



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/96

Aizawl, the 22nd August, 2025

16th – 21st Aug, 2025

No. of OPD : 202

No. of IPD : 82

Outreach

Free Clinic cum

Awareness : 11

No. of

Beneficiaries : 1057

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 133

Lunglei : 36

Siaha : 16

Champhai : 31

Kolasib : 25

Serchhip : 11

Lawngtlai : 13

Mamit : 19

No. of Phone Call Attended

1. **TeleMANAS** : 172

2. **Targetted Intervention**
under NMHP, Mizoram : 18

ARDSI Mizoram Chapter

7005983633 / 9366191341

"Midangte mamawh laia tanpuitu nih hi a hlu"

STRESS

DMHP Kolasib

"Stress" kan tih hi mizo tawng chuan 'rimtawngna' tih pawhin a sawi theih awm e. Mihring chuan kan nunah hian nitin thil hrang hrang kan hmachhawn thin a. Stress chu kan nuna thil lo thleng, a tak emaw kan ngaihtuahna emaw, hlahawm emaw thlabar thlak tih hriaqtir nan a kan taksa a danglamna lo awm thin hi a ni.

Stress kan tih hian thil hlahawm a ni vek kher thin lova, a nasat vak loh phei chuan min fuihtu leh hma min sawn tir tu hmanraw tangkai tak pawh a ni thei. A pawimawh ber zawk chu kan lo dawnawn dan leh kan lo hmachhawn dan hi a ni. Thil reng reng kan nuna a lo thlen a, kan lo hmachhawn thiam loh hian kan 'stress' phah thin a ni.

Amaherawhchu mihring kan inang lova, kan thil tawn te a inan loh ang bawkin kan dawnawn dan te a lo danglam thin a. Chuvang chuan mi pakhat tana rimtawngna thlentun kha pakhat tan chuan a ni ve kher lo thei baw. Stress hian kan rilru put hmangete, kan ngaihtuahna te leh kan awmdan te thlengin a nghawng thin a. Muthilh lama harsatna te, thlan (sweat) nasa te, chaw ei tui lohna te leh rilru pek theih lohna te hi stress lanchhuah dan langsar te an ni.

Stress kan tih hi chi hnih a then hran a ni a, chungte chu:-

i) **Eustress**: Hetiang stress hi chuan keimahni min ti phur a, kan thil tih reng rengah hmasawwna te kan neih phah thin a, kan nunah a tha zawngin nghawng a nei thin.

Entirna: Hna thar kan neih te, nupui/pasal kan neih te, fa neih te, etc.

ii) **Distress**: Hetiang stress hi chuan kan nunah hlahawm a thlenin mi a ti thlamuang lova, kan hma zawna tih tur hrang hrang kan neih te kan tih theih loh phah a, taksa leh rilru lamah nghawng a nei thei a ni.

Entirna: Lusunna, inthenna, damlohna (chronic illness), sum lama harsatna neih vang, etc.

Stress lo lanchhuah dan:

- i) Lu na nasa
- ii) Taksa na emaw taksa kham
- iii) Lungphu rang (palpitations)
- iv) Zana mut theih loh
- v) Ha thial nasa
- vi) Zun chhuak zing
- vii) Kut leh ke vawt vek emaw thlan nasa
- viii) Mahni a awm nuam tihna (isolation)

Engvangin nge kan 'stress' thin?

- i) Kan nuna thil a inthlak danglam thut avangin
- ii) Midangte nen inlaichinna that loh vangin
- iii) Sum leh pai lama harsatna neih vangin
- iv) A thim zawnga thil thlir nasat vangin (pessimism)
- v) Mahni in hmuh hniamna (low self esteem / negative self-talk)
- vi) Beisei anga thil a loh thlen thin loh avangin

Lo stress ta ila engtin nge kan hmachhawn theih ang?

i) Mahni in hriatchian : Mahni kan inhriatchian pawt chuan kan nunah thil lo thleng thut pawh ni se rimtawngna min thlen fo tute kan lo chhinchhiah ang a, kan rilru leh taksa ang engtiangin nge nghawng a neih te kan hre bawh ang a, a lo thlen thut pawhin kan lo dawng sawng thei dawn a ni.

ii) A eng zawnga thil thlir thiam: A eng zawng leh a tha zawnga thil thlir thiam mi chuan a thim zawnga thlir thinte aiin rimtawngna lo hmachhawn dan pawh an thiam zawk nge nge thin.

iii) Harsatna sutkian: Kan nuna harsatna hrang hrang, rimtawngna min thlen thin tu te hi an sutkian theih a ni tih hi hriat a tha a. Beidawng mai lova hma lak dan tur ngaihtuah thiam a pawimawh hle. Vawh khata thil tam tak siam rem kan tum hian kan ngaihtuahna a ti buai thei zawk a, kan tih tur dik tak min tih tir lo thin.

iv) Taksa tih hahdam leh insawizawi: Kan rilru leh taksa a lo hrisel zawk nan taksa sawizawi hi a pawimawh em em a. Kan taksa kan sawizawi a exercise te kan lak hian kan rilru leh kan taksa a tihahdam thin a, churang chuan kan rimtawng loh nan taksa sawizawi a, kan rilru leh taksa kan tih hahdam thiam a pawimawh hle bawh.

v) Mahni nuam tih zawng tih nana hun insiam: Tunlaiah chuan mihringte kan buai em em vek mai niin a lang a. Mahni tana hun nei lek lova kohhran leh khawtlanga buai te hi thil awm thei a ni. Churang chuan mahni nuam tihzawng (hobby) tih nana hun kan insiam a pawimawh hle a. Hei hian kan rilru a ti hahdam ang a, kan nunah hmasawna kan neih phah thei bawh a ni.

Stress (rimtawngna) tih thumal hi tunlaiah chuan tawng tlanglawn a hman hial khawpin miin an hre lar em em tawh a. Mi tupawhin harsatna kan tawh thei a, kan harsatna te chu mahni a pai mai lovin kan mi rin zawngte hnena kan sawi chhuah hian mahni in tanpui kan ni a, stress laka min vengtu pawimawh tak pakhat a ni bawh. Kan lo 'stress' hlauh chuan thaw halh ila, chawh hahdam vang vang ila, sawiselbo tumah kan awm lo a ni tih inhrih nawn leh thin ila, tah a chhuah chuan tap mai ila, keimahni min hual veltu Pathian thilsiam mawh tak takte hi thlir ila, kan hahdam phah sawng sawng ngei ang.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuai District hrang hrang te chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic an nei thin a. Tunkar chhungin Siaha, leh Kolasib District ten Awareness leh Free Clinic an nei a, TeleMANAS chungchang inhrilh hriatna hun neiin Mental Health chungchang zirtirna hun an nei thin a ni. Rilru hriselna hian kan rilru leh khawtlang nun a huam a, kan ngaihtuahna, kan rilru put hmang leh kan thiltih dana nghawng a neih dan te, mi dangte nena kan inzawmna te leh duhthlanna hrisel kan neih theih nan heng hun hi hlawk taka hman thin a ni.



DMHP SIAHA



DMHP KOLSIB

NPPCD chungchang leh beng lama
harsatna nei a, hrechiang duh tan District
Hospital, ENT Dept OPD ah zawhfiah
theih reng a ni

Thurawn pek emaw hriat belh duh nei
chuan a hnuai mail ah hian dah nise
mizmentalhp@gmail.com

Rilru lama harsatna nei leh hriat belh duh
nei kan awm chuan
Telemanas Call theihna
14416, 180008914416