



ZISTWAR ZWIT E PAPIYON:

VIRIS CORONA E MWA



ANA M GOMEZ
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DESIGNED BY SERGIO AGUIRRE



**TO KONNE KI BANN ZWIT
FER LER KIKSOZ VINN AGAS
ZOT E ANUY ZOT DAN
ZOT LAVI?**



ZOT SERVI ZOT PUVWAR
EPESYAL PU KUPER SA
ZAFER KI ANUY ZOT LA
AVEK ENN KUS E AVEK
BANN KUS KI PWISAN
ZISKA ZOT VINN ENN
PERL !



E ESKI TO KONNE KI SENI FER
LER LI ENA PU PAS ATRAVER
KIKSOZ KI DIR E BANN
SANZMAN? LI PAS LETAN
AVEK LIMEM DAN ENN LAKOK
(KOKON) E LI SANZ LI AN
PAPIYON. DAN SO MOMAN
BYIN DIFISIL SENI LA LI
PE AKTYELMAN KONSTRIR SO
LEZEL.





**VIRIS CORONA INN
VINN DAN NU LAVI, PA
SELMAN PU TWA, ME PU
TU DIMUN DAN LEMOND.
TUTFWA NU KAPAV FER
KUMA ZWIT FER E
KREE ENE PERL DEPI LI
USWA SAKI SENI
KAPAV FER E NU
KONSTRIR NU LEZEL.**

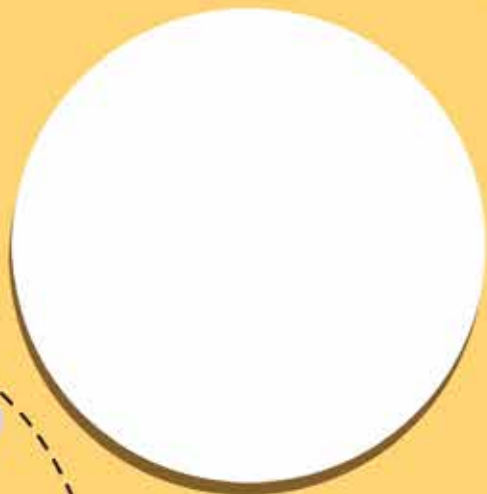
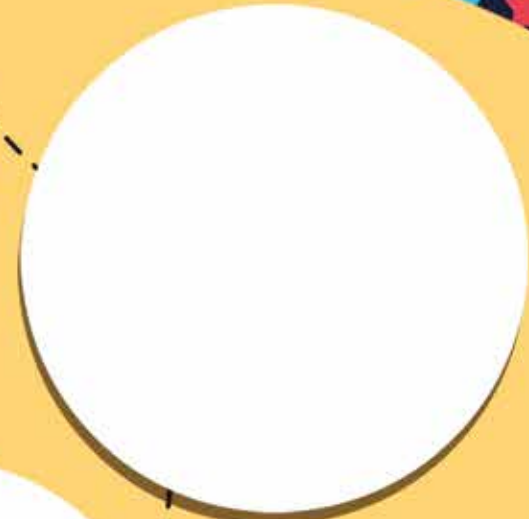
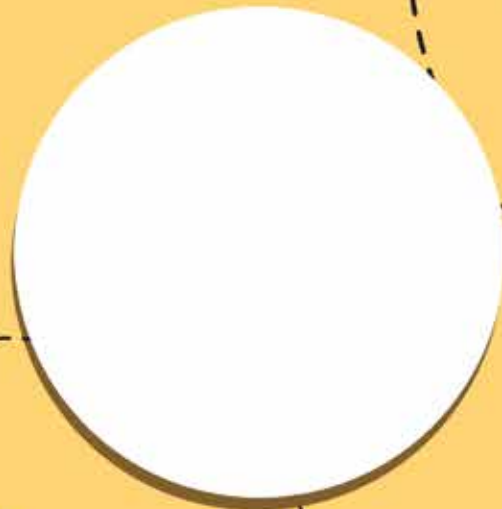
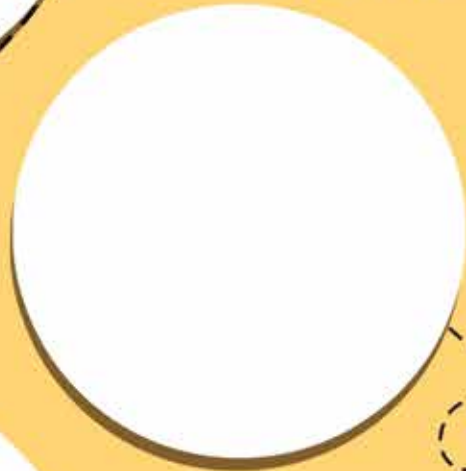
KUMA ENA PU BIZIN FER FAS
AVEK BANN KIKSOZ DEGUTAN
KI KAPAV AMENN ENN BON
KANTITE SANTIMAN, PANSE E
SANSASYON DAN NU LEKOR



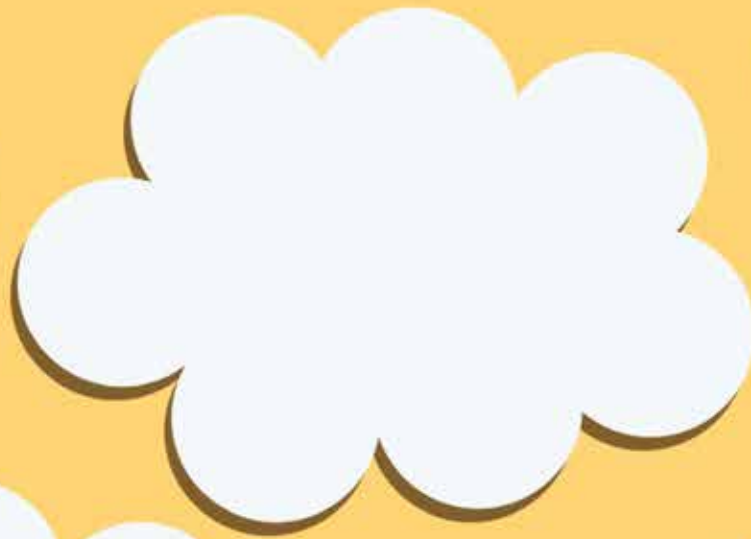
NU KAPAV SANTI NU TUSEL, PANIKE, ANKOLER USWA FRISTRE. NU KAPAV SANTI NU TRIS AKOZ NU MANK BANN KAMARAD USWA FAMI. NU KAPAV ENA BANN PANSE KI MELANZE DAN NU LESPRI E NU LEKOR KAPAV SANTI VRE TANSYON.



**BANN SANTIMAN BIZIN SORTI
E DIR ZOT ZISTWAR. ESKI TO
KAPAV DESINN ENNE DESIN TO
SANTIMAN ASTERLA?**



**ANU EKRIR USWA DESINN ENN
DESIN TO BANN PANSE KI TO ENA:**



**ANU FER ENN DESIN TO BANN
SANTIMAN E SANSASYON KI TO
ENA DAN TO LEKOR. ESKI TO
LEKOR SANTI KUMA ENN MINN
USWA PAREY KUMA ENN ROS?
ESKI LI PARET LUR USWA LEZE?
ANU EKUT KI LEKORLA PE DIR?**



**KAN NU PA SANTI NU
BYIN NU KAPAV FER
SAKI ZWIT LA FER!!!!.
NU KAPAV SERVI NU
PUVWAR E KREE NU
BANN PROP PERL. ANU
GETE KUMA NU KAPAV
SERVI NU BANN
PUVWAR!!**



**PUVWAR # 1: NU KAPAV SERVI
BANN PUVWAR NU LEKOR PU
REST SOF. NU KAPAV FER
BANN KIKSOZ KI PU FER NU
ELWAYNE AVEK VIRIS CORONA .**





**PUVWAR # 2: NU KAPAV GET
NU BANN SANTIMAN PU EKUT
ZOT LAVWA KI PE DIR.**

SI NU BANN SANTIMAN PE VINN
BYIN GRO, BYIN SO USWA BYIN FRE
NU KAPAV FER BANN KIKSOZ PU
REFRWADI ZOT USWA SOF ZOT.






**INNYOR BANN
SANTIMAN PA PU
ED NU. RAPELTWA KI
BANNE SANTIMAN
ZOT BANN
MESSEJER SA E
PLI NU EKOUTE E
KOZ ZOT NU PU
SANTI NU PLI BYIN
DAN ENN LONG
TERM.**



PUVWAR # 3: NU
KAPAV ETRE ZANTIY E
KONTAN ANVER NU
SANTIMAN E ENA
KONPASYON OSI PU
ZOT.



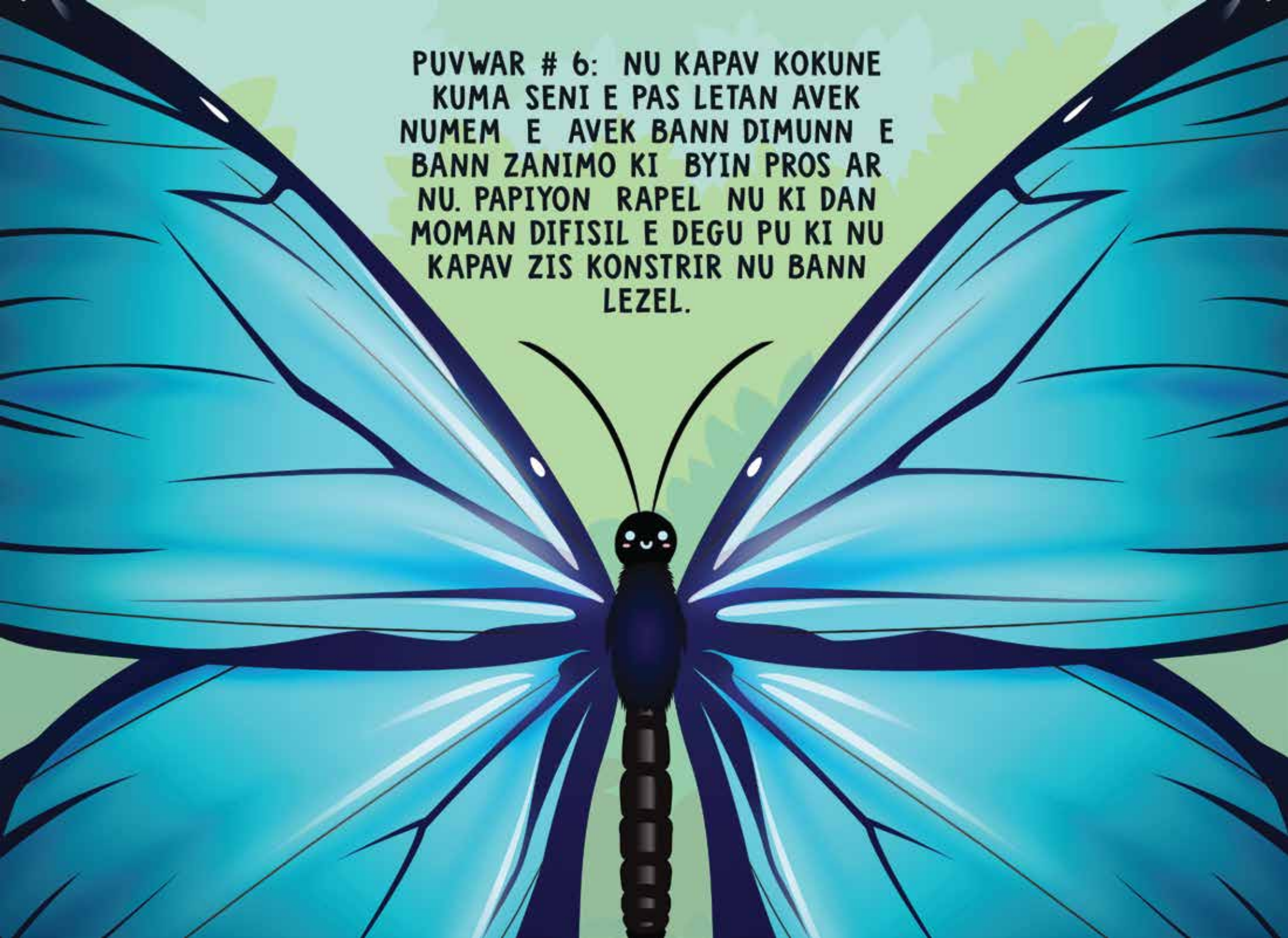


**PUVWAR # 4: NU KAPAV
GET NU BANN BEZWEN E
GETE OSI KI PU
FER NU SANTI MEYER. ESKI
NU BIZIN ENN AKOLAD?
USWA KIKENN PU DIR
NU BANN KIKSOZ PE AL
OKE? ESKI NU BIZIN KOZ
AVEK KIKENNE NU ENA
KONFYANS?**

**PUVWAR # 5: NU KAPAV SERVI PUVWAR
RESPIRASYON. RESPIRASYON KAPAV EDE PU
KALME NU LESPRI, LEKER E LEKOR.**



**PUVWAR # 6: NU KAPAV KOKUNE
KUMA SENI E PAS LETAN AVEK
NUMEM E AVEK BANN DIMUNN E
BANN ZANIMO KI BYIN PROS AR
NU. PAPIYON RAPEL NU KI DAN
MOMAN DIFISIL E DEGU PU KI NU
KAPAV ZIS KONSTRIR NU BANN
LEZEL.**



**PUVWAR 🚢 7: PETET NU KAPAV TRUV LESPAS PU KONEKTE AVEK NU LEKIP ASISTANS.
TO KAPAV DESINE USWA EKRIR KISANLA TO ULE GAYNE DAN TO LEKIP? ENN DIMUNN,
ENN ZANIMO, ENN KAMARAD, ENN SIPER ERO USWA NINPORT ENN LOT KI PU FER TWA
SANTI AN SEKIRITE DAN TO PROP LEKIP?**



An illustration of a person's torso and hands. The person is wearing a red long-sleeved shirt and a dark blue shawl with small white stars. Their hands are gently cupping a butterfly with orange and yellow wings. The butterfly has a black body and antennae. The background is a soft, light green color.

PUVWAR # 8: ALOR TO KAPAV SERVI DANS
PAPIYON PAR KRWAZ TO LAME LOR TO
LESTOMA E TAP DIVAN E DERYER.



**PUVWAR # 9: PANDAN KI TO PE
PANS ENN MOMAN GE DAN TO
LESPRI TO KAPAV DANS
KUMA ENN GORIL . ANU TAP
LESTOMA DIVAN E DERYER.**

PUVWAR # 10: TO KAPAV OSI TRUV ENN PLAS KOT TO SANTI TWA ERE E
EN SEKIRITE: TO KAPAV DESINN SA PLASLA? KAN TO GAYN LI, ANU
FONS NU LIPIYE KUMA NU MARSE ANSAM!



POUVWA # 11: NOU KA
CHANTE, NOU KA ZÒRÈY,
NOU KA DANSE OSWA NOU
KA SO!

PUVWAR # 12: NU KAPAV ENA KONEKTYON ATRAVER NU LEKER.



**TU SAKI NU BIZIN FER NU MAZINN ENN LONG LAKORD
ESPESYAL SORTI DEPI TO LEKER AL ZIZKA LEKER TU
BANN DIMUNN TO KONTAN.**





PARSKI PLIGRAN PUVWAR KI
NU ENA SE KONTAN NUMEM
E KONTAN TU BANN KI OTUR
NU. DAN ENN KANTITE PLAS
ATRAVER LEMOND, NU PA
KAPAV TOUS ENN U LOT
USWA NU PA KAPAV REST
PROS AVEK NU BANN
KAMARAD E FAMI, PURTAN ,
NU KAPAV MEM AMENN ZOT
E RES BYIN PRE AR ZOT DAN
NU LEKER.



**RAPELTWA, NU RAMPLI AVEK BANN
PUVWAR ESPESYAL ANDAN NU!**

**NU PA TUSEL, NU KAPAV ZWENN
ANSAM E SERVI TU NU BANN
PUVWAR ANSAM, KONSTRIR NU
BANN LEZEL E KREE BUKU PERL
ANSAM.**

RAPELWA, NU RAMPLI AVEK BANN PUVWAR ESPEYAL
ANDAN NU! ASTERLA ANU KREE SANTE ZWIT E PAPIYON E
ANU DANSE. NU KAPAV INVIT TU NU BANN SANTIMAN
PARSKI MEM NU TRIS NU KAPAV TUZUR DANSE!



This book contains strategies from EMDR therapy (Dr. Francine Shapiro) and mindfulness.



ANA M. GOMEZ

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AGATE INSTITUTE

Ana Gómez Attachment Trauma Education

Global Child-EMDR



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This book uses strategies from other authors such as:

Butterfly Hug (Lucina Artigas)

Team of Helpers (Ricky Greenwald)