

Lungthin lei hmasa bik Bawmhnaak

Hakha Chin
Version



Lungthin lei bawmhna (EFA) timi cu zeidah a si?

**Damnak a chuahtertu harnak
ton tikah lehrulhna ah
hawikom hruainak lam cun
fahnak tuarnak a hrial**



Bialehna: "Psychological First Aid" timi biafang cu kan hmang lo, zeicahtiah lungthin ngandamna kongah sii lei riantuanna lam kha a hmunhter i fahnak in a luatmi hna caah ningzahnak le zawtnak a chuahter khawh.

Mi pakhatkhat cu harnak a tongmi a si ti langhternak hmelchunhnak



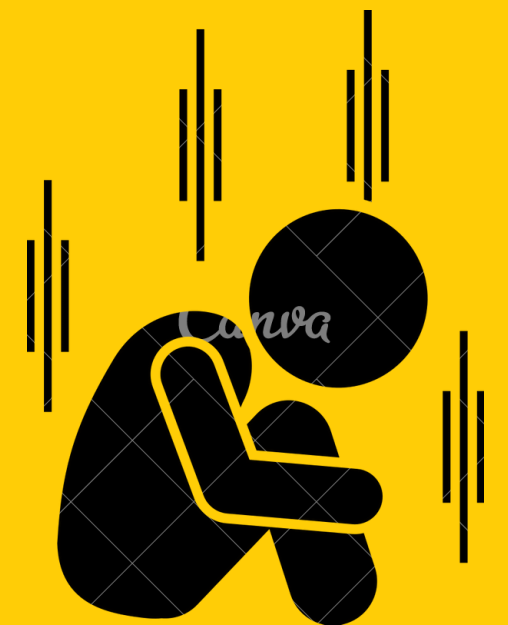
**Uk khawh lomi
Tah / Hninh / Thluak
Harnak**



**Lungthin
Chuahnak**



**Khuasik / Thluak
tlaih**



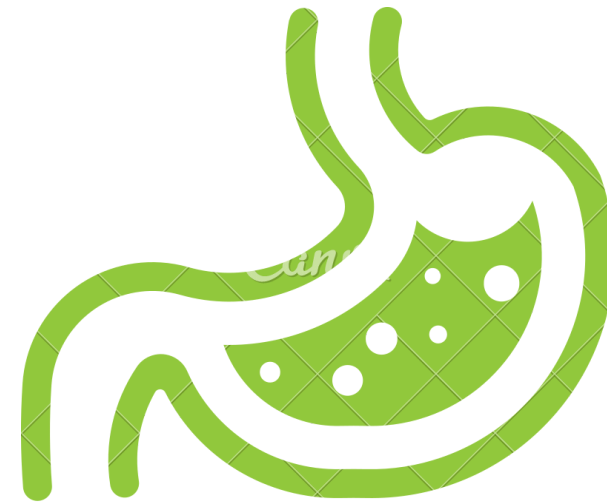
Zuh tthannak

Hi hna hi a tlangpi in hmelchunhnak an si ko nain, mi vialte cu an i dang cio. A nungmi cheukhat zong nih lungretheihnak hmelchunhnak an langhter lo men lai, asinain bawmhnak an herh rih men lai.

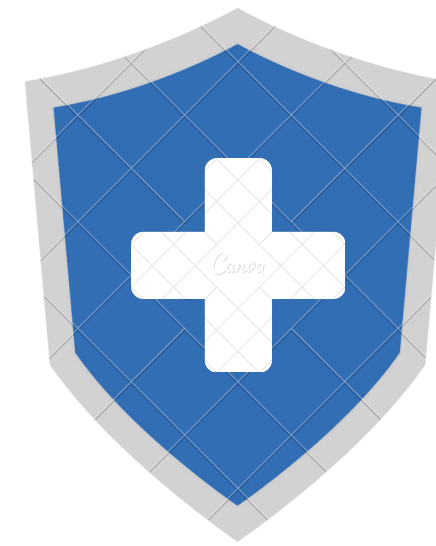
Kan pum nih **Biapi Lungretheihnak Lehnak** harnak caan ah nun khawhnak a kan bawmh



**Lungthin Rit &
Thisen thazaang
thlennak**



**Rawl ei
a khar**



**Immune
Rianttuan ning cu
a tla**



**A dikmi
"Ruahnak
thluak" cu
offline ah a kal**

Hi hna hi harnak a tongmi pakhatkhat a hnorsuan khomi pumsa lei lehrulhnak a tlangpi an si;
sihmanhsehlaw hi cazin cu a dihlak in a si lo i a nungmi vialte aiawhtu zong a si lo.

EFA Phunglam

RIANTUANPIAKTU
PHU

THEIHN-
GALHNAK

PEHTLAIHNAK

RIANTUANPIAKTU PHU

A nungmi paoh cu anmah damnak ah thiamsang an si. An chuahkehnak thazaang, ralthatnak, fimnak, tuar khawhnak le anmah herhmi hngalh khawhnak nawl kha upat hna.

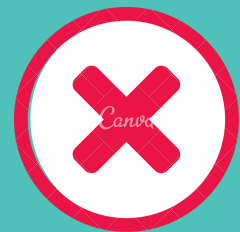
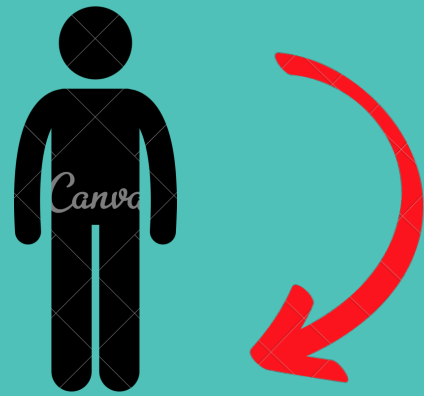
THEIHHNGALHNAK

Miphun, nu le pa sinak, biaknak, zatlang, nunphung le a dang nawlgeihnak thlennak nih fahnak a chuahter khawh i a zualter khawh. Nangmah hmuhtonnak le midang hmuhtonnak aa dannak kha hngalh. Ruahchannak ngei hlah. A nungmi paohpaoh kha hngalhthiamnak, toidornak le zohkhenhnak he naih hna.

PEHTLAIHNAK

Zaangfahnak, zawnruahnak le minung pehtlaihnak nih harnak a tongmi pakhatkhat kha an pawngkam a him lo asiloah a him tiah an ruah hmanhah lungthin lei himnak ngeih awkah a bawmh khawh. Hi pehtlaihnak tha nih hin fahnak nih caan saupi chung a chuahpimi thil thalo hna kha a kham khawh.

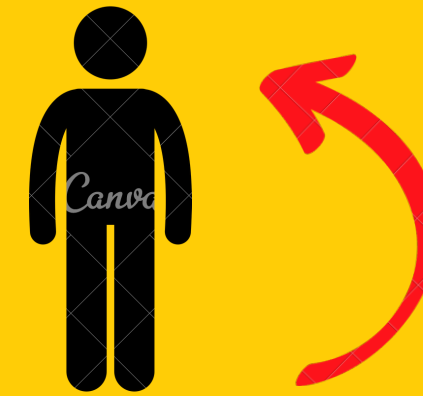
EFA lamthluan



A cung in a tanglei

Kan ruahnak thluak cu offline a si tikah, kanmah le kanmah aa dangmi intuarnak ah kan chim kho lo.

Mi pakhatkhat a timh hlan ah tuanbia chim asiloah chim than nih lungretheihnak a chuahter chin.



Tanglei in cunglei

EFA nih pum cu a hmasa bik ah homeostasis ah a kirter. Mah nih hin Ruahnak Thluak cu online ah kir than dingin a fial.

Cu hnu ah a nungmi kha kan ngaih i kan fehter i pumpak thazaang peknak lungput kan thanchoter.

EFA Karhlan Pawl

1



**THINLUNG DAIH
NANGMAH TAKPUM**

2



**DIRH
HUMHIMNAK**

3



**DAIHNAK AH BAWMH
ANMAH TAKPUM**

4

**Na bia ka
theih**

**NGAI &
BAWMH**

5



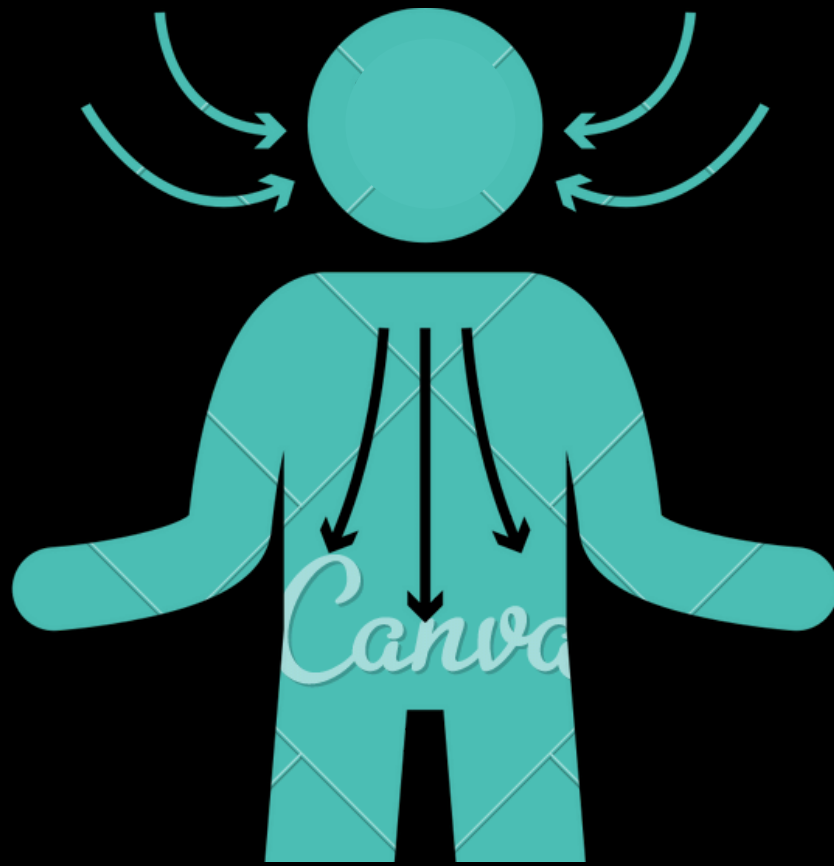
**REMHTHAN
RIANTUANPIAKTU
PHU**

6



**CAWNNNAK
Mah le mah
izohkhenhnak**

1



CALM YOUR BODY

Na khuaruah a har ahcun, nangmah le nangmah i zohkhenh awkah EFA lamhruainak kha zulh.

Thinphannak cu a chawnh khawhmi a si. Na lungre a theih tikah midang bawmh i zuamnak nih thatnak nakin chiatnak a chuahpi deuh.

Thluak thukpi in voi zeimawzat chuah. Caan a um ahcun, thaw chuah le chuah tik paoh ah 5 tiang rel.



DIRH HUMHIMNAK

**A si khawh ahcun, cu pa cu pumsa lei
ttihnung in hrial. Mi nih a rannak in sii lei
zohkhenhnak a herh maw ti kha zoh.**

**Pumpak um khawhnak a dai deuhmi
hmun kaw. Mah cu vampang asiloah
thingkung pawng ah a si kho.**

**Himnak intuarnak cu mi pakhat cio caah aa
dang. A nungmi kha himnak le
hnangamnak hmuh awkah zeidah an herh ti
hngalh awkah bawm.**



BAWMH HNA ANMAH TAKPUM DAIHNAK

A tanglei thilri hna nih an bawmh khawh:

—

An min kha chim.

—

An pawngah t̃hu.

—

“Nangmah lawng na si lo” tiah lungdaihter hna. Na sinah ka um ko.”

—

Hmunkhat ah thaw chuah.

—

Vampang asiloah thingkung ah i hngat.

—

Hmunkhat ah kal tti u.

Mah le mah i kuah.

Hninh, hninh, asiloah hnemhnak hla sak aa tel kho.

Hngalh khawhnak panga.

Hngalh khawhnak pakhat cio kha hmang.
Tahchunhnak ah Ti asiloah ti din. Thlaici pakhat rim theih. Rawl hmete ei. Thil pakhatkhat tlaih.
Van khi zoh hmanh u.

Mah le mah i daihter.

An kut i hnawh i lumnak ser dingin sawm hna,
cun a herhnak hmun ah pum cungah chiah hna.

Hmun ah tlik, tlik, zuang, hninh.

Mah nih hin pum chung i lungretheihnak sii
pawl chuahternak ah a bawmh.

Au.

Pathum relnak ah, hmunkhat ah au u. A him deuh
ahcun, hngawng asiloah angki chungah au.
Asiloah "hninh in au."

Ttah.

Mah cu cathartic chuahternak a si kho. An i uk
khawh lo caah an ɽap ahcun, tlawmpal le thukpi in
thaw chuah awkah bawm hna.

Kaa hin ka
um nangmah
he

Na bia ka
theih

NGAI & BAWMH

An i hrawmmi thil paoh cu thuhmi a si ti kha zumhter hna. Mah nih himnak a ser.

An i timh rih lo ahcun biachim dingin forh hna hlah. Dai tein tthut zong a poi lo.

An intuarnak chim awkah sawm hna. Tha tein ngai. Bia kham hlah. An chimmi na theihmi kha ruat ṭhan.

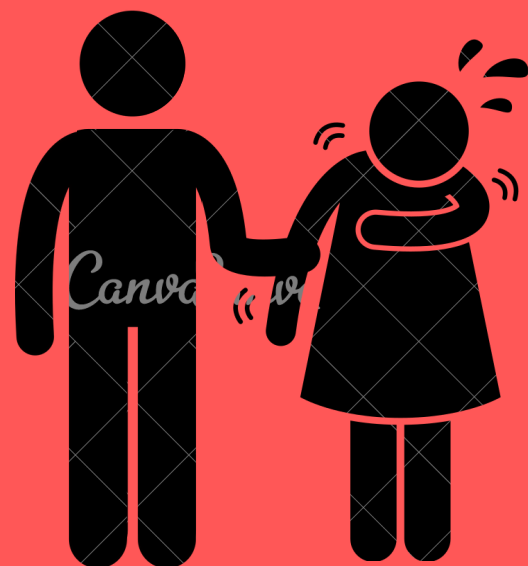
Tuanbia lawng si loin intuarnak ah lungthin pe.

Tuanbia chim ṭhannak fahnak ah an i hngat ahcun, a tu ah an i hrawm a hau ti lo ti kha hngalhter hna. An tlawmter hna. Hmunkhat ah thaw chuah tti u.

A tanglei nih hin a nungmi pakhat kha hmuh, theih le fehther a si ti a theihter khawh:

- Hi thil a can caah ka ngaithiam tuk.
- Ka theih.
- Cucu a har ngai.
- Ka zumh ko.
- Nangmah palh a si lo.
- Hihi na phu lo.
- Ngaihchiatnak / thinphannak / thinhunnak / tbk ngeih cu a poi lo.
- Atu ah na chim duh lo zongah a poi lo.
- Naa timh tik paoh ah bia na chim khawh.
- Na herhmi caan vialte kha la.
- Na sinah ka um.
- Nangmah lawng na si lo.
- Na ralthatnak / thazaang / derthawmnak kha ka upat.
- Na cungah kaa lawm tuk.
- Na kan hrawmh caah kan i lawm. Cucu raltha tuk a si.

Zeidah hrial ding a si



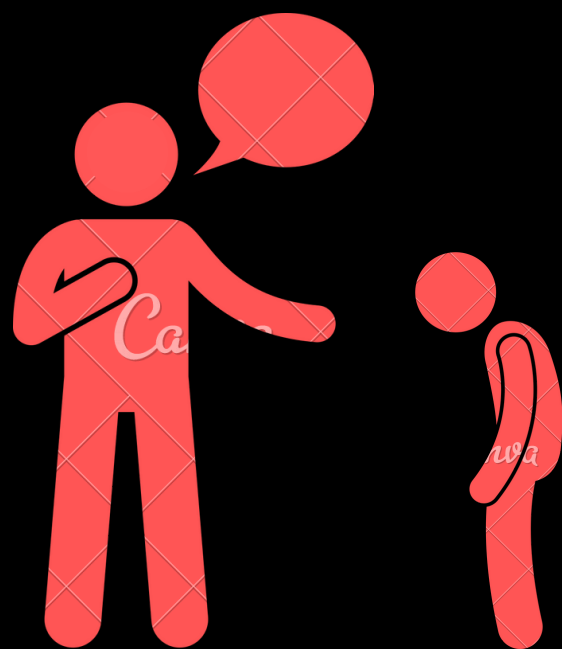
**TONGHNAK
HAL LOIN**



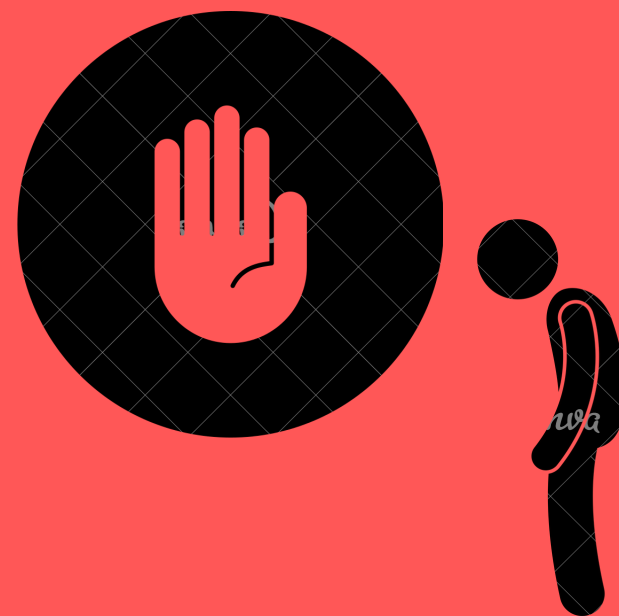
**AN HMUHNAK
CHIM**



**RUAHNAK
PEK**



**THLAHNAK
NA KONGLAM HE**



**A hmaan lomi
ANMAH FAKNAK**

HRIAL DING BIAHMAITHI

A tanglei ah a ttha mi bia nih a nungmi fahnak kha a hlawt khawh i mah le mah biaceihnak asiloah an intuarnak kongah ningzahnak a chuahter khawh:

- A hnu ah na dam deuh lai.
- Zeizong vialte a ttha dih lai.
- Zeizong vialte hi a ruang a um.
- Hihi a liam ko lai.
- I lawm ko.
- Na thinphaang hlah.
- Shhhhhh, ʈap hlah.
- Mah kong kha philh khawh i zuam.
- Ngaihchia hlah.
- Ngaihchiatnak / thinphannak / tbk ngeih lo i zuam.
- I din.
- Dai tein um ko
- Kal ko.
- A chia deuh kho.
- Keimah cungah a cang, cun ka dam ko.
- I lawm.



REMHTHAN RIANTUANPIAKTU PHU

"1-10 tiang tahfung ah na lu / lungthin / pum cu zeitindah a um?"

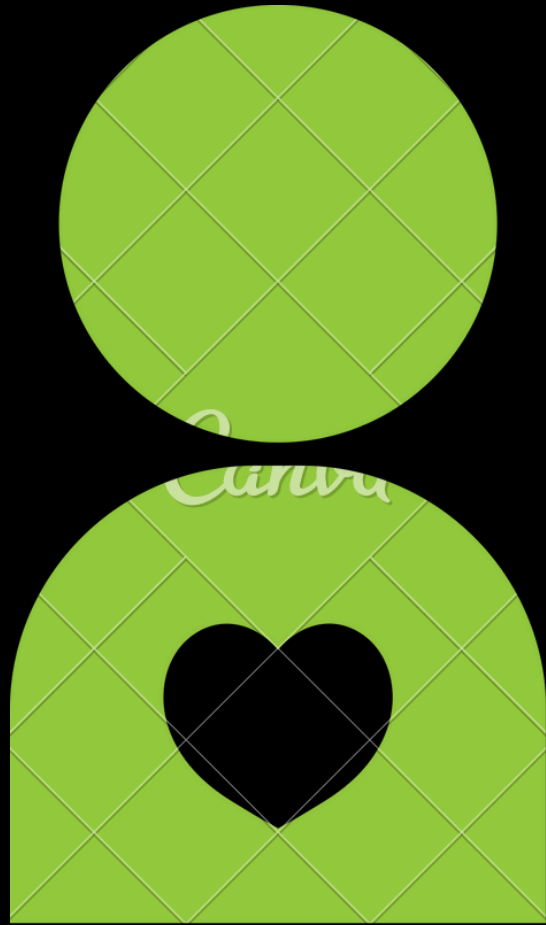
Mah nih hin an dirhmun ah theihhngalhnak a chuahpi hna. An zat thlennak ah zeidah a bawmh khawh hna tiah hal hna?

"A tu ah zeitindah kan dirpi khawh lai?"

Hlanlio thil asiloah hmailei kong ruahnak nih a ukmi hrial awkah a rannak in herhmi thil ah lungthin pe.

NawIngeihnak, nawIngeihnak le uknak lungput thanchoternak caah thimnak sawhsawh kha pe.

Tahchunhnak ah. Hika ah maw ʈhut na duh, khika ah dah? Ti maw ti na duh? Biaruah na duh maw asiloah hmunkhat ah ʈhut sawhsawh na duh dai tein maw?



CAWNNNAK MAH LE MAH IZOHKHENHNAK

Midang zohkhenh cu a ʔhami le thazaang a dermi a si kho.

Cun, thazaang dernak, ngandamnak kong, "vicarious trauma" zong a chuahter khawh, cun nangmah pumpak fahnak zong a chuahter khawh.

"1-10 tiang tahfung ah ka lu / lungthin / pum cu zeitindah a um?"

Na intuarnak kong theihternak tuah.
Zei nih dah na nambar a thlen lai?

Chuah & Tharchuah.

Na pum chung i na ngeih mi lungretheihnak le intuarnak vialte kha thlah. Keh, hninh, au, kal, tlik, ttap, tbk.

Cun na pum, na lungthin le na lungthin caah a ttha mi thil pakhatkhat tuah. Ti silole thingthei din, thaw thukpi in chuah, rawl hmete ei, dawtmi he caan hmannti tbk.

I Pehtlai Usih

Thawngpang tam deuh theih na duh ahcun, asiloah hi lamhruainak hi holh tam deuh in leh na duh ahcun, email asiloah social media in pehtlaihnaak tuah:



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