



**Incwadi Yokusebenzela Yokuphila
Ngengqondo
2024**

Isiqulatho

ISIQULATHO	2
INTSHAYELELO	3
IZIXHOBO EZINXULUMENEYO EZONGEZELELWEYO	3
ULUHLU LWEENOMBOLO ZOQHAGAMSHELWANO LOMZANTSI AFRIKA ZONCEDO NGOSTRESS KUNYE NOXOLO.....	3
IZIBONELELO ZEMPILO YENGQONDO KWI-INTANETHI	3
INTSHAYELELO KWIMPILO YENGQONDO	4
ISONDLO KUNYE NEMPILO YENGQONDO : UQHAGAMSHELWANO PHAKATHI KOKUTYA KUNYE NEMPILO YENGQONDO.....	19
IINZUZO ZOKUZILOLONGA KWIMPILO YENGQONDO.....	24
UKUBALULEKA KOKULALA KWIMPILO YENGQONDO	27
IINDLELA ZOLAWULO LOXINZELELO	32
UKUZINYAMEKELA	42
IXESHA LOKUFUNA UNCEDO LWENGCALI	45
IINGOZI ZEMICRODOSING UKUNCEDA KWIMIBA YEMPILO YENGQONDO.....	50

Intshayelelo

Olu xwebhu luphuhliswe yi-NICRO ngokwesicelo sabaxhamli bethu. Yenziwa ukuba ifumaneke kuluntu njengxalenye yenkonzo yethu yokuthintela ulwaphulo-mthetho nobundlobongela. Abantu kunye nemibutho banokulusebenzisa olu xwebhu ngeenjongo ezingenzi nzuzo nezemfundo.

Izixhobo eziNxulumeneyo ezongezelelweyo

I-NICRO ineencwadi zokusebenza ezongezelelweyo ezinxulumeneyo kunye nezikhokelo ezixhasa impilo yengqondo:

- Ukuphuhlisa iNcwadi yokuSebenza yokuZimela
- Incwadi yoMsebenzi yobuNgqondo ngokweemvakalelo
- Incwadi Yokusebenzela yoLawulo loxinzelelo

Ezi ziyafumaneka apha: <https://www.nicro.org.za/index.php/en/community-development-resources#workbooks>.

Uluhlu lweeNombolo zoQhagamshelwano loMzantsi Afrika zoNcedo ngoStress kunye noXolo

I-Adcock Ingram yoNcedo kunye neNgxaki yokuNceda	0800 70 80 90
Iyunithi yokuPhendula yeNgqondo ye-Akeso ye-24 yeyure	0861 435 787
Umbutho wezeMpilo yeNgqondo eKapa	(021) 447 9040
I-Cipla Mental Health Helpline	0800 456 789
Umnxeba woNcedo lweMpilo yeNgqondo kaGqr Reddy	0800 21 22 23
Umnxeba woNcedo womnatha woNonekelelo lwabaSebenzi bezempilo	0800 21 21 21
LifeLine	0861 322 322
Umnxeba woNcedo lweNgxaki yokuZibulala eMzantsi Afrika	0800 12 13 14
Iqela laseMzantsi Afrika lokudakumba kunye nexhala	011 234 4837
Umnxeba woNcedo lweNgxaki yokuZibulala	0800 567 567

Izibonelelo zempilo yengqondo kwi-Intanethi

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

Intshayelelo kwiMpilo yengqondo

INKCAZO YOKUPHILA KAKUHLE KWENGQONDO

Ukuphila ngengqondo kuthetha ukuziva wonwabile ngawe, ukuphatha uxinzelelo lwemihla ngemihla kakuhle, ukusebenza ngokufanelekileyo, kunye nokuba negalelo kuluntu lwakho. Kumalunga nokuba nengqondo ephilileyo, ukuziva ulungelelene, nokonwabela ubomi. Impilo-ntle yengqondo ayikokugula ngengqondo kuphela; imalunga nokuba nesimo sengqondo esihle esikunceda ukuba umelane nemingeni kwaye uphumelele.

AMACANDELO EMPILO YENGQONDO

Amalungu empilo yengqondo abandakanya imiba eyahlukeneyo enegalelo kwisimo sengqondo esiphilileyo nesilungeleleneyo. Nanga amalungu aphambili:

1. IMPILO YOMVA

- Ukuqonda nokulawula iimvakalelo zakho
- Ukufumana iimvakalelo ezintle njengolonwabo, uthando kunye nokwaneliseka
- Ukumelana neemvakalelo ezingalunganga ngendlela ephilileyo

2. UKUPHILA KWENGQONDO

- Ukuba nenjongo ebomini
- Ukuziva uzimele kunye nokulawula ubomi bakho
- Ukubandakanyeka ekukhuleni komntu kunye nokuzamkela

3. IMPILO YOLUNTU

- Ukwakha nokugcina ubudlelwane obunempilo
- Ukuziva uqhagamshelwe kwabanye kunye nokuba nenkqubo yenkxaso
- Ukwenza igalelo kuluntu lwakho kunye nokuziva ungowakho

4. IMPILO YOMZIMBA

- Ukugcina impilo entle emzimbeni ngokwenza umthambo, ukutya ukutya nokulala
- Ukuqonda unxibelelwano phakathi kwempilo yomzimba kunye nempilo yengqondo
- Ukuziqhelanisa nokuzikhathalela kunye nemikhwa enempilo

5. IMPILO YOBUCHOPHO

- Ukuthatha inxaxheba kwimisebenzi evuselela ingqondo
- Ukuvuleleka kwiimbono ezintsha kunye namava
- Ukufuna ukufunda ubomi bonke kunye nokukhula komntu

6. IMPILO YOKOMOYA

- Ukuba nengqiqo yenjongo kunye nentsingiselo ngaphezu kwakho
- Ukuziva uqhagamshelwe kwinto enkulu, nokuba lukholo lwenkolo, indalo, okanye imvakalelo yoxolo lwangaphakathi.
- Ukuziqhelanisa nombulelo kunye nengqondo

7. IMPILO YOMSEBENZI

- Ukufumana ulwaneliseko kunye nokwaneliseka emsebenzini wakho okanye kwimisebenzi yemihla ngemihla

- Ukulungelelanisa umsebenzi kunye nezinye iinkalo zobomi
- Ukuziva ufanelekile kwaye uxatyisiwe kwindima yakho yobungcali .

8. IMPILO YEZIMALI

- Ukulawula iimali zakho ngokufanelekileyo
- Ukuziva ukhuselekile kwaye ukwazi ukulawula imeko yakho yezemali
- Ukuqonda impembelelo yoxinzelelo lwezemali kwimpilo yengqondo

Ilungu ngalinye kula linxibelelana namanye, linegalelo kwimvakalelo yokuba sempilweni yengqondo ngokubanzi. Ukulinganisela kunye nokunyamekela indawo nganye kunokukunceda ugcinne ubomi obunempilo kunye nokwanelisayo.

IIMPAWU ONOKUTHI UNENXAKI YEMPILO YENGGONDO

Ukuqaphela iimpawu zokuba impilo yakho yengqondo ayilunganga kubalulekile ekuthatheni amanyathelo okuyiphucula. Nazi ezinye iimpawu eziqhelekileyo:

1. USIZI OKANYE UXINEZELEKO

- Ukuziva uphantsi, ulusizi, okanye ungenathemba ixesha elide
- Ukuphulukana nomdla okanye ulonwabo kwizinto obukade uzinandipha.

2. UKUNXATHA KUNYE NENXAKO EGQIBELEYO

- Ukuziva unexhala okanye ukuxhalaba ixesha elininzi
- Ukufumana i-panic attack okanye ukuziva ungakhululekanga rhoqo

3. UTSHINTSHO KWIINDLELA ZOKULALA

- Ubunzima bokuwa okanye ukuhlala ulele.
- Ukulala kakhulu okanye kancinci kakhulu

4. UTSHINTSHO LOKUDLA OKANYE Ubunzima

- Ukulahleka kwesisindo esibalulekileyo okanye inzuzo
- Utshintsho kwindlela yokutya, njengokutya kakhulu okanye ukungakuthandi ukutya

5. UKUDINWA KWAMANDLA ANGAPHANSI

- Ukuziva udiniwe ngalo lonke ixesha, nasemva kokuphumla ngokwaneleyo
- Ukunqongophala komdla wokwenza imisebenzi yemihla ngemihla.

6. KUNZIMA UKUJONGXA

- Ingxaki yokugxila okanye ukwenza izigqibo.
- Ingxaki zememori okanye ukuziva "inkungu" engqondweni.

7. UKURHOXA KWIMISEBENZI YOLUNTU

- Ukuphepha abahlobo, intsapho kunye neemeko zentlalo
- Ukuziva ulahliwe okanye udityanisiwe kwabanye.

9. UKULUTHA OKANYE UMSINDO

- Ukuziva ucaphuka ngendlela engaqhelekanga, udanekile, okanye unomsindo
- Ukusabela ngokugqithisileyo kwizinto ezicaphukisayo ezincinci okanye iingxabano

10. UKUZIVA UBUtyala OKANYE UNGAXABANGA

- Ukuba neemvakalelo ezinzulu zokuziva unetyala, iintloni, okanye ukuziva ungento yanto
- Inginga zokuzigxeka kunye nokuzithetha kakubi

11. IIMPAWU ZOMZIMBA

- lintlungu neentlungu ezingachazwanga
- Intloko ebuhlungu rhoqo okanye imiba yesisu

12. UKUHLUKUNYEZWA KWESIYOBISI

- Ukwanda kokusetyenziswa kotywala, iziyobisi, okanye ezinye izinto
- Ukusebenzisa izinto ukujongana neemvakalelo okanye uxinzelelo.

13. IINGCINGA ZOKUZENZA OKANYE ZOKUZIBULALA

- Ukucinga okanye ukucwangcisa ukuzenzakalisa okanye ukuzibulala
- Ukuvakalelwa kukuba ubomi abufanelanga ukuphila.

Ukuba wena okanye umntu omaziyo ufumana ezi mpawu, kubalulekile ukufuna uncedo kwingcali yezempilo yengqondo. Ukungenelela kwangethuba kunokwenza umahluko omkhulu ekuphuculeni impilo yengqondo.

UKUBALULEKA KWEMPILO YENGQONDO

Impilo yengqondo ibalulekile ngenxa yezizathu ezininzi, ezichaphazela zonke iinkalo zobomi. Nanga amanye amanqaku aphambili aqaqambisa ukubaluleka kwempilo yengqondo:

A. IMPILO-ntle NGOKUPHELELE

- Impilo yengqondo elungileyo ibalulekile kwimpilo yonke. Ichaphazela indlela esicinga ngayo, esiziva ngayo, nesenza ngayo izinto, ibe nefuthe kwindlela esisebenza ngayo imihla ngemihla nomgangatho wobomi bethu.

B. IMPILO YOMZIMBA

- Impilo yengqondo kunye nempilo yomzimba zinxibelelene ngokusondeleyo. Impilo enkenenkene yengqondo inokukhokelela kwiingxaki zempilo, njengesifo sentliziyo, uxinzelelo lwegazi oluphezulu kunye nokuncipha kwenkqubo yomzimba yokuzikhusela. Ngakolunye uhlangothi, ukugcina impilo yengqondo efanelekileyo kunokuphucula impilo yomzimba kunye nokukhuthaza ubomi obude.

C. IMVELISO NOKWENZA

- Impilo yengqondo ichaphazela kakhulu imveliso kunye nokusebenza emsebenzini okanye esikolweni. Impilo yengqondo elungileyo inceda abantu ukuba bagxile, benze izigqibo ezingcono, kwaye benze imisebenzi ngokufanelekileyo.

D. UBUDLELWANE

- Isimo sengqondo esiphilileyo sikhuthaza ubudlelwane obuhle nosapho, izihlobo kunye nabalingane. Iphucula unxibelelwano, uvelwano, kunye nokukwazi ukulawula iingxabano, okukhokelela kunxibelelwano loluntu olunamandla noluxhasayo ngakumbi.

E. UKUMELANA NOXINEZELEKO

- Impilo yengqondo ephilileyo inika ukomelela okufunekayo ukuze umelane neengxaki zobomi kunye noxinzelelo . Ivumela abantu ngabanye ukuba balawule ubunzima ngokufanelekileyo kwaye babuye umva kwiingxaki.

F. UKUZALISEKA KOBUQU

- Impilo yengqondo ifak' isandla kulwaneliseko lobuqu nolonwabo. Ivumela abantu ukuba basukele usukelo lwabo, benze imisebenzi enenjongo, baze baphile ubomi obunenjongo nolwaneliseko.

G. UKUTHINTELA UKUGULA NGENGQONDO

- Ukubeka phambili impilo yengqondo kunokuthintela ukuqala kwezigulo zengqondo ezifana nokudakumba, ukuxhalaba, kunye nezinye iingxaki zengqondo. Ukufunyaniswa kwangaphambili kunye nokulawulwa kwemiba yempilo yengqondo kunokunciphisa impembelelo yabo kunye nokuphucula iziphumo.

H. ULUNTU NOZINZISO LOLUNTU

- Impilo yengqondo elungileyo phakathi kwabantu inegalelo kwimpilo jikelele kunye nozinzo loluntu. Abantu abasempilweni ngokwasengqondweni kunokwenzeka ukuba babe negalelo ngendlela eyakhayo kuluntu, babandakanyeke kwimisebenzi yoluntu, kwaye baxhase abanye.

I. UKUNCIPHISA UBEKO

- Ukukhuthaza ulwazi ngempilo yengqondo kunceda ekunciphiseni ibala elinxulunyaniswa nesifo sengqondo. Oku kukhuthaza abantu abaninzi ukuba bafune uncedo xa lufuneka, okukhokelela ekuqondeni ngcono uluntu kunye nenkxaso kwabo banengxaki yempilo yengqondo.

J. IMPILO YEZIMALI

- Impilo yengqondo efanelekileyo inokukhokelela kwizigqibo ezingcono zemali kunye nokuzinza. Inciphisa umthwalo wezoqoqosho onxulumene neengxaki zempilo yengqondo, njengeendleko zonyango kunye nokulahlekelwa kwemveliso.

IINTSOMI EZIQHELEKILEYO ZEMPILO YENGQONDO KUNYE NEENYANI

Ukuqonda inyani ngempilo yengqondo kubalulekile ekususeni iingcamango ezingalunganga kunye nokukhuthaza impilo engcono yengqondo. Nazi ezinye iintsomi eziqhelekileyo zempilo yengqondo kunye neenyano ezihambelanayo:

A. UBUCHULE 1: IINGXAKI NGEMPILO YENGQONDO AYINDICHAPHAZELEKILE.

Inyaniso: Ingxaki yempilo yengqondo ixhaphakile yaye inokuchaphazela nabani na, kungakhathaliseki ubudala, isini, okanye imvelaphi. Malunga nomntu omdala omnye kwabahlanu uba nengxaki yempilo yengqondo nyaka ngamnye.

B. UBUCHULE 2: ABANTU ABANEENGXAKI ZEMPILO YENGQONDO BANOGONYAMELO KWAYE ABQIKELELEKI.

Inyaniso: Abantu abaninzi abanengxaki yengqondo abanakufane babe nogonyamelo kunaye nawuphi na omnye umntu. Enyanisweni, badla ngokuba ngamaxhoba ogonyamelo kunokuba babe ngabenzi bobubi.

C. UBUTHONGO 3: IINGXAKI NGEMPILO YENGQONDO ZILUPHAWU LOBUTHATHAKA.

Inyaniso: Ingxaki zempilo yengqondo azinanto yakwenza nokuba buthathaka okanye ukungabi namandla. Ziyimeko zonyango, njengesifo senhliziyo okanye isifo seswekile, kwaye kunokubangelwa yizinto ezahlukeneyo, kuquka i-genetics, i-biology, kunye namava obomi.

D. UBUCHULE 4: AWUKWAZI KUPHINDA KWIINGXAKI ZEMPILO YENGQONDO.

Inyani: Abantu abaninzi abaneengxaki zempilo yengqondo baphila ngokupheleleyo okanye banokulawula iimpawu zabo ngokufanelekileyo ngonyango olululo kunye nenkxaso. Ukuchacha yinkqubo, kwaye abantu abanemiba yempilo yengqondo banokuphila ubomi obanelisayo nobunemveliso.

E. UBUCHULE 5: UKUNYANGELA NOKUZINCELA KUYINKALI IXESHA. KUTHENI UZIKHATHAZEKILE XA USENOKUYITHATHA INDLELA NJE?

Inyaniso: Nangona iyeza linokubanceda abaninzi, unyango kunye neendlela zokuzinceda zizinto ezibalulekileyo kunyango. I-Psychotherapy, utshintsho lwendlela yokuphila, kunye nothungelwano lwenkxaso lunokuphucula kakhulu iziphumo zempilo yengqondo.

F. UBUCHULE BESI-6: ABANTWANA ABANAMI NGEMPILO YENGQONDO.

Inyaniso: Abantwana banokuba neengxaki zempilo yengqondo, ezinokufunyaniswa zize zinyangwe. Ungenelelo kwangethuba lubalulekile ekuncedeni abantwana balawule impilo yabo yengqondo kwaye baphumelele ebomini.

G. UBUCHULE 7: ABANTU ABANEMPILO YENGQONDO ABAKWAZI UKUJONGANA NOXINEZELEKO OKANYE UKUBA YIHLELI IMISEBENZI.

Inyani: Abantu abaninzi abaneengxaki zempilo yengqondo bangakwazi kwaye babambe imisebenzi kwaye balawule uxinzelelo ngokufanelekileyo, ngakumbi ngonyango olululo kunye nenkxaso. Iimeko zempilo yengqondo azithinteli ukuba umntu abe ngumsebenzi onemveliso noxabisekileyo.

H. UBUTHONGO 8: IINGXAKI ZEMPILO YENGQONDO ZIBANGELWA BUBUTHAKATHO BOBUNTU OKANYE IZIFO ZOMNTU.

Inyaniso: Iingxaki zempilo yengqondo zintsonkothile yaye zinokubangelwa yimizila yemfuza, yebhayoloji, eyendalo, neyengqondo. Azibangelwa bubuthathaka bomntu okanye iziphako zobuntu.

I. UBUCHULE 9: UKUFUNA UNCEDO LUPHAWU LOKUBA NAMANDLA KUNYE NOKUZAZI. KUFUNA ISIBINDI UKUQONDA UKUBA UFUNA INKXASO KWAYE UTHATHE AMANYATHELO OKUPHUCULA IMPILU YAKHO YENGQONDO.

Inyaniso: Ukufuna uncedo luphawu lokuba namandla kunye nokuzazi. Kufuna isibindi ukuqonda ukuba ufuna inkxaso kwaye uthathe amanyathelo okuphucula impilo yakho yengqondo.

J. INGQONGO YE-10: IINGXAKI NGEMPILO YENGQONDO ZIQHELEKILEYO.

Inyaniso: Iingxaki zempilo yengqondo zixhaphake ngaphezu kokuba abantu abaninzi becinga. Zixhaphazela izigidi zabantu kwihlabathi liphela, zinqumla kuzo zonke iindawo kunye neenkubeko.

IIMPAWU ZOKUXHALABA

Ukuxhalaba kunokubonakala ngeendlela ezahlukehlayo, yaye iimpawu zalo zinokwahluka kumntu nomntu.

A. IIMPAWU ZOMZIMBA:

- Ukubetha kwentliziyo eKhawulezayo: Ukuziva ngathi intliziyo yakho ibetha ngamandla okanye ibetha ngamandla.
- Ukuphefumla okufutshane: Ubunzima bokuphefumla okanye ukuziva ngathi awufumani moya waneleyo.
- Izihlunu ezixineneyo: Ukuqina kwemisipha, ukuqina, okanye ukuqinqamba kwemisipha.
- Ukubila: Ukubila kakhulu, nokuba akushushu.
- Ukungangcazela okanye Ukungangcazela: Izandla, imilenze, okanye amanye amalungu omzimba angangcazelayo okanye angangcazele.
- Ukuqinwa: Ukuziva udiniwe okanye udiniwe, nasemva kokuphumla ngokwaneleyo.
- Isisu esibuhlungu: Isicaphucaphu, isisu esibuhlungu, okanye imiba yokwetyisa.
- Intloko ebuhlungu: Intloko ezibuhlungu okanye iintloko ezibuhlungu.

- Ukuba nesiyezi okanye ukuqaqanjelwa yintloko: Ukuziva utyhafile okanye ungazinzanga.
- lingqele ezishushu okanye ukugodola: Ukuziva ngesiquphe ubushushu okanye ukubanda.

B. IIMPAWU EZINGQONDO:

- Ukukhathazeka Okugqithisileyo: Ukuzingisa nokuzixhalabisa ngokugqithiseleyo ngeenkalo ezahlukeneyo zobomi.
- lingcinga zomdyarho: Ubunzima bokulawula okanye ukucothisa iingcinga zomdyarho.
- Ubunzima bokugxila: Ingxaki yokugxila okanye ukugxila kwimisebenzi.
- Ukucinga Ngentlekele: Ukulindela ukuba kwenzekke okubi kakhulu, nangona kungekho bungqina obuxhasayo.
- lingxaki zeMemori: Ukulibala okanye ubunzima bokukhumbula izinto.
- Ukungabinangqondo Kwengqondo: Ukuziva uvaliwe ngokwasengqondweni okanye ukungakwazi ukucinga kakuhle.
- Ukucinga ngokugqithisileyo: Ukucinga ngeziganeko ezidlulileyo okanye ukuzikhathaza kakhulu ngekamva.
- Uloyiko kunye ne-Phobias: Uloyiko olunzulu okanye i-phobias ephazamisa ubomi bemihla ngemihla.

C. IIMPAWU ZOMVAKALELO:

- Iimvakalelo Zokuxhalaba okanye Ukungazinzi: Ukuziva usemaphethelweni okanye ugxininiswe rhoqo.
- Ukucaphuka: Ukucaphuka ngokulula okanye ukucaphuka.
- Uloyiko: Ukuziva usoyika okanye ukoyika ngaphandle kwesizathu esicacileyo.
- Uloyiko: Iimvakalelo zesiquphe zoloyiko olukhulu okanye ukuhlaselwa luloyiko.
- Uluvo Loloyiko: Ukuziva uvakalelo lwentshabalalo ezayo okanye ingozi.
- Ukuziva ucinezelekile: Ukuziva usonganyelwe yimisebenzi yemihla ngemihla okanye uxanduva.
- Ukuziva ungeyonyani: Ukuziva uzimelene nawe okanye kwindawo ekungqongileyo.
- Ubunzima bokuphumla: Ingxaki yokuphumla okanye ukuphumla, nakwindawo ezolileyo.
- Uvakalelo loMvakalelo: Ukuba nobuntununtunu kakhulu ekugxekweni okanye ukubonwa isigwebo kwabanye.
- Ukuziva utsiba okanye ukothuka ngokulula: Ukusabela ngamandla kwingxolo okanye iintshukumo zequbuliso.

D. IIMPAWU ZOKUZIPHATHA:

- Ukuziphapha: Ukuphapha iimeko okanye izinto ezibangela unxunguphalo.
- Ukuziphatha okunyanzelekileyo: Ukubandakanyeka ekuphindaphindweni kokuziphatha okanye amasiko ukunciphisa ixhala.
- Imikhwa yeNervous: Ukuluma izikhonkwane, ukungqungqa, okanye ukuhambahamba.

- Ukurhoxa eluntwini: Ukunqanda intsebenziswano yoluntu okanye ukuzahlula kwabanye.
- Ukungasebenzi kakuhle: Ubunzima bokwenza imisebenzi okanye uxanduva ngenxa yokuxhalaba.
- Ukulibaziseka: Ukubekela ecaleni imisebenzi okanye uxanduva ngenxa yexhala.
- Ukusetyenziswa Kwezinyobisi: Ukubhenela etywaleni, kwizinyobisi, okanye kwezinye izinto ukuze umelane nexhala.

Ukuba ufumana ezininzi zezi mpawu kwaye ziphazamisana nobomi bakho bemihla ngemihla, kubalulekile ukufuna uncedo kwingcali yezempilo yengqondo. Iziphazamiso zokuxhalaba ziyanyangeka, kwaye unyango olusebenzayo olunjengonyango, amayeza, kunye nokutshintsha indlela yokuphila kunokukunceda ukulawula iimpawu kunye nokuphucula umgangatho wobomi bakho.

UMAHLUKO PHAKATHI KOXINZELELO, UKUXHALABA KUNYE NOKUXHALABA

Ukuqonda umahluko phakathi kokuxhalaba okuqhelekileyo, ukuphazamiseka kokuxhalaba, kunye noxinzelelo kunokunceda ukwahlula phakathi kwamava aqhelekileyo kunye neenkxalabo ezinzulu zempilo yengqondo:

A. INKXAHLA EQHELEKILEYO:

- **Ukukhathazeka ngamanye amaxesha:** Ukuxhalaba okuqhelekileyo kubandakanya ukukhathazeka okanye ukwesaba ngamaxesha athile kwiimeko ezinxinzelekileyo okanye iziganeko zobomi.
- **Ukulawulwa:** Ihlala ithambile, ihlala ixesha elifutshane kwaye iyalawuleka, kwaye ayiphazamisi kakhulu ukusebenza kwemihla ngemihla.
- **Impendulo eguquguqukayo:** Ixhala linokuba yimpendulo eguqukayo esinceda ukuba silindele kwaye silungiselele imingeni okanye izoyikiso.
- **Imizekelo:** Ukuziva uxhalabile phambi kodliwano-ndlebe lomsebenzi, ukufumana amabhabhathane esiswini sakho ngaphambi kokuba unikeze intetho, okanye uzive unexhala malunga noviwo oluzayo.

B. IINGXAKI ZOKUPHATHA:

- **Uzingise kwaye Ubaxekile:** Iziphazamiso zokuxhalaba ziquka ukuzingisa nokuxhalaba ngokugqithiseleyo okanye uloyiko olungalinganiyo nemeko okanye oluqhubekayo nangona kungekho sisongelo sangoko.
- **Ukuphazamiseka kokuSebenza:** Iimpawu ziphazamisa kakhulu ukusebenza kwemihla ngemihla, ubudlelwane, kunye nomgangatho wobomi.
- **Ezingapheliyo:** Iimpawu zihlala zihlala ixesha elide, iinyanga ezingapheliyo, okanye iminyaka, kwaye zinokuguquguquka ngokuqatha.
- **Iindidi:** Iziphazamiso zokuxhalaba ziquka ingxaki yokukhathazeka ngokubanzi (GAD), ukuphazamiseka kokuphazamiseka, ukuphazamiseka kwentlalo yoluntu (i-social phobias), i-phobias ethile, kunye nezinye iimeko.
- **Unyango:** Iziphazamiso zokuxhalaba ziimeko zempilo yengqondo ezinokufunyaniswa zinokufuna unyango, olunjengonyango, amayeza, okanye indibaniselwano yazo zombini.

C. UXINZELELO:

- **Ukusabela kwiiMfuno:** Uxinzelelo yimpendulo yendalo kwiimfuno okanye iingcinezelo ezivela kwimithombo yangaphandle okanye yangaphakathi, njengomsebenzi, ubudlelwane, okanye iziganeko zobomi.
- **Ixesha elifutshane:** Ihlala ixesha elifutshane kunye nexeshana, kwaye inokuza kwaye ihambe ngokuphendula kuxinzelelo oluthile.
- **Iziphumo ezibi:** Nangona olunye uxinzelelo lunokukhuthaza okanye lunike amandla, uxinzelelo olungapheliyo okanye olugqithisileyo lunokuba nemiphumo emibi kwimpilo yomzimba kunye nengqondo.
- **Emzimbeni nangokweemvakalelo:** Uxinzelelo lunokubonakaliswa njengeempawu zomzimba (umzekelo, intloko ebuhlungu, ukuxinezeleka kwezihlunu) kunye neempawu zeemvakalelo (umz., ukucaphuka, usizi).
- **Amaqhingana okuNjala:** Izicwangciso zokuhlangabezana ezifana neendlela zokuphumla, ukuzivocavoca, inkxaso yentlalontle, kunye nokulawula ixesha kunokuncedisa ukulawula uxinzelelo.

D. UMAHLUKO ENGUNDOQO:

- **Ubungqongqo kunye nobude bexesha:** Uxinzelelo oluqhelekileyo luhlala luthambile kwaye luhlala ixesha elifutshane, ngelixa ukuphazamiseka kokuxhalaba kubandakanya ukuzingisa kunye nokukhathazeka okugqithisileyo okuphazamisa kakhulu ukusebenza. Uxinezeleko lunokuba lokwexeshana okanye olungapheliyo, kuxhomekeka kwimeko.
- **Uxilongo:** Iziphazamiso zokuxhalaba ziimeko zempilo yengqondo ezinokufunyaniswa ezinokufuna ukuxilongwa nonyango lobuchwephesha. Ukuxhalaba okuqhelekileyo kunye noxinzelelo ngamava aqhelekileyo abantu angabonakalisi ukuphazamiseka kwempilo yengqondo.
- **Ukuchaphazeleka kokuSebenza:** Ngelixa ukuxhalaba okuqhelekileyo kunye noxinzelelo kunokubangela ukungonwabi okwethutyana, azihlali ziphazamisa ukusebenza kwemihla ngemihla ukuya kwinqanaba elifanayo nokuphazamiseka kokuxhalaba.

Kuqhelekile ukuba nexhala ngamaxesha athile kunye noxinzelelo, kodwa ukuba iimpawu ziyaqhubeka, zigqithise, okanye ziphazamisana kakhulu nobomi bemihla ngemihla, inokuba luphawu lokuphazamiseka kokuxhalaba okanye enye imeko yempilo yengqondo. Ukufuna uncedo kwingcali yezempilo yengqondo kunokubonelela ngenkxaso, isikhokelo, kunye neendlela zonyango zokulawula iimpawu kunye nokuphucula impilo yonke.

IIMPAWU ZOXINZELELO

Ukudakumba kunokuzibonakalisa ngeendlela ezahlukahlukeneyo, yaye iimpawu zaku zinokwahluka kumntu nomntu. Nazi ezinye iimpawu eziqhelekileyo kunye neempawu zokudakumba:

A. IIMPAWU ZOMVAKALELO:

- Usizi oluzingisileyo: Ukuziva udakumbile ngokuzingisileyo, ungento yanto, okanye ungenathemba, naxa kungekho sizathu sicacileyo.

- Ukuphulukana Nomdla: Ukuphulukana nomdla okanye uyolo kwizinto ebezikade ziyonwabisa, kuquka ukuzonwabisa, ukuzonwabisa, okanye ukwabelana ngesondo.
- Ukutshintsha kweMood: Uhlala uguquguquka rhoqo, ukucaphuka, okanye uvakalelo lweemvakalelo.
- Ukuziva Unetyala okanye Ukungaxabiseki: Ukuziva unetyala, ungento yanto, okanye ukuzigxeka ngokugqithiseleyo, ngokufuthi ngaphandle kwezizathu ezibambekayo.
- Ukungabi Nathemba: Ukuziva ungenathemba ngekamva okanye ukukholelwa ukuba izinto azisayi kuze zibe ngcono.
- Ukungabi nto yanto: Ukuziva ndindisholo ngokweemvakalelo okanye ungento yanto, ngokungathi akukho nto izisa uvuyo okanye inzaliseko.

B. IIMPAWU EZINGQONDO:

- Ubunzima bokugxila: Ukuba nengxaki yokugxila, ukwenza izigqibo, okanye ukukhumbula izinto.
- Ukucinga okungalunganga: Ukuzibandakanya kwiipatheni zokucinga ezingalunganga okanye ezingathandekiyo, ukubona umhlaba nge-lens engalunganga.
- Iingcinga zokuzigxeka: Ukuzibandakanya kwiingcamango zokuzigxeka okanye ukuzigxeka ngenxa yeentsilelo ezibonwayo.
- Iingcinga zokufa okanye zokuzibulala: Ukuba neengcinga zokufa, ukufa, okanye ukuzibulala, okanye ukwenza izicwangciso zokuzibulala.

C. IIMPAWU ZOMZIMBA:

- Ukudinwa: Ukuziva udiniwe, udiniwe, okanye uswele amandla, nasemva kokuphumla ngokwaneleyo.
- Ukuphazamiseka kokulala: Ukufumana utshintsho kwiipatheni zokulala, ezifana nokulala (ubunzima bokuwa okanye ukuhlala ulele) okanye i-hypersomnia (ukulala ngokugqithiseleyo).
- Utshintsho lokutya: Ukufumana utshintsho kwisidlo okanye ubunzima, njengokunciphisa ubunzima okanye ukufumana.
- Iintlungu kunye neentlungu: Ukufumana iimpawu zomzimba ezingachazwanga ezifana nentloko, isisu esibuhlungu, okanye intlungu yemisipha.
- Iingxaki zokwetyisa: Ukufumana imiba yokwetyisa efana nescaphucaphu, ukuqhina, okanye urhudo.

D. IIMPAWU ZOKUZIPHATHA:

- Ukurhoxa ekuhlaleni: Ukurhoxa kwizinto zokuzonwabisa, ukuzahlula kubahlobo, kusapho, okanye kwiimbutho zokuzonwabisa.
- Ukuphepha: Ukuphepha uxanduva, imisebenzi, okanye imisebenzi eziva inzima okanye iluxanduva.
- Ukusetyenziswa kweZiyobisi: Ukuguqukelwa kutywala, iziyobisi, okanye ezinye izinto ukumelana neempawu zokudakumba.

- Ukuzilimaza: Ukuzibandakanya kwizinto ezizenzakalisayo ezinje ngokuzisika okanye ukuzitshisa ukuze umelane neentlungu zomphefumlo.

E. EZINYE IIMPAWU:

- Iimpawu zomzimba Ngaphandle kweNkcazo yezoNyango: Ukuba neempawu zomzimba (umzekelo, intloko ebuhlungu, isisu esibuhlungu) ezingenayo ingcaciso ecacileyo yezonyango.
- Iingcinga eziphindaphindiweyo zokufa: Ukuba neengcinga eziphindaphindiweyo zokufa, ukufa, okanye ukuzibulala, nokuba awunalo icebo okanye injongo yokuzenzakalisa.
- Ukuphulukana Nomdla Kucoceko Lobuqu: Ukungalukhathaleli ucoceko lobuqu okanye inkangeleko, njengokungahlambi, ukuzilungisa, okanye ukutshintsha iimpahla rhoqo.

Ukuba ufumana ezininzi zezi mpawu kwaye ziphazamisana nobomi bakho bemihla ngemihla, kubalulekile ukufuna uncedo kwingcali yezempilo yengqondo.

Ukudakumba yimeko enyangekayo, kwaye unyango olusebenzayo olufana nonyango, amayeza, kunye nokutshintsha indlela yokuphila kunokukunceda ukulawula iimpawu kunye nokuphucula umgangatho wobomi bakho.

Ungalibazisi ukufuna uncedo ukuba unengxaki yokudakumba-luphawu lokomelela, kwaye kukho izibonelelo kunye nenkxaso ekhoyo ukukunceda kuhambo lwakho lokuchacha.

UKUQAPHELA IIMPAWU ZOXINZELELO, UKUXHALABA KUNYE NOKUDANDATHEKA

Ukuqaphela iimpawu zoxinzelelo, ukuxhalaba, kunye nokudakumba kubalulekile kungenelelo kwangethuba kunye nolawulo olusebenzayo lwemingeni yempilo yengqondo. Nalu uluhlu lweempawu eziqhelekileyo ezinxulumene nemeko nganye:

IIMPAWU ZOXINEZELEKO:

1. IIMPAWU ZOMZIMBA:

- a. Intloko ebuhlungu
- b. Uxinzelelo lwemisipha okanye intlungu
- c. Ukudinwa okanye amandla aphantsi
- d. Ukuphazamiseka kwesisu okanye imiba yokwetyisa.
- e. Utshintsho kumdlala wokutya okanye ubunzima

2. IIMPAWU ZOMVAKALELO:

- a. Ukucaphuka okanye umsindo
- b. Ukuziva ukongamela
- c. Ukuhamba kweemvakalelo
- d. Ukungazinzi
- e. Ubunzima bokuphumla

3. IIMPAWU EZINGQONDO:

- a. Iingcinga zokubaleka
- b. Ubunzima bokugxila

- c. Ukulibala
- d. Ukuhlala unexhala
- e. Iindlela zokucinga ezingalunganga

4. IIMPAWU ZOKUZIPHATHA:

- a. Ukusetyenziswa kakhulu kotywala, icuba, okanye iziyobisi
- b. Utshintsho kwindlela yokulala (ukuphuthelwa okanye ukulala kakhulu)
- c. Ukurhoxa kwimisebenzi yoluntu
- d. Ukubekel' amangomso okanye ukutyeshela uxanduva
- e. Imikhwa yemithambo-luvo (ukulunywa iinzipho, ukuhambahamba)

IIMPAWU ZOKUXHALAZA:

1. Iimpawu zomzimba:

- a. Ukubetha kwentliziyo ngokukhawuleza okanye ukubetha kwentliziyo
- b. Ukuphefumula okufutshane okanye ukunyuka kwe-hyperventilation
- c. Ukubila
- d. Ukungcangcazela okanye ukungcangcazela
- e. Isiyenzi okanye ukukhanya-intloko

2. Iimpawu zovakalelo:

- a. Ukukhathazeka okanye uloyiko olugqithisileyo
- b. Iimvakalelo zokoyika okanye uloyiko
- c. Ubunzima bokulawula ixhala.
- d. Ukungazinzi okanye ukuziva uphantsi.
- e. Ukucaphuka

3. Iimpawu zengqondo:

- a. Iingcinga zokubaleka
- b. Ubunzima bokugxila
- c. Ukucinga ngentlekele (ucinga ngeyona nto imbi)
- d. Iingcamango eziphazamisayo
- e. Uloyiko lokuphulukana nokulawula okanye ukuphambana

4. Iimpawu zokuziphatha:

- a. Ukuphepha izinto ezinokubangela okanye iimeko ezibangela ukuxhalaba.
- b. Ukufuna ukuqinisekiswa kwabanye
- c. Ukuziphatha ngokwesithethe (izinyanzelo)
- d. Ubunzima bokulala
- e. Ukwanda kokuphazamiseka okanye ukungazinzi

IIMPAWU ZOZINZEKO:

1. Iimpawu zoMvakalelo:

- a. Usizi oluzingisileyo okanye ukuziva ungento yanto
- b. Ukuphulukana nomdla okanye uyolo kwizinto ebezikhe zabonwa ngaphambili.
- c. Ukuziva uphelelwe lithemba okanye ukuphelelwa lithemba
- d. Iinyembezi okanye ukukhala.
- e. Ukucaphuka okanye ukuphazamiseka, nakwizinto ezincinci

2. Iimpawu zomzimba:

- a. Ukudinwa okanye ukuphelelwa ngamandla

- b. Utshintsho kumdlala wokutya okanye ubunzima (ukwehla kobunzima obubalulekileyo okanye inzuzo)
- c. Ukungalali okanye ukulala kakhulu
- d. Ukungazinzi okanye ukuphazamiseka
- e. Intshukumo ecothayo okanye intetho.

3. Iimpawu zengqondo:

- a. Ubunzima bokugxila, ukwenza izigqibo, okanye ukukhumbula iinkcukacha.
- b. Iingcinga ezimbi okanye ukuzithetha
- c. Iingcamango zokungabi naxabiso okanye ukuziva unetyala
- d. Iingcinga zokufa okanye ukuzibulala

4. Iimpawu zokuziphatha:

- a. Ukurhoxa ekuhlaleni okanye ukuzihlukanisa
- b. Ukulahlekelwa ngumdlala kucocoeko lomntu okanye inkangeleko
- c. Ukuncipha kwenkuthazo okanye imveliso.
- d. Ukusetyenziswa kakubi kwezinyobisi (utywala okanye izinyobisi)
- e. Ukuziphatha okuzenzakalisa

UKUBALULEKA KOKUFUNA UNCEDO:

Ukuqaphela ezi zibonakaliso linyathelo lokuqala, kodwa kubalulekile ukufuna uncedo lwengcali ukuba iimpawu zizaqhubeka okanye ziphazamisa ukusebenza kwemihla ngemihla. Iingcali zempilo yengqondo zinokubonelela ngenkxaso, isikhokelo, kunye nonyango olufanelekileyo lokulawula uxinzelelo, ukuxhalaba, okanye ukudakumba ngokufanelekileyo.

UKUZIVAVANYA IMPILO YENGGONDO

Olu vavanyo luzenzele lona lunokusebenza njengesixhobo esiluncedo kumntu ngamnye ukujonga impilo-ntle yabo yengqondo kunye nokuchonga iindawo apho kunokufuneka benze utshintsho okanye bafune inkxaso. Nalu uluhlu lwemibuzo egubungela uluhlu lweendawo ezifana nokuba sempilweni ngokweemvakalelo, uxinzelelo, ixhala, ukudakumba, ukulala, inkxaso yentlalontle, kunye nolwaneliseko lobomi buphela.

IMPILO YOMVA					
1. Kukangaphi uziva wonwabile kwaye wanelisekile kwezi veki zimbini zidlulileyo?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
2. Kukangaphi uziva uzolile kwaye ukhululekile kwezi veki zimbini zidlulileyo?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
3. Kukangaphi uziva uzithembile kuwe nakwizakhono zakho mva nje?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
UXINEZELEKO NENXAXA					
4. Kukangaphi uye waziva usonganyelwa luxanduva lwakho kwinyanga ephelileyo?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
5. Kukangaphi apho ukhe waziva unexhala okanye ixhala kwinyanga ephelileyo?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
6. Kukangaphi unengxaki yokuphumla ngenxa yoxinzelelo okanye ixhala mva nje?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
UXINEZELEKO					
7. Kukangaphi uye waziva uphantsi, udandathekile, okanye uphelelwe lithemba kwinyanga ephelileyo?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
8. Kukangaphi ulahlekelwe ngumdlala okanye uyolo kwizinto oqhele ukuzonwabela kwinyanga ephelileyo?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
9. Kukangaphi uziva ungento yanto okanye unetyala eligqithisileyo mvanje?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
LALA					

10. Kukangaphi unengxaki yokuwa okanye ukuhlala ulele kwinyanga ephelileyo?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
11. Kukangaphi uziva udiniwe okanye uphelelwa ngamandla kwinyanga ephelileyo?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
INKXASO YOLUNTU					
12. Kukangaphi uye waziva uxhaswe ngabahlobo okanye lusapho kwinyanga ephelileyo?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
13. Kukangaphi uziva ulilolo okanye ulilolo kwinyanga ephelileyo?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
UKWANIKELA KUBOMI BONKE					
14. Waneliseke kangakanani bubomi bakho bubonke ngoku?	Ndanelis eke kakhulu (4)	Ndaneli sekile (3)	Phakathi (2)	Andaneli sekanga (1)	Andanelise kanga kakhulu (0)
15. Kukangaphi uziva unenjongo okanye injongo ebomini bakho?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
16. Kukangaphi uziva unethemba ngekamva?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
UKUMELANA NOKUBUYEKEZA					
17. Uvakalelwa njani ukuba unokujamelana neengxaki zobomi ngoku?	Kuhle kakhulu (4)	Kulungile (3)	Phakathi (2)	Kambi (1)	Imbi kakhulu (0)
18. Kukangaphi ukwazile ukuphindela emva kwemeko enzima kwinyanga ephelileyo?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
UKUCINGA NOKUPHUMULA					
19. Kukangaphi ukwazile ukuphumla nokuphumla kwinyanga ephelileyo?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)
20. Uziphonononge kangaphi ukuqaphela okanye ukucamngca kwinyanga ephelileyo?	Ngalo lonke ixesha (4)	Rhoqo (3)	Ngamanye amaxesha (2)	Rhoqo (1)	Ungaze (0)

AMANQAKU NOKUTOLIKA

Amanqaku: Nika amanqaku kwimpendulo nganye . Ngalo lonke ixesha = 4, Rhoqo = 3, Ngamanye amaxesha = 2, Kunqabile = 1, Zange = 0.

Ingcaciso : Amanqaku aphezulu abonisa ukuba ngcono ngokwasengqondweni. Amanqaku aphantsi kwiindawo ezithile angagxininisa iinkalo apho kufuneka ingqalelo kunye nokuphucula.

UKULANDELISA

- Cinga ngeziphumo: Abantu kufuneka bacamngce ngeempendulo zabo ukuze baqonde ngcono impilo yabo yengqondo.
- Funa Uncedo lobuNgcali: Ukuba amanqaku aphantsi axhaphakile, ngakumbi kwiindawo ezifana nokudakumba kunye nokuxhalaba, kuyacetyiswa ukuba ufune uncendo kwingcali yezempilo yengqondo.

Isondlo kunye nempilo yengqondo : Uqhagamshelwano phakathi kokutya kunye nempilo yengqondo

Ikhonkco phakathi kwesondlo kunye nempilo yengqondo ibalulekile, njengoko esikutyayo kunempembelelo ngokuthe ngqo ekusebenzeni kwengqondo kunye nempilo yengqondo. Nantsi eminye imiba ephambili kobu budlelwane:

1. Impembelelo YEZONDLO KWICHEMISTRY YOBONGO:

- a. I-Neurotransmitter Production: Izondlo ezithile, ezifana ne-amino acids, iivithamini, kunye neeminerali, zi-precursors ze-neurotransmitters ezifana ne-serotonin, i-dopamine, kunye ne-norepinephrine, elawula isimo sengqondo, impendulo yoxinzelelo, kunye nokuqonda.
- b. Ubume bobuchopho kunye nomsebenzi: Ii-asidi ezinamafutha abalulekileyo (i-omega-3 kunye ne-omega-6), ezifumaneka kukutya okufana nentlanzi, amandongomane, kunye nembewu, zibalulekile kuphuhliso lobuchopho, ukugcinwa, kunye nomqondiso.

2. IMPEMBELELO KWIMOYA NEMPILO YOBUCHOPHO:

- a. Ukuveliswa kwe-Serotonin: I-Carbohydrates, ngakumbi ezo zine-index ye-glycemic ephantsi, inokunyusa amanqanaba e-serotonin, igalelo kwiimvakalelo zokuzola kunye nokuphila kakuhle.
- b. I-Micronutrients kunye neMood: Ukunqongophala kwi-micronutrients efana ne-folate, i-vitamin B12, kunye ne-magnesium zidibaniswe nokuphazamiseka kwemizwelo efana nokudakumba kunye nokuxhalaba.

3. UQHAGAMSHELWANO LWETHUMBA-UBONGO:

- a. Impilo yeMicrobiome: I-gut microbiome idlala indima ebalulekileyo kwimpilo yengqondo, iphembelela imveliso ye-neurotransmitter, ukusebenza komzimba kunye nokudumba. Ukutya okunokulinganisela okutyebileyo kwifayibha, ii-prebiotics, kunye ne-probiotics zixhasa i-microbiome yamathumbu esempilweni.

- b. I-Gut-Brain Axis: Unxibelelwano lwe-bidirectional phakathi kwamathumbu kunye nengqondo luchaphazela isimo sengqondo, impendulo yoxinzelelo, kunye nokusebenza kwengqondo. Impilo enkenekene yamathumbu inokuba negalelo kwimiba yempilo yengqondo njengokudakumba kunye noxinzelelo.

4. UKUFUZA KUNYE NOXINZELELO LWE-OXIDATIVE:

- a. Indima yeAntioxidants: Ukutya okutyebileyo kwe-Antioxidant, njengeziqhamo, imifuno, kunye namantongomane, kunceda ukunciphisa uxinzelelo lwe-oxidative kunye nokuvuvukala kwingqondo, ehambelana nokuphazamiseka kwemizwelo kunye nokuncipha kwengqondo.
- b. Ukutya okune-Pro-inflammatory: Ukutya okuphezulu kokutya okucutshungulwayo, ishukela ecocekileyo, kunye namafutha angenampilo kunokukhuthaza ukuvuvukala, okuchaphazela kakubi impilo yengqondo kunye nokwandisa umngcipheko wokuphazamiseka kwemizwelo.

5. INDLELA YOKUPHILA:

- a. Ulungelelwano lwamandla: Ukugcina ukutya okunokulinganisela kunye nobunzima obunempilo kuxhasa impilo yonke yomzimba kunye nengqondo.
- b. I-Hydration: Ukuphelelwa ngamanzi emzimbeni kunokuphazamisa umsebenzi wokuqonda kunye nokulawulwa kwemizwelo. Ukuhlala u-hydrated kubalulekile kwimpilo yobuchopho.
- c. Ixesha lokutya: Ukutya okuqhelekileyo kunye nokutya okulula kunceda ukuzinzisa amanqanaba eswekile yegazi kunye nokuthintela ukuguquka kwemizwelo kunye nokudinwa.

Ukutya okunezondlo kubalulekile ekugcineni impilo yengqondo kunye nokuba sempilweni. Ngokutya ukutya okunokulinganisela okutyebileyo kukutya okupheleleyo, amafutha asempilweni, iiproteni ezibhityileyo, kunye neentlobo ngeentlobo zeziqhamo kunye nemifuno, abantu banokuxhasa ukusebenza kwengqondo, ukulawulwa kwemizwelo, kunye nempilo yonke yengqondo.

Ukongeza, ukutya okunempilo kunye nokukhetha indlela yokuphila kunokuncedisana nolunye ungenelelo lwempilo yengqondo kwaye kube negalelo kwindlela ebanzi yokhathalelo lwempilo yengqondo.

UKUTYA OKWANDISA IMPILO YENGGQONDO

Ukutya okuninzi kunezondlo ezixhasa impilo yengqondo kwaye kunokunceda ukomeleza impilo yengqondo. Nantsi eminye imizekelo:

1. INHLANZI EYAMAFUTSHANE:

- a. Zityebile kwi-omega-3 fatty acids, ngakumbi i-EPA kunye ne-DHA, eziyimfuneko ekusebenzeni kwengqondo kunye nokulawulwa kwemizwelo.
- b. Imizekelo: isalmon, itROUT, sardines, mackerel, herring.

2. IAMANDONGO NEMBEWU:

- a. Imithombo emihle yamafutha anempilo, iivithamini, iiminerali, kunye ne-antioxidants ezixhasa impilo yengqondo kunye nokunciphisa ukuvuvukala.
- b. Imizekelo: iWalnuts, iialmonds, imbewu ye-chia, iflaxseeds, imbewu yethanga.

3. Amaqunube:

- a. Ipakishwe ngama-antioxidants, iivithamini, kunye ne-flavonoids eziye zadityaniswa nokuphuculwa komsebenzi wokuqonda kunye nokunciphisa umngcipheko wokuncipha kwengqondo okunxulumene neminyaka.
- b. Imizekelo: Amaqunube, amaqunube, amaqunube, amaqunube.

4. IZIHLAZA EZAMAQHABI EMNYAMA:

- a. Zityebile kwiivithamini, iiminerali, kunye ne-antioxidants ezixhasa impilo yengqondo kunye nokunciphisa ukuvuvukala.
- b. Imizekelo: Isipinatshi, ikale, iSwiss chard, icollard greens.

5. AMAZIMBA:

- a. Ukubonelela ngonikezelo lwamandla oluzinzileyo engqondweni kwaye luqulathe ifayibha, iivithamini, kunye neeminerali ezibalulekileyo ekusebenzeni kwengqondo.
- b. Imizekelo: I-oats, iquinoa, irayisi emdaka, ibhali, ingqolowa.

6. IIMBOTHO KUNYE NEEDUMBA:

- a. Imithombo elungileyo yeeprotheyini, iicarbohydrates ezintsonkothileyo, ifayibha, iivithamin, kunye neeminerali ezixhasa impilo yengqondo kunye nokuzinzisa amanqanaba eswekile yegazi.
- b. Imizekelo: Iimbotyi ezimnyama, iilentile, ii-ertyisi, iimbotyi zezintso.

7. I-AVOCADOS:

- a. Utyebile kumafutha anempilo, kubandakanywa namafutha e-monounsaturated kunye ne-omega-3 fatty acids, exhasa impilo yengqondo kunye nokuphucula isimo sengqondo.
- b. Kwakhona ziqulethe iivithamini, iiminerali, kunye ne-antioxidants.

8. AMAQANDA:

- a. Imithombo egqwesileyo ye-choline, isondlo esibalulekileyo kwimpilo yengqondo kunye nomsebenzi we-neurotransmitter.
- b. Kananjalo ziqulethe iiprotheyini ezikumgangatho ophezulu kunye neevithamini eziyimfuneko kunye neeminerali.

9. IYOGUTHI KUNYE NEKUTYA OKUGQIWEYO:

- a. Ukubonelela ngeprobiotics ezixhasa impilo yamathumbu kunye ne-gut-brain axis, echaphazela isimo sengqondo kunye nokusebenza kwengqondo.
- b. Imizekelo: I-yogurt yesiGrike, i-kefir, i-sauerkraut, i-kimchi.

10. IKHOLETHI EMNYAMA:

- a. Iqulethe i-flavonoids kunye ne-antioxidants ephucula ukuhamba kwegazi ukuya kwengqondo kwaye inokuphucula ukusebenza kwengqondo kunye nomoya.
- b. Khetha itshokolethi emnyama enomxholo ophezulu wecocoa (70% okanye ngaphezulu) kunye neswekile encinci eyongeziweyo.

11. I-TURMERIC:

- a. Iqulethe i-curcumin, i-compound ene-anti-inflammatory kunye ne-antioxidant enokuthi ixhase impilo yengqondo kunye nokuphucula isimo sengqondo.
- b. Ihlala isetyenziswa kwizitya zekhari kunye nanjengesiqhelo kwizinto ezahlukeneyo zokutya.

12. ITI ELUHLAZA:

- a. Iqulethe i-L-theanine, i-amino acid ekhuthaza ukuphumla kunye nokunciphisa uxinzelelo kunye nokukhathazeka.
- b. Kwakhona iqulethe i-antioxidants exhasa impilo yengqondo.

Ukubandakanya oku kutya kukutya kwakho kunokunceda ukuxhasa ukusebenza kwengqondo, ukulawulwa kweemvakalelo, kunye nempilo yengqondo iyonke. Khumbula ukubeka phambili ukutya okunesondlo okutyebileyo kukutya okupheleleyo kwimpilo yengqondo kunye nomzimba.

UKUTYA OKUFUNEKA SIKUPHEPHE XA UNESTRESS

Ngelixa ukutya okunesondlo kubalulekile kwimpilo yengqondo kunye nomzimba, ukutya okuthile kunokuba neziphumo ezibi kwimo yeemvakalelo, amanqanaba amandla, kunye nempilo xa kutyiwe ngokugqithisileyo. Nalu uluhlu lokutya omele ukumodareyitha okanye ukuphephe:

1. UKUTYA OKUSEBENZA KAKHULU:

- a. I-snacks epakishwe
- b. Iisiriyeli ezineswekile
- c. Ukutya okukhawulezayo
- d. Inyama egayiweyo (umz., iihot dogs, ideli meats)
- e. Ukutya okulula (umzekelo, iidinala ezikhenkcezisiweyo)

2. IIKHARBOHIDARETHI EZIQINISEKIYO:

- a. Isonka esimhlophe
- b. Irayisi emhlophe
- c. Iipastries kunye nezinto ezibhakiweyo
- d. Iziselo ezineswekile (isoda, iziselo zamandla, iziselo eziswiti)

3. UKUTYA OKUPHAKAMILEYO KWISWEKILE EYONGEZELELWEYO:

- a. Iilekese
- b. Ilikuki
- c. Ikeyiki
- d. I-ice cream.
- e. Iyogathi eswiti

4. AMAFUTHA E-TRANS KUNYE NE-OYD EQINISEKIWEYO:

- a. Imajarini
- b. Ukunciphisa
- c. Ukutya kwesnack okucutshungulweyo (umzekelo, iipopcorn zemicrowave)
- d. Ukutya okuthosiweyo (amaFries aseFransi, inkukhu eqhotsiweyo)

5. UTYWALA ABANGAPHEZULU:

- a. Ukusetyenziswa kotywala rhoqo kunye nobunzima kunokuchaphazela kakubi isimo sengqondo, umgangatho wokulala, kunye nempilo yengqondo ngokubanzi.
- b. Ukumodareyitha ngundoqo, kwaye kubalulekile ukubukhumbula ukusela utywala.

6. I-CAFFEINE:

- a. Ngelixa ukuthathwa kwe-caffeine ephakathi kunokuba nefuthe lokuqonda kunye nokuphucula isimo sengqondo, ukusetyenziswa ngokugqithiseleyo kunokukhokelela ekuxhalabeni, ukuxhamla, kunye nokuphazamiseka kokulala.
- b. Beka iliso ekuthathweni kwekofu, iti, iziselo zamandla, kunye neziselo ezinecaffeine.

7. UKUTYA OKUPHEZULU-SODIUM:

- a. Ukutya okucutshungulweyo (isuphu enkonkxiweyo, iitshiphusi, ii-crackers)
- b. Ukutya okukhawulezayo
- c. I-snacks epakishwe
- d. Iziquholo (iketchup, isosi yesoya, izinxibo zesaladi)

8. I-SWEETENERS EZENZIWAYO:

- a. Ezinye ii-sweeteners ezenziweyo zinokuphazamisa i-gut microbiota kwaye zibe nemiphumo emibi kwimo kunye nemetabolism.
- b. Ukunciphisa ukutya kunye neziselo eziqulethe izimuncumuncu ezenziweyo.

9. ITYUWA EGQITHISILEYO:

- a. Ukutya okuphezulu kwe-sodium kunokufaka isandla kwi-hypertension kwaye kuchaphazela kakubi impilo yentliziyo.
- b. Nciphisa ukutya okutyiwayo okunetyuwa, ukutya okugayiweyo, kunye nezidlo zokutyela.

10. IZIXHOBO KUNYE NOBUVAMVU:

- a. Abantu abane-allergies ethile yokutya okanye ukunganyamezeli ukutya okubangela ukusabela okwaliwayo okanye imiba yokwetyisa.
- b. Izilwanyana eziqhelekileyo zibandakanya amantongomane, amandongomane omthi, ubisi, ingqolowa, i-soy kunye ne-shellfish.

11. UKUTYA OKUPHEZULU KWEGLYCAEMIC:

- a. Ukutya okubangela i-spikes ngokukhawuleza kumanqanaba eswekile yegazi kunokukhokelela ekuphazamisekeni kwamandla kunye nokuguquka kwemizwelo.
- b. Khetha ukutya okuziinkozo kunye neecarbohydrates ezintsonkothileyo kunokutya okucolisisiweyo kunye neswekile.

12. UKUTYA OKUNEZILUNGISO EZINGENZI:

- a. Imibala eyenziweyo, iiNcasa, kunye nezithinteli ezifunyenwe kukutya okucutshungulweyo zinokuba neziphumo ezibi kwimpilo nakwindlela yokuziphatha kwabanye abantu.
- b. Khetha ukutya okucutshungulwayo kancinane kwaye ufunde iilebhile ukunqanda izongezo ezingeyomfuneko.

Ngelixa kubalulekile ukuba uqaphele ukutya ukumodareyitha okanye ukunqanda, kukwabalulekile ukugxila kwiipateni zokutya ngokubanzi kwaye ubeke phambili ukutya okunezondlo ezixhasa impilo yengqondo kunye nomzimba. Ukumodareyitha, ukulinganisela, kunye nokwahluka yimigaqo ephambili yokugcina ukutya okunempilo kunye nokukhuthaza impilo yengqondo efanelekileyo.

Iinzuzo zokuzilolonga kwimpilo yengqondo

Umsebenzi womzimba ubonelela ngeenzuzo ezininzi zempilo yengqondo, ukukhuthaza impilo-ntle ngokubanzi kunye nokunciphisa umngcipheko weemeko zempilo yengqondo. Umsebenzi womzimba sisixhobo esinamandla sokukhuthaza impilo yengqondo kunye nokuphila kakuhle, ukubonelela ngoluhlu lweenzuzo eziya ngaphaya kokufaneleka komzimba. Ukubandakanya umthambo rhoqo kwindlela yomntu oqhelekileyo unokuba nemiphumo emihle kakhulu kwimo, kumanqanaba oxinzelelo, ukusebenza kwengqondo, ukuzithemba, kunye nomgangatho wobomi ngokubanzi.

1. UKWENZA IMOD:

- Umsebenzi womzimba uvuselela ukukhululwa kwee-endorphins, ii-neurotransmitters ezikhuthaza iimvakalelo zolonwabo kunye ne-euphoria.
- Ukuzivocavoca rhoqo kunokunceda ukunciphisa iimpawu zokudakumba kunye nokuxhalaba ngokuphucula isimo sengqondo kunye nokunciphisa uxinzelelo.

2. UKUNCIPHISWA KOXINEZELEKO:

- Ukuzivocavoca kunciphisa amanqanaba eehomoni zoxinzelelo, njenge-cortisol kunye ne-adrenaline, ngelixa kukhuthaza ukuveliswa kwee-endorphin kunye nezinye iikhemikhali eziphucula isimo sengqondo.
- Ukuzivocavoca umzimba kunokunika indawo ephilileyo yoxinzelelo kunye noxinzelelo, ukunceda ukususa ingqondo kunye nokukhuthaza ukuphumla.

3. UKULALA OKUPHUCILEYO:

- Ukuzivocavoca rhoqo kubonakaliswe ukuphucula umgangatho wokulala kunye nobude, ukunciphisa iziganeko zokungalali kunye nokuphazamiseka kokulala.
- Umsebenzi womzimba unceda ukulawula izingqisho ze-circadian kunye nokukhuthaza ukuphumla, okwenza kube lula ukulala kwaye uhlale ulele.

4. UMSEBENZI OWONGEZELELWEYO WENGQONDO:

- Umsebenzi womzimba unyusa ukuhamba kwegazi kwingqondo, ukuhambisa ioksijini kunye nezondlo ezixhasa umsebenzi wokuqonda kunye nokucaca kwengqondo.
- Ukuzilolonga rhoqo kuye kwanxulunyaniswa nokuphucula inkumbulo, ukunikela ingqalelo, nobuchule bokucombulula iingxaki.

5. UKUZENZA UZIHLONIPHA NOKUZIBONELELA:

- Ukufezekisa iinjongo zempilo kunye nokuphucula ukuqina komzimba ngokuzilolonga rhoqo kunokunyusa ukuzithemba kunye nokuzithemba.

- b. Umsebenzi womzimba unika imvakalelo yokufezekiswa kunye nokulawula, ukwandisa iimvakalelo zokuzixabisa kunye nokuxhotyiswa.

6. INTSEBENZISWANO YOLUNTU:

- a. Ukuthatha inxaxheba kwiiklasi zokuzilolonga zeqela, imidlalo yeqela, okanye imisebenzi yangaphandle inika amathuba onxibelelwano loluntu kunye noqhagamshelwano.
- b. Inxaso yentlalontle kunye nobudlelwane obukhuliswa ngokwenza umthambo kunokunceda ukulwa neemvakalelo zobulolo kunye nokuzahlula.

7. UXINZELELO LONYANISO:

- a. Ukuzilolonga rhoqo komeleza inkqubo yokusabela kuxinzelelo lomzimba, okwenza abantu bakwazi ukumelana neziphumo zoxinzelelo.
- b. Ukwenza umthambo rhoqo kunokunceda ukwakha ukuqina kwengqondo kunye nezakhono zokumelana, ukuvumela abantu ukuba balawule ngcono imingeni yobomi.

8. UNCIPHILE UMNGCIPHEKO WEEMKO ZEMPILO YENGGONDO:

- a. Ukuzivocavoca rhoqo kuhambelana nomngcipheko ophantsi wokuphuhlisa iimeko zempilo yengqondo ezifana nokudakumba, ukuxhalaba, kunye nokuncipha kwengqondo.
- b. Ukuzilolonga kukhuthaza i-neuroplasticity, ukukwazi kwengqondo ukuziqhelanisa nokuzilungelelanisa, nto leyo enokukhusela kwisigulo sengqondo kunye nokuncipha kwengqondo okunxulumene neminyaka.

9. IMIBONO YENJONGO KUNYE NEMPILO KAHLE:

- a. Ukuzibandakanya kumsebenzi womzimba kunokubonelela ngengqiqo yenjongo kunye nokuzaliseka, okunegalelo kwintlalontle yonke kunye nokwaneliseka kobomi.
- b. Ukuzibekela kunye nokufezekisa iinjongo zokuqina komzimba, ukuphonononga imisebenzi emitsha, kunye nokuzibekela umngeni ngokwasemzimbeni kunokonyusa iimvakalelo zokuqina kunye nolonwabo.

USEBENZISA I-REQUIRE AKUKHO ZIXHOBO

Le mithambo inokudityaniswa ukwenza inkqubo yokuzilolonga umzimba wonke. Zimisele ukwenza umthambo ngamnye ngenani elithile lokuphindaphinda okanye umlinganiselo wexesha elimiselweyo, kuxhomekeke kwinqanaba lokufaneleka kwakho kunye neenjongo. Lungisa ubunzulu ngokuguqula inani lokuphindaphinda, amaxesha okuphumla, okanye isantya sokuhamba. Ngalo lonke ixesha khumbula ukufudumala ngaphambi kokuba uqale umsebenzi wakho kwaye uphole emva koko ukukhusela ukulimala.

Nalu uluhlu lwemithambo onokuyenza:

1. I-BODYWEIGHT SQUATS:

- Yima ngeenyawo ububanzi bamagxa ngokuhlukana.
- Yehlisa umzimba wakho ngokuguqa ngamadolo kwaye utyhale isinqe sakho ngasemva.

- Gcina isifuba sakho phezulu kwaye umva ngqo.
- Yehlisa de amathanga akho ahambelane nomhlaba.
- Tyhila izithende zakho ukuze ubuyele kwindawo yokuqala.

2. IMIPHUMVU:

- Yima ngeenyawo kunye.
- Hamba phambili ngomlenze omnye kwaye unciphise umzimba wakho de amadolo omabini aguqe kwi-angle ye-90-degree.
- Gcina idolo lakho langaphambili ngqo phezulu kweqakala lakho.
- Tshala unyawo lwakho lwangaphambili ukuze ubuyele kwindawo yokuqala.
- Phinda kwakhona kwelinye icala.

3. UKUPHUSHA USENYUKA:

- Qala kwindawo yeplanga ngokuhlukana kwezandla ububanzi bamagxa.
- Yehlisa umzimba wakho de isifuba sakho sisondele emhlabeni.
- Gcina i-core yakho ibandakanyekile kwaye ubuyele ngqo.
- Tyhiliza izandla zakho ukuze ubuyele kwindawo yokuqala.

4. IPLANK:

- Qala kwindawo yokutyhala, izandla zibe ububanzi begxalaba kunye nezandla zilungelelaniswe namagxa.
- Bandakanya i-core yakho kwaye ugcine umzimba wakho kumgca othe tye ukusuka entloko ukuya kwizithende.
- Bamba esi sikhundla ixesha elide njengoko unako, ugcine izihlunu zakho zesisu ziqinile kwaye unqande ukugoba okanye ukugoba.

5. ABANQOKA ENTABENI:

- Qala kwindawo yeplanga.
- Qhuba idolo elinye libhekise esifubeni sakho, emva koko utshintshe imilenze ngokukhawuleza, uzise elinye idolo esifubeni sakho.
- Qhubeka utshintshanisa imilenze kwintshukumo yokubaleka ngelixa ugcina umbilini wakho ubandakanyekile.

6. BURPEES:

- Qala ngokuma.
- Yehla kwindawo ye-squat kwaye ubeke izandla zakho phantsi.
- Tsiba iinyawo zakho ngasemva kwindawo yeplanga.
- Yenza i-push-up.
- Gxuma iinyawo zakho ubuyele kwindawo ye-squat.
- Gxumela emoyeni ngokuqhushumbayo, ufike kwiingalo zakho phezulu.
- Phinda ulandelelwano.

7. IBHAYISKILE IYAQHOKA:

- Lala ngomqolo izandla zakho emva kwentloko yakho.
- Phakamisa imilenze yakho kwaye uguqe ngamadolo akho kwi-angle ye-90-degree.
- Zisa ingqiniba yakho ngakwidolo lakho lasekhohlo ngelixa ulungisa umlenze wakho wasekunene.
- Amacala atshintshanayo, uzisa ingqiniba yakho yasekhohlo ngasedolweni lakho lasekunene ngelixa ulungisa umlenze wakho wasekhohlo.
- Qhubeka utshintshana amacala ngentshukumo yokunyowwa.

8. OOJACK ABAXHUMAYO:

- Qala ngeenyawo kunye neengalo emacaleni akho.
- Tsiba ngelixa kwangaxeshanye usahlula-hlula imilenze kwaye uphakamise iingalo zakho ngaphezulu.
- Buyela kwindawo yokuqala ngokutsiba kwakhona kwaye uhlanganise imilenze yakho ngelixa uthoba iingalo zakho.

9. AMADOLO AMAPHEZULU:

- Yima endaweni kunye neenyawo ububanzi be-hip-widdi.
- Phakamisa idolu elinye ubhekise esifubeni sakho phezulu kangangoko unako, uze utshintshe imilenze ngokukhawuleza.
- Qhubeka utshintshanisa imilenze kwintshukumo yokubaleka ngelixa umpompa iingalo zakho.

10. I-TRICEP DIPS:

- Hlala emphethweni wesitulo okanye ibhentshi ngezandla ezibambe umgca ecaleni kwezinqe zakho.
- Shenxisa isinqe sakho emphethweni kwaye ugobe iingqiniba zakho ukuthoba umzimba wakho emhlabeni.
- Gcina umva wakho usondele kwitulo okanye ibhentshi.
- Gcoba izandla zakho ukuze wolule iingalo zakho kwaye ubuyele kwindawo yokuqala.

Ukubaluleka kokulala kwimpilo yengqondo

Ukulala kudlala indima ebalulekileyo ekugcineni impilo yengqondo kunye nokuba sempilweni. Ukulala okusemgangathweni kuyintsika ebalulekileyo yempilo yengqondo kunye nempilo. Ngokubeka phambili ukulala ngokwaneleyo kunye nokubuyisela okubuyisela, abantu ngabanye banokuphucula ukulawulwa kweemvakalelo, ukunciphisa uxinzelelo, ukuphucula ukusebenza kwengqondo, kunye nokukhuthaza impilo yonke yengqondo kunye nomzimba. Ukuseka imikhwa yokulala esempilweni kunye nokudala indawo yokulala efanelekileyo ngamanyathelo ayimfuneko ekufezekiseni impilo entle yengqondo.

Nasi isizathu sokuba ibaluleke kangaka:

1. IMITHETHO YOMVA ENGCACISO:

- a. Ukulala ngokwaneleyo kubalulekile ekulawuleni iimvakalelo kunye namava okucubungula.
- b. Ukungabikho kokulala kunokukhokelela ekucaphukeni okwandisiweyo, ukucaphuka, kunye nobunzima bokulawula uxinzelelo.

2. UKUNCIPHISWA KOXINEZELEKO:

- a. Ukulala okusemgangathweni kunceda ukulawula iihomoni zoxinzelelo njenge-cortisol, ukunciphisa amanqanaba oxinzelelo ngokubanzi.
- b. Ingqondo ephumle kakuhle ikulungele ukumelana nemiceli mngeni yobomi kwaye ibuye umva kwiimeko ezinoxinzelelo.

3. UMSEBENZI WOQINISO:

- a. Ukulala kubalulekile kwimisebenzi yokuqonda efana nokudibanisa imemori, ukusombulula iingxaki kunye nokwenza izigqibo.
- b. Ukungalali kakuhle kunokuphazamisa ingqalelo, ukugxila, kunye nokusebenza kwengqondo.

4. ULAWULO LWEMOD:

- a. Ukulala kudlala indima ebalulekileyo ekulawuleni isimo sengqondo kunye nokuba sempilweni ngokweemvakalelo.
- b. Ukungalali okungapheliyo kunxulunyaniswa nengozi eyongeziweyo yokuphazamisa kweemvakalelo njengokudakumba kunye nexhala.

5. IMPILO YOBUCHOPHO:

- a. Ngexesha lokulala, ingqondo ifumana iinkqubo eziyimfuneko ezifana nokuthenwa kwe-synaptic kunye nokudibanisa imemori, ezibalulekileyo kwimpilo yengqondo kunye nokusebenza.
- b. Ukulahlwa okungapheliyo kuye kwanxulunyaniswa nomngcipheko owongezelelweyo wezifo ze-neurodegenerative kunye nokuncipha kwengqondo.

6. IMPILO YOMZIMBA:

- a. Ukulala ngokwaneleyo kubalulekile kwimpilo yomzimba jikelele kunye nokusebenza komzimba.
- b. Ukungalali kunxulunyaniswa nomngcipheko owonyukayo wemeko zempilo engapheliyo njengokutyeba, isifo seswekile, kunye nesifo sentliziyo.

7. UZINZINO LWEMIHLA NGEMIHLA:

- a. Iindlela zokulala ezihambelanayo zifaka isandla ekuzinzeni kweendlela zemihla ngemihla kunye nokukhuthaza impilo yonke.
- b. Ukuseka umjikelo oqhelekileyo wokulala kuxhasa isingqisho esisempilweni se-circadian kunye nokuphucula umgangatho wokulala.

8. UKOMZA UNYANISO:

- a. Ukulala okusemgangathweni komeleza ukomelela, kunceda abantu ukuba bamelane ngcono nemiceli mngeni yobomi kunye nokuchacha kwiingxaki.
- b. Ukuphumla okwaneleyo kukhuthaza ukucaca kwengqondo, ukudala, kunye nezakhono zokusombulula iingxaki, ukuququzelela izicwangciso ezisebenzayo zokuhlangabezana.

9. UBUDLELWANE OBUQONGILEYO LWABANTU:

- a. Abantu abaphumle kakuhle bayakwazi ukunxibelelana, uvelwano kunye nokunxibelelana nabanye.
- b. Ukungalali kunokukhokelela kwiingxaki phakathi kwabantu, iingxabano, kunye nobudlelwane obunzima.

10. IMPAHLA KAHLE:

- a. Ukulala litye lembombo lempilo entle, enegalelo kwimpilo yomzimba, yengqondo, kunye neemvakalelo.
- b. Ukubeka phambili umgangatho wokulala kubalulekile ukuze uphile ubomi obanelisayo nobulungeleleneyo.

INGCEBISO ZOKUPHUCULA UMGANGATHO WOKULALA

Ukuphucula umgangatho wokulala kubalulekile kwimpilo yonke kunye nokuphila kakuhle. Ukuphucula umgangatho wokulala kufuna ukwamkela imikhwa enempilo yokulala kunye nokudala indawo yokulala efanelekileyo. Ngokubandakanya ezi ngecebiso kwindlela yakho yemihla ngemihla, unokukhuthaza ukulala okungcono kwaye ujabulele izibonelelo ezininzi zokuphumla okubuyisela. Khumbula ukuba ukungaguququki ngundoqo, ke namathela kwishedyuli yakho yokulala kunye nexesha lokulala ukuze uphucule umgangatho wakho wokulala ngokuhamba kwexesha.

Nanga amanye amacebiso okukunceda ukuba ulale ngcono:

1. YENZA ISHEDYULI YOKULALA ENGGONDO:

- Lala kwaye uvuke ngexesha elifanayo yonke imihla, nangeempelaveki.
- Ukungaguququki kunceda ukulawula iwotshi yangaphakathi yomzimba wakho kunye nokuphucula umgangatho wokulala.

2. YENZA IXESHA LOKULALA ELIPHUMILEYO:

- Phuhlisa indlela yokulala yokuphumla ukuze ubonise umzimba wakho ukuba lixesha lokuthotywa.
- Imisebenzi efana nokufunda, ukuhlamba okufudumeleyo, okanye ukuziqhelanisa neendlela zokuphumla kunokunceda ukulungisa ingqondo nomzimba wakho ukuba ulale.

3. YENZA IMEKO YOKULALA OKUFANELEKILEYO:

- Qinisekisa ukuba igumbi lakho lokulala likulungele ukulala ngokuligcina lipholile, limnyama kwaye lizolile.
- Tyala imali kumandlalo okhululekileyo kunye nemiqamelo exhasa ukuma okuhle kokulala.

4. UMNIKELO OMNCINTELO KWIZIKRINI PHAMBI KOKULALA:

- Kuphephe ukusebenzisa izixhobo zombane ezifana nee-smartphones, iitafile kunye neekhompyuter ubuncinci iyure ngaphambi kokulala.
- Ukukhanya okuluhlaza okuphuma kwizikrini kunokuphazamisana nokuveliswa kwemelatonin, idlala elilawula ukulala.

5. ZIKHUSELEKILEYO NOTYWALA:

- Kuphephe ukusebenzisa i-caffeine kunye ne-nicotine kwiiyure ezingaphambi kokulala, njengoko zinokuphazamisa ubuthongo.
- Nangona utywala bunokukwenza uzive ulele, bunokuphazamisa indlela yokulala kwaye bukhokelela ekulaleni okungahambi kakuhle kamva ebusuku.

6. IZIQINISE RHOQO:

- Yenza umthambo rhoqo kodwa uphephe ukwenza umthambo ngaphambi kokuba ulale.
- Ukuzivocavoca kunokukhuthaza umgangatho wobuthongo obungcono kwaye kuncede ukunciphisa ixesha elithathayo ukuba ulale.

7. BUKELA UKUTYA KWAKHO:

- Kuphephe ukutya kakhulu, ukutya okuneziqholo, kunye nokutya kakhulu ulwelo xa sele kusondele ixesha lokulala, kuba kunokubangela ukungakhululeki nokuphazamisa ukulala.

- b. Khetha ukutya okulula, okulula ukwetyisa ukuba ulambile phambi kokulala.

8. LAWULA UXINZEKO NEXHOSHA:

- a. Ziqhelanise neendlela zokunciphisa uxinzelelo ezifana nokuphefumla ngokunzulu, ukucamngca, okanye ukuphumla kwemisipha okuqhubekayo.
- b. Cinga ngokugcina ijenali ukuze ubhale phantsi iingcinga zakho kunye namaxhala phambi kokulala, unceda ukucoca ingqondo yakho.

9. IMIDA NGEENTSUKU ZEMINI:

- a. Ukuba ufuna ukulala ngexesha lasemini, gcina ixesha elifutshane (imizuzu engama-20-30) kwaye uphephe ukulala emva kwemini.
- b. Ukulala ixesha elide okanye emva kwexesha kunokuphazamisa ukukwazi kwakho ukulala ebusuku.

10. FUNA UNCEDO LOBUCHWEPHESHE UKUBA UFUNEKA:

- a. Ukuba uhlala unobunzima bokulala nangona uzama la mcebiso, cinga ngokufuna ingcebiso kwingcali yezempilo okanye ingcali yokulala.
- b. Banokunceda ekuchongeni imiba esisiseko kunye nokubonelela ngeengcebiso zomntu okanye iindlela zonyango.

UKUDALA INKQUBO YOKULALA

Ukudala ixesha lokulala kunokunceda umqondiso kumzimba wakho ukuba lixesha lokuthotywa kwaye ulungiselele ukulala. Ngokubandakanya ezi zinto kwixesha lakho lokulala kwaye uziqhelise ngokungaguququkiyo, unokwenza inkqubo yokuphumla nesebenzayo elungiselela umzimba wakho kunye nengqondo yakho ukuze ulale ngokuzolileyo. Linga ngemisebenzi eyahlukeneyo ukuze ufumane oko kusebenza kakuhle kwaye wonwabele izibonelelo zokubuyisela ukulala ebusuku.

1. CELA IXESHA LOKULALA ONGAXHUMENEYO:

- a. Khetha ixesha lokulala elivumela i-7-9 iiyure zokulala kwaye unamathele kuyo yonke imihla ebusuku, nangeempelaveki.
- b. Ukungaguququki kunceda ukulawula iwotshi yangaphakathi yomzimba wakho kunye nokuphucula umgangatho wokulala.

2. QALISA UKUPHELA KWANGXESHA:

- a. Qala ixesha lakho lokulala ubuncinane kwimizuzu engama-30 ukuya kwengama-60 ngaphambi kokuba ulale ukuze uzinike ixesha lokuphumla nokuphumla.

3. CIMA IZIKHANYA:

- a. Nciphisa izibane kwikhaya lakho ukwazisa umzimba wakho ukuba lixesha lokulungiselela ukulala.
- b. Ziphephe izibane eziqaqambileyo eziphezulu kwaye ukhethe ukukhanya okuthambileyo, okumnyama ngokuhlwa.

4. IXESHA LOKUBONISA UMDA:

- a. Cima izixhobo zombane ezifana nee-smartphones, iitafle, kunye neekhompyutha ubuncinci iyure ngaphambi kokulala.
- b. Ukukhanya okuluhlaza okuphuma kwizikrini kunokuphazamisa ukueliswa kwe-melatonin, okwenza kube nzima ukulala.

5. IZIQINISEKISO ZOKUPHUMULA:

- a. Yenza imisebenzi ezolileyo ukunceda ukukhulula ingqondo nomzimba wakho.
- b. Ukhetho lubandakanya ukufunda incwadi, ukuhlamba okufudumeleyo, ukuziqhelanisa neyoga, okanye ukuzolula, okanye ukumamela umculo opholileyo okanye izandi zendalo.

6. LUNGISA IMEKO YAKHO YOKULALA:

- a. Qinisekisa ukuba igumbi lakho lokulala likulungele ukulala ngokuligcina lipholile, limnyama kwaye lizolile.
- b. Sebenzisa iikhethini ezimnyama okanye imaski yamehlo ukuvala ukukhanya kwaye ucinge ukusebenzisa iindlebe okanye umatshini wengxolo omhlophe ukuvala ingxolo ephazamisayo.

7. ZIQEQESHE UKUBA NEENGQONDO OKANYE UCAMNGCA:

- a. Chitha imizuzu embalwa uqhelisela ukuba nengqondo okanye ukucamngca ukuzola ingqondo yakho kwaye ukhuthaze ukuphumla.
- b. Gxininisa kumphefumlo wakho, imvakalelo yomzimba, okanye ukucamngca okukhokelwayo ukunceda ukuzola iingcinga zakho kwaye ulale lula.

8. YIQINISEKILE KWINKQUBO YAKHO:

- a. Ukungaguquququki ngundoqo kwimpumelelo yesiqhelo sakho sokulala.
- b. Injongo yokulandela inkqubo yakho ubusuku ngabunye ukuseka umjikelo wokuvuka okusempilweni kunye nokuphucula umgangatho wokulala ekuhambeni kwexesha.

Iindlela zoLawulo loxinzelelo

Iindlela ezisebenzayo zokulawula uxinzelelo zibalulekile ekwakheni ukomelela. Uya kufundiswa iindlela ezahlukeneyo zokulawula uxinzelelo, njengokuzilolonga ngokuphefumla nzulu, ukuphumla kwezihlunu okuqhubekayo, ukucamngca ngengqondo, kunye nokunciphisa uxinzelelo lwemisebenzi yomzimba efana nomthambo. Ezi zixhobo zincipha ukulawula iimvakalelo, ukunciphisa ukuxhalaba, kunye nokuphucula impilo yonke.

UKUQULUNQA INKQUBO YOKUNCIPHISA UXINZELELO

Ukudala inkqubo yokunciphisa uxinzelelo kubandakanya ukubandakanya imisebenzi kunye nezenzo ezikhuthaza ukuphumla kunye nokuphila kakuhle kubomi bakho bemihla ngemihla. Camngca ngale mibuzo ilandelayo uze usebenzise isithuba esinikiweyo ukuchaza indlela yokunciphisa uxinezelelo olusebenzayo kuwe.

1. Zeziphi ezinye izinto okanye izenzo ezinokukunceda uphumle kwaye unciphise uxinzelelo?
2. Lingakanani ixesha onokulibekela usuku ngalunye kwimisebenzi yokunciphisa uxinzelelo?
3. Zeziphi izenzo ezithile okanye iindlela zokuziphatha oya kuzibandakanya kwindlela yakho yesiqhelo? (umz., ukuzilolonga, ukucamngca, izinto ozithandayo)
4. Uza kubeka phambili njani kwaye uzibophelele ekuphumezeni inkqubo yakho yokunciphisa uxinzelelo?
5. Yiyiphi imiqobo okanye iingxaki onokujamelana nazo, yaye unokuzoyisa njani?
6. Uza kulandelela kwaye uvavanye njani ukusebenza kwesiqhelo sakho?

Bhala iNdelela yokuNciphisa Uxinzelelo Apha

UKUCAMNGCA NGESEKENA SOMZIMBA

Ukucamngca ngeskena somzimba luqheliselo olubandakanya ukuzisa ngokucwangcisiweyo ingqalelo yakho kumalungu ahlukeneyo omzimba wakho, ukuqaphela iimvakalelo, kunye nokukhulisa ukuqonda komzimba . Fumana indawo ezolileyo nekhululekileyo ukuze uziqhelanise nokucamngca ngokuskena umzimba usebenzisa le miyalelo ingezantsi . Sebenzisa isithuba esinikiweyo ukuqaphela naziphi na iimvakalelo zomzimba, iimvakalelo, okanye ukuqonda okubela ngexesha lokuziqhelanisa.

1. Lala ngomqolo okanye uhlale kwindawo ekhululekileyo uvale amehlo akho.
2. Qala ngokuzisa ingqwalasela yakho kumphefumlo wakho kwaye uthathe imphefumlo embalwa enzulu, epholileyo.
3. Skena umzimba wakho kancinane ukusuka entloko ukuya ezinzwaneni, ubone naziphi na iindawo zoxinzelelo, ukungakhululeki, okanye ukuphumla.
4. Njengoko ugxininisa kwilungu ngalinye lomzimba, jonga naziphi na iimvakalelo zomzimba ngaphandle kwesigwebo okanye isidingo sokuzitshintsha.
5. Ukuba ubona uxinezeleko okanye ukungakhululeki, phumla ngononophelo ezo zihlunu kwaye ukhulule nakuphi na ukuxinezeleka.
6. Chitha imizuzwana embalwa kwilungu ngalinye lomzimba, uzivumele ukuba ube namava apheleleyo eemvakalelo ezikhoyo.
7. Nje ukuba ugqibile iskena, thatha imizuzwana embalwa ukujonga umzimba wakho uphela kwaye uqaphele naluphi na utshintsho okanye utshintsho.

Uqwalaselo lwakho kunye nokuqonda Apha

UKUPHEFUMLA NGENGQONDO

Ukuphefumla ngengqondo yindlela enamandla yokunciphisa uxinzelelo kunye nokukhulisa umoya wokuzola . Kubandakanya ukuzisa ingqalelo yakho kulo mzuzu wangoku ngokujolisa kumphefumlo wakho . Thatha imizuzu embalwa suku ngalunye uziqhelanise nokuphefumla ngengqondo usebenzisa le miyalelo ingezantsi . Sebenzisa isithuba esinikiweyo ukubhala phantsi naziphi na izinto eziqatshelweyo okanye iingqiqo ezithe zavela ngexesha lokuziqhelanisa.

1. Fumana indawo ezolileyo nekhululekileyo yokuhlala okanye yokungqengqa.
2. Vala amehlo akho kwaye uphefumle kancinci ukuze uphumle.
3. Qala ukunikela ingqalelo kumphefumlo wakho ngaphandle kokuzama ukuwulawula.
4. Beka isandla esinye esifubeni sakho kunye nesinye isandla phezulu kwesisu sakho (apho i-diaphragm yakho ikhona) Gxininisa ekuzameni ukususa kuphela isandla sakho esikwi-diaphragm xa uphefumla- njengaxa uphefumla nge-diaphragmatic, kuvumela umoya omninzi. ukungena emiphungeni yakho.
5. Qaphela imvakalelo yokuphefumula kwakho ingena kwaye iphuma emzimbeni wakho.
6. Gxininisa ingqalelo yakho ekunyukeni nasekuweni kwesisu sakho okanye imvakalelo yomoya odlula ngeempumlo zakho.
7. Ukuba ingqondo yakho iyabhadula, yibuyisele ngobunono ekuphefumleni ngaphandle komgwebo.
8. Qhubeka nolu qheliselo kangangemizuzu emi-5 ukuya kweli-10, ngokuthe ngcembe ukwandisa ixesha njengoko usiya ukhululeka.

Bhala uQwalaselo lwakho kunye nokuqonda Apha

UKUPHUMLA KWEZIHLUNU EZIQHUBEKAYO

Ukuyekelela kwezihlunu okuqhubekayo yindlela ebandakanya ukuqina kwaye emva koko ukhulule amaqela ahlukeneyo ezihlunu ukuze ukhululeke . Sebenzisa isithuba esinikiweyo ukuze uziqhelanise nokuphumla kwezihlunu okuqhubekayo ngokulandela la manyathelo angezantsi.

1. Fumana indawo ezolileyo nekhululekileyo yokuhlala okanye yokungqengqa.
2. Vala amehlo akho kwaye uphefumle kancinci ukuze uphumle.
3. Qala ngeenzwane zakho . Zicudise ngokuqinileyo imizuzwana embalwa, emva koko uyeke.
4. Hambani niye ematholeni enu . Qhuba imisipha, ubambe imizuzwana embalwa, kwaye ukhulule.
5. Qhubeka ushukuma kwiqela ngalinye lezihlunu, uqinisa ngokuthe ngcembe kwaye uphumle . (umz. amathanga, iimpundu, isisu, amagxa, iingalo, izandla, njl.njl.)
6. Nika ingqalelo kwiimvakalelo zoxinzelelo kunye nokuphumla kwiqela ngalinye lemisipha.
7. Nje ukuba ugqibe ulandelelwano lonke, thatha imizuzwana embalwa ukuze uqaphele imvakalelo yokuphumla emzimbeni wakho.

Imigqaliselo kunye nokuqonda

I-PANIC ATTACK EXERCISE

Kwimeko apho unengxaki yokuhlaselwa luloyiko, zifundise esi sicwangciso silandelayo sokumelana. Ziqhelise oku ukuze xa ukwipanic attack uyazi into omawuyenze.

- Ukuba unezihlangu neekawusi, zikhulule . Ukuba awukhululekanga ngokukhulula iikawusi zakho, ungazicina uzinxibe
- Yiva imvakalelo yomphezulu omi kuwo
- Zama kwaye ugxininise kuloo mvakalelo
- Thetha ngokuvakalayo into oyaziyo ngentliziyo- inokuba yiresiphi, ingoma, amanyathelo enkqubo yokusebenza, amanyathelo kwindlela yakho yasekuseni njl.njl.
- Thetha amanyathelo ento oyikhethileyo ngokuvakalayo amaxesha amaninzi njengoko kuthatha ukuba intliziyo yakho iqalise ukubetha kancinci
- Nje ukuba uyive iqala ukucotha, qalisa ukugxila ekuphefumleni ngediaphragmatic
- Beka isandla esinye esifubeni sakho kunye nesinye isandla kwi-diaphragm, Zama ukuhambisa isandla se-diaphragm hayi isandla sesifuba ngokubetha kwakho.
- Phindaphinda ude uzive uzolile ngokwaneleyo ukuba ungafowunela umntu

Bhala uQwalaselo lwakho kunye nokuqonda Apha

INETHIWEKHI YE~~N~~KXASO YE~~N~~TLALO

Ukwakha kunye nokukhulisa inethiwekhi yenkxaso yoluntu kubalulekile ekulawuleni uxinzelelo . Camngca ngale mibuzo ilandelayo kwaye usebenzise isithuba esinikiweyo ukuvavanya umgangatho wonxibelelwano lwakho lwentlalo kwaye ucwangcise izicwangciso zokuqinisa inethiwekhi yakho yenkxaso.

1. Ngoobani abantu ebomini bakho ababonelela ngenkxaso kunye nokuqonda ngexesha loxinzelelo?
2. Udibana kangaphi naba bantu?
3. Ngaba kukho nabuphi na ubudlelwane obufuna ukomelezwa okanye ukukhuliswa?
4. Ngawaphi amanyathelo athile onokuwathatha ukuphucula inethiwekhi yakho yenkxaso yoluntu ? (umzekelo, ukucwangcisa ukubanjwa rhoqo , ukufuna inkxaso yobungcali)
5. Ungabuyisela njani kwaye uxhase abanye kwinethiwekhi yakho?
6. Ziziphi iingxaki okanye imiqobo onokujamelana nayo, yaye unokuyoyisa njani?

Uvavanyo lweNethiwekhi yeNkxaso yeNtlalo

UKUCHONGA IZINTO EZIKUBANGELA UXINZELELO

- Ngaba uneengcinga ezifika engqondweni yakho amaxesha amaninzi
- Xa unazo ezi nginga ngamanye amaxesha zilandelwa yintloko, ukutsaleka kwamagxa, isisu esibuhlungu, isicaphucaphu?
- Ngaba ngamanye amaxesha okanye uhlala unzima ukulala ngaphandle kweTV / uMculo
- Ngaba uzifumana uvuka kakhulu nasebusuku kwaye awukwazi ukuphinda ulale
- Ngaba uzifumana ucaphuka msinya?
- Yintoni ekucaphukisa kakhulu xa abantu bebuza ngayo okanye into efana nayo?
- Zeziphi iingcinga kunye neemvakalelo onazo xa ufumene enye okanye ngaphezulu kokungasentla ? Amathuba akhona- ezo zichukumisi zakho

Bhala uQwalaselo lwakho kunye nokuqonda Apha

UKUPHONONONGA IZINTO EZIKWENZA UXINEZELEKO LWAKHO

- Dwelisa iimeko eziqhelekileyo, iziganeko, okanye iingcinga ezidla ngokubangela uxinzelelo.
- Cinga ngendlela ezi zinto zibangela ukuba ziwuchaphazele ngayo impilo yakho yomzimba, yeemvakalelo neyengqondo.
- Chonga iipateni kunye nemixholo ukuze ufumane ukuqonda okunzulu kwezinto ezibangela uxinzelelo lwakho.

Imiyalelo:

Thatha ixesha lokucinga ngeemeko, iziganeko, okanye iingcinga ezidla ngokubangela uxinzelelo ebomini bakho . Sebenzisa esi sithuba singezantsi ukudwelisa izinto ezikwenza uxinezeleke kwaye ucinge ngendlela ezikuchaphazela ngayo ukuphila kwakho ngokwasemzimbeni, ngokweemvakalelo nasengqondweni . Ngokuchonga nokuqonda ezi zibangela, unokufumana ingqiqo kwiipatheni zakho zoxinzelelo kwaye uqale ukuphuhlisa izicwangciso zokulawula ngokufanelekileyo.

I-Stress Trigger	Impembelelo eMzimbeni	Impembelelo ngokweemvakalelo	Impembelelo yengqondo

Imibuzo yoCinga:

1. Ngaba kukho imixholo eqhelekileyo okanye iipateni phakathi kwezinto ezibangela uxinzelelo?
2. Ingaba into nganye ebangela uxinzelelo iwuchaphazela njani umzimba wakho ? Ngaba kukho iimpawu ezithile zomzimba okanye iimvakalelo ozifumanayo?
3. Ingaba ezi zinto zibangela uxinzelelo ziyichaphazela njani indlela oziva ngayo? Zeziphi ezinye zeemvakalelo eziphambili oba nazo kwezi meko?
4. Cinga ngeengcinga okanye iipatheni zengqondo ezivelayo xa udibana nezi zinto zibangela uxinzelelo. Ngaba uqaphela naziphi na iingcinga ezimbi eziqhubekayo okanye ukuphazamiseka kwengqondo?

5. Ngokusekelwe kwiingcinga zakho, ngaba kukho nazihi na iziphembeleli zoxinzelelo ezithile ongathanda ukugxila kulawulo ? Kutheni le nto ezi zixhokonxa zibalulekile kuwe?

ISAKHELO SE-DAILY STRESS LOG:

Umhla: _____

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			IQHINGA LOKUMELANA	
	Inkcazo	Ubunzulu (1-10)	Iqhutywa ngu....	Iqhinga lokuhlangabezana nemeko	Ukusebenza kakuhle (1-10)
Uxinzelelo 1					
Uxinzelelo 2					
Uxinzelelo 3					
Uxinzelelo 4					

Ukuzibonakalisa:

1. Uxinezeleko lwanamhlanje luyichaphazele njani impilo-ntle yakho emzimbeni, engqondweni nangokweemvakalelo?
2. Ngaba kukho iipateni okanye imixholo ephindaphindiweyo kwiingcinezelo zakho?
3. Zeziphi iibono okanye izifundo ozifumeneyo kumava anamhlanje.

Ukuzinyamekela

ULUHLU LOKUHLOLA LWE NKQUBO YOKU ZIKHATHALELA

Sebenzisa olu luhlu lokuhlola ukwenza indlela yokuzinyamekela ekhuthaza impilo-ntle yakho kwaye ikuvumela ukuba ubeke phambili ukuzinyamekela kubomi bakho bemihla ngemihla . Yenze ngokwezifiso ukuze ihambelane nezinto ozikhethayo kunye neemfuno.

Ukuzinyamekela ngokwaseMzimbeni	
Lala ngokwaneleyo (iiyure ezingama-79) busuku ngabunye	
Yenza umthambo rhoqo okanye wenze umthambo	
Yitya ukutya okunesondlo nokunesondlo	
Hlala umanzi ngokusela amanzi aneleyo imini yonke	
Ziqhelise ukucoceka	
Thatha ikhefu kwaye uzolule rhoqo, ngakumbi ukuba uphila ubomi obungahlali phantsi	
Cwangcisa uhlolo lwempilo rhoqo kunye nokuqeshwa	
UkuZikhathalela ngokweemvakalelo nangengqondo	
Zibandakanye kwizinto ezikuzisela ulonwabo kunye nokuphumla (umzekelo, izinto ozithandayo, ukufunda, ukumamela umculo)	
Ziqhelise ukucinga okanye ukucamngca ukuzola ingqondo yakho kunye nokunciphisa uxinzelelo	
Veza iimvakalelo zakho ngokubhala okanye ukuthetha nomhlobo omthembileyo okanye umnyangi	
Misela imida enempi kubudlelwane bakho kwaye ubeke phambili impilo-ntle yakho yeemvakalelo	
Zibandakanye ekuthetheni kakuhle kwaye uziqhelanise novelwano	
Nciphisa ukuba sesichengeni kwiindaba ezimbi okanye izinto ezichaphazela impilo yakho yengqondo	
Zibandakanye kwimisebenzi evuselela ubuchule bakho kunye nokucinga	
Social Self Care	
Khulisa ubudlelwane nabahlobo, usapho kunye nabantu obathandayo	
Cwangcisa kwaye ubandakanyeke kwizinto zentlalo ezizisa uvuyo kunye noqhagamshelwano	
Funa inkxaso kwaye ufikelele kwabanye xa uyidinga	
Ziqhelise ukumamela ngenkuthalo kunye nonxibelelwano olunentsingiselo nabanye	
Zingqonge ngabantu abakhuthazayo nabakunika ithemba	
Zibandakanye kwizenzo zobubele kwaye ube negalelo kuluntu lwakho	
Ukuzinyamekela Kokomoya	
Zibandakanye kwimisebenzi ehambelana neenqobo kunye neenkolelo zakho	
Chitha ixesha kwindalo kwaye uxabise ubuhle bayo	
Ziqhelise ukucamngca, umthandazo, okanye ukucamngca ukuze uqhagamshelane nomntu wakho wangaphakathi	
Funa impembelelo kwiincwadi, iipodcasts, okanye iimfundiso zomoya	
Zibandakanye kwimisebenzi ekhuthaza umbulelo kunye nenjongo	
Jonga ubumoya bakho kwaye zibandakanye kwizithethe okanye izenzo ezizisa uxolo	
Ukutolika kunye nokuPhumla	
Thatha iibhafu ezifudumeleyo okanye iishawa ngeemveliso ezipholileyo	
Zifake kusuku lwe-spa okanye uzithobe ngonyango lokuzikhathalela	

Bekela bucala ixesha lezinto zokuphumla ezinjengokufunda, ukuhambahamba, okanye ukumamela umculo ozolileyo	
Ziphathe nge-massage okanye omnye umsebenzi womzimba wonyango	
Zibandakanye kwizinto ozithandayo okanye kwimisebenzi ekunedayo ukuba uphumle kwaye uhlaziye kwakhona	
Yenza indawo epholileyo kwaye imema ekhaya apho unokuphumla khona	

ULUHLU LOKUTSHEKISHA: UKUVAVANYA IMIKHWA EMPILO KUNYE NEYEMPILLO

Kumkhwa ngamnye odweliswe ngezantsi, phawula ukuba awukho mpilweni okanye awunampilo kuwe . Nyaniseka kuwe kwaye ucinge ngempembelelo yomkhwa ngamnye kwimpilo yakho yonke.

Impilo yoMzimba:	Ndenza Oku	Andiyenzi Le nto
- Ukuzilolonga rhoqo		
-Ulala ngokwaneleyo (iiyure ezingama-7-9 ngobusuku)		
- Ukutya okunesondlo kunye okunesondlo		
- Ukusela amanzi aneleyo		
- Ukuphepha ukusela utywala ngokugqithisileyo		
- Ukuphepha ukutshaya okanye ukusebenzisa icuba		
- Ukuhlolwa rhoqo ngugqirha		
Impilo yengqondo nengokweemvakalelo:	Ndenza Oku	Andiyenzi Le nto
-Ukuthatha inxaxheba kwimisebenzi yokunciphisa uxinzelelo (umzekelo, ukuba nengqiqo, ukucamngca, izinto ozithandayo)		
- Ukufuna inkxaso kubahlobo, usapho, okanye iingcali xa kufuneka		
- Ukumisela kunye nokubeka phambili iinjongo ezibambekayo		
- Ukugcina isimo sengqondo esakhayo		
- Ukuziqhelanisa nokuzikhathalela kunye novelwano		
- Ukulawula ixesha ngokufanelekileyo		
- Ukuziqhelanisa neendlela zokuphumla		
Impilo yeNtlo:	Ndenza Oku	Andiyenzi Le nto
- Ukugcina inkxaso kunye nobudlelwane obuhle		
- Ukubandakanyeka kwimisebenzi yentlalo kunye nokunxibelelana nabanye		
- Ukunxibelelana ngokufanelekileyo nangokuzithemba		
- Ukuhlonipha imida yobuqu kunye nemida yabanye		
- Ukulinganisa ixesha elichithwe wedwa kunye nexesha elichithwe nabanye		
- Ukuthatha inxaxheba kwimisebenzi yoluntu okanye yamavolontiya		
Imveliso kunye noLawulo lweXesha:	Ndenza Oku	Andiyenzi Le nto
- Ukubeka phambili imisebenzi kunye nokubeka iinjongo ezicacileyo		
- Ukuphepha ukuzibekela amangomso izinto		
- Ukulawula kunye nokunciphisa iziphazamiso		

- Ukumisela imida yokuphila ubomi bomsebenzi		
- Ukuthatha ikhefu kwaye uziqhelanise nokuzinyamekela ngexesha lomsebenzi / iiseshoni zokufunda		
- Ukufuna uncedo okanye ukwaba imisebenzi xa kuyimfuneko		
Ixesha lesikrini kunye neMikhwa yeDijithali:	Ndenza Oku	Andiyenzi Le nto
-Ukunciphisa ixesha elininzi lesikrini		
-Ukuziqhelanisa nemida esempilweni ye-intanethi		
-Ukunqanda ukusebenzisa kakhulu imidiya yoluntu okanye ukuzithelekisa nabanye		
-Ukulinganisa ixesha lesikrini kunye nemisebenzi engaxhunyiwe kwi-intanethi kunye nokunxibelelana ubuso ngobuso		
- Ukusebenzisa itekhnoloji ngeenjongo zokuvelisa kunye nokukhula komntu		
Ucoceko lobuqu:	Ndenza Oku	Andiyenzi Le nto
- Ukugcina ucoceko lomntu rhoqo (umzekelo, ukuhlamba, ukuxukuxa amazinyo)		
- Ukuhlamba izandla rhoqo		
- Ukunyamekela iinwele, iinzipho kunye nolusu		
- Ukunxiba iimpahla ezicocekileyo nezifanelekileyo		
Imikhwa yemali:	Ndenza Oku	Andiyenzi Le nto
- Uhlahlo lwabiwo-mali kunye nokulawula imali ngokufanelekileyo		
- Ukugcina imali rhoqo		
- Ukunqanda inkcitho egqithileyo nengxamisekileyo		
- Ukuhlawula amatyala ngexesha		
- Ukucwangcisa nokumisela iinjongo zemali		

Emva kokuvavanya umkhwa ngamnye, cinga ngoluhlu lwakho lokukhangela kwaye uchonge iindawo apho unokuphucula khona imikhwa yakho yempilo engcono kunye nokuphila kakuhle. Sebenzisa olu vavanyo lokuzihlola njengesiqalo sokwenza utshintsho oluhle kwindlela ophila ngayo kwaye wenze imikhwa enempilo exhasa impilo-ntle yakho.

ISIFANEKISO SOLUHLU LOKUZI KHATHALELA

EMZIMBENI		M	T	W	T	F	S	S
1								
2								
3								
4								
NGENGQONDO		M	T	W	T	F	S	S
1								
2								
3								
4								
NGOKWEMVA		M	T	W	T	F	S	S
1								
2								
3								
4								
NGOKOMOYA		M	T	W	T	F	S	S
1								
2								
3								
4								

Ixesha lokufuna uncedo lwengcali

Ukufuna uncedo lwengcali kwingcali yokunyanga, umcebisi, ugqirha wengqondo, okanye enye ingcali yezempilo yengqondo inokukunika inkxaso, isikhokelo kunye nonyango olufunayo ukujongana neenkxalabo zakho zempilo yengqondo kunye nokuphucula impilo yakho yonke. Khumbula ukuba ukufikelela kuncedo luphawu lwamandla, kwaye

kukho izixhobo kunye nenkxaso ekhoyo ukukunceda kuhambo lwakho oluya kwimpilo yengqondo.

Ukuba ufumana imiceli mngeni ngempilo yakho yengqondo, kubalulekile ukufuna uncedo lwengcali xa:

- A. **IIMPAWU EZIZISIYO:** Ukuba ufumana iimpawu eziqhubekayo ezifana nosizi olude, ukuxhalaba, ukuguquka kwemizwelo, okanye ubunzima bokumelana nobomi bemihla ngemihla.
- B. **IMPEBELELO YOKUSEBENZA:** Ukuba iimpawu zakho zempilo yengqondo zichaphazela kakhulu amandla akho okusebenza emsebenzini, esikolweni, okanye kubudlelwane bakho.
- C. **UMNGCIPHEKO WOKWENZAKALELAYO:** Ukuba uneengcinga zokuzenzakalisa okanye zokuzibulala, okanye ukuba ubandakanyeka kwiindlela zokuziphatha ezinobungozi ezibeka emngciphekweni ukhuseleko okanye impilo-ntle yakho.
- D. **UBUNZIMA UKUJONGANA:** Ukuba unobunzima bokumelana noxinzelelo, ukulawula iimvakalelo, okanye ukufumana iindlela ezifanelekileyo zokujongana neenkxalabo zakho zempilo yengqondo.
- E. **UKUPHAZAMISEKA KUBOMI BEMIHLA NGEMIHLA:** Ukuba iimpawu zakho zempilo yengqondo ziphazamisa ukukwazi kwakho ukwenza imisebenzi yemihla ngemihla, ukwenza imisebenzi eyonwabisayo, okanye ukugcina indlela yokuphila esempilweni.
- F. **IINGXAKI ZOBUDLELWANO:** Ukuba iimpawu zakho zempilo yengqondo zibangela uxinzelelo kubudlelwane bakho nosapho, abahlobo, okanye osebenza nabo.
- G. **IIMPAWU ZOMZIMBA:** Ukuba ufumana iimpawu zomzimba ezifana nokukhathala, utshintsho kwisidlo okanye iipatheni zokulala, intloko ebuhlungu, okanye iingxaki zokugaya ezinokuthi zihambelane nempilo yakho yengqondo.
- H. **UMOYA ODLULEYO:** Ukuba unembali yomonzakalo okanye uxhatshazo kwaye ufumana iimpawu ezinje nge-flashbacks, amaphupha amabi, okanye u-hypervigilance.
- I. **UKUSETYENZISWA KWEZIYOBISI:** Ukuba usebenzisa utywala, iziyobisi, okanye ezinye izinto ukumelana neempawu zempilo yengqondo.
- J. **UKUNGAPHUCULIWE:** Ukuba uzame iindlela zokuzanceda okanye utshintsho lwendlela yokuphila kodwa awubonanga phuculo kwiimpawu zakho zempilo yengqondo.

IINTLOBO ZEENGCALI ZEMPILO YENGQONDO KUNYE NONYANGO

Kukho iintlobo ezahlukeneyo zeengcali zempilo yengqondo ezibonelela ngeentlobo ezahlukeneyo zonyango kunye nenkxaso yeemeko zempilo yengqondo.

Ukhetho lwengcali yempilo yengqondo kunye nendlela yonyango ixhomekeke kwiimfuno zomntu ngamnye, ukhetho, kunye nobume bemeko yempilo yengqondo. Ukufuna uncedo kwiingcali eziqeqeshiweyo linyathelo elibalulekileyo elibhekiselele ekuphuculeni impilo yengqondo kunye nokuphila kakuhle, kwaye kukho izibonelelo ezininzi kunye

neendlela zonyango ezikhoyo ukuxhasa abantu ngabanye kuhambo lwabo lokubuyela ekubuyiseleni.

Nazi ezinye iintlobo eziqhelekileyo zeengcali zempilo yengqondo kunye nonyango abanokulunikezela:

1. UGQIRHA NGENGQONDO:

- a. Oogqirha bengqondo ngoogqirha abaziingcali ekuxilongeni nasekunyangeni iziphazamiso zempilo yengqondo.
- b. Banokumisela amayeza, banike unyango lwengqondo, kwaye banike ezinye iindlela zonyango ezifana ne-electroconvulsive therapy (ECT) okanye i-transcranial magnetic stimulation (TMS).

2. INKOSIKAZI YENGQONDO:

- a. Iingcali zengqondo zinezidanga zasemva kwesidanga kwipsychology kwaye ziqeqeshelwe ukuvavanya, uxilongo, kunye nokunyanga iziphazamiso zempilo yengqondo.
- b. Banikezela nge-psychotherapy, baqhuba uvavanyo lwezengqondo, kwaye banokugxila kwiinkalo ezithile ezifana ne-cognitive-behavioural therapy (CBT), unyango lwe-dialectical behavior (DBT), okanye unyango lwentsapho.

3. UMSEBENZI WEZENTLALO:

- a. Oonontlalontle bezonyango banezidanga zenkosi kumsebenzi wentlalontle (MSW) kwaye banelayisensi yokubonelela ngeenkonzo zonyango kunye neengcebiso.
- b. Banceda abantu kunye neentsapho ukuba bahambe ngemingeni yentlalo kunye neemvakalelo, banike inkxaso, kwaye badibanise abathengi kunye nezibonelelo kunye neenkonzo zoluntu.

4. UMCEBISI OKANYE UNYANGO:

- a. Abacebisi okanye abanyangi banokuba nezidanga ze-master in counselling, psychology, okanye amacandelo anxulumeneyo kwaye baqeqeshelwe ukunika iingcebiso nempilo yengqondo kunye nonyango.
- b. Banikezela ngomntu ngamnye, izibini, okanye iiseshini zonyango lweqela ukujongana noluhlu olubanzi lweenkxalabo zempilo yengqondo.

5. UMONGISI WENGQONDO:

- a. Abongikazi bengqondo (PMHNPs) ngabongikazi ababhalisiweyo abanoqeqesho oluphezulu kukhathalelo lwengqondo.
- b. Banokuvavanya, ukuxilonga, kwaye banyange ukuphazamiseka kwempilo yengqondo, banike amayeza, kwaye babonelele ngonyango kunye neenkonzo zeengcebiso.

6. INGXELO YOMTSHATO NOSAPHO (MFT):

- a. Iingcali zomtshato kunye nosapho zisebenza kunye nezibini kunye neentsapho ukujongana nemiba yobudlelwane, iingxaki zonxibelelwano, kunye nosapho.
- b. Banikezela ngeenkonzo zonyango kunye neengcebiso ukuphucula ubudlelwane phakathi kwabantu kunye nokusombulula iingxabano.

7. IINGCALI NGENKXASO YOOTANGA:

- a. Iingcali zenkxaso yoontanga ngabantu abaphila namava emingeni yempilo yengqondo ababonelela ngenkxaso, inkuthazo, kunye nesikhokelo kwabanye abajongene nobunzima obufanayo.
- b. Banikezela ngeenkonzelo zenkxaso yoontanga, babelane ngamava abo, kwaye bancede abaxumi bajonge inkqubo yempilo yengqondo.

IINTLOBO ZONYANGO

1. **ULAWULO LWAMAYEZA:** Oogqirha bengqondo kunye noongikazi bengqondo banokumisela amayeza okulawula iimpawu zokuphazamiseka kwengqondo, ezifana ne-antidepressants, amayeza okudambisa, i-mood stabilizers, okanye i-antipsychotic.
2. **INGQONDO:** Iindlela ezahlukeneyo zonyango lwengqondo, kubandakanywa unyango lwengqondo-yokuziphatha (CBT), unyango lwe-dialectical behavior (DBT), unyango phakathi kwabantu (IPT), kunye nonyango lwe-psychodynamic, lusetyenziselwa ukunceda abantu ukuba baqonde iingcamango zabo, iimvakalelo kunye nokuziphatha, ukuphuhlisa izakhono zokumelana, kunye benze utshintsho olulungileyo kubomi babo.
3. **AMAYENZI ONYANGO NONYANGO OLONGEZELELWEYO:** Abanye abantu banokuzuzisa kwezinye iindlela zonyango ezizezinye okanye ezongezelelweyo ezifana nokunciphisa uxinzelelo lwengqondo (MBSR), i-yoga, i-acupuncture, unyango lobugcisa, okanye unyango lomculo, olunokukhuthaza ukuphumla, ukunciphisa uxinzelelo kunye nokuphucula impilo-ntle.
4. **IZIBHEDLELE NEENKQUBO ZONYANGO EZINGUNDOQO:** Kwiimeko ezimandundu apho abantu basengozini yokwenzakala kubo okanye kwabanye, ukulaliswa esibhedlele, okanye ukuthatha inxaxheba kwiinkqubo zonyango ezinzulu ezifana neenkqubo zokulaliswa esibhedlele ngokungaphelelanga (PHPs) okanye iinkqubo zokugula kakhulu ngaphandle (ii-IOPs) kunokuba yimfuneko ukuzinzisa iimpawu kunye nokubonelela ngenkxaso yonyango olunzulu.

UKUSEBENZISA AMAYEZA UKULAWULA IMPILO YENGQONDO

Ukusebenzisa amayeza okulawula impilo yengqondo yindlela eqhelekileyo nesebenzayo yonyango kubantu abaninzi abaneemeko zempilo yengqondo. Nantsi isishwankathelo sendlela amayeza anokusetyenziswa ngayo ukuxhasa impilo yengqondo:

AMAYEZA ENGQONDO:

Amayeza engqondo amiselwe ukunceda ukunciphisa iimpawu zokuphazamiseka kwengqondo kunye nokuphucula impilo yengqondo ngokubanzi. La mayeza asebenza ngokuchaphazela i-neurotransmitters kwengqondo, edlala indima kwimo, iimvakalelo kunye nokuziphatha.

IINTLOBO ZAMAYEZA:

1. **I-ANTIDEPRESSANTS:** Isetyenziselwa ukunyanga ukudakumba, ukuphazamiseka kokuxhalaba, i-obsessive-compulsive disorder (OCD), i-post-traumatic stress disorder (PTSD), kunye nezinye iingxaki zengqondo.

2. **AMAYEZA E-AntiAnxiety:** Nceda ukunciphisa iimpawu zokuxhalaba kunye nokuphazamiseka kokuphazamiseka ngokuthomalalisa inkqubo ye-nervous central.
3. I-Mood Stabilizers: Isetyenziselwa ukulawula ukuguquka kwemizwelo kunye nokuzinzisa isimo sengqondo kwiimeko ezifana ne-bipolar disorder.
4. **I-ANTIPSYCHOTIC MEDICATIONS:** Imiselwe ukunyanga iimpawu zengqondo ezifana nokubona izinto ezingekhoyo, ukukhohlisa, kunye nokucinga okungacwangciswanga kwiimeko ezinjenge-schizophrenia kunye ne-bipolar disorder.
5. **IZIQINISEKISO:** Isetyenziselwa ukunyanga ukusilela/ukuphazamiseka kwengqondo (ADHD) ngokwandisa ukugxila kunye nokuqwalaselwa.

UKUSEBENZA:

Amayeza anokusebenza kakhulu ekunciphiseni iimpawu kunye nokuphucula umgangatho wobomi kubantu abaninzi abaneemeko zempilo yengqondo.

Kubalulekile ukusebenzisana ngokusondeleyo nomboneleli wezempilo ukufumana amayeza afanelekileyo kunye nedosi esebenza ngcono kuye wonke umntu, njengoko iimpendulo kumayeza zinokwahluka.

UNYANGO OLONGEZELELWEYO:

Amayeza ahlala esetyenziswa ngokudityaniswa nezinye iindlela zonyango, ezinjengonyango, utshintsho lwendlela yokuphila, kunye nezenzo zokuzinyamekela, ukufumana iziphumo ezilungileyo.

Unyango lunokunceda abantu bafunde izakhono zokumelana, ukulungisa imiba esisiseko, kwaye benze utshintsho oluhle kubomi babo, ukuxhasa imiphumo yamayeza.

UKHUSELEKO NOKUBEKWA ESWENI:

Kubalulekile ukuba uthathe amayeza engqondo njengoko kuchaziwe kwaye ulandele umboneleli wezempilo rhoqo ukujonga ukusebenza kwawo kunye naziphi na iziphumo ebezingalindelekanga. Amanye amayeza anokufuna iimvavanyo zegazi ngamaxesha athile okanye ezinye iimvavanyo zokuqinisekisa ukhuseleko kunye nokusebenza kakuhle.

IMIPHUMELA:

Njengawo nawaphi na amayeza, amayeza engqondo anokuba nemiphumo emibi, eyahluka ngokuxhomekeke kuhlobo lwamayeza kunye nezinto ezizimeleyo. Iziphumo ebezingalindelekanga eziqhelekileyo zinokubandakanya ukozela, ukuba nesiyezi, utshintsho lobunzima, imiba yesisu, kunye nokungasebenzi kakuhle ngokwesondo. Kubalulekile ukuxoxa ngeziphumo ebezingalindelekanga kunye nomboneleli wezempilo kwaye uxele naziphi na izinto ezixhalabisayo ngokukhawuleza.

UHLALUTYO LOMNGCIPHEKO WENZUZO:

Xa kuqwalaselwa amayeza okuba sempilweni yengqondo, kubalulekile ukuvavanya iinzuzo ezinokuthi zibe kho ngokuchasene nemingcipheko kwaye wenze isigqibo

esisekelwe kwiimfuno kunye nezinto ozikhethayo. Kwezinye iimeko, uncedo lwamayeza lunokuba ngaphaya kweengozi, ngakumbi xa iimpawu zinzima kwaye zinempembelelo enkulu ekusebenzeni kwemihla ngemihla.

ISIPHELO:

Amayeza anokuba sisixhobo esibalulekileyo ekulawuleni impilo-ntle yengqondo, ngakumbi xa esetyenziswa njengenxalenye yesicwangciso sonyango esibanzi esibandakanya unyango, utshintsho lwendlela yokuphila, kunye neendlela zokuzikhathalela.

Kubalulekile ukusebenzisana ngokusondeleyo nomboneleli wezempilo ukufumana amayeza afanelekileyo kunye nedosi, ukujonga ukusebenza kunye neziphumo ebezingalindelekanga, kunye nokwenza izigqibo ezinolwazi malunga nokhetho lonyango.

Ngokhathalelo olufanelekileyo kunye nenkxaso, amayeza anokudlala indima ebalulekileyo ekuncedeni abantu ukuba bafezekise kwaye bagcine impilo yengqondo.

Iingozi zeMicrodosing ukunceda kwiMiba yeMpilo yengqondo

I-Microdosing ibandakanya ukuthatha iidosi ezincinci, ezincinci ze-psychedelic ezifana neLSD (lysergic acid diethylamide) okanye i-psilocybin (izithako ezisebenzayo kumakhowa omlingo) ngenjongo yokuphucula isimo sengqondo, ukuqonda, okanye ubuchule.

Ngelixa abanye abantu benokuxela amava amnandi nge-microdosing yokulawula imiba yempilo yengqondo, kubalulekile ukujongana nalo mkhuba ngononophelo kunye nokwazisa ngeengozi ezinokubakho kunye neengozi ezibandakanyekayo.

Phambi kokuba uthathele ingqalelo i-microdosing okanye nayiphi na enye indlela yonyango, kubalulekile ukubonisana nengcali yokhathalelo lwempilo ukuxoxa ngeendlela zonyango ezikhuselekileyo nezisekelwe kubungqina kwiinkxalabo zempilo yengqondo.

UKUNGABIKHO KOMTHETHO NOKUBONGA:

Izinto ze-Psychedelic azikho mthethweni kumazwe amaninzi, kubandakanywa ne-United States, kwaye zihlelwa njengezinto ezilawulwayo zeShedyuli I ngenxa yokusetyenziswa kakubi kunye nokungabikho kokusetyenziswa kwezonyango okwamkelekileyo.

I-Microdosing ibandakanya ukufumana ezi zinto ngeendlela ezingekho mthethweni, ezinokubeka umngcipheko osemthethweni kunye nemiceli mngeni malunga nolawulo lomgangatho, ukucoceka, kunye nokungaguququki kwethamo.

IMIXATHA YOKHUSELEKO:

I-Microdosing ibandakanya ukuthatha iidosi ezincinci zezinto ezinamandla ze-psychedelic, ezisenokuba neziphumo zengqondo, nangona kuncinci kakhulu.

Ngelixa abaxhasi bebanga ukuba i-microdosing ikhuselekile kwaye inyamezeleke kakuhle, kukho ubungqina obunqongopheleyo besayensi ukuxhasa iprofayile yokhuseleko, ngakumbi kwixesha elide.

Izinto ze-Psychedelic zinokuba nemiphumo engalindelekanga, ngakumbi xa zisetyenziswa rhoqo emva kwexesha, kwaye zinokusebenzisana namanye amayeza okanye iimeko zempilo eziphantsi.

OKUNOKUBAKHO KWIZIPHUMO EZINGAKUMBI:

Kwanakwidosi engaphantsi kokuqonda, izinto ze-psychedelic zinokuvelisa iziphumo ebezingalindelekanga ezingafunekiyo njengokunyuka koxinzelelo, i-paranoia, ukudideka, okanye ukuphazamiseka kwengqondo.

Abantu abanembali yeemeko zempilo yengqondo ezifana ne-schizophrenia, i-bipolar disorder, okanye ukuxhalaba okunzulu banokuba sesichengeni seziphumo ezibi ezivela kwi-microdosing.

UMNGCIPHEKO WOKUXHOMEKA NOKUKHOHLWA:

Ngelixa izinto ze-psychedelic zingathathwa njengezikhobokisa ngokwasemzimbeni ngendlela efanayo neziyobisi ezinjenge-opioids okanye izivuseleli, zisenokubangela ukuxhomekeka kwengqondo okanye iipatheni ezinyanzelekileyo zokusetyenziswa.

I-microdosing rhoqo inokudala ipateni yokuxhomekeka kwi-substance ukulawula isimo sengqondo okanye ukujamelana noxinzelelo, olunokuba yingxaki kwixesha elide.

IZIPHUMO ZOMTHETHO NEZOLUNTU:

Ukubandakanyeka kwi-microdosing kuthwala imingcipheko esemthethweni, njengoko ukubakho kunye nokusetyenziswa kwezinto zengqondo akukho mthethweni kwiindawo ezininzi. Kusenokubakho ibala lentlalo elinxulumene nokusetyenziswa kwengqondo, elinokuthi libe nefuthe kubudlelwane, amathuba engqesho, kunye nokuma okusemthethweni.

UPHANDO OMNCINCI KUNYE NOBUNGQINA:

Ngelixa kukho umdla okhulayo kunyango olunokubakho kwizinto zengqondo, ngakumbi kunyango lweemeko zempilo yengqondo ezifana nokudakumba, ukuxhalaba, kunye ne-PTSD, ubungqina obuxhasa i-microdosing iseyisiqalo kwaye ayiquki.

Uphando oluthe kratya luyafuneka ukuze uqonde ngcono ubungozi, izibonelelo, kunye neziphumo zexesha elide ze-microdosing kwimpilo yengqondo kunye nempilo.



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