



Incwadi Yokusebenzela Yempilo Yengqondo 2024

Okuqukethwe

OKUQUKETHWE	2
ISINGENISO	3
IZINSIZA EZENGEZIWE EZIHLOBENE	3
UHLU LWEZINOMBOLO ZOKUTHINTANA ZASENINGIZIMU AFRIKA ZOSIZO NGENGCINDEZI NOKUKHATHAZEKA.....	3
IZINSIZA ZEZEMPILO YENGQONDO EZIKU-INTHANETHI	3
ISINGENISO SEMPILO YENGQONDO	4
UKUDLA OKUNOMSOCO KANYE NEMPILO YENGQONDO : UKUXHUMANA PHAKATHI KOKUDLA KANYE NEMPILO YENGQONDO	19
IZINZUZO ZOMSEBENZI WOMZIMBA EMPILWENI YENGQONDO	24
UKUBALULEKA KOKULALA EMPILWENI YENGQONDO	27
AMASU OKULAWULA UKUCINDEZELEKA	32
UKUZINAKEKELA.....	41
UDINGA NINI USIZO LOCHWEPHESHE	44
IZINGOZI ZEMICRODOSING UKUSIZA NGEZINKINGA ZEMPILO YENGQONDO	49

Isingeniso

Lo mbhalo wakhiwe ngabakwa-NICRO ngokwesicelo sabahlomuli bethu. Yenziwa itholakale emphakathini njengengxenyane yenkonzo yethu yokunqanda ubugebengu nodlame. Abantu ngabanye nezinhlangano zingase zisebenzise lo mbhalo ngezinjongo ezingenzi nzuzo nezemfundo.

Izinsiza Ezengeziwe Ezihlobene

I-NICRO inezinye izincwadi zokusebenza ezihlobene neziqondiso ezisekela ukuphila kahle kwengqondo:

- Ukuthuthukisa Ibhuku Lokusebenza Lokuqina
- I-Emotional Intelligence Workbook
- Incwadi Yokusebenzela Yokulawula Ukucindezeleka

Lezi zitholakala lapha: <https://www.nicro.org.za/index.php/en/community-development-resources#workbooks>.

Uhlu Lwezinqombolo Zokuthintana ZaseNingizimu Afrika Zosizo Ngengcindezi Nokukhathazeka

I-Adcock Ingram Helpline & Anxiety Helpline	0800 70 80 90
I-Akeso Psychiatric Response Unit Amahora angama-24	0861 435 787
Cape Mental Health Society	(021) 447 9040
I-Cipla Mental Health Helpline	0800 456 789
Inombolo Yosizo Yezempilo Yengqondo kaDkt Reddy	0800 21 22 23
Inombolo Yosizo Yenethiwekhi Yokunakekelwa Kwabasebenzi Bezempilo	0800 21 21 21
I-LifeLine	0861 322 322
I-South Africa Suicide Crisis Helpline	0800 12 13 14
Iqembu laseNingizimu Afrika Lokudangala Nokukhathazeka	011 234 4837
Inombolo Yosizo Yezinhlekelele Zokuzibulala	0800 567 567

Izinsiza Zezempilo Yengqondo eziku-inthanethi

1. <https://www.safmh.org/useful-links/>
2. <https://mentalhealthsa.org.za/>

Isingeniso Sempilo Yengqondo

INCAZELO YOKUPHILA KAHLE NGOKWENGQONDO

Ukuphila kahle ngokwengqondo kusho ukuzizwa ujabule ngawe, ukuphatha kahle ingcindezi yansuku zonke, ukusebenza ngempumelelo, nokuba negalelo emphakathini wakho. Kumayelana nokuba nengqondo enempilo, ukuzizwa ulinganisele, nokujabulela ukuphila. Ukuphila kahle ngokwengqondo akukhona nje ukungabi nesifo sengqondo; imayelana nokuba nesimo sengqondo esihle esikusiza ukuthi ubhekane nezinselele futhi uphumelele.

IZINGXENYE ZEMPILO YENGQONDO

Izingxenye zempilo yengqondo zihlanganisa izici ezihlukahlukene ezifaka isandla esimweni somqondo esinempilo nesilinganiselayo. Nazi izingxenye ezibalulekile:

1. INJALO YOMZWELO

- Ukuqonda nokulawula imizwa yakho
- Ukuthola imizwa eyakhayo njengenjabulo, uthando, nokwaneliseka
- Ukubhekana nemizwa engemihle ngendlela enempilo

2. UKUPHILA KWENGQONDO

- Ukuba nomuzwa wenjongo nenjongo ekuphileni
- Ukuzizwa uzimele futhi ulawula impilo yakho
- Ukuzibandakanya ekukhuleni komuntu siqu kanye nokuzamukela

3. UKUHLALA KAHLE

- Ukwakha nokugcina ubudlelwano obunempilo
- Ukuzizwa uxhumeke kwabanye nokuba nesistimu yokusekela
- Ukufaka isandla emphakathini wakho futhi uzizwe ubalulekile

4. IMPILO YOMZIMBA

- Ukugcina impilo enhle engokomzimba ngokuzivocavoca, ukudla okunomsoco, nokulala
- Ukuqonda ukuxhumana phakathi kwempilo yomzimba kanye nempilo yengqondo
- Ukuzijwayeza ukuzinakekela kanye nemikhuba enempilo

5. UKUHLALA KOMQONDO

- Ukuzibandakanya emisebenzini evuselela ingqondo
- Ukuvuleleka emibonweni emisha nesipiliyoni
- Ukuphishekela ukufunda impilo yonke kanye nokukhula komuntu siqu

6. INJALO KAMOYA

- Ukuba nomuzwa wenhloso nencazelo ngaphezu kwakho siqu
- Ukuzizwa uxhumeke kokuthile okukhulu, noma ngabe ukholo lwenkolo, imvelo, noma umuzwa wokuthula kwangaphakathi.
- Ukuzijwayeza ukubonga nokucabangela

7. INHLALAKAHLE YOMSEBENZI

- Ukuthola ukwaneliseka nokwaneliseka emsebenzini wakho noma emisebenzini yansuku zonke
- Ukulinganisa umsebenzi nezinye izici zokuphila

- Ukuzizwa unekhono futhi waziswa endimeni yakho yobungcweti .

8. UKUPHILA KWEZIMALI

- Ukuphatha izimali zakho ngempumelelo
- Ukuzizwa uvikelekile futhi ulawula isimo sakho sezezimali
- Ukuqonda umthelela wengcindezi yezezimali empilweni yengqondo

Ngayinye yalezi zingxenye isebenzisana nezinye, okunomthelela emuzweni ophelele wenhlalakahle yengqondo. Ukulinganisa nokunakekela indawo ngayinye kungakusiza ugcine ukuphila okunempilo nokwanelisayo.

IZIMPAWU OKUNGENZEKA UKUTHI UNENKINGA YENGGONDO

Ukubona izimpawu zokuthi impilo yakho yengqondo ayilungile kubalulekile ukuze uthathe izinyathelo zokuyithuthukisa. Nazi ezinye izimpawu ezivamile:

1. UKUDABUKILE OKUPHELELEYO NOMA UKUCINDEZELEKA

- Ukuzizwa udangele, noma uphelelwe ithemba isikhathi eside
- Ukulahlekelwa intshisekelo noma injabulo emisebenzini owake wayijabulela.

2. UKUKHATHAZEKA NOKUKHATHAZA OKUdlulele

- Ukuzizwa ukhathazekile noma ukhathazekile isikhathi esiningi
- Uhlangabezana nokuhlaselwa ukwethuka noma imizwa engapheli yokungakhululeki

3. IZINGUQUKO EMAPHETHINI OKULALA

- Ubunzima bokuwa noma ukuhlala ulele.
- Ukulala kakhulu noma okuncane kakhulu

4. IZINGUQUKO EKUDENI NOMA Isisindo

- Ukuncipha okukhulu kwesisindo noma ukuzuza
- Izinguquko emikhubeni yokudla, njengokudla ngokweqile noma ukungakuthandi ukudla

5. UKUKHATHUKA KANYE NAMANDLA AMANCANE

- Ukuzizwa ukhathele ngaso sonke isikhathi, ngisho nangemva kokuphumula okwanele
- Ukungabi nogqozi lokwenza imisebenzi yansuku zonke.

6. UBUNZIMA BOKUGXAKA

- Inkinga yokugxila noma ukwenza izinqumo.
- Izinkinga zenkumbulo noma ukuzizwa "inenkungu" ngokwengqondo.

7. UKUHOXA EMISEBENZINI YOMPHAKATHI

- Ukugwema abangane, umndeni, nezimo zomphakathi
- Ukuzizwa uhlukani siwe noma unqanyuliwe kwabanye.

9. UKUTHUKUTHELEKA NOMA UKUTSHA

- Ukuzizwa ucasuka ngendlela engavamile, ukhungathekile, noma uthukuthele
- Ukusabela ngokweqile ekucasuleni okuncane noma izingxabano

10. IMIZWA YECALA NOMA UKUNGABALULEKI

- Ukuba nemizwa ejulile yokuba necala, ihlazo, noma ukungabi nalutho
- Imicabango yokuzigxeka kanye nokukhuluma kabi ngawe

11. IZIMPAWU ZEMZIMBENI

- Izinhlungu nezinhlungu ezingachazeki
- Ikhanda elibuhlungu njalo noma izinkinga zesisu

12. UKUSETSHENZISWA KAHLE KWEZIDILI

- Ukwenyuka kokusetshenziswa kotshwala, izidakamizwa, noma ezinye izinto
- Ukusebenzisa izinto ukuze ubhekane nemizwa noma ingcindezi.

13. IMICABANGO YOKUZILIMZA NOMA YOZIBULALA

- Ukucabanga noma ukuhlela ukuzilimaza noma ukuzibulala
- Ukuzwa ukuthi ukuphila akufanelekile.

Uma wena noma othile omaziyo ehlangabezana nalezi zimpawu, kubalulekile ukufuna usizo kuchwepheshe wezempilo yengqondo. Ukungenelela kusenesikhathi kungenza umehluko omkhulu ekuthuthukiseni ukuphila kahle kwengqondo.

UKUBALULEKA KWEMPILO YENGGONDO

Impilo yengqondo ibalulekile ngenxa yezizathu eziningana, ezithinta zonke izici zokuphila. Nawa amaphuzu abalulekile agqamisa ukubaluleka kwempilo yengqondo:

A. IMPILO KAHLE

- Impilo enhle yengqondo ibalulekile empilweni yonke. Kuthinta indlela esicabanga ngayo, esizizwa ngayo, nesenza ngayo, kunomthelela ekusebenzeni kwethu kwansuku zonke kanye nezinga lempilo.

B. IMPILO YOMZIMBA

- Impilo yengqondo nempilo yomzimba kuxhumene kakhulu. Ukungaqini kahle kwengqondo kungaholela ezinkingeni zempilo engokomzimba, njengesifo senhliziyo, umfutho wegazi ophakeme, nokuncipha kwesimiso somzimba sokuzivikela ezifweni. Ngakolunye uhlangothi, ukulondoloza impilo enhle yengqondo kungathuthukisa impilo engokomzimba futhi kukhuthaze ukuphila isikhathi eside.

C. UKHIQIZO KANYE NOKWENZA

- Impilo yengqondo ithinta kakhulu ukukhiqiza nokusebenza emsebenzini noma esikoleni. Impilo enhle yengqondo isiza abantu ukuthi bagxile, benze izinqumo ezingcono, futhi benze imisebenzi ngendlela efanele.

D. UBUDLELWANE

- Isimo sengqondo esinempilo sikhuthaza ubudlelwano obuhle nomndeni, abangani kanye nozakwabo. Ithuthukisa ukuxhumana, ukuzwelana, kanye nekhono lokulawula izingxabano, okuholela ekuxhumaneni komphakathi okuqinile nokusekelayo.

E. UKUBHEKANA NEngcindezi

- Impilo enhle yengqondo ihlinzeka ngokukhuthazela okudingekayo ukuze ubhekane nezinselele zokuphila nezingcindezi . Ivumela abantu ngabanye ukuthi baphathe ubunzima gendlela efanele futhi bahlehle ekushiyekeni.

F. UKUFEZEKA KOMUNTU

- Impilo yengqondo ineqhaza ekwanelisekeni komuntu siqu nasenjabulweni. Ivumela abantu ngabanye ukuba baphishekele imigomo yabo, benze imisebenzi enenjongo, futhi bajabulele ukuphila benenjongo nokwaneliseka.

G. UKUVIMBELA UKUGULA ENGQONDO

- Ukubeka phambili impilo yengqondo kungasiza ekuvimbeleni ukuqala kwezifo zengqondo ezifana nokucindezeleka, ukukhathazeka, nokunye ukuphazamiseka kwemizwelo. Ukutholwa kusenesikhathi nokuphathwa kwezinkinga zempilo yengqondo kunganciphisa umthelela wazo futhi kuthuthukise imiphumela.

H. UMPHAKATHI NOKUZINDLA KOMPHAKATHI

- Impilo enhle yengqondo phakathi kwabantu inomthelela empilweni nasekuzinzeni kwemiphakathi iyonke. Abantu abaphile kahle ngokwengqondo kungenzeka ukuthi babe neqhaza elihle emphakathini, bahlanganyele emisebenzini yomphakathi, futhi basekele abanye.

I. UKWEHLISA ISIBALA

- Ukuthuthukisa ukuqwashisa ngempilo yengqondo kusiza ukunciphisa ukucwaswa okuhambisana nesifo sengqondo. Lokhu kukhuthaza abantu abaningi ukuthi bafune usizo lapho bedingeka, okuholela ekuqondeni okungcono komphakathi kanye nokwesekwa kwalabo abanenkinga yezempilo yengqondo.

J. UKUPHILA KWEZIMALI

- Impilo enhle yengqondo ingaholela ezinqumweni ezingcono zezezimali nokuzinza. Yehlisa umthwalo wezomnotho ohlobene nezinkinga zempilo yengqondo, njengezindleko zokunakekelwa kwezempilo kanye nokulahlekelwa kokukhiqiza.

IZINGANEKWANE EZIVAMILE ZEMPILO YENGQONDO NAMAQINISO

Ukuqonda iqiniso ngempilo yengqondo kubalulekile ekususeni imibono eyiphutha futhi kuthuthukiswe impilo engcono yengqondo. Nazi ezinye izinganekwane ezivamile zempilo yengqondo namaqiniso ahambisanayo:

A. INKOLELOZE 1: IZINKINGA ZEMPILO YENGQONDO AYINGITHINTI.

Iqiniso: Izinkinga zempilo yengqondo zivamile futhi zingathinta noma ubani, kungakhathaliseki ubudala, ubulili, noma isizinda. Cishe umuntu omdala oyedwa kwabahlanu uba nenkinga yengqondo unyaka ngamunye.

B. INKOLELOZE YESI-2: ABANTU ABANEZINKINGA ENGQONDO BANOMDLALO FUTHI ABAQINISEKILE.

Iqiniso: Abantu abaningi abanezinkinga zempilo yengqondo abanamathuba amaningi okuba nobudlova kunanoma ubani omunye. Eqinisweni, bavame ukuba yizisulu zobudlova kunokuba babe abenzi bobubi.

C. INKOLELOZE 3: IZINKINGA ZEMPILO YENGQONDO ZILUPHAWU LOBUTHATHA.

Iqiniso: Izinkinga zempilo yengqondo azihlangene nokuba buthakathaka noma ukuntula amandla okuzimisela. Izimo zezokwelapha, njengesifo senhliziyo noma isifo sikashukela, futhi zingabangelwa izici ezihlukahlukene, okuhlanganisa ufuzo, isayensi yezinto eziphilayo, kanye nokuhlangenwe nakho kwempilo.

D. INKOLELOZE YESI-4: AWUKWAZI UKULULA EZINKINGENI ZEMPILO.

Iqiniso: Abantu abaningi abanezinkinga zempilo yengqondo balulama ngokuphelele noma bangakwazi ukulawula izimpawu zabo ngempumelelo ngokwelashwa nokusekelwa okufanele. Ukululama kuyinqubo, futhi abantu abanezinkinga zempilo yengqondo bangaphila izimpilo ezigculisayo nezikhiqizayo.

E. INKOLELOZE YESI-5: UKWELAPHA NOKUZISIZA KUYUKUMOSHA ISIKHATHI. KUNGANI UZIKHATHAZA UMA UNGAVELE UKUTHATHA IPHILISI?

Iqiniso: Nakuba imithi ingasebenza kwabaningi, amasu okwelapha nawokuzisiza nawo ayizici ezibalulekile zokwelashwa. I-Psychotherapy, izinguquko zendlela yokuphila, kanye namanethiwekhi okusekela kungathuthukisa kakhulu imiphumela yezempilo yengqondo.

F. INKOLELOZE 6: IZINGANE AYIZIBI ZIFILE IZINKINGA ZEMPILO YENGQONDO.

Iqiniso: Izingane zingaba futhi ziba nezinkinga zempilo yengqondo, ezingatholakala futhi zelashwe. Ukungenelela kusenesikhathi kubalulekile ekusizeni izingane zilawule impilo yazo yengqondo futhi ziphumelele empilweni.

G. IINKOLELOZE YESI-7: ABANTU ABANEZINKINGA ZENGQONDO ABAKWAZI UKUBONGA UKUCINDEZELEKA NOMA UKUBAMBA IMISEBENZI.

Iqiniso: Abantu abaningi abanezinkinga zempilo yengqondo bangakwazi futhi babambe imisebenzi futhi balawule ukucindezeleka ngempumelelo, ikakhulukazi ngokwelashwa okufanele nokusekelwa. Izimo zempilo yengqondo azivimbela umuntu ekubeni yisisebenzi esikhiqizayo nesibalulekile.

H. IINKOLELOZE 8: IZINKINGA ZEMPILO YENGQONDO ZIBANJWA UBUTHATHAKA BOMUNTU NOMA AMAPHUTHA OMLINGISI.

Iqiniso: Izinkinga zempilo yengqondo ziyinkimbinkimbi futhi zingabangelwa inhlanguanisela yezici zofuzo, zezinto eziphilayo, ezemvelo nezingokwengqondo. Akuwona umphumela wobuthakathaka bomuntu siqu noma amaphutha obuntu.

I. IINKOLELOZE YESI-9: UKUFUNA USIZO NGEZINDABA ZEMPILO YENGQONDO KUWUPHAWU LOKWEHLULEKA.

Iqiniso: Ukufuna usizo kuwuphawu lwamandla nokuzazi. Kudinga isibindi ukuqaphela ukuthi udinga ukusekelwa futhi uthathe izinyathelo zokuthuthukisa impilo yakho yengqondo.

J. IINKOLELOZE YE-10: IZINKINGA ZEMPILO YENGQONDO ZIYAQHUBEKA.

Iqiniso: Izinkinga zempilo yengqondo zivame kakhulu kunalokho abantu abaningi abakucabangayo. Zithinta izigidi zabantu emhlabeni wonke, kuzo zonke izinhlobo zabantu namasiko.

IZIMPAWU ZOKUKHATHAZEKA

Ukukhathazeka kungabonakala ngezindlela ezihlukahlukene, futhi izimpawu zakho zingahluka kumuntu nomuntu.

A. IZIMPAWU ZOMZIMBA:

- Ukushaya kwenhliziyo okusheshayo: Ukuzwa sengathi inhliziyo yakho iyagijima noma ishaya ngamandla.
- Ukuphefumula Okufushane: Ukuphefumula kanzima noma ukuzwa sengathi awukwazi ukuthola umoya owanele.
- Imisipha Eqinile: Ukungezwani kwemisipha, ukuqina, noma ubuhlungu bemisipha.
- Ukujuluka: Ukujuluka kakhulu, noma kungashisi.
- Ukuthuthumela noma Ukuqhaq hazela: Izandla, imilenze, noma ezinye izitho zomzimba eziqhaq hazelayo noma eziqhaq hazelayo.
- Ukukhathala: Ukuzizwa ukhathele noma ukhathele, ngisho nangemva kokuphumula okwanele.
- Isisu Esithukuthele: Isicanucanu, ubuhlungu besisu, noma izinkinga zokugaya ukudla.
- Ikhanda elibuhlungu: Ikhanda elibuhlungu noma i-migraines.

- Isiyazi noma ikhanda elilula: Ukuzizwa uphelelwa amandla noma ungaxilile.
- Ukushisa Okushisayo noma Ukubanda: Imizwa engazelelwe yokushisa noma ukubanda.

B. IZIMPAWU ZEQINISO:

- Ukukhathazeka Okudlulele: Ukukhathazeka okuqhubekayo nokweqisa ngezici ezihlukahlukene zokuphila.
- Imicabango Yomjaho: Ubunzima bokulawula noma ukunciphisa imicabango yomjaho.
- Ubunzima bokugxila: Inkinga yokugxila noma ukugxila emisebenzini.
- Ukucabanga Okuyinhlekelele: Ukulindela okubi kakhulu ukuthi kwenzeke, ngisho noma kungekho bufakazi bokusekela.
- Izinkinga Zenkumbulo: Ukukhohlwa noma ubunzima bokukhumbula izinto.
- Ukungabi nalutho kwengqondo: Ukuzizwa uvinjelwe ngokomqondo noma awukwazi ukucabanga kahle.
- Ukucabanga ngokweqile: Ukunaka izehlakalo ezedlule noma ukukhathazeka ngokweqile ngekusasa.
- Ukwesaba kanye Nokwesaba: Ukwesaba okukhulu noma ama-phobias aphazamisa impilo yansuku zonke.

C. IZIMPAWU ZOKUMZWA:

- Imizwa Yokuthuthumela noma Ukungaphumuli: Ukuzizwa usonqengemeni noma uhlezi ukhiyekile.
- Ukucasuka: Ukucasuka kalula noma ukukhungatheka.
- Ukwesaba: Ukuzwa ukwesaba noma ukwesaba ngaphandle kwesizathu esicacile.
- Ukwethuka: Imizwa engazelelwe yokwesaba okukhulu noma ukuhlaselwa wuvalo.
- Umuzwa Wokwesaba: Ukuzwa umuzwa wokubhujiswa okuzayo noma ingozi.
- Ukuzizwa Ukhungathekile: Ukuzizwa ugajwe imisebenzi yansuku zonke noma izibopho.
- Umuzwa Ongelona iqiniso: Ukuzizwa uhlukenene nawe noma endaweni yakho.
- Ubunzima bokuphumula: Inkinga yokuphumula noma ukukhululeka, ngisho nasezindaweni ezolile.
- Ukuzwela Ngokomzwelo: Ukuzwela kakhulu ukugxekwa noma ukwahlulela okubonwa kwabanye.
- Ukuzizwa Ugxuma noma Wethuke Kalula: Ukusabela ngokuqinile emisindweni engazelelwe noma ukunyakaza.

D. IZIMPAWU ZOKUZIPHATHA:

- Ukugwema: Ukugwema izimo noma imisebenzi evusa ukukhathazeka.
- Ukuziphatha Okuphoqelekile: Ukuzibandakanya ekuziphatheni okuphindaphindiwe noma amasiko ukuze unciphise ukukhathazeka.
- Imikhuba Yemizwa: Ukuluma izinzapho, ukugedla, noma ukuhamba kancane.
- Ukuhoxiswa Komphakathi: Ukugwema ukusebenzelana komphakathi noma ukuzehlukana nabanye.

- Ukusebenza Okukhubazekile: Ubunzima bokwenza imisebenzi noma izibopho ngenxa yokukhathazeka.
- Ukuhlehlisa: Ukuyeka imisebenzi noma izibopho ngenxa yokukhathazeka.
- Ukusetshenziswa Kwezidakamizwa: Ukuphendukela otshwaleni, izidakamizwa, noma ezinye izinto ukuze ubhekane nokukhathazeka.

Uma uhlangabezana neziningana zalezi zimpawu futhi ziphazamisa impilo yakho yansuku zonke, kubalulekile ukufuna usizo kuchwepheshe wezempilo yengqondo. Izinkinga zokukhathazeka ziyalapha, futhi ukwelapha okusebenzayo njengokwelashwa, imithi, nokushintsha indlela yokuphila kungakusiza ulawule izimpawu futhi uthuthukise izinga lakho lempilo.

UMEHLUKO PHAKATHI KWE**STRESS, ANXIETY AND ANXIETY DISORDER**

Ukuqonda umehluko phakathi kokukhathazeka okuvamile, ukuphazamiseka kokukhathazeka, nokucindezeleka kungasiza ukuhlukanisa phakathi kokuhlangenwe nakho okuvamile nokukhathazeka okubucayi kakhulu kwempilo yengqondo:

A. UKUKHATHAZEKA OKUJWAYELEKILE:

- **Ukukhathazeka Okuvamile:** Ukukhathazeka okuvamile kuhilela ukukhathazeka ngezikhathi ezithile noma ukwesaba ukuphendula izimo ezicindezelayo noma izenzakalo zokuphila.
- **Iyalawuleka:** Ivamise ukuba mnene, ihlala isikhathi esifushane, futhi iyalawuleka, futhi ayiphazamisi kakhulu ukusebenza kwansuku zonke.
- **Impendulo Eguquguqukayo:** Ukukhathazeka kungaba impendulo eguquguqukayo esisiza ukuba silindele futhi silungiselele izinselele noma izinsongo.
- **Izibonelo:** Ukuzizwa uthukile ngaphambi kwenhlokhono yomsebenzi, ukuzwa izimvemvane esiswini sakho ngaphambi kokunikeza isethulo, noma uzizwe ukhathazekile ngokuhlolwa okuzayo.

B. IZIPHUMA ZOKUKHATHAZA:

- **Ukuphikelela Nokudlulele:** Ukuphazamiseka kokukhathazeka kuhilela ukukhathazeka okuphikelelayo nokudlulele noma ukwesaba okungaphezu kwesimo noma okuqhubekayo ngisho nalapho kungekho usongo olusheshayo.
- **Ukuphazamisa Ukusebenza:** Izimpawu ziphazamisa kakhulu ukusebenza kwansuku zonke, ubudlelwano, kanye nezinga lempilo.
- **Okungamahlalakhona:** Izimpawu zivame ukuphikelela isikhathi eside, izinyanga ezihlala njalo, noma iminyaka, futhi zingase zishintshe kakhulu.
- **Izinhlobo:** Izinkinga zokukhathazeka zihlanganisa ukuphazamiseka kokukhathazeka okujwayelekile (GAD), ukuphazamiseka kokukhathazeka, ukuphazamiseka kokukhathazeka komphakathi (social phobia), ama-phobias athile, nezinye izimo.
- **Ukwelashwa:** Izinkinga zokukhathazeka yizimo zempilo yengqondo ezitholakalayo ezingase zidinge ukwelashwa, njengokwelashwa, imithi, noma inhlanganisela yakho kokubili.

C. UKUQINISEKA:

- **Ukusabela Ezimfuno:** Ukucindezeleka kuyindlela engokwemvelo yokusabela ezimfuno noma izingcindezi ezivela emithonjeni yangaphandle noma yangaphakathi, efana nomsebenzi, ubudlelwano, noma izehlakalo zempilo.
- **Isikhathi Esifushane:** Imvamisa kuba eyesikhashana futhi eyesikhashana, futhi ingase ifike idlule ngokuphendula izingcindezi ezithile.
- **Imiphumela Emibi:** Nakuba ukucindezeleka okuthile kungase kukhuthaze noma kunikeze amandla, ukucindezeleka okungapheli noma okweqile kungaba nemiphumela emibi empilweni engokomzimba nengqondo.
- **Emzimbeni Nangokomzwelo:** Ukucindezeleka kungabonakala njengezimpawu zomzimba (isb., ubuhlungu bekhandu, ukuqina kwemisipha) kanye nezimpawu zomzwelo (isb., ukucasuka, ukudabuka).
- **Amasu Okubhekana Nezinkinga:** Amasu okubhekana nawo afana namasu okuphumula, ukuzivocavoca, ukusekelwa komphakathi, nokuphatha isikhathi kungasiza ekulawuleni ukucindezeleka.

D. UMEHLUKO OMQOKA:

- **Ukuqina Nobude Besikhathi:** Ukukhathazeka okuvamile kuvamise ukuba mnene futhi kuhlale isikhathi esifushane, kuyilapho ukuphazamiseka kokukhathazeka kuhilela ukukhathazeka okuphikelelayo nokweqisayo okuphazamisa kakhulu ukusebenza. Ukucindezeleka kungaba okwesikhashana noma okungapheli, kuye ngesimo.
- **Ukuxilongwa:** Izinkinga zokukhathazeka yizimo zempilo yengqondo ezitholalalayo ezingadinga ukuxilongwa nokwelashwa kochwepheshe. Ukukhathazeka nokucindezeleka okuvamile kuyizinto ezivamile zomuntu ezingabonisi ukuphazamiseka kwempilo yengqondo.
- **Umthelela Ekusebenzeni:** Nakuba ukukhathazeka okuvamile nokucindezeleka kungase kubangele ukungakhululeki kwesikhashana, ngokuvamile akukhinyabezi ukusebenza kwansuku zonke ngezinga elifanayo nokuphazamiseka kokukhathazeka.

Kuvamile ukuba nezikhathi zokukhathazeka nokucindezeleka, kodwa uma izimpawu ziphikelela, zidlulele, noma ziphazamisa kakhulu ukuphila kwansuku zonke, kungase kube uphawu lwesifo sokukhathazeka noma esinye isimo sempilo yengqondo. Ukufuna usizo kuchwepheshe wezempilo yengqondo kunganikeza ukwesekwa, isiqondiso, nezinketho zokwelapha zokulawula izimpawu nokuthuthukisa inhlalakahle iyonke.

IZIMPAWU ZOKUDANGALA

Ukucindezeleka kungabonakala ngezindlela ezihlukahlukene, futhi izimpawu zakho zingahluka kumuntu nomuntu. Nazi ezinye izimpawu ezivamile kanye nezimpawu zokucindezeleka:

A. IZIMPAWU ZOKUMZWA:

- **Ukudabuka Okuphikelelayo:** Ukuzizwa udabukile ngokuqhubekayo, ungenalutho, noma ungenathemba, ngisho nalapho kungekho sizathu esizwakalayo.

- Ukulahlekelwa Intshisekelo: Ukulahlekelwa isithakazelo noma injabulo emisebenzini ebikade ijabulisa, kuhlangukise nokuzilibazisa, ukuzijabulisa, noma ucansi.
- Izinguquko Zemizwa: Ukuba nomuzwa oshintshashintsha njalo, ukucasuka, noma ukuzwela ngokomzwelo.
- Ukuzizwa Unecala noma Ungafaneleki: Ukuzizwa unecala, ungento yalutho, noma uzigxeka ngokweqile, ngokuvamile ngaphandle kwezizathu ezizwakalayo.
- Ukuphelelwa lthemba: Ukuzizwa ungenathemba ngekusasa noma ukukholelwa ukuthi izinto ngeke zibe ngcono.
- Ubuze: Ukuzizwa ungenamandla ngokomzwelo noma ungelutho, njengokungathi akukho okuletha injabulo noma ukwaneliseka.

B. IZIMPAWU ZEQUINISO:

- Ubunzima bokugxila: Ukuba nenkinga yokugxilisa ingqondo, ukwenza izinqumo, noma ukukhumbula izinto.
- Ukucabanga Okubi: Ukuzibandakanya emaphethini okucabanga angalungile noma angenathemba, ukubona umhlaba nge-lens engalungile.
- Imicabango Yokuzigxeka: Ukuzibandakanya emicabangweni yokuzigxeka noma ukuzibeka icala ngamaphutha okubonakala.
- Imicabango Yokufa noma Yokuzibulala: Ukuba nemicabango yokufa, ukufa, noma ukuzibulala, noma ukwenza izinhlelo zokuzibulala.

C. IZIMPAWU ZOMZIMBA:

- Ukukhathala: Ukuzizwa ukhathale, ukhathale, noma untula amandla, ngisho nangemva kokuphumula okwanele.
- Iziphazamiso Zokulala: Ukuthola izinguquko emaphethini okulala, njengokuqwashwa (ubunzima bokuwa noma ukuhlala ulele) noma i-hypersomnia (ukozela kakhulu).
- Izinguquko Zesifiso Sokudla: Uhlangabezana nezinguquko ekuthandeni ukudla noma isisindo, njengokuncipha okukhulu kwesisindo noma ukuzuza.
- Ama-Aches and Pains: Uhlangabezana nezimpawu zomzimba ezingachazwanga njengekhanda elibuhlungu, isisu esibuhlungu, noma ubuhlungu bemisipha.
- Izinkinga Zokugaya: Uhlangabezana nezinkinga zokugaya ukudla okufana nesicanucanu, ukuqunjelwa, noma isifo sohudo.

D. IZIMPAWU ZOKUZIPHATHA:

- Ukuhoxa Komphakathi: Ukuhoxa emisebenzini yokuzijabulisa, ukuzehlukanisa nabangane, umndeni, noma imibuthano yokuzijabulisa.
- Ukugwema: Ukugwema izibopho, imisebenzi, noma imisebenzi ezwakala ingaphezu kwamandla noma iwumthwalo.
- Ukusetshenziswa Kwezidakamizwa: Ukuphendukela otshwaleni, izidakamizwa, noma ezinye izinto ukuze ubhekane nezimpawu zokudangala.
- Ukuzilimaza: Ukuzibandakanya emikhubeni yokuzilimaza njengokuzisika noma ukuzishisa ukuze ubhekane nobuhlungu bemizwa.

E. EZINYE IZIMPAWU:

- Izimpawu Ezingokomzimba Ngaphandle Kwencazelo Yezokwelapha: Ukuba nezimpawu zomzimba (isb, ubuhlungu bekhandu, isisu esibuhlungu) ezingenayo incazelo ecacile yezokwelapha.
- Imicabango Ephindaphindiwe Yokufa: Ukuba nemicabango ephindaphindayo yokufa, ukufa, noma ukuzibulala, ngisho noma ungenalo uhlelo oluthile noma inhloso yokuzilimaza.
- Ukuphelelwa Isithakazelo Kwenhlanzeko yomuntu siqu: Ukudebeselela inhlanzeko yomuntu siqu noma ukubukeka, njengokungagezi, ukuzilungisa, noma ukushintsha izingubo njalo.

Uma uhlangebana neziningana zalezi zimpawu futhi ziphazamisa impilo yakho yansuku zonke, kubalulekile ukufuna usizo kuchwepheshe wezempilo yengqondo.

Ukucindezeleka yisimo esiyelaphekayo, futhi ukwelapha okusebenzayo njengokwelashwa, imithi, nokushintsha indlela yokuphila kungakusiza ulawule izimpawu futhi uthuthukise izinga lakho lempilo.

Ungangabazi ukuthola usizo uma unenkinga yokucindezeleka—kuwuphawu lwamandla, futhi kunezinsiza nokusekelwa okutholalayo ukuze kukusize ohambweni lwakho lokululama.

UKUBONA IZIMPAWU ZOKUCINDEZELEKA, UKUKHATHAZEKA, NOKUCINDEZELEKA

Ukubona izimpawu zokucindezeleka, ukukhathazeka, nokucindezeleka kubalulekile ekungeneleleni kusenesikhathi kanye nokuphatha ngempumelelo izinselele zempilo yengqondo. Nalu uhlu lwezimpawu ezijwayelekile ezihlobene nesimo ngasinye:

IZIMPAWU ZENKINGA:

1. IZIMPAWU ZOMZIMBA:

- a. Ikhandu elibuhlungu
- b. Ukuqina kwemisipha noma ubuhlungu
- c. Ukukhathala noma amandla aphansi
- d. Isisu esibuhlungu noma izinkinga zokugaya ukudla.
- e. Ukushintsha kwesifiso sokudla noma isisindo

2. IZIMPAWU ZOMZWELO:

- a. Ukucasuka noma ukucasuka
- b. Ezizwa egajwe amandla
- c. Ukuguquguquka kwemizwa
- d. Ukungahlaliseki
- e. Ubunzima bokuphumula

3. IZIMPAWU ZEQINISO:

- a. Imicabango yokugijima
- b. Ubunzima bokugxila
- c. Ukukhohlwa
- d. Ukukhathazeka njalo
- e. Izindlela zokucabanga ezingezinhle

4. IZIMPAWU ZOKUZIPHATHA:

- a. Ukusetshenziswa okwengeziwe kotshwala, ugwayi, noma izidakamizwa
- b. Izinguquko emaphethini okulala (ukuqwashwa noma ukulala ngokweqile)
- c. Ukuhoxa emisebenzini yomphakathi
- d. Ukuhlehlisa noma ukunganaki izibopho
- e. Imikhuba yemizwa (ukuluma izinzipo, ukuhambahamba)

IZIMPAWU ZOKUKHATHAZA:

1. Izimpawu Zomzimba:

- a. Ukushaya kwenhliziyo okusheshayo noma ukushaya kwenhliziyo
- b. Ukuphefumula kanzima noma i-hyperventilation
- c. Ukujuluka
- d. Ukuthuthumela noma ukuqhaqhazela
- e. Isiyazi noma ikhanda elilula

2. Izimpawu Zomzwelo:

- a. Ukukhathazeka ngokweqile noma ukwesaba
- b. Imizwa yokwesaba noma yokwesaba
- c. Ubunzima bokulawula ukukhathazeka.
- d. Ukungahlaliseki noma umuzwa onqenqemeni.
- e. Ukucasuka

3. Izimpawu zokuqonda:

- a. Imicabango yokugijima
- b. Ubunzima bokugxila
- c. Ukucabanga okuyinhlekelele (ukucabanga okubi kakhulu)
- d. Imicabango ephazamisayo
- e. Ukwesaba ukuhluleka ukuzibamba noma ukusangana

4. Izimpawu Zokuziphatha:

- a. Ukugwema izimbangela noma izimo ezibangela ukukhathazeka.
- b. Ukufuna ukuqinisekiswa kwabanye
- c. Ukuziphatha okungokwesiko (impoqo)
- d. Ubunzima bokulala
- e. Ukwanda kokuyaluzwa noma ukungahlaliseki

IZIMPAWU ZOKUDINDEZELEKA:

1. Izimpawu Zomzwelo:

- a. Ukudabuka okuqhubekayo noma imizwa yokungabi nalutho
- b. Ukulahlekelwa isithakazelo noma injabulo emisebenzini eyake yajatshulelwa.
- c. Imizwa yokungabi nathemba noma yokuphelelwa ithemba
- d. Iziphonso zokukhala noma ukukhala.
- e. Ukucasuka noma ukukhungatheka, ngisho nasezintweni ezincane

2. Izimpawu Zomzimba:

- a. Ukukhathala noma ukuphelelwa amandla
- b. Ushintsho ekuthandeni ukudla noma isisindo (ukuncipha okukhulu kwesisindo noma ukuzuza)
- c. Ukuqwashwa noma ukulala ngokweqile

- d. Ukungahlaliseki noma ukuyaluza
- e. Ukunyakaza okunensayo noma inkulumo.

3. Izimpawu zokuqonda:

- a. Ubunzima bokugxila, ukwenza izinqumo, noma ukukhumbula imininingwane.
- b. Imicabango engemihle noma ukuzikhulumela
- c. Imicabango yokungabi nalutho noma yecala
- d. Imicabango yokufa noma ukuzibulala

4. Izimpawu Zokuziphatha:

- a. Ukuhoxa emphakathini noma ukuzihlukanisa
- b. Ukulahlekelwa isithakazelo ekuhlanzekeni komuntu siqu noma ekubukekeni
- c. Ukuncipha kogqozi noma ukukhiqiza.
- d. Ukusebenzisa kabi izidakamizwa (utshwala noma izidakamizwa)
- e. Ukuziphatha okuzilimazayo

KUBALULEKILE KOKUFUNA USIZO:

Ukuqaphela lezi zimpawu kuyisinyathelo sokuqala, kodwa kubalulekile ukufuna usizo lochwepheshe uma izimpawu ziqhubeka noma ziphazamisa ukusebenza kwansuku zonke. Ochwepheshe bezempilo yengqondo banganikeza ukwesekwa, isiqondiso, kanye nokwelashwa okufanele ukuze ulawule ukucindezeleka, ukukhathazeka, noma ukucindezeleka ngempumelelo.

UKUZIHLOLA IMPILO YENGGONDO

Lokhu kuhlola okwenziwa mathupha kungasebenza njengethuluzi eliwusizo kubantu ngabanye ukuze baqaphe ukuphila kwabo ngokwengqondo futhi bahlonze izindawo lapho kungase kudingeke benze khona izinguquko noma bafune ukusekelwa. Nalu uhlu lwemibuzo ehlanganisa uhla lwezindawo ezifana nokuphila kahle ngokomzwelo, ingcindezi, ukukhathazeka, ukudangala, ukulala, ukwesekwa komphakathi, kanye nokwaneliseka kwempilo iyonke.

INJALO YOMZWELO					
1. Kukangaki uzizwe ujabule futhi wanelisekile emasontweni amabili edlule?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
2. Kukangaki uzizwe upholile futhi ukhululekile emasontweni amabili edlule?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
3. Kukangaki uzizwa uqiniseka ngawe kanye namakhono akho muva nje?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
UKUCINDEZELEKA NOKUKHATHAZEKA					
4. Kukangaki uzizwe ukhungathekile ngezibopho zakho enyangeni edlule?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
5. Kukangaki uhlangabezane nemizwa yokukhathazeka noma yokukhathazeka enyangeni edlule?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
6. Kukangaki ube nenkinga yokuphumula ngenxa yengcindezi noma ukukhathazeka muva nje?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
UKUCINDEZELEKA					
7. Kukangaki uzizwa udangele, ucindezekile, noma ungenathemba enyangeni edlule?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
8. Kukangaki ulahlekelwe intshisekelo noma injabulo ezintweni ojwayele ukuzijabulela enyangeni edlule?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
9. Kukangaki uzizwa ungento yalutho noma unecala ngokweqile muva nje?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
LALA					

10. Kukangaki ube nenkinga yokuwa noma yokulala enyangeni edlule?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
11. Kukangaki uzizwa ukhathele noma uphelelwa amandla enyangeni edlule?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
UKUSEKELWA KOMPHEKATHI					
12. Kukangaki uzizwe usekelwa abangani noma umndeni enyangeni edlule?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
13. Kukangaki uzizwa unesizungu noma unesizungu enyangeni edlule?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
UKWANELISEKA KWEMPILO NGOKONKE					
14. Waneliseke kangakanani ngempilo yakho iyonke njengamanje?	Nganeliseke kakhulu (4)	Ngeni sekile (3)	Imaphakathi (2)	Anganeli sekile (1)	Anganeli kile kakhulu (0)
15. Kukangaki uzizwa unenjongo noma injongo ekuphileni kwakho?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
16. Kukangaki uzizwa unethemba ngekusasa?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
UKUMELANA NOKUMISA					
17. Uzizwa kanjani ukuthi ungakwazi ukubhekana nezinsalelo zokuphila njengamanje?	Kuhle kakhulu (4)	Kuhle (3)	Imaphakathi (2)	Kahle (1)	Kahle kakhulu (0)
18. Kukangaki ukwazile ukubuyela emuva ngemva kwesimo esinzima enyangeni edlule?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
UKUCINGA NOKUPHUMULA					
19. Kukangaki ukwazi ukuzinika isikhathi sokuphumula nokuphumula enyangeni edlule?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)
20. Ukwenze kangaki ukuqaphela noma ukuzindla enyangeni edlule?	Njalo (4)	Ngokuvamile (3)	Kwesinye isikhathi (2)	Akuvamile (1)	Ungalokothi (0)

UKUSHAYA AMANQAKU NOKUTOLIKA

Amaphuzu: Nikeza amaphuzu empendulweni ngayinye . Njalo = 4, Ngokuvamile = 3, Ngezinye izikhathi = 2, Akuvamile = 1, Angisoze = 0.

Ukuhunyushwa : Izikolo eziphakeme zikhombisa ukuba ngcono ngokwengqondo. Amaphuzu aphansi ezindaweni ezithile angagqamisa izindawo lapho kudingeka ukunakwa nokuthuthukiswa.

LANDELELA

- Zindla Ngemiphumela: Abantu kufanele bacabange ngezimpendulo zabo ukuze baqonde impilo yabo yengqondo kangcono.
- Funa Usizo Lochwepheshe: Uma amaphuzu aphansi egcwele, ikakhulukazi ezindaweni ezifana nokudangala nokukhathazeka, kuyatuseka ukufuna usizo kuchwepheshe wezempilo yengqondo.

Ukudla Okunomsoco kanye Nempilo Yengqondo : Ukuxhumana phakathi kokudla kanye nempilo yengqondo

Ukuxhumana phakathi komsoco kanye nempilo yengqondo kubalulekile, njengoba esikudlayo kuthinta ngokuqondile ukusebenza kobuchopho nempilo yengqondo. Nazi ezinye izici ezibalulekile kulobu budlelwano:

1. UMTHETHO WOKUNOMTHETHO KUMKHEMISTRY YOBUCHOPHO:

- a. Ukukhiqizwa Kwe-Neurotransmitter: Izakhi ezithile, njengama-amino acid, amavithamini, namaminerali, zingamanduleli wama-neurotransmitters afana ne-serotonin, i-dopamine, ne-norepinephrine, elawula isimo sengqondo, impendulo yokucindezeleka, kanye nokuqonda.
- b. Ukwakheka Nokusebenza Kobuchopho: Amafutha acid abalulekile (i-omega-3 ne-omega-6), atholakala ekudleni okufana nenhlanzi, amantongomane, kanye nembewu, abalulekile ekuthuthukisweni kobuchopho, ukunakekela, nokubonisa izimpawu.

2. UMTHELELA EMZWENI KANYE NEMPILO YENGGONDO:

- a. Ukukhiqizwa kwe-Serotonin: Ama-carbohydrate, ikakhulukazi lawo anenkomba ephansi ye-glycemic, angakhuphula amazinga e-serotonin, abe nomthelela emizweni yokuzola nokuphila kahle.
- b. I-Micronutrients kanye Nesimo Senhliziyo: Ukushoda kuma-micronutrients afana ne-folate, uvithamini B12, ne-magnesium kuxhunyaniswe nokuphazamiseka kwemizwa njengokucindezeleka nokukhathazeka.

3. UKUXHUMANA EMATHUMENI NOBUCHOPHO:

- a. Impilo yeMicrobiome: I-gut microbiome idlala indima ebalulekile empilweni yengqondo, ibe nomthelela ekukhiqizweni kwe-neurotransmitter, ukusebenza kwamasosha omzimba, kanye nokuvuvukala. Ukudla okunomsoco okucebile nge-fiber, prebiotics, nama-probiotics kusekela i-gut microbiome enempilo.

- b. I-Gut-Brain Axis: Ukuxhumana okubili phakathi kwamathumbu nobuchopho kuthinta isimo sengqondo, ukuphendula kwengcindezi, nokusebenza kwengqondo. Impilo ebuthakathaka yamathumbu ingaba nomthelela ezindabeni zempilo yengqondo njengokucindezeleka nokukhathazeka.

4. UKWANDA KANYE NE-OXIDATIVE STRESS:

- a. Iqhaza lama-Antioxidants: Ukudla okunotho nge-Antioxidant, njengezithelo, imifino, namantongomane, kusiza ukunciphisa ukucindezeleka okwenziwe nge-oxidative nokuvuvukala ebuchosheni, okuhambisana nokuphazamiseka kwemizwa kanye nokuncipha kwengqondo.
- b. Ukudla Okuvuvukalayo: Ukudla okuphezulu ekudleni okucutshunguliwe, ushukela ocolisiwe, namafutha angenampilo kungakhuthaza ukuvuvukala, kuthinte kabi impilo yengqondo nokwandisa ingozi yokuphazamiseka kwemizwelo.

5. IZINTO ZEMPILO:

- a. Ibhalansi Yamandla: Ukugcina ukudla okulinganiselayo kanye nesisindo esinempilo kusekela impilo yonke yomzimba nengqondo.
- b. I-Hydration: Ukuphelelwa amanzi emzimbeni kungaphazamisa ukusebenza kwengqondo nokulawulwa kwemizwelo. Ukuhlala u-hydrated kubalulekile ukuze ube nempilo enhle yobuchopho.
- c. Isikhathi Sokudla: Ukudla okuvamile nokudla okulula kusiza ukuzinzisa amazanga kashukela egazini futhi kuvimbele ukushintshashintsha kwemizwelo nokukhathala.

Ukudla okunomsoco kubalulekile ukuze ugcine impilo yengqondo nenhlalakahle. Ngokudla ukudla okunomsoco okunotho ngokudla okuphelele, amafutha anempilo, amaprotheni amancane, nezinhlobonhlobo zezithelo nemifino, abantu ngabanye bangakwazi ukusekela ukusebenza kobuchopho, ukulawulwa kwemizwelo, kanye nokuphila kahle kwengqondo.

Ukwengeza, ukwamukela imikhuba yokudla enempilo nokukhetha indlela yokuphila kungahambisana nokunye ukungenelela kwezempilo yengqondo futhi kube nomthelela endleleni ebanzi yokunakekelwa kwezempilo yengqondo.

UKUDLA OKUTHUTHUKISA IMPILO YENGGONDO

Ukudla okuningana kuqukethe imisoco esekela impilo yobuchopho futhi ingasiza ekuthuthukiseni ukuphila kahle kwengqondo. Nazi izibonelo:

1. INHLANZI EFUSHANE:

- a. Inothile ngama-omega-3 fatty acids, ikakhulukazi i-EPA ne-DHA, abalulekile ekusebenzeni kobuchopho nokulawula imizwa.
- b. Izibonelo: I-salmon, i-trout, i-sardine, i-mackerel, i-herring.

2. AMADONGO KANYE NEMBEWU:

- a. Imithombo emihle yamafutha anempilo, amavithamini, amaminerali, nama-antioxidants asekelo impilo yobuchopho futhi anciphise ukuvuvukala.

- b. Izibonelo: Ama-Walnut, ama-alimondi, imbewu ye-chia, imbewu yefilakisi, imbewu yethanga.

3. AMABERRIES:

- a. Igcwele ama-antioxidants, amavithamini, nama-flavonoid axhunywe ekusebenzeni okuthuthukisiwe kwengqondo kanye nokunciphisa ingozi yokuncipha kwengqondo okuhlobene nobudala.
- b. Izibonelo: Amajikijolo, ama-strawberry, amajikijolo, amajikijolo.

4. OKULUHLAZA OKUMNYAMA:

- a. Icebile ngamavithamini, amaminerali, nama-antioxidants asekela impilo yobuchopho futhi anciphise ukuvuvukala.
- b. Izibonelo: Isipinashi, i-kale, i-Swiss chard, imifino ye-collard.

5. OKUSAZWAYO ONKE:

- a. Nikeza ukunikezwa kwamandla okuqhubekayo ebuchosheni futhi kuqukethe i-fibre, amavithamini, namaminerali abalulekile ekusebenzeni kobuchopho.
- b. Izibonelo: Oats, iquinoa, ilayisi elinsundu, ibhali, ukolweni.

6. Ubhontshisi KANYE NEZINDINI:

- a. Imithombo emihle yamaprotheni, ama-carbohydrate ayinkimbinkimbi, i-fibre, amavithamini, namaminerali asekela impilo yobuchopho futhi azinzise amazinga kashukela egazini.
- b. Izibonelo: Ubhontshisi omnyama, udali, uphizi, ubhontshisi wezinso.

7. I-AVOCADOS:

- a. Icebile ngamafutha anempilo, okuhlanganisa amafutha e-monounsaturated nama-omega-3 fatty acids, asekela impilo yobuchopho futhi athuthukise isimo sengqondo.
- b. Futhi iqukethe amavithamini, amaminerali, nama-antioxidants.

8. AMAQANDA:

- a. Imithombo emihle kakhulu ye-choline, isakhi esibalulekile empilweni yobuchopho nokusebenza kwe-neurotransmitter.
- b. Futhi aqukethe amaprotheni ekhwalithi ephezulu namavithamini namaminerali abalulekile.

9. IYOGUDI KANYE NEKUDLA OKUBIZIWE:

- a. Nikeza ama-probiotics asekela impilo yamathumbu kanye ne-gut-brain axis, athonya isimo sengqondo nokusebenza kwengqondo.
- b. Izibonelo: iyogathi yesiGreci, i-kefir, i-sauerkraut, i-kimchi.

10. USHOKHOLETHI OMNYAMA:

- a. Iqukethe ama-flavonoid nama-antioxidants athuthukisa ukugeleza kwegazi ukuya ebuchosheni futhi angase athuthukise ukusebenza kwengqondo nesimo sengqondo.
- b. Khetha ushokoleli omnyama onokuqukethe kwe-cocoa ephezulu (70% noma ngaphezulu) kanye noshukela omncane owengeziwe.

11. I-TURMERIC:

- a. Iqukethe i-curcumin, inhlanguanisela eqeda ukuvuvukala kanye ne-antioxidant engase isekele impilo yobuchopho futhi ithuthukise isimo sengqondo.

- b. Imvamisa isetshenziswa ezitsheni ze-curry nanjengesinongo ekuphekeni okuhlukahlukene.

12. ITIYE ELILUHLAZA:

- a. Iqukethe i-L-theanine, i-amino acid ekhuthaza ukuphumula futhi inciphise ukucindezeleka nokukhathazeka.
- b. Futhi iqukethe ama-antioxidants asekela impilo yobuchopho.

Ukufaka okunhlobonhlobo kwalokhu kudla ekudleni kwakho kungasiza ukusekela ukusebenza kobuchopho, ukulawulwa kwemizwelo, kanye nempilo yonke yengqondo. Khumbula ukubeka phambili ukudla okulinganiselayo okunotho ngokudla okuphelele okuze ube nempilo enhle engokwengqondo nengokomzimba.

UKUDLA OKUFANELE UKUGWEME LAPHO UCINDEZELEKILE

Nakuba ukudla okulinganiselayo kubalulekile empilweni yengqondo nengokomzimba, ukudla okuthile kungase kube nemiphumela engemihle kumizwa, amazinga amandla, kanye nempilo yonke lapho kudliwe ngokweqile. Nalu uhlu lokudla okufanele ukulinganisele noma ukugweme:

1. UKUDLA OKWESHINDELWE KAKHULU:

- a. Ukudla okulula okupakishiwe
- b. Okusanhlamvu okunoshukela
- c. Ukudla okusheshayo
- d. Inyama egayiwe (isb., izinja ezishisayo, inyama yedeli)
- e. Ukudla okulula (isb., izidlo eziqandisiwe)

2. I-CARBOHYDRATES AYIQINIWE:

- a. Isinkwa esimhlophe
- b. Ilayisi elimhlophe
- c. Amakhekhe nezimpahla ezibhakiwe
- d. Iziphuzo ezinoshukela (i-soda, iziphuzo zamandla, iziphuzo ezinoshukela)

3. UKUDLA OKUPHEZULU KUKASHUKELA ONGEZIWE:

- a. Uswidi
- b. Amakhukhi
- c. Ikhekhe
- d. Ukhilimu oyiqhwa.
- e. Iyogathi enoshukela

4. AMAFUTHA E-TRANS KANYE NAMAFUTHA HADROGENATED:

- a. Imajarini
- b. Ukufinyeza
- c. Ukudla okulula okugayiwe (isb., i-microwave popcorn)
- d. Ukudla okuthosiwe (ama-French fries, inkukhu ethosiwe)

5. UTSHWALA OKWEdlulele:

- a. Ukuphuza utshwala okuvamile nokukhulu kungaba nomthelela omubi esimweni senhliziyo, ikhwalithi yokulala, kanye nempilo yonke yengqondo.
- b. Ukulinganisela kuyisihluthulelo, futhi kubalulekile ukunaka ukuphuza utshwala.

6. I-CAFFEINE:

- a. Nakuba ukuphuza i-caffeine ngokusesilinganisweni kungaba nemiphumela yokuqonda kanye nokuthuthukisa imizwa, ukusetshenziswa ngokweqile kungaholela ekukhathazekeni, ekujikekeni, nokuphazamiseka kokulala.
- b. Gada ukuthathwa kwekhofi, itiye, iziphuzo ezinikeza amandla, neziphuzo ezine-caffeine.

7. UKUDLA OKUPHEZULU-SODIUM:

- a. Ukudla okugayiwe (amasobho ethini, ama-chips, ama-crackers)
- b. Ukudla okusheshayo
- c. Ukudla okulula okupakishiwe
- d. Ama-condiments (i-ketchup, i-soy sauce, i-salad dressings)

8. AMA-SWEETENERS OKWENGEZIWE:

- a. Amanye ama-sweeteners okwenziwa angase aphazamise i-gut microbiota futhi abe nemiphumela engemihle kusimo sengqondo kanye ne-metabolism.
- b. Nciphisa ukudla neziphuzo eziqukethe ama-sweeteners okwenziwa.

9. USAWOTI ONGAPHEZULU:

- a. Ukudla okune-sodium ephezulu kungaba nomthelela ekwenyukeni komfutho wegazi ophakeme futhi kuthinte kabi impilo yenhliziyu.
- b. Nciphisa ukudla okulula okunosawoti, ukudla okugayiwe, nokudla kwendawo yokudlela.

10. I-ALLERGENS NEZIZWA:

- a. Abantu abanokungezwani nokudla okuthile noma ukungabekezelelani kufanele bagweme ukudla okubangela ukungezwani komzimba noma izinkinga zokugaya ukudla.
- b. Izifo ezivamile zihlanganisa amantongomane, amantongomane esihlahla, ubisi, ukolweni, isoya, ne-shellfish.

11. UKUDLA OKUPHEZULU KWE-GLYCAEMIC INDEX:

- a. Ukudla okubangela ukwenyuka ngokushesha kwamazinga kashukela egazini kungase kuholele ekushayekeni kwamandla kanye nokushintshashintsha kwemizwelo.
- b. Khetha okusanhlamvu okuphelele nama-carbohydrate ayinkimbinkimbi kunokudla okucolisisiwe nokunoshukela.

12. UKUDLA OKUNEZEgezo zokwenziwa:

- a. Imibala yokwenziwa, Ama-Flavour, nama-preservatives atholakala ekudleni okugayiwe kungase kube nemiphumela emibi empilweni nasekuziphatheni kwabanye abantu.
- b. Khetha ukudla okugaywe kancane futhi ufunde amalebula ukuze ugweme izithasiselo ezingadingekile.

Nakuba kubalulekile ukuqaphela ukudla okufanele ukulinganisele noma ukugweme, kubalulekile futhi ukugxila emaphethini okudla aphelele futhi ubeke phambili ukudla okunomsoco okusekela inhlalakahle yengqondo nengokwenyama. Ukulinganisela, ukulinganisela, kanye nokwahlukahlukana kuyizimiso ezibalulekile zokugcina ukudla okunempilo kanye nokuthuthukisa impilo yengqondo ephelele.

Izinzuzo zomsebenzi womzimba empilweni yengqondo

Ukuzivocavoca umzimba kunikeza izinzuzo eziningi zempilo yengqondo, ukukhuthaza inhlalakahle jikelele kanye nokunciphisa ubungozi bezimo zempilo yengqondo. Ukuzivivinya umzimba kuyithuluzi elinamandla lokuthuthukisa impilo yengqondo nokuphila kahle, elinikeza uhla lwezinzuzo ezidlulela ngale kokuqina komzimba. Ukuhlanganisa ukuvivinya umzimba okuvamile esimisweni somuntu kungaba nemiphumela emihle ejulile kumizwa, amazinga okucindezeleka, ukusebenza kwengqondo, ukuzethemba, kanye nezinga lempilo lilonke.

1. UKUTHUTHUKISWA KOMOYA:

- a. Ukuzivocavoca umzimba kukhuthaza ukukhululwa kwama-endorphin, ama-neurotransmitters akhuthaza imizwa yenjabulo nenjabulo.
- b. Ukuvivinya umzimba njalo kungasiza ekudambiseni izimpawu zokucindezeleka nokukhathazeka ngokuthuthukisa imizwa nokunciphisa ukucindezeleka.

2. UKUNYIPHISWA KWESIQINISEKISO:

- a. Ukuzivocavoca kunciphisa amazinga amahomoni okucindezeleka, njenge-cortisol ne-adrenaline, kuyilapho kuthuthukisa ukukhiqizwa kwama-endorphin namanye amakhemikhali athuthukisa imizwa.
- b. Ukuzivocavoca umzimba kunganikeza indawo enempilo yokucindezeleka nokucindezeleka, kusize ukususa ingqondo nokukhuthaza ukuphumula.

3. UKULALA OKUTHUTHUKISIWE:

- a. Ukuzivocavoca okuvamile kuye kwaboniswa ukuthuthukisa ikhwalithi yokulala nobude besikhathi, kunciphisa izehlakalo zokuqwasha nokuphazamiseka kokulala.
- b. Ukuzivivinya umzimba kusiza ukulawula isigqi sokujikeleza futhi kukhuthaza ukuphumula, okwenza kube lula ukulala nokuhlala ulele.

4. UMSEBENZI WOQINISO OTHUTHUKISIWE:

- a. Ukusebenza ngokomzimba kwandisa ukugeleza kwegazi ebuchosheni, ukuletha umoya-mpilo nezakhi ezisekela ukusebenza kwengqondo nokucaca kwengqondo.
- b. Ukuvivinya umzimba njalo kuye kwaxhunyaniswa nenkumbulo ethuthukisiwe, ukugxilisa ingqondo, namakhono okuxazulula izinkinga.

5. UKUZENZA UKUZENZA NOKUZETHEMBA:

- a. Ukufinyelela imigomo yokufaneleka kanye nokuthuthukisa ukuqina komzimba ngokuzivocavoca njalo kungathuthukisa ukuzethemba nokuzethemba.
- b. Ukuzivivinya umzimba kunikeza umuzwa wokufeza okuthile kanye nokuba namandla, okuthuthukisa imizwa yokuzethemba nokunikwa amandla.

6. UKUXHUMANA KOMPHAKATHI:

- a. Ukubamba iqhaza emakilasini okuzivocavoca kweqembu, imidlalo yeqembu, noma imisebenzi yangaphandle kunikeza amathuba okuxhumana nokuxhumana.

- b. Ukwesekwa komphakathi kanye nobungane obukhuthazwa ngokuzivivinya umzimba kungasiza ukulwa nemizwa yesizungu nokuhlukaniswa.

7. UKUQINISEKA UKUQINISEKA:

- a. Ukuvivivinya umzimba njalo kuqinisa uhlelo lokuphendula ukucindezeleka komzimba, okwenza abantu bakwazi ukumelana nemiphumela yokucindezeleka.
- b. Ukuzivivinya umzimba njalo kungasiza ukwakha ukuqina kwengqondo namakhono okumelana, okuvumela abantu ukuthi balawule kangcono izinselele zempilo.

8. ENCISIWE INGOZI YEZIMO ZEMPILO YENGQONDO:

- a. Ukuzivivinya okuvamile kuhlotshani nengozi ephansi yokuba nezimo zempilo yengqondo njengokucindezeleka, ukukhathazeka, nokuncipha kwengqondo.
- b. Ukuzivocavoca kuthuthukisa i-neuroplasticity, ikhono lobuchopho lokuzivumelanisa nezimo nokuzihlela kabusha, okungase kuvikele ekuguleni kwengqondo nokuncipha kwengqondo okuhlobene neminyaka.

9. UMUZWA WENHLOSO NEMPILO KAHLE:

- a. Ukuzivocavoca umzimba kunganikeza umuzwa wenhloso nokwaneliseka, okunomthelela enhlalakahleni yonke kanye nokwaneliseka empilweni.
- b. Ukusetha nokufinyelela imigomo yokufaneleka, ukuhlola imisebenzi emisha, kanye nokuzibekela inselelo ngokomzimba kungathuthukisa imizwa yobungqabavu nenjabulo.

ISEBENZISA I-DINGA NO EQUIPMENT

Lezi zivivinyo zingahlangukiswa ukwakha isimiso somzimba ogcwele. Khomba ukwenza umsebenzi ngamunye ngenani elithile lokuphindaphinda noma inani lesikhathi esimisiwe, kuye ngezininga lakho lokufaneleka nemigomo. Lungisa ukuqina ngokushintsha inombolo yezimpinda, izikhathi zokuphumula, noma isivinini sokunyakaza. Ngaso sonke isikhathi khumbula ukufudumala ngaphambi kokuqala ukujima kwakho bese upholisa ngemva kwalokho ukuze uvimbele ukulimala.

Nalu uhlu lwezivivinyo ongazenza:

1. I-BODYWEIGHT SQUATS:

- Yima izinyawo zihlukene ngobubanzi bamahlombe.
- Yehlisa umzimba wakho ngokuguqa amadolo akho futhi usunduze izinqulu zakho emuva.
- Gcina isifuba sakho siphezulu futhi ubuye uqonde.
- Yehlisa kuze kube yilapho amathanga akho ehambisana nomhlabathi.
- Phusha ezithendeni zakho ukuze ubuyele endaweni yokuqala.

2. AMALUNGA:

- Yima izinyawo zihlangene.
- Hamba uye phambili ngomlenze owodwa bese wehlisa umzimba wakho kuze kube yilapho womabili amadolo egobile nge-engeli engu-90-degree.
- Gcina idolo lakho langaphambili ngqo ngaphezu kweqakala lakho.

- Phusha unyawo lwakho lwangaphambili ukuze ubuyele endaweni yokuqala.
- Phinda ngakolunye uhlangothi.

3. UKUJIMA:

- Qala endaweni yepulangwe izandla zihlukene ngobubanzi behlombe.
- Yehlisa umzimba wakho kuze kube yilapho isifuba sakho sicishe sithinte phansi.
- Gcina umgogodla wakho uxhumekile futhi ubuye uqonde.
- Phusha ezandleni zakho ukuze ubuyele endaweni yokuqala.

4. IPLANK:

- Qala endaweni yokusunduza, izandla zibe ububanzi behlombe ngokuhlukana nezihlakala ziqondaniswe namahlombe.
- Bandakanya umgogodla wakho futhi ugcine umzimba wakho umugqa oqondile kusuka ekhanda kuya ezithendeni.
- Bamba lesi simo isikhathi eside ngangokunokwenzeka, ugcine imisipha yakho yesisu iqinile futhi ugwema ukucwila noma ukugoba.

5. ABAKHIPHE IZINTABA:

- Qala endaweni yepulangwe.
- Shayela idolu elilodwa esifubeni sakho, bese ushintsha imilenze ngokushesha, ulethe elinye idolu esifubeni sakho.
- Qhubeka ushintshanisa imilenze ekunyakazeni okugijima ngenkathi ugcina inkaba yakho ibambekile.

6. BURPEES:

- Qala umile.
- Yehlisa endaweni ye-squat bese ubeka izandla zakho phansi.
- Gxumela izinyawo zakho emuva endaweni yepulangwe.
- Yenza i-push-up.
- Gxuma izinyawo zakho ubuyele endaweni ye-squat.
- Gxumela emoyeni ngokuqhuma, ufinyelele izingalo zakho phezulu.
- Phinda ukulandelana.

7. IBHAYIBHILI IYAQHOKA:

- Lala ngomhlane izandla zakho ngemuva kwekhanda lakho.
- Phakamisa imilenze yakho bese ugoba amadolo akho nge-engeli engama-degree angama-90.
- Letha indololwane yakho yesokudla ngasedolo lakho lesokunxele ngenkathi uqondisa umlenze wakho wesokudla.
- Ezinye izinhlangothi, ulethe indololwane yakho yesokunxele ngasedolweni lakho langakwesokudla ngenkathi uqondisa umlenze wakho wesokunxele.
- Qhubeka ushintshana izinhlangothi ngokunyakaza kokunyathela.

8. OJEKI OKUGQUMA:

- Qala ngezinyawo ndawonye futhi izingalo emaceleni akho.
- Gxuma ngesikhathi esifanayo uhlukanisa imilenze yakho futhi uphakamise izingalo zakho phezulu.
- Buyela endaweni yokuqala ngokugxuma futhi futhi uhlanganise imilenze yakho ngenkathi wehlisa izingalo zakho.

9. AMADOLO APHEZULU:

- Yima endaweni izinyawo zihlukene ngobubanzi be-hip.
- Phakamisa idolu elilodwa ulibhekise esifubeni sakho phezulu ngangokunokwenzeka, bese ushintsha imilenze ngokushesha.
- Qhubeka ushintshanisa imilenze ngokunyakaza okugijima ngenkathi umpompa izingalo zakho.

10. I-TRICEP DIPS:

- Hlala onqenqemeni lwesihlalo noma ibhentshi ngezandla ezibambe unqenqema eceleni kwezinqulu zakho.
- Shelelisa izinge zakho onqenqemeni bese ugoba izindololwane zakho ukuze wehlise umzimba wakho ubheke phansi.
- Gcina umhlane wakho useduze nesihlalo noma ibhentshi.
- Phusha ezandleni zakho ukuze uqondise izingalo zakho bese ubuyela endaweni yokuqala.

Ukubaluleka kokulala empilweni yengqondo

Ukulala kudlala indima ebalulekile ekugcineni impilo enhle engokwengqondo nokuphila kahle. Ukulala okunekhwalithi kuyinsika eyisisekelo yempilo yengqondo nenhlalakahle. Ngokubeka phambili ukulala okwanele nokubuyisela, abantu bangathuthukisa ukulawulwa kwemizwelo, banciphise ukucindezeleka, bathuthukise ukusebenza kwengqondo, futhi bakhuthaze impilo yonke yengqondo nengokwenyama. Ukusungula imikhuba yokulala enemipilo nokudala indawo ekahle yokulala kuyizinyathelo ezibalulekile zokuthola ukuphila kahle kwengqondo.

Nakhu ukuthi kungani kubaluleke kangaka:

1. IMITHETHO YOMZWA:

- a. Ukulala ngokwanele kubalulekile ukuze ulawule imizwa nokucubungula okuhlangenwe nakho.
- b. Ukuntuleka kokulala kungaholela ekwandeni kokucasuka, ukuguquguquka, kanye nobunzima bokulawula ukucindezeleka.

2. UKUNYIPHISWA KWESIQINISEKISO:

- a. Ukulala okunekhwalithi kusiza ukulawula amahomoni okucindezeleka njenge-cortisol, ukwehlisa amazinga engcindezi ewonke.
- b. Umqondo ophumule kahle ukuhlomele kangcono ukubhekana nezinselele zempilo futhi ubuyele emuva ezimeni ezicindezelayo.

3. UMSEBENZI WOQINISO:

- a. Ukulala kubalulekile emisebenzini yengqondo efana nokuqinisa inkumbulo, ukuxazulula izinkinga, nokwenza izinqumo.
- b. Ukungalali kahle kungakhinyabeza ukunaka, ukugxilisa ingqondo, nokusebenza kwengqondo.

4. UKUMISELWA KWEMOD:

- a. Ukulala kudlala indima ebalulekile ekulawuleni isimo sengqondo kanye nokuphila kahle kwemizwelo.

- b. Ukuntuleka kokulala okungapheli kuhlotshaniswa nengozi eyengeziwe yokuphazamiseka kwemizwa njengokucindezeleka nokukhathazeka.

5. IMPILO YOBUCHOPHO:

- a. Ngesikhathi sokulala, ubuchopho bubhekana nezinqubo ezibalulekile njengokuthenwa kwe-synaptic nokuqinisa inkumbulo, okubalulekile empilweni nokusebenza kobuchopho.
- b. Ukuntuleka kokulala okungapheli kuye kwahlotshaniswa nengozi eyengeziwe yezifo ze-neurodegenerative kanye nokuncipha kwengqondo.

6. IMPILO YOMZIMBA:

- a. Ukulala ngokwanele kubalulekile empilweni engokomzimba jikelele kanye nomsebenzi wokuzivikela komzimba.
- b. Ukuntuleka kokulala kuhlotshaniswa nengozi eyengeziwe yezimo zempilo ezingamahlalakhona njengokukhuluphala, isifo sikashukela, nesifo senhliziyo nemithambo yegazi.

7. UKUZINZA KWEMIJONGO YANSUKU ZONKE:

- a. Izindlela zokulala ezingaguquki zifaka isandla ekuzinzeni kwezinqubo zansuku zonke futhi zikhuthaze inhlalakahle yonke.
- b. Ukusungula umjikelezo ovamile wokuvuka kokulala kusekela isigqi esinempilo sokujikeleza futhi kuthuthukisa ikhwalithi yokulala.

8. UKUQINISA UKUMAKALA:

- a. Ukulala okunekhwalithi kuthuthukisa ukukhuthazela, kusiza abantu ukuthi babhekane kangcono nezinselele zempilo futhi balulame ezinkingeni.
- b. Ukuphumula okwanele kukhuthaza ukucaca kwengqondo, ukusungula, namakhono okuxazulula izinkinga, kusiza amasu okubhekana nesimo esiphumelelayo.

9. UBUDLELWANO OBUQINISEKILEYO BOKUXHUMANA NABANTU:

- a. Abantu abaphumule kahle bakwazi kangcono ukuxhumana, ukuzwelana nokuxhumana nabanye.
- b. Ukuntuleka kokulala kungaholela ebunzimeni phakathi kwabantu, izingxabano, nobudlelwano obungesihle.

10. IMPILO KAHLE:

- a. Ukulala kuyisisekelo senhlalakahle yonke, okunomthelela empilweni engokomzimba, engokwengqondo, nengokomzwelo.
- b. Ukubeka kuqala ukulala kwekhwalithi kubalulekile ukuze uphile impilo eyanelisayo nelinganiselayo.

AMATHIPHU OKUTHUTHUKISA IKHWALITHI YOKULALA

Ukuthuthukisa ikhwalithi yokulala kubalulekile empilweni nasenhlalakahleni iyonke. Ukuthuthukisa ikhwalithi yokulala kudinga ukwamukela imikhuba yokulala enempilo nokudala indawo ekahle yokulala. Ngokuhlanganisa lawa mathiphu ohlelweni lwakho lwansuku zonke, ungaphromotha ukulala okungcono futhi ujabulele izinzuzo eziningi zokuphumula okubuyiselayo. Khumbula ukuthi ukungaguquguquki kubalulekile, ngakho namathela kushejuli yakho yokulala kanye nesimiso sokulala ukuze uthuthukise ikhwalithi yakho yokulala ngokuhamba kwesikhathi.

Nawa amathiphu angakusiza ukuthi ulale kangcono:

1. YENZA UHLELO LOKULALA ONGAPHAMBILI:

- a. Lala futhi uvuke ngesikhathi esifanayo nsuku zonke, ngisho nangezimpelasonto.
- b. Ukuvumelana kusiza ukulawula iwashi langaphakathi lomzimba wakho futhi kuthuthukise ikhwalithi yokulala.

2. DALA UMJINGA WESIKHATHI SOKULALA ESIPHUMILE:

- a. Yakha isimiso sesikhathi sokulala esiphumuzayo ukuze ubonise umzimba wakho ukuthi sekuyisikhathi sokwehlisa umoya.
- b. Imisebenzi efana nokufunda, ukugeza okufudumele, noma ukuphrakthiza izindlela zokuphumula kungasiza ukulungisa ingqondo nomzimba wakho ukuze ulungele ukulala.

3. DALA INDAWO YOKULALA OKUNETHEKILE:

- a. Qiniseka ukuthi igumbi lakho lokulala likulungele ukulala ngokuligcina lipholile, limnyama, futhi lithulile.
- b. Faka imali kumatilasi anethezekile nemicamelo esekela ukuma okuhle kokulala.

4. KHAWELA UKUVEZA IZIKRINI NGAPHAMBI KOKULALA:

- a. Gwema ukusebenzisa izinto zikagesi ezifana nama-smartphone, amathebulethi, namakhompyutha okungenani ihora ngaphambi kokulala.
- b. Ukukhanya okuluhlaza okwesibhakabhaka okukhishwa izikrini kungaphazamisa ukukhiqizwa kwe-melatonin, i-hormone elawula ukulala.

5. MKHAWULO IZIVUMI KANYE NOTSHWALA:

- a. Gwema ukudla i-caffeine ne-nicotine emahoreni angaphambi kokulala, njengoba kungaphazamisa ukulala.
- b. Nakuba utshwala bungase bukwenze uzwe ubuthongo ekuqaleni, bungaphazamisa amaphethini okulala futhi bubangele izinga lokulala eliphansi kamuva ebusuku.

6. ZIVIVINZE NJALO:

- a. Zivocavoce umzimba njalo kodwa gwema ukuvivinya umzimba ngamandla sekuzolala.
- b. Ukuzivocavoca kungathuthukisa ikhwalithi yokulala engcono futhi kusize ukunciphisa isikhathi esisithathayo ukuze ulale.

7. BUKA UKUDLA KWAKHO:

- a. Gwema ukudla okunzima, ukudla okubabayo, nokudla uketshezi ngokweqile uma sekusondele isikhathi sokulala, ngoba kungabangela ukungakhululeki futhi kuphazamise ukulala.
- b. Khetha ukudla okulula okulula, okugayeka kalula uma ulambile ngaphambi kokulala.

8. PHATHA UKUQINISEKA NOKUKHATHAZEKA:

- a. Zijwayeze amasu okunciphisa ingcindezi njengokuphefumula okujulile, ukuzindla, noma ukuphumula kwemisipha okuqhubekayo.
- b. Cabangela ukugcina ijenali ukuze ubhale phansi imicabango nezinkathazo zakho ngaphambi kokulala, ukusiza ukusula ingqondo yakho.

9. KHAWELA UKUHAMBA KWESISUKU:

- a. Uma udinga ukulala phakathi nosuku, kugcine kufushane (imizuzu engu-20-30) futhi ugweme ukulala ebusuku kakhulu.
- b. Ukulala isikhathi eside noma sekwephuzile kungaphazamisa ikhono lakho lokuzumeka ebusuku.

10. FUNA USIZO LOBUCHWEPHESHE UMA UDINGEKA:

- a. Uma uhlezi unobunzima bokulala naphezu kokuzama lawa macebiso, cabanga ngokufuna iseluleko kuchwepheshe wezempilo noma uchwepheshe wokulala.
- b. Bangasiza ekuboneni izinkinga eziwumsuka futhi banikeze izincomo ezinqondene nawe noma izinketho zokwelapha.

UKUDALA ISIMISO SOKULALA

Ukudala isimiso ngaphambi kokulala kungasiza ekuboniseni umzimba wakho ukuthi sekuyisikhathi sokwehlisa umoya futhi ulungiselele ukulala. Ngokuhlenganisa lezi zakhi ohlelweni lwakho lwesikhathi sokulala nokuyiprakthiza ngokungaguquki, ungakha isimiso sokuphumula nesisebenzayo esilungiselela umzimba wakho nengqondo ukuze ulale kahle. Linga ngemisebenzi ehlukeni ukuze uthole ukuthi yini ekusebenzela kangcono futhi ujabulele izinzuzo zokulala kokubuyisela.

1. SETHA ISIKHATHI SOKULALA ESINGAZIFAKAZI:

- a. Khetha isikhathi sokulala esivumela amahora angu-7-9 okulala futhi unamathele kuso njalo ebusuku, ngisho nangezimpelasonto.
- b. Ukuvumelana kusiza ukulawula iwashi langaphakathi lomzimba wakho futhi kuthuthukise ikhwalithi yokulala.

2. QALA UKUQEDA KUSESHESHA:

- a. Qala isimiso sakho sokulala okungenani imizuzu engama-30-60 ngaphambi kwesikhathi osihlosile sokulala ukuze uzinike isikhathi sokuphumula nokukhululeka.

3. FIMA IZIKHANYA:

- a. Fiphalisa izibani ekhaya lakho ukuze ubonise umzimba wakho ukuthi sekuyisikhathi sokulungiselela ukulala.
- b. Gwema ukukhanya okukhanyayo phezulu bese ukhetha ukukhanya okuthambile, okufiphele kusihlwa.

4. ISIKHATHI SESIKHATHI SOKUKHAWULA:

- a. Vala izinto zikagesi ezifana nama-smartphone, amathebulethi, namakhompyutha okungenani ihora ngaphambi kokulala.
- b. Ukukhanya okuluhlaza okwesibhakabhaka okukhishwa izikrini kungaphazamisa ukukhiqizwa kwe-melatonin, kwenze kube nzima ukulala.

5. IZINKINGA ZOKUPHUMULA:

- a. Zibandakanye emisebenzini epholile ukusiza uphumule ingqondo nomzimba wakho.
- b. Izinketho zihlenganisa ukufunda incwadi, ukugeza okufudumele, ukuzilolonga i-yoga epholile, noma ukuzelula, noma ukulalela umculo opholile noma imisindo yemvelo.

6. LUNGISA INDAWO YAKHO YOKULALA:

- a. Qiniseka ukuthi igumbi lakho lokulala likulungele ukulala ngokuligcina lipholile, limnyama, futhi lithulile.
- b. Sebenzisa amakhethini amnyama noma imaski yamehlo ukuze uvimbele ukukhanya futhi ucabange ukusebenzisa izixhumi ezindlebeni noma umshini womsindo omhlophe ukuze uvale imisindo ephazamisayo.

7. ZIJWAYELEKILE UKUZINDLA NOMA UKUZINDLA:

- a. Chitha amaminithi ambalwa uzijwayeza ukucabangela noma ukuzindla ukuze uthulise ingqondo yakho futhi ukhuthaze ukuphumula.
- b. Gxila emphefumulweni wakho, emizweni yomzimba, noma ukuzindla okuqondisiwe ukuze usize ukuzolisa imicabango yakho futhi ulale kalula.

8. NAMELA EMZINDWENI WAKHO:

- a. Ukungaguquguquki kuyisihluthulelo sempumelelo yendlela yakho yokulala.
- b. Zimisele ukulandela isimiso sakho njalo ebusuku ukuze usungule umjikelezo wokulala onempilo futhi uthuthukise ikhwalithi yokulala ngokuhamba kwesikhathi.

Amasu Okulawula Ukucindezeleka

Izindlela eziphumelelayo zokulawula ingcindezi zibalulekile ekwakheni ukuqina. Uzofundiswa amasu ahlukahlukene okulawula ingcindezi, njengokuzivocavoca ukuphefumula okujulile, ukuphumula kwemisipha okuqhubekayo, ukuzindla okunengqondo, kanye nemisebenzi yomzimba enciphisa ukucindezeleka njengokuzivocavoca. Lezi zindlela zisiza ukulawula imizwa, ukunciphisa ukukhathazeka, nokuthuthukisa inhlalakahle jikelele.

UKWAKHA UMJIKELEZO WOKUNCIPHISA INGCINDEZI

Ukudala isimiso sokunciphisa ukucindezeleka kuhilela ukuhlanganisa imisebenzi nemikhuba ekhuthaza ukuphumula nokuphila kahle ekuphileni kwakho kwansuku zonke . Zindla ngale mibuzo elandelayo futhi usebenzise isikhala esinikeziwe ukuze uchaze isimiso sokunciphisa ukucindezeleka esikusebenzelayo.

1. Yimiphi eminye imisebenzi noma imikhuba ekusiza uphumule futhi unciphise ukucindezeleka?
2. Singakanani isikhathi ongasabela usuku ngalunye semisebenzi yokunciphisa ukucindezeleka?
3. Yiziphi izenzo ezithile noma ukuziphatha ozokufaka ohlelweni lwakho ? (isb, ukuzivocavoca, ukuzindla, izinto azithandayo)
4. Uzobeka kanjani phambili futhi uzibophezele ekusebenziseni isimiso sakho sokunciphisa ukucindezeleka?
5. Yiziphi izithiyo noma izinselele okungenzeka ubhekane nazo, futhi ungazingqoba kanjani?
6. Uzolandelela futhi uhlole kanjani ukusebenza kahle kwesimiso sakho?

Bhala Umjikelezo Wakho Wokunciphisa Ingcindezi Lapha

UKUZINDLA KOKUSKENA KOMZIMBA

Ukuzindla ngeskena somzimba kuwumkhuba ohilela ukuletha ukunaka kwakho ezingxenyeni ezihlukene zomzimba wakho, ukuqaphela imizwa, kanye nokuhlakulela ukuqaphela umzimba . Thola indawo ethule futhi enethezekile ukuze uzijwayeze ukuzindla ngokuskena umzimba usebenzisa imiyalo engezansi . Sebenzisa isikhala esinikeziwe ukuze uqaphele noma yimiphi imizwelo engokomzimba, imizwa, noma imininingwane ephakamayo phakathi nokuzilolonga.

1. Lala ngomhlane noma uhlale endaweni enethezekile uvale amehlo.
2. Qala ngokuletha ukunaka kwakho emphefumulweni wakho futhi uthathe umoya omncane ojulile, ophumuzayo.
3. Skena umzimba wakho kancane kancane kusukela ekhanda kuye ozwaneni, ubone noma yiziphi izindawo zokushuba, ukungaphatheki kahle, noma ukuphumula.
4. Njengoba ugxile esithweni ngasinye somzimba, bheka noma yikuphi ukuzwela komzimba ngaphandle kokwahlulela noma isidingo sokukushintsha.
5. Uma ubona ukungezwani noma ukungakhululeki, phumuza leyo misipha futhi ukhulule noma yikuphi ukungezwani.
6. Chitha isikhashana esithweni ngasinye somzimba, uzivumele ukuthi uyizwe ngokugcwele imizwa ekhona.
7. Uma usuqedile ukuskena, thatha isikhashana ukubuka umzimba wakho uwonke futhi uqaphele noma yikuphi ukushintsha noma izinguquko.

Ukubuka Kwakho Nemininingwane Lapha

UKUPHEFUMULA NGENGQONDO

Ukuphefumula okunengqondo kuyindlela enamandla yokunciphisa ingcindezi nokuhlakulela umuzwa wokuzola . Kuhilela ukuletha ukunaka kwakho esikhathini samanje ngokugxila emoyeni wakho . Thatha imizuzu embalwa usuku ngalunye ukuzijwayeza ukuphefumula kahle usebenzisa imiyalo engezansi . Sebenzisa isikhala esinikeziwe ukuze ubhale phansi noma yikuphi okuphawuliwe noma imininingwane evela ngesikhathi sokuprakthiza.

1. Thola indawo ethule futhi enethezekile ukuze uhlale noma ulale.
2. Vala amehlo akho bese uphefumula kancane ukuze uphumule.
3. Qala ukunaka umoya wakho ngaphandle kokuzama ukuwulawula.
4. Beka isandla esisodwa esifubeni sakho nesinye isandla phezulu kwesisu sakho (lapho i-diaphragm yakho ikhona) Gxila ekuzameni ukuhambisa kuphela isandla sakho esiku-diaphragm yakho lapho uphefumula- njengalapho uzijwayeza ukuphefumula kwe-diaphragmatic, kuvumela umoya owengeziwe. ukungena emaphashini akho.
5. Qaphela umuzwa wokuphefumula kwakho ungena futhi uphuma emzimbeni wakho.
6. Gxilisa ukunaka kwakho ekukhuphukeni nasekuweni kwesisu sakho noma ukuzwa komoya odlula emakhaleni akho.
7. Uma ingqondo yakho izulazula, yibuyisele ngobumnene emoyeni ngaphandle kokwahlulela.
8. Qhubeka nalo mkhuba imizuzu engu-5-10, kancane kancane ukwandisa ubude besikhathi njengoba ukhululeka.

Bhala Okuqaphele Nemininingwane Yakho Lapha

UKUPHUMULA KWEMISIPHA OKUQHUBEKAYO

Ukuphumuza imisipha okuqhubekayo kuyindlela ehlanganisa ukuqina bese idedela amaqembu emisipha ahlukene ukuze kutholwe ukukhululeka . Sebenzisa isikhala esinikeziwe ukuze uzijwayeze ukuphumula kwemisipha okuqhubekayo ngokulandela izinyathelo ezingezansi.

1. Thola indawo ethule futhi enethezekile ukuze uhlale noma ulale.
2. Vala amehlo akho bese uphefumula kancane ukuze uphumule.
3. Qala ngezinzwane zakho . Zicindezele ngokuqinile imizuzwana embalwa, bese uyadedela.
4. Hamba ematholeni akho . Hlanganisa imisipha, ubambe imizuzwana embalwa, bese uyakhulula.
5. Qhubeka uhamba eqenjini ngalinye lemisipha, uqinise kancane kancane futhi uphumule . (isib. amathanga, izinge, isisu, amahlombe, izingalo, izandla, njll.)
6. Naka imizwa yokungezwani nokuphumula eqenjini ngalinye lemisipha.
7. Uma usugede konke ukulandelana, thatha isikhashana ukubona umuzwa wonke wokuphumula emzimbeni wakho.

Ukubuka kanye Nemininingwane

I-PANIC ATTACK EXERCISE

Uma kwenzeka uhlaselwa wuvalo, zifundise isu elilandelayo lokubhekana nesimo. Prakthiza lokhu ukuze kuthi lapho uhlaselwa yi-panic attack ukwazi okufanele ukwenze.

- Uma ufake izicathulo namasokisi, kukhumule . Uma ungakhululekile ukukhumula amasokisi akho, ungawagcina ewagqokile
- Izwa ukuzwa kwendawo omi kuyo
- Zama futhi ugxile kulowo muzwa
- Isho ngokuzwakalayo into oyaziyo ngekhandla- kungaba iresiphi, ingoma, izinyathelo zenqubo yokusebenza, izinyathelo zendlela yakho yasekuseni njll.
- Isho izinyathelo zalokho okukhethile ngokuzwakalayo izikhathi eziningi njengoba kuthatha inhliziyo yakho ukuthi iqale ukushaya kancane
- Uma usuyizwa iqala ukuhamba kancane, qala ukugxila ekuphefumuleni nge-diaphragmatic
- Beka isandla esisodwa esifubeni sakho nesinye isandla eduze kwe-diaphragm, Zama ukunyakazisa isandla se-diaphragm hhayi isandla sesifuba ngokushaya kwakho
- Phinda uze uzizwe uthule ngokwanele ukuthi ungashayela othile ucingo

Bhala Okuqaphele kanye Nemininingwane Lapha

INETHIWEKHI YOKUSEKELA KOMPHAKATHI

Ukwakha kanye nokunakekela inethiwekhi yokuxhumana nabantu kubalulekile ekulawuleni ingcindezi . Zindla ngale mibuzo elandelayo futhi usebenzise isikhala esinikeziwe ukuze uhlole ikhwalithi yokuxhumana kwakho nomphakathi futhi uhlele amasu okuqinisa inethiwekhi yakho yosekelo.

1. Obani abantu empilweni yakho abakunikeza ukwesekwa nokuqonda ngezikhathi zokucindezeleka?
2. Kukangaki uxhumana nalaba bantu?
3. Ingabe bukhona ubudlelwano obudinga ukuqiniswa noma ukukhuliswa?
4. Yiziphi izinyathelo ezithile ongazithatha ukuze uthuthukise inethiwekhi yakho yosekelo lokuxhumana nabantu ? (isb, ukuhlela ukubanjwa okujwayelekile , ukufuna ukwesekwa kochwepheshe)
5. Ungabuyisela kanjani futhi usekele abanye ngaphakathi kwenethiwekhi yakho?
6. Yiziphi izinselele noma imigoqo ongase ubhekane nayo, futhi ungazinqoba kanjani?

Ukuhlolwa Kwenethiwekhi Yokusekela Komphakathi

UKUHLONZA IZINTO EZIKUBANGELA UKUCINDEZELEKA

- Ingabe unemicabango evela izikhathi eziningi engqondweni yakho
- Uma unale micabango ike ilandelwe yikhanda, ukushuba kwamahlombe, isisu, isicanucanu?
- Ingabe ngezinye izikhathi noma ngokuvamile unenkinga yokulala ngaphandle kokuvula i-TV/Umculo
- Ingabe uzithola uvuka kakhulu nasebusuku futhi ungakwazi ukuphinde ulale
- Ingabe uzithola ucasuka kalula?
- Yini ekucasula kakhulu uma abantu bebuza ngayo noma into efana nayo?
- Iyini imicabango nemizwa oba nayo lapho uhlangabezana nokukodwa noma ngaphezulu kwalokhu okungenhla? Amathuba akhona- lezo izimbangela zakho

Bhala Okuqaphele kanye Nemininingwane Lapha

UKUHLOLA OKUKUBANGELA UKUCINDEZELEKA

- Faka ohlwini izimo ezivamile, izehlakalo, noma imicabango evame ukubangela ukucindezeleka.
- Cabangela ukuthi lezi zibangela ziyithinta kanjani inhlalakahle yakho engokomzimba, engokomzwelo, nengokwengqondo.
- Khomba amaphethini nezindikimba ukuze uthole ukuqonda okujulile kwezinto ezikubangela ukucindezeleka.

Imiyalelo:

Zinike isikhathi sokuzindla ngezimo, izehlakalo, noma imicabango evame ukukudala ingcindezi empilweni yakho . Sebenzisa isikhala esinikezwe ngezansi ukuze ubhale izinto ezikubangela ukucindezeleka futhi ucabangele ukuthi zikuthinta kanjani ukuphila kwakho okuhle ngokomzimba, ngokomzwelo, nangokwengqondo . Ngokuhlonda nokuqonda lezi zibangela, ungathola ukuqonda ngamaphethini akho okucindezeleka futhi uqale ukuthuthukisa amasu wokuzilawula ngempumelelo.

I-Stress Trigger	Umthelela Emzimbeni	Umthelela Wemizwelo	Umthelela Wengqondo

Imibuzo Yokuzindla:

1. Ingabe zikhona izingqikithi ezivamile noma amaphethini phakathi kwezinto ezibangela ukucindezeleka?
2. I-stress trigger ngayinye iwuthinta kanjani umzimba wakho ? Ingabe zikhona izimpawu ezithile zomzimba noma imizwa oyitholayo?
3. Lezi zinto ezibangela ingcindezi ziyithinta kanjani imizwelo yakho? Yimiphi eminye yemizwa ebusayo oba nayo kulezi zimo?
4. Cabangela imicabango noma amaphethini engqondo aphakamayo lapho uhlangabezana nalezi zibangela zokucindezeleka. Ingabe uyayibona imicabango emibi ephindaphindayo noma ukuhlanekizelwa kwengqondo?
5. Ngokusekelwe ekucabangeni kwakho, ingabe zikhona izibangeli zengcindezi ongathanda ukugxila ekulawuleni ? Kungani lezi zibangela zibalulekile kuwe?

ISIFANEKISO SELOGI YE-DAILY STRESS:

Usuku: _____

Remember to fill out this daily stress log at the end of each day, taking a few moments to reflect on your stressors, coping strategies, and overall well-being. Use this log as a tool to track your stress levels, identify triggers, and assess the effectiveness of your coping mechanisms. Over time, this log will provide valuable insights into your stress patterns and help guide your stress management efforts.

	I-STRESSOR			ISU LOKUPHILA	
	Incazelo	Amandla (1-10)	Icushwe ngu....	Isu Lokubhekana Nesimo	Ukusebenza kahle (1-10)
I-Stressor 1					
I-Stressor 2					
I-Stressor 3					
I-Stressor 4					

Ukuzicabangela:

1. Izingcindezi zanamuhla zikuthinte kanjani ukuphila kwakho okuhle ngokomzimba, ngokwengqondo, nangokomzwelo?
2. Ingabe akhona amaphethini noma izingqikithi eziphindaphindayo kuma-stressors akho?
3. Yimiphi imibono noma izifundo ozitholile kulokho okwenzeka namuhla.

Ukuzinakekela

UHLU LOKUHLOLA LWENDLELA YOKUZINAKEKELA

Sebenzisa lolu hlu lokuhlola ukuze udale isimiso sokuzinakekela esithuthukisa inhlalakahle yakho futhi ikuvumela ukuthi ubeke ukuzinakekela kuqala ekuphileni kwakho kwansuku zonke . Yenze ngendlela oyifisayo ukuze ihambisane nezintandokazi zakho nezidingo zakho.

Ukuzinakekela ngokomzimba	
Thola ukulala okwanele (amahora angu-79) njalo ebusuku	
Zivocavoce njalo noma uzivocavoce	
Yidla ukudla okulinganiselayo nokunomsoco	
Hlala uhlanzekile ngokuphuza amanzi anele usuku lonke	
Zijwayeze imikhuba emihle yenhlanzeko yomuntu siqu	
Thatha ikhefu futhi welule njalo, ikakhulukazi uma uphila ngendlela yokuphila	
Hlela ukuhlolwa kwezempilo okujwayelekile kanye nama-aphoyintimenti	
Ukuzinakekela Kwemizwa Nengqondo	
Zibandakanye emisebenzini ekulethela injabulo nokuphumula (isb, ukuzilibazisa, ukufunda, ukulalela umculo)	
Zijwayeze ukuqaphela noma ukuzindla ukuze unciphise ingqondo yakho futhi unciphise ingcindezi	
Veza imizwa yakho ngokubhala iphephabhuku noma ukhulume nomngane omethembayo noma umelaphi	
Beka imingcele enemphilo ebudlelwaneni bakho futhi ubeke phambili ukuphila kwakho ngokomzwelo	
Zibandakanye ekukhulumeni okuhle futhi uzijwayeze ukuzizwela	
Khawulela ukuchayeka ezindabeni ezingezinhle noma izingqalabutho ezithinta inhlalakahle yakho yengqondo	
Zibandakanye emisebenzini evuselela ubuhlakani bakho nomcabango wakho	
Ukuzinakekela Komphakathi	
Thuthukisa ubudlelwano nabangane, umndeni kanye nabathandekayo	
Hlela futhi uhlanganyele emisebenzini yomphakathi ekulethela injabulo nokuxhumana	
Funa ukusekelwa futhi ufinyelele kwabanye lapho ukudinga	
Zijwayeze ukulalela okumatasa kanye nokuxhumana okunenjongo nabanye	
Zizungeze nabantu abaqondile nabakusekelayo	
Zibandakanye ezenzweni zomusa futhi ufake isandla emphakathini wakho	
Ukuzinakekela Okungokomoya	
Zibandakanye emisebenzini ehambisana nezimiso nezinkolelo zakho	
Chitha isikhathi emvelweni futhi ujabulele ubuhle bayo	
Zijwayeze ukuzindla, umthandazo, noma ukuzindla ukuze uxhumane nomuntu wakho wangaphakathi	
Funa ugqozi ezincwadini, amaphodikasti, noma izimfundiso zomoya	
Zibandakanye emisebenzini ekhuthaza ukubonga kanye nomuzwa wenjongo	
Hlola ingokomoya lakho futhi wenze amasiko noma imikhuba ekulethela ukuthula	
Ukutotoswa nokuphumula	
Geza okugeza okufudumele noma ishawa ngemikhiqizo epholile	
Zitike osukwini lwe-spa noma uzitotose ngokwelashwa kokuzinakekela	

Beka eceleni isikhathi semisebenzi yokuphumula njengokufunda, ukuthatha uhambo, noma ukulalela umculo opholile	
Ziphathe ngokubhucunga umzimba noma omunye umsebenzi womzimba wokwelapha	
Zibandakanye ezintweni zokuzilibazisa noma imisebenzi ekusiza ukuthi uphumule futhi ushaje kabusha	
Dala indawo ethokomele nekhangayo ekhaya lapho ungakhululeka khona	

UHLU LOKUHLOLA: UKUHLOLA IMIKHUBA ENEMPILO NENGENAMPILO

Ngomkhuba ngamunye osohlwini olungezansi, maka ukuthi umkhuba onempilo noma ongenampilo yini kuwe uqobo . Thembeka kuwe ngokwakho futhi ucabange umthelela womkhuba ngamunye enhlalakahleni yakho iyonke.

Impilo Yomzimba:	Ngenza Lokhu	Angikwenzi Lokhu
- Ukuzivocavoca njalo		
- Ukulala ngokwanele (amahora angu-7-9 ubusuku ngabunye)		
- Ukudla okulinganiselayo nokunomsoco		
- Ukuphuza amanzi anele		
- Ukugwema ukuphuza ngokweqile		
- Ukugwema ukubhema noma ukusebenzisa ugwayi		
- Ukuhlolwa njalo kwezokwelapha		
Impilo Yengqondo Nemizwa:	Ngenza Lokhu	Angikwenzi Lokhu
- Ukuzibandakanya emisebenzini yokunciphisa ukucindezeleka (isb., ukucabangela, ukuzindla, ukuzilibazisa)		
- Ukufuna ukwesekwa kubangani, umndeni, noma ochwepheshe lapho kudingeka		
- Ukubeka kanye nokubeka phambili imigomo engokoqobo		
- Ukugcina isimo sengqondo esihle		
- Ukuzijwayeza ukuzinakekela nokuzihawukela		
- Ukuphatha isikhathi ngempumelelo		
- Ukuzijwayeza izindlela zokuphumula		
Impilo Yomphakathi:	Ngenza Lokhu	Angikwenzi Lokhu
- Ukugcina ubudlelwano obusekelayo nobuhle		
- Ukuzibandakanya emisebenzini yezenhlalo nokuxhumana nabanye		
- Ukuxhumana ngempumelelo nangokugomela		
- Ukuhlonipha imingcele yomuntu siqu kanye nemingcele yabanye		
- Ukulinganisa isikhathi esichithwa uwedwa kanye nesikhathi esichithwe nabanye		
- Ukubamba iqhaza emisebenzini yomphakathi noma yamavolontiya		
Ukukhiqiza Nokuphatha Kwesikhathi:	Ngenza Lokhu	Angikwenzi Lokhu
- Ukubeka phambili imisebenzi nokubeka imigomo ecacile		

- Ukugwema ukuhlehlisa		
- Ukuphatha nokunciphisa iziphazamiso		
- Ukubeka imingcele enemphilo yokuphila komsebenzi		
- Thatha ikhefu futhi uzijwayeze ukuzinakekela ngesikhathi somsebenzi/ukufunda		
- Ukufuna usizo noma ukwaba imisebenzi lapho kudingeka		
Isikhathi Sesikrini Nemikhuba Yedijithali:	Ngenza Lokhu	Angikwenzi Lokhu
- Ukunciphisa isikhathi sesikrini esiningi ngokweqile		
- Ukuzijwayeza imingcele ye-inthanethi enemphilo		
- Ukugwema ukusetshenziswa ngokweqile kwezokuxhumana noma ukuziqhathanisa nabanye		
- Ukulinganisa isikhathi sesikrini nemisebenzi engaxhunyiwe ku-inthanethi nokusebenzisana ubuso nobuso		
- Ukusebenzisa ubuchwepheshe ngezinjongo ezikhiqizayo kanye nokukhula komuntu siqu		
Ukuhlazeka komuntu siqu:	Ngenza Lokhu	Angikwenzi Lokhu
- Ukugcina imikhuba yenhlanzeko ejwayelekile (isb, ukugeza, ukuxubha amazinyo)		
- Ukugeza izandla njalo		
- Ukunakekela izinwele, izinzipho, nesikhumba		
- Ukugqoka izingubo ezihlanzekile nezifanele		
Imikhuba Yezezimali:	Ngenza Lokhu	Angikwenzi Lokhu
- Ukwenza ibhajethi nokuphatha izimali ngempumelelo		
- Ukonga imali njalo		
- Ukugwema ukusebenzisa imali ngokweqile nangokuxhamazela		
- Ukukhokha izikweletu ngesikhathi		
- Ukuhlela nokubeka imigomo yezezimali		

Ngemva kokuhlola umkhuba ngamunye, zindla ngohlu lwakho lokuhlola futhi ukhombwe izindawo lapho ungathuthukisa khona imikhuba yakho ukuze ube nempilo engcono kanye nokuphila kahle. Sebenzisa lokhu kuzihlola njengesiqalo sokwenza izinguquko ezinhle endleleni yakho yokuphila futhi udale imikhuba enemphilo esekela inhlalakahle yakho.

ISIFANEKISO SOHLU LOKUHLOLA UKUZINAKEKELA

EMZIMBENI		M	T	W	T	F	S	S
1								
2								
3								

4								
ENGQONDO		M	T	W	T	F	S	S
1								
2								
3								
4								
NGOMZWELO		M	T	W	T	F	S	S
1								
2								
3								
4								
NGOKOMOYA		M	T	W	T	F	S	S
1								
2								
3								
4								

Udinga nini usizo lochwepheshe

Ukufuna usizo lochwepheshe kumelaphi, umeluleki, udokotela wengqondo, noma omunye uchwepheshe wezempilo yengqondo kungakunikeza ukwesekwa, isiqondiso, kanye nokwelashwa okudingayo ukuze ubhekane nezinkinga zakho zempilo yengqondo futhi uthuthukise inhlalakahle yakho iyonke. Khumbula ukuthi ukufinyelela usizo kuwuphawu lwamandla, futhi kukhona izinsiza nokwesekwa okutholakalayo ukuze kukusize ohambweni lwakho lwempilo yengqondo.

Uma uhlangabezana nezinseselele nempilo yakho yengqondo, kubalulekile ukufuna usizo lochwepheshe lapho:

- A. **IZIMPAWU EZIPHAMBILI:** Uma uhlangabezana nezimpawu eziphikelelayo njengokudabuka isikhathi eside, ukukhathazeka, ukushintshashintsha kwemizwelo, noma ubunzima bokubhekana nempilo yansuku zonke.

- B. **UMTHELELA EMSEBENZINI:** Uma izimpawu zakho zempilo yengqondo zithinta kakhulu amandla akho okusebenza emsebenzini, esikoleni, noma ebudlelwaneni bakho bomuntu siqu.
- C. **UBUNGOZI BOKULIMALA:** Uma unemicabango yokuzilimaza noma ukuzibulala, noma uma uziphatha ngendlela eyingozi ebeka engcupheni ukuphepha kwakho noma inhlalakahle yakho.
- D. **UKUBEKA UBUNZIMA:** Uma unobunzima bokubhekana nokucindezeleka, ukuphatha imizwelo, noma ukuthola izindlela ezisebenzayo zokubhekana nokukhathazeka kwakho kwezempilo yengqondo.
- E. **UKUPHAZAMISEKA NGEMPILO YANSUKU ZONKE:** Uma izimpawu zakho zempilo yengqondo ziphazamisa ikhono lakho lokwenza imisebenzi yansuku zonke, ukuhlanganyela emisebenzini ejabulisayo, noma ukugcina indlela yokuphila enempi.
- F. **IZINKINGA ZOBUDLELWANO:** Uma izimpawu zakho zempilo yengqondo zibangela ubunzima ebudlelwaneni bakho nomndeni, abangani, noma osebenza nabo.
- G. **IZIMPAWU ZOMZIMBA:** Uma uhlangabezana nezimpawu zomzimba ezinjengokukhathala, izinguquko ekudlaleni noma ezindleleni zokulala, ubuhlungu bekhanda, noma izinkinga zokugaya ukudla okungenzeka zihlobene nempilo yakho yengqondo.
- H. **Ukuhlukumezeka OKUDLULE:** Uma unomlando wokuhlukumezeka noma ukuhlukumeza futhi uhlangabezana nezimpawu ezifana nokukhumbula emuva, amaphupho amabi, noma ukuqapha ngokweqile.
- I. **UKUSEBENZISA IZINTO:** Uma usebenzisa utshwala, izidakamizwa, noma ezinye izinto ukuze ubhekane nezimpawu zakho zempilo yengqondo.
- J. **UKUNGATHUTHUKISI:** Uma uke wazama amasu okuzisiza noma ukushintsha indlela yokuphila kodwa awubonanga ngcono izimpawu zakho zempilo yengqondo.

IZINHLOBO ZOCHEWEPHESHE BEZEMPILO YENGQONDO KANYE NOKWELASHWA

Kunezinhlalo ezahlukene zochwepheshe bezempilo yengqondo abahlinzeka ngezinhlalo ezahlukene zokwelapha nokusekelwa kwezimo zempilo yengqondo.

Ukukhethwa kochwepheshe bezempilo yengqondo kanye nendlela yokwelashwa kuncike ezidingweni zomuntu ngamunye, izintandokazi, kanye nesimo sesimo sempilo yengqondo. Ukufuna usizo kuchwepheshe oqeqeshiwe kuyisinyathelo esibalulekile sokuthuthukisa impilo yengqondo nokuphila kahle, futhi kunezinsiza eziningi nezinketho zokwelapha ezitholalalayo ukusekela abantu ngabanye ohambweni lwabo lokululama.

Nazi ezinye izinhlobo ezijwayelekile zochwepheshe bezempilo yengqondo kanye nokwelashwa abangakunikeza:

1. INGQONDO:

- a. Odokotela bengqondo bangodokotela abasebenza ngokukhethekile ekuxilongeni nasekwelapheni ukuphazamiseka kwengqondo.

- b. Bangakwazi ukunikeza imithi, banikeze ukwelashwa kwengqondo, futhi banikeze ezinye izinhlobo zokwelapha ezifana ne-electroconvulsive therapy (ECT) noma i-transcranial magnetic stimulation (TMS).

2. I-Psychology:

- a. Izazi zokusebenza kwengqondo zineziqu ze-postgraduate ku-psychology futhi ziqeqeshelwe ukuhlola, ukuxilonga, nokwelapha izinkinga zempilo yengqondo.
- b. Bahlinzeka nge-psychotherapy, benze ukuhlolwa kwengqondo, futhi bangasebenza ngokukhethekile ezindaweni ezithile ezifana nokwelashwa kwengqondo-yokuziphatha (CBT), ukwelashwa kokuziphatha kwe-dialectical (DBT), noma ukwelashwa komndeni.

3. UMHOLIKO WEZONHLALAKALO:

- a. Osonhlalakahle basemtholampilo baneziqu ze-master in social work (MSW) futhi banelayisensi yokuhlinzeka ngezinsizakalo zokwelapha nezeluleko.
- b. Basiza abantu ngabanye nemindeni ukuthi babhekane nezinseselele zenhlalo nezomzwelo, banikeze ukusekelwa, futhi baxhumanise amakhasimende nezinsiza kanye nezinsizakalo zomphakathi.

4. UMELULEKILE NOMA ELAPHA:

- a. Abeluleki noma abelaphi bangase babe neziqu ze-master in counselling, psychology, noma imikhakha ehlobene futhi baqeqeshelwe ukunikeza ukwelulekwa nokwelashwa kwengqondo.
- b. Banikeza izikhathi zokwelashwa komuntu ngamunye, imibhangqwana, noma iqembu ukuze kubhekwane nohlu olubanzi lwezinkinga zempilo yengqondo.

5. UMHLENGIKAZI WE-PSYCHIATRIC NURSE PRACTITIONER:

- a. Abahlengikazi beNgqondo (PMHNPs) bangabahlengikazi ababhalisiwe abanokuqeqeshwa okuthuthukile ekunakekelweni kwengqondo.
- b. Bangakwazi ukuhlola, ukuxilonga, futhi belaphe izinkinga zempilo yengqondo, banikeze imithi, futhi banikeze izinsizakalo zokwelapha nezeluleko.

6. UMSHADO NOMNDENI (MFT):

- a. Abelaphi bomshado nomndeni basebenza ngokukhethekile nabashadile nemindeni ukubhekana nezinkinga zobudlelwane, izinkinga zokuxhumana, kanye namandla omndeni.
- b. Bahlinzeka ngezinsizakalo zokwelapha nezeluleko ukuthuthukisa ubudlelwano phakathi kwabantu nokuxazulula izingxabano.

7. UCHWEPHESHE WOKUSEKELWA KONAKA:

- a. Ochwepheshe bokwesekwa kontanga ngabantu abanolwazi oluphilayo lwezinseselele zempilo yengqondo abahlinzeka ngokusekela, isikhuthazo, kanye nesiqondiso kwabanye ababhekene nobunzima obufanayo.
- b. Banikeza izinsizakalo zokusekelwa kontanga, babelane ngolwazi lwabo lomuntu siqu, futhi basize amaklayenti azulazule ohlelweni lwezempilo yengqondo.

IZINHLOBO ZOKWELASHWA

1. **UKUPHATHA IMITHI:** Odokotela bengqondo nabahlengikazi bengqondo bangase banikeze imithi yokulawula izimpawu zezinkinga zempilo yengqondo, njengama-antidepressants, imithi elwa nokukhathazeka, izidambisi mizwa, noma imishanguzo ye-antipsychotic.
2. **I-PsychOTHERAPY:** Izinhlobo ezahlukene ze-psychotherapy, okuhlanganisa ukwelashwa kwengqondo-yokuziphatha (CBT), ukwelashwa kokuziphatha kwe-dialectical (DBT), ukwelapha phakathi kwabantu (IPT), kanye nokwelashwa kwengqondo, kusetshenziselwa ukusiza abantu ukuba baqonde imicabango yabo, imizwa, kanye nokuziphatha kwabo, ukuthuthukisa amakhono okubhekana nesimo, kanye nokwelashwa kwengqondo. benze izinguquko ezinhle ezimpilweni zabo.
3. **EZINYE IZINTO ZOKWELAPHA KANYE EZELEXEDA:** Abanye abantu bangase bazuze kwezinye izindlela zokwelapha ezihlukile noma ezihambisanayo ezifana nokunciphisa ukucindezeleka okusekelwe engqondweni (MBSR), i-yoga, i-acupuncture, i-art therapy, noma ukwelashwa komculo, okungakhuthaza ukuphumula, ukunciphisa ukucindezeleka, nokuthuthukisa inhlalakahle.
4. **IZINHLELO ZOKULASHISWA NEZOKWELASHWA OKUQINILE:** Ezimweni ezimbi kakhulu lapho abantu abathile besengozini yokulimala bona noma abanye, ukulaliswa esibhedlela, noma ukuhlanganyela ezinhlelweni zokwelapha eziqinile njengezinhlelo zokulaliswa esibhedlela ngokwengxenye (PHPs) noma izinhlelo ze-intensive outpatient outpatient (IOPs) zingase zidingeke ukuze kunzinziswe izimpawu futhi kuhlinzekwe ukwesekwa kokwelapha okujulile.

UKUSEBENZISA IMITHI UKUPHATHA IMPILO YENGQONDO

Ukusebenzisa imithi ukuze ulawule ukuphila kahle kwengqondo kuyindlela evamile futhi ephumelelayo yokwelapha kubantu abaningi abanezimo zempilo yengqondo. Nakhu okufingqiwe kokuthi umuthi ungasetshenziswa kanjani ukuxhasa impilo yengqondo:

IMITHI YENGQONDO:

Imithi yengqondo inqunyelwe ukusiza ukunciphisa izimpawu zezinkinga zempilo yengqondo kanye nokwenza ngcono impilo yonke yengqondo. Le mithi isebenza ngokuthinta ama-neurotransmitters ebuchosheni, adlala indima emuzweni, emizweni, nasekuziphatheni.

IZINHLOBO ZEmithi:

1. **AMA-ANTIDEPRESSANTS:** Asetshenziselwa ukwelapha ukudangala, ukuphazamiseka kokukhathazeka, i-obsessive-compulsive disorder (OCD), i-post-traumatic stress disorder (PTSD), nezinye iziyaluyalu zemizwa.
2. **IMITHI YOKUXABISA:** Siza ekwehliseni izimpawu zokukhathazeka nokwethuka ngokuthulisa isimiso sezinzwa esimaphakathi.
3. **I-Mood Stabilizers:** Isetshenziselwa ukuphatha ukuguquguquka kwemizwelo kanye nokuzinzisa isimo sengqondo ezimweni ezifana ne-bipolar disorder.
4. **IMITHI YE-ANTIPSYCHOTIC:** Inqunyelwe ukwelapha izimpawu ze-psychotic ezifana nokubona izinto ezingekho, ukuduka, nokucabanga okungahlelekile ezimweni ezifana ne-schizophrenia kanye ne-bipolar disorder.

5. **IZIQINISEKISO:** Isetshenziselwa ukwelapha i-attention-deficit/hyperactivity disorder (ADHD) ngokwandisa ukugxila nokunaka.

UKUSEBENZA:

Imithi ingasebenza kahle kakhulu ekwehliseni izimpawu futhi ithuthukise izinga lempilo yabantu abaningi abanezimo zempilo yengqondo.

Kubalulekile ukusebenzisana eduze nomhlinzeki wezempilo ukuze uthole imithi efanele kanye nesilinganiso esisebenza kangcono kuwo wonke umuntu, njengoba izimpendulo emithini zingahluka.

UKWELASHWA OKUQESHAYO:

Imithi ivame ukusetshenziswa ngokuhambisana nezinye izindlela zokwelapha, njengokwelashwa, ukushintsha indlela yokuphila, nezinqubo zokuzinakekela, ukuze kuzuzwe imiphumela emihle.

Ukwelapha kungasiza abantu ngabanye ukuthi bafunde amakhono okubhekana nesimo, babhekane nezinkinga eziwumsuka, futhi benze izinguquko ezinhle ezimpilweni zabo, kugcwalise imiphumela yemithi.

UKUPHEPHA NOKUQAPHA:

Kubalulekile ukuphuza imithi yengqondo njengoba kuyaliwe futhi ulandele umhlinzeki wezempilo njalo ukuze aqaphe ukusebenza kwayo kanye nanoma yimiphi imiphumela emibi engase ibe khona. Eminye imithi ingase idinge ukuhlolwa kwegazi ngezikhathi ezithile noma okunye ukuqapha ukuze kuqinisekise ukuphepha nokusebenza ngempumelelo.

OKUQHAMUKA UMA UDLA IMISHANGUZO:

Njenganoma yimuphi umuthi, imithi yengqondo ingaba nemiphumela engemihle, ehlukahluka kuye ngohlobo lomuthi kanye nezici zomuntu ngamunye. Imiphumela engemihle evamile ingase ihlanganise ukozela, isiyenzi, ukushintsha kwesisindo, izinkinga zesisu, nokungasebenzi kahle kwezocansi. Kubalulekile ukuxoxa ngemiphumela engemihle engaba khona nomhlinzeki wezempilo futhi ubike noma yikuphi ukukhathazeka ngokushesha.

UKUHLAZIYWA KWENZUZO YOBUNGOZI:

Lapho ucubungula imithi yenhlalakahle yengqondo, kubalulekile ukukala izinzuzo ezingaba khona ngokumelene nezingozi futhi wenze isinqumo esinolwazi ngokusekelwe ezidingweni zomuntu ngamunye kanye nalokho akuthandayo. Kwezinye izimo, izinzuzo zomuthi zingase zibe ngaphezu kwezingozi, ikakhulukazi uma izimpawu zinzima futhi zithinta kakhulu ukusebenza kwansuku zonke.

ISIPHETHO:

Imithi ingaba ithuluzi elibalulekile ekulawuleni ukuphila kahle kwengqondo, ikakhulukazi uma isetshenziswa njengengxenywe yohlelo olubanzi lokwelapha

oluhlanganisa ukwelapha, izinguquko zendlela yokuphila, kanye nezinqubo zokuzinakekela.

Kubalulekile ukusebenzisana eduze nomhlinzeki wezempilo ukuze uthole imithi efanele kanye nesilinganiso, ukuqapha ukusebenza kahle kanye nemiphumela engemihle, kanye nokwenza izinqumo ezinolwazi mayelana nezinketho zokwelashwa.

Ngokunakekelwa okufanele nokusekelwa, imithi ingabamba iqhaza elibalulekile ekusizeni abantu ukuba bazuze futhi balondoloze ukuphila kahle kwengqondo.

Izingozi zeMicrodosing ukusiza ngezinkinga zempilo yengqondo

I-Microdosing ihlanganisa ukuthatha imithamo emincane, engaphansi kwe-perceptual yezinto ze-psychedelic ezifana ne-LSD (lysergic acid diethylamide) noma i-psilocybin (isithako esisebenzayo kumakhowe omlingo) ngenjongo yokuthuthukisa isimo sengqondo, ukuqonda, noma ubuhlakani.

Nakuba abanye abantu bengase babike okuhlangenwe nakho okuhle nge-microdosing yokulawula izinkinga zempilo yengqondo, kubalulekile ukubhekana nalo mkhuba ngokuqapha nangokuqwashisa ngezinguzi ezingaba khona nobungozi obuhilelekile.

Ngaphambi kokucabangela i-microdosing noma enye indlela yokwelapha ehlukele, kubalulekile ukubonisana nochwepheshe bezempilo abaqeqeshiwe ukuze kuxoxwe ngezinketho zokwelapha eziphephile nezisekelwe ebufakazini zokukhathazeka ngempilo yengqondo.

UKWENZIWA KOMTHETHO KANYE NOKUQAPHELA:

Izidakamizwa ze-Psychedelic azikho emthethweni emazweni amaningi, kuhlanganise ne-United States, futhi zihlukaniswa njengezinto ezilawulwayo Zeshejuli I ngenxa yamandla azo okuhlukumeza kanye nokuntuleka kokusetshenziswa kwezokwelapha okwamukelekayo.

I-Microdosing ngokuvamile ihlela ukuthola lezi zinto ngezindlela ezingekho emthethweni, ezingase zidale ubungozi nezinselelo ezingokomthetho mayelana nokulawulwa kwekhwalthi, ubumsulwa, nokungaguququki kwemithamo.

IZIKHATHAZO ZOKUPHEPHA:

I-Microdosing ihlela ukuthatha imithamo emincane yezinto ezinamandla ze-psychedelic, ezisengaba nemiphumela yengqondo, noma ngabe inamandla aphansi.

Nakuba abasekeli bethi i-microdosing iphephile futhi ibekezelelwa kahle, kunobufakazi besayensi obulinganiselwe obusekela iphrofayela yayo yokuphepha, ikakhulukazi esikhathini eside.

Imithi ye-Psychedelic ingaba nemiphumela engalindelekile, ikakhulukazi uma isetshenziswa njalo ngokuhamba kwesikhathi, futhi ingase ihlanganyele neminye imithi noma izimo zempilo ezingaphansi.

AMAKHONA EMIPHUMELA EMIBI:

Ngisho nangemithamo engaphansi kwe-perceptual, izinto ze-psychedelic zingaveza imiphumela emibi engadingeki njengokwanda kokukhathazeka, i-paranoia, ukudideka, noma ukuphazamiseka kokubona.

Abantu abanomlando wezimo zempilo yengqondo njenge-schizophrenia, i-bipolar disorder, noma ukukhathazeka okukhulu bangase babe sengozini enkulu yemiphumela emibi evela ku-microdosing.

INGOZI YOKUDEMBEKA NOKUYILUTHA:

Nakuba izinto ze-psychedelic zingabhekwa njengeziluthayo ngokomzimba ngendlela efanayo nezidakamizwa ezifana nama-opioid noma izikhuthazi, zisengaholela ekuncikeni ngokwengqondo noma emaphethini okusetshenziswa okuyimpoqo.

Ukusebenzisa i-microdosing evamile kungase kudale iphethini yokuthembela entweni ukuze ulawule isimo sengqondo noma ubhekane nengcindezi, okungase kube yinkinga ngokuhamba kwesikhathi.

IMIPHUMELA YOMTHETHO NEZOMPHAKATHI:

Ukuzibandakanya ku-microdosing kunezingozi ezingokomthetho, njengoba ukuphatha nokusebenzisa izinto ze-psychedelic akukho emthethweni ezindaweni eziningi. Kungase futhi kube nokucwaswa komphakathi okuhlobene nokusetshenziswa kwengqondo, okungaba nomthelela ebudlelwaneni, amathuba omsebenzi, nokuma kwezomthetho.

UCWANINGO OLUMKHATHI KANYE NOBUFAKAZI:

Yize kunentshisekelo ekhulayo emandleni okwelapha ezinto ze-psychedelic, ikakhulukazi ekwelapheni izimo zempilo yengqondo ezifana nokudangala, ukukhathazeka, kanye ne-PTSD, ubufakazi obusekela i-microdosing busengandulela futhi abquki.

Ucwaningo olwengeziwe luyadingeka ukuze uqonde kangcono ubungozi, izinzuzo, kanye nemiphumela yesikhathi eside ye-microdosing empilweni yengqondo kanye nempilo enhle.



4 Buitensingel St, Schotsche Kloof
EKapa, eNingizimu Afrika
8001
www.nicro.org.za