ।

**Uncharacteristically angry, anxious, agitated, or moody.**

एककासी रिसाउने, विन्नित देखिने, उत्तेजित हुने, वा लहडी देखिने।

You may notice the person has more frequent problems controlling his or her temper and seems irritable or unable to calm down. People in more extreme situations of this kind may be unable to sleep or may explode in anger at a minor problem.

यस्तो अवस्थामा भएका व्यक्तित्व हुने अक्सक आफ्नो आवेगलाई नियन्त्रण गर्न नसक्ने, छिटै चिढिने वा शक्ति (स्थिर) रहन नसक्ने गर्नु हुनेछ। यस्तो अवस्थामा उनको व्यक्तित्व दीयो निर्देश तथा स्व-सानो समस्यामा पनि ज्ञानक रिसाउने गर्न।

**Withdrawal or isolation from other people.**

अलगिएर बस्ने वा अरु व्यक्तिहरूबाट टाढिदे जाने।

Someone who used to be socially engaged may pull away from family and friends and stop taking part in activities that used to be enjoyable. In more severe cases the person may start failing to make it to work or school. Not to be confused with the behavior of someone who is more introverted, this sign is marked by a change in a person’s typical sociability, as when someone pulls away from the social support typically available.

विभिन्न सामाजिक कार्यमा भएका व्यक्तित्व हुने श्रवणेका व्यक्तित्व हुने एककासी परिवार र साथीबाईबाट टाढिदे जाने र भएका रामाईलाई गतिविधिहरूमा भएका सिरो छोड्ने हुन सक्छ। अझ गंभीर चिन्तामा दुबैका यस्ता व्यक्तित्व हुने स्कूल वा काममा जान पनि सक्श मुद्देल। अन्तरमुखी भिन्न स्वभाव भएका व्यक्तित्व हुने यस्त्याहरू भन्ने ब्यसमा पर्नुसुन सातो यस्ता
May neglect self-care and engage in risky behavior.

You may notice a change in the person's level of personal care or an act of poor judgment. For instance, someone may let personal hygiene deteriorate, or the person may start abusing alcohol or illicit substances or engaging in other self-destructive behavior that may alienate loved ones.

Overcome with hopelessness and overwhelmed by circumstances.

Have you noticed someone who used to be optimistic and now can't find anything to be hopeful about? That person may be suffering from extreme or prolonged grief, or feelings of worthlessness or guilt. People in this situation may say that the world would be better off without them, suggesting suicidal thinking.
IF YOU RECOGNIZE THAT SOMEONE IN YOUR LIFE IS SUFFERING, NOW WHAT?

तपाईले यदि कुनै यस्तो किसिमले पीडित भएको व्यक्ति थाहा पाउनु भयो भने के गन्नु हुन्छ?

You connect, you reach out, you inspire hope, and you offer help. Show compassion and caring and a willingness to find a solution when the person may not have the will or drive to do it alone. There are many resources in our communities.

त्यस्ता व्यिक्तसङ्ग सम्पकर राखुनुहोस्, कुरा सुन्नुनुहोस्, आशा जगाउनुहोस् तथा जागर नहनु हुँदा उनीहुँवे दुःख मर्म बुझ्ने र समस्या सुलझाउने प्रयास गर्नुहोस्। तस्तो आवश्यक सहयोग पुरुषहरू भएका समुदायमा धेरै किसिमका श्रेष्ठ र साधनहरू उपलब्ध छन्।

It may take more than one offer, and you may need to reach out to others who share your concern about the person who is suffering.

तपाईले यस्तो सहयोग दिनेका तथा मद्दत गर्नेका बाराम्बार गन्नु हुन सक्छ। साथै, तपाईले अफू जस्तै सहयोग गर्ने ईच्छुक रूपमा व्यक्तित्वहरू सङ्ग सम्पकर पनि आवश्यकता हुन सक्छ।

If everyone is more open and honest about our emotional health and well-being, we can prevent pain and suffering, and those in need will get the help they deserve.

यदि हामीहरू आफ्नो संवेगात्मक स्वास्थ र भलाईका बारेमा बढी खुल्दा र ईमान्दार भयो भने हामीले यस्ता आई पर्ने पीडा र दुःखहरूलाई रोकथाम गर्न सक्छौं। साथै मद्दत चाहिए यस्ता व्यक्तित्वहरूले आवश्यक सहयोग पनि पाउनेछन्।

You can learn more at changedirection.org.

यस विषयमा तपाईले यो changedirection.org वेबसाइटबाट सिक्न सक्नु हुनेछ।

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