



## Agar aap stressed mahasuus karta hai

Bahut chiiz ham log ke stress de sake hai – school, palwaar, dost, peer pressures, social media. Stress ham sab ke alag-alag rakam se affect kare sake hai aur i bahut jaruuri hai ki aap maango jaano ki aap kab stressed hai aur kaise aap apan ya koi aur ke madad kare sakta hai. Stress ke examples hai jaldi se gussaana aur mood swings, dhyaan lagaaye me difficulty hona, unfocused ya unmotivated mahasuus karna, dukhi hona ya rona, aur soye me takliif hona. Agar aap aur jaane mangta hai, tab aap i sab resources se madad le sakta hai [website](#).

## Stress Busters

Stress kamti kare ke liye i sab alag-alag time try karo:

1. Saas lo – gahara saas le ke siikho, bina kuch kare ekdam siidha bait'ho, saas aaste se naak se lo aur dhiire se muuh se nikaalo.
2. Haso – aisan kuch ya koi ke khojo jon aap ke hasaaye sake.
3. Koi dost ya koi ke call karo jispe aap biswaas kare sakta aur usse baat kare sakta.
4. Apan aap ke khayaal rakho – idhar-udhar ghuumna, exercise karna aur taaja hawa lena aapke calm kare me madad kari. Jasti rest karo aur suto, aur time nikaal ke u sab chiiz karo jon aapke khushi de.
5. Time nikaalo – kuch time ke liye internet aur social media se duur raho, ya apan liye timetable set karo ki kitna deri aap online rahega. Yahaan pe aur [jaankaari](#) hai ki aap kaise sakta apan [time manage kare](#).



## Agar aap overwhelmed, akela aur suicidal mahasuus karta hai

Kaafi jawaan log, kaafi baar apan feelings ke kaaran ya jon chiiz aapke sange hoye hai online ya asal jindagi me usse overwhelmed mahasuus kare sake hai. Aap stressed, udaas, gussa, akela, bebas ya d'ar mahasuus kare sakta hai. Ya aap apan baare me kharaab mahasuus kare sakta hai aur apan aap ke chot pahuchaaye ke baare me sochta hai.

Yahaan pe kuch vichaar hai jon baaki jawaan log ke madad karis hai aur aap ke bhi madad kare sake:

1. Yaad rakho ki aise mahasuus karna kabhi bhi galat nahi hai aur aapke akele isse deal kare ke jaruurat nahi hai.
2. Jon log pe aap bharosa karta hai u log ke khojo aur baat karo – u log maata-pita, palwaar ke baaki log, school ke dost, ya church aur samaaj ke dost hoye sake hai.
3. Yaad rakho ki jab aap koi bar'a musilbat face karta hai tab difficult aur overwhelming feelings kabhi-kabhi normal hai. lekin i bahut jaruuri hai ki aap u sab se apne aap deal nahi karo.

## Agar aap palwaar me koi jan ya dost ke baare me soch me hai

Agar aapke lage ki aapke dost ya palwaar me koi jan khatra me hai, tab jaldi se local emergency services call karo. Agor'o nahi kabhi-kabhi bahut hard hai i socho ki usse konchi bolo jon aapke bataais hai ki u apan life khatam kare maange hai, ya khatam kare ke baare me soche hai. Yahaan pe kuch chiiz hai jon aap u log ke support kare ke liye kare sakta hai:

1. Apan dost ke encourage karo ki aap se baat kare ki u log pe konchi biite hai.
2. Ek accha sune waala insaan bano.
3. U log ke hardam check karo aur puucho ki u log kaise hai.
4. U log se connect kare me u log ke madad karo jispe u log biswaas kare hai, jaise ki healthcare professional, palwaar ke koi log, koi dost ya ek crisis helpline. U log ke i sab [resources](#) se bhi madad mile sake hai.
5. Aisan time pe apan khayaal rakho aur dost ya healthcare professionals se contact karo jon aapke bhi support kare sake hai. Jon log distressed hai u log ke support aur care difficult hoye sake hai aur aapke bhi accha support chaahi.

Aatmahatya ke roke ke liye, aap i sab [resources](#) dekhe sakta hai.

