

**217\_196 Overcoming Anxiety Through Community Connections (Ka Gudbida Walaaca Iyadoo Loo Marayo Isku Xirka Bulshada)**

TOTAL DURATION: 00:11:23

Time in	Time out	Transcription	Translation
00:00:15	00:01:25	Abdikadir: Kusoo dhawaada barnaamijka ku hadal luuqadeyda, kaasoo dadka ka kala yimid bulshooyinka dhaqamada kala duwan, ay uga hadlaan sidii loola noolaan lahaa baahiyaha gaarka ah si fiican, magacaygu waa Cabdi waxaan la shaqeeya hay-adda, E C C V Victoria. Wareysyada aan qaadno, waxaan wax ka baranaa dadka baahiyaha gaarka ah la nool, oo ka kala yimid dhaqamada bulshooyinka kala duwan. Sida ay u isticmaalaan, khibradooda shaqsiga ah iyo midda bulshada si ay, ula noolaadaan baahiyahaas meel kasta oo ay joogaan. Waxaan soo bandhignaa sheekooyinka xaqiiqda ah, farsamooyinka, fikradaha, ay nala wadaagaan dadka baahiyaha gaarka qabo, iyo bulshada kale. Kuwaasoo nooga sheekeynayo sidii lagu gaari lahaa, meelaha laga helo fursadaha shaqo, waxbarasho, isdhexgalka bulshada iyo wixii la mid ah. Maanta Waxaa marti inoo ah Safia, oo inooga sheekeyn doonta sheekadeeda ku saabsan. sida ay uga guuleysatay dhibaatooyin lasoo darsay. Soo dhawow Safiyo waad ku mahadsan tahay inaad halkan nala joogto.	Abdikadir: Welcome to the "Speak My Language" programme, where people from different cultural communities talk about how to better live with special needs. My name is Abdi and I work with the agency, ECCV Victoria. Through the interviews that we conduct, we learn about people living with special needs, from different cultures and communities. How they use their personal and social experiences in order to live with those needs wherever they are. We present real stories, techniques, ideas, shared with us by people with special needs, and other communities. These tell us how to achieve, where to find opportunities for work, education, social interaction and so on. Today we have Safia as our guest, who will tell us her story about how she overcame the difficulties she faced. Welcome Safia and thanks for being here with us.
00:01:25	00:01:27	Safia: Haye, adaa mudan walaalo.	Safia: Thanks for having me, brother.
00:01:28	00:01:39	Abdikadir: Wada sheekeysigeenii taleefanka waxaad ii sheegtay inay kula soo darsen, xanuuno kugu abuuray walwal iyo kalinimo manoo sheegi kartaa, xadahaasu sida ay u dhaceen?	Abdikadir: In our conversation on the phone, you told me that you were suffering from pain that caused you anxiety and loneliness. Can you tell us how these conditions have taken place?
00:01:41	00:02:33	Safia: Aniga horta anigoo yarbaa xanuunkan, ee lugtu uu i sababay, ka dib markii aan imaaday wadankan Australia, ayaa waxaan xawilay inaan ama aan yacni dhakhaatiirta la wadaagay, dhibaataadii isoo gaartay, oo xaga lugta iga soo gaartay. Kabacdi, dhakhaatiirtii waxay ii sheegeen in lugtayda, ay tahay, mid la jarayo oo aan waxba looga qaban karin, operation. Intaa markay ila wadaageen waxay isoo asiibay, xanuun ah, maskaxiyan iyo walwal	Safia: I had this issue with my leg ever since I was young. When I came to Australia, I shared the problem that I had on my leg with the doctors about the problem that I had. The doctors told me that my leg is going to be amputated and that nothing can be done with surgery. After they shared that with me, I suffered mental illness, anxiety and stress. After I suffered as a result of the stress for some time, I decided to do something about it and so I became well and recovered from

		iyo walbahaar. Kadib markii walbahaarkii isoo asiibay. Waxaan xawilay bal inaan wuxuun sameeyo, markaa waa roonaadoo, waa ka daawoobay.	that.
00:02:35	00:02:40	Abdikadir: Sidee ayaad uga bogsatay xanuunadaas kula soo darsay iyo walwalkaas?	Abdikadir: How did you recover from those illnesses and worries that you have encountered?
00:02:40	00:03:10	Safia: Waxaan uga badbaaday oo uga daawoobay, waxaan bilaabay inaan, aan xagga bal Ilaahay u cararo, in markii qofka masiiba asiibto, Ilaahay baa quraankiisa ku sheegayoo yidhi "Fafiruu Ila Laahi" Ilaahay u carara. Markaa diintii baan u laabtay, waxaan qaatay. advice badan oo culimada iyo diinteenu ayna farayso, waxaana badiyay istaqfaartii iyo u dhawaanshihii Ilaahay, kadibna xanuunkii sidaas baan uga bogsaday.	Safia: How I survived from this is I run towards my God. When a disaster strikes a person, God says in the Qur'an "Fafiruu Ila Laahi" which means we should run towards Allah. So I went back to religion and took a lot of advice from the Islamic scholars and our religion. I increased the alms giving and closeness to God and then I recovered from the pain.
00:03:11	00:03:28	Abdikadir: marka laga yimaad casharada diiniga ah iyo inaad Ilaahay Subxanahu Watacaalaa, xiriir la yeelato oo aad istiqfaarta badiso. Ma jiraan waxyaalo kale oo ayagana kaa saaciday inaad maaragtay xanuunkan aad, ka guuleysato?	Abdikadir: apart from the religious lessons and having a relationship with God, are there any other things that helped you to overcome this suffering and succeed against the pain?
00:03:29	00:04:16	Safia: Haa wey jireen waxyaalo badan oo aan sameeyey, oo ugu horreysay, inaan bilaabay inaan jiiim tago, oo aan sameeyo, yacni, si aan u yareeyo, walbahaarkii, iyo walwalkii aniga ii goonid ahaa oo aan la keliyaysnaa. Waxaan tagay jiiim, waan dhexgalay dadkii bulshadii, goobihii jiiimka ahaa oo aan tagay ayaan bulshadii la sheekaystay. Waxaan markaa dareemay inay walwelkii iyo walbahaarkii aan la kelisaday, yacni naftayda kaliya aan ku mashquulay inay iga soo yaraanayso, maxaa yeelay physical ahaana waan u daalay, dadna waan helay oo social life yacni warkii, iga guro oo, aan la sheekeysto aan kaga badbaado kelinimadii.	Safia: Yes, there were many things that I did, the first of which was that I started going to the gym to reduce my stress and anxiety and that I should not keep to myself. I started going to the gym and socialise with others. I engaged the community in the gym I enrolled. Then I felt that the anxiety and stress that I kept myself has slowly started to disappear because I was physically tired and I also found people to talk to who were willing to listen to me. That is how I got out of the loneliness environment.
00:04:18	00:04:31	Abdikadir: Sida aada sheegtay jimkii wax badan baad ka faa'iiday marka ma noo sii faah-faahin kartaa hal ama laba faa-iido oo aad, ka heshay markaad kumuyuunitigii dhex gashay, oo aad jiiim bilowday?	Abdikadir: As you said, you benefited a lot from the gym, so can you elaborate on one or two benefits you got when you joined the gym and started to socialise with the community?
00:04:31	00:05:12	Safia: Waxaan ka faa'iiday xagga ee jir ahaaneed waan ka faa'iiday caafimaad xagga maskaxiyana waan ka faa'iiday oo jidhkii wuxuu helay shaqo, maskaxdiina waxay heshay,	Safia: I benefited from the gym physically and i also benefited mentally and bodily, and the brain is engaged with activities that is new to it. Physically and mentally the body

		waxayna hore uu aqoon oo aan ka shaqaysiiyay, jiiimka markaad sameenayso waxaad hore usoo qabatay maaha, Personal trainer, baan qabsaday waliba xataa, qof i tarayn gareeya oo i bara, marka aad baan ugu caafimaaday, waana ka faa'iiday.	is working. When I started doing the gym, it was not something I had done before. I got a personal trainer, someone who trained me and taught me everything. So, I very much benefited from it and became healthy.
00:05:05	00:05:15	Abdikadir: Waxaad noo sheegtay, waxyaalihii kaa saaciday inaad, walwalka iyo waxan ka guuleysato inaad cashar diini ah aad qaadatay marka imisa cashar oo diini ah ayaad qaadataa usbuucii?	Abdikadir: You told us the things that helped you to overcome the anxiety and everything else you overcame, and the facts that you started taking religious lessons, how many religious lessons do you take each week?
00:05:16	00:05:24	Safia: Sadex maalmood oo kala duwan ayaan qaataa, uu ugu horeyso tafsiiir, oo saddex nooca kitaabada waxaasi ayaan qaataa.	Safia: I take these lessons three days a week. The first one is the interpretation of the religious books.
00:05:31	00:05:35	Abdikadir: ma u malayneysaa in waxbarashada maadiga ah iyo midda diiniga ah, labadooduba inay qofka u suurto gelineyso in si fiican u noolaado?	Abdikadir: Do you think that both the normal education as well as the religious education will enable a person to live well?
00:05:36	00:05:57	Safia: haa, waxbarashada maadiga ahi waxay kaa caawinaysaa inaad hesho xirfad aad ku shaqayso, social life hesho, waxay kaa caawinaysaa inaad tahay qof, yacni, soo shaqeeyay oo maskaxiyay iyo jir ahaanba usoo daalay.	Safia: Yes, the normal education helps you develop a skill in order to work and have a social life. It helps you to become someone who has worked and you become mentally and physically tired.
00:05:57	00:06:01	Abdikadir: Waxbarashada diiniga ahna?	Abdikadir: What about religious education?
00:06:01	00:06:34	Safia: Waxbarashada diiniga ahna, way ku caawinaysaayoo, qof waxaad tahay laahay ku xiran, oo macnaha laahay close ku ah, oo u dhaw, macna wixii, inuu cudurkaan laahay hayo iyo inuu waxaan cudurkan ku helay uu laahay kaa qaadi karo. tusaale, markaan kuusoo qaado, markii aad qaadato lix kiniini, waxaa laga yaabaa inay jirkaaga xanuun u keenaan, laakiin lix mar markaad istaqfurilaah tiraahdo, ama aad tasbiix sameeyso, istiqfaaro. Waa daawo lacag la'aana oo dhameystiran oo aan wax cudurana kugu sameynayn.	Safia: Religious education helps you because it makes you a person connected to God and close to God. It makes you understand that the disability/disease is determined by God and what I got is something that God can take away from me. For example, when you take six pills, they may cause pain in your body, but six times when you say "istakfurilah", or say a prayer, it is a free and complete medicine that does not make you sick.
00:06:42	00:06:56	Abdikadir: Sheekadaada aad ayay u xiisa badan tahay, waa maxay taladaada dadka la nool ama qaba xanuunada walwalka iyo wixii la mid ah, si ay u caawiso inay ka gudbaan dhibaatooyinka heysta oo ay si fiican u noolaadaan?	Abdikadir: Your story is very interesting. What is your advice for people living with or suffering from anxiety disorders and so on, to help them overcome their problems and live well?
00:06:56	00:07:28	Safia: Waxaan dhihi lahaa horta min awal, inay qofku, xanuunkan uu asiibay, inuu horta uu biliif gareeyo inuu laahay Subxanahu Watacaalaa	Safia: I would say first, when that person has encountered a pain, and he should believe that the health problems the person is facing are

		<p>uu xanuunkan u keenay, iyo inuu u dhawaado, Ilaahay oo uu xiriir dhaw uu la yeesho. Maxaa yeelay qofka markuu Ilaahay xiriir dhaw la yeesho, xanuun kasta oo soo asiiba iyo dhibaato kasta oo soo asiibta, wuu ka gudbaya wuu ka badbaadaya xanuun kasta oo soo asiiba iyo dhibaato kasta oo soo asiibta, wuu ka gudbaya wuu ka badbaadaya. Ilaahayna qofka wuu u naxariisanayaa markuu adoonku Allahiisa baryo, baryada badiyo Ilaahay naxaariistiisu waa waasac.</p>	<p>determined by his creator, and he should be close to God and establish an immediate relationship. It is because when a person has a close relationship with God, every pain that the person encounters and any problems that the person faces he/she will overcome and pass through and survive. And God is merciful to a person when the person prays to his creator. When you pray to God all the time, God's mercy is there always.</p>
00:07:30	00:08:17	<p>Abdikadir: Thank you. Waxaan soo gaarnay dhammaadka waqtigii wareysiga maanta. Waxaan rabaa inaan u mahad celiyo Safia inay halkaan, joogto oo ay nala wadaagtay, sheekadii ku saabsaneyd sida ay ugu suurto gashay inay happy life ku noolaato, wax badan oo laga qaadan karo ayaa ku jira wixii ay nala wadaagtay, Aniga ahaan Waxaan ka qaatay farriinta ah, qofka hadduu xanuunsado kaliya, daawo iyo dhakhtar kaliya inaanay saacideynin laakiin uu u baahan yahay inuu naftiisa Ilaahay ku xiro uu halkaa markaa uu badiyo Ilaahay baryadiisa, si uu markaas nolol raaxale uu u dareemo. Maxay tahay fariintaada, aad u direyso dadka baahiyaha gaarka caqaba iyo dhammaan bulshada Guud Safiya. ?</p>	<p>Abdikadir: Thank you. We have arrived at the end of today's interview. I want to thank Safia for being here with us and sharing her story about how she managed to live a happy life. There are many things that can be learned from what she shared with us. For me, I took the message that if a person is sick, medicine and doctor alone are not enough to heal him/her but they need to be closer to God and pray to God in order to live a comfortable life. What is your message to people with special needs and to the whole community in General Safia?</p>
00:08:17	00:10:05	<p>Safia: Waxaan leeyahay dadka baahiyaha gaarka qaba, guri ha isku xirina, niyadana ha iska dilina, ma joogno bulshadii inagu caynaysay baahiyaha gaarka ah. Waxaan joognaa even xataa kuwa Soomaaliya jooga, ha biliifgareeyaan qofku siduu naftiisa u dhiso inuu u noolaan karo. Haddaad baahi qabto oo isku qafishay inaad, waxna qabsan karayn waxna sameyn karaynin, haddaad baahi qabto oo isku qafishay inaad, waxna qabsan karayn waxna sameyn karaynin, cudurkii ku hayay laba jibaarbaa kusii galaya. laakiin markaad nafsadaada u sheegtay wax inaad ka gudbi kartid, oo aad dadka wax la qaybsan kartid, oo aad wax sameyn kartid waa wax wanaagsan, qof guurguuranaya oo waxaad arkaysaa, nmaxay aheetooy, shilimaad loo aruurinaayo oo la siinaayo, waxaad arkiisa qof</p>	<p>Safia: I would like to say to those people with special needs, don't lock yourself in a house and don't lose hope. We do not live in the society that use to insult us because of our special needs. We live in an accepting society. Therefore, even those in Somalia should believe that a person can build his/her life and live as he/she wishes. If you have special needs and believe that you can't do anything, the pain that has been holding you back will multiply. But when you tell yourself that you can overcome life's challenges and that you can do what others can and do something for your life it is a good thing. You might see someone who is unable to walk receiving financial assistance and on the other hand you might see someone with the same disability but working in a shop. The difference between these two people is that one person built</p>

		<p>gurguuranaya oo dukaan dhex fadhiya oo shaqeynaaya. Labadaas qof, yacni waxa u dhexeeya, wixii qofna naftiisii buu dhisay, oo wuxuu yiri waxaan allaylahe waxaan waad ka gudbi kartaa, qofna wuxuu isku qafilay inuu yahay curyaan aan, waxba qabsan karin oo dadkaas gacmihiisa ku nool. Soomaaliya tusaale ahaan markaad joogto dadbaa ku imanaya shilimaad bay ku siinayaan. Markaa waa inaad tiraa, maya anigu waan shaqaysan karaa. wax waan qabsan karaa, waan ka gudbi karaa waxan anigu adaan kula simanahay. Ani waxaan aaminsanahay xanuunka inuu yahay maskaxda, maskaxdan hadaad wanaag u sheegto wey qaadanaysaa, tan labaad qofka baahiyaa qaba waxaan leeyahay inuu badiyo waxbarasho oo kale. Waxbarashadu waxay ka caawinaysaa inay maskaxdii noolaato, Sidii beer camal la rusheeyay ayey u soo nooleynaysaa qofka maskaxdiisa. Waxaan leeyahay yaan baahida gaarka ah la isku koobine halla ogaado qofka inuuisagoo xataa farta ka hadli karo wax qabsan karo, ama computer uu ka tarjumi karo.</p>	<p>himself up and tell himself that life's obstacles can be overcome, while the other person believed in the notion that a crippled person can't do anything and needs people to help him/her. In Somalia, for example, when you are there people come and give you coins/money. So you have to tell yourself: no, I can work, I can do something for my life, I can overcome these challenges, I am the same as you are. I believe that the pain is from the brain, if you tell your brain positive it will accept, second the person in need has to increase learning and so on. Education is helping the brain to survive, like a watered plants/farm to keep the mind stay alive, like a watered garden it revives one's brain. I say that having special needs should not be limiting the person. Know that a person can do something even if the only thing they are able to do is to lift their finger they can interpret/translate with the help of computer.</p>
00:10:05	00:10:08	Abdikadir: Waad mahadsan tahay.	Abdikadir: Thank you.
00:10:08	00:10:10	Safia: Adaa mudan walaal.	Safia: You are welcome.
00:10:12	00:11:18	<p>Abdikadir: haddii aad ka heshay duubisteena, fadlan fiiri websitekeena <a href="http://speakmylanguage.com.au">speakmylanguage.com.au</a>, kaas oo aad ka heli karto wax badan, Fadlan u sheeg dadka kale barnaamijkaan, sidoo kale nagala soco aaladaha xiriirka bulshada, Sida Facebook, Twitter-ka, Instagram-ka iyo LinkedIn. Nagu caawi inaan gaarsiino sheekooyinka ku saabsan barnaamijkan Australia iyo waliba . adduunka oo dhan. Hay'adda ECCV Victoria waxay ku faraxsan tahay inay idiinsoo gudbiso barnaamijka ku hadal luqadeyda. Barnaamijka ku hadal luuqadayda waxaa maalgaliyay Waaxda Adeega Bulshada. Waxaana la gaarsiiyey Australia oo dhan ayadoo ay iska kaashanayan dhammaan gobollada ay ku nool yihiin bulshooyinka dhaqamada kala duwan. Warbaahinta Qaranka ee nagala qayb qaadanayo barnaamijkaan waa, SBS iyo NEMBC.</p>	<p>Abdikadir: If you enjoyed our recording. Please check out our website, <a href="http://speakmylanguage.com.au">speakmylanguage.com.au</a>, where you can find a lot of information. Please tell others about this program. You can also follow us on social media platforms such as Facebook, Twitter, Instagram and LinkedIn. Help us spread the word about this program in Australia, and around the world. ECCV Victoria is pleased to present Speak My Language programme. Speak My Language program was funded by the Department of Social Services. And was delivered throughout Australia with the cooperation of all regions where multicultural communities live. The national media that participates in this program are SBS and NEMBC.</p>