



Ho Fumana Khotso ka Hare: Buka ea Mosebetsi ea ho Laola Khatello ea Maikutlo

Selelekela

Rea u amohela ho "Finding Calm Within," buka e sebetsang e etselitsoeng ho u thusa ho laola le ho hlola khatello ea maikutlo bophelong ba hau . Khatello ea maikutlo ke ketsahalo e tloaelehileng e ka amang boiketlo ba rona, likamano le thabo ka kakaretso.

Buka ena ea mosebetsi e u fa maano a sebetsang le mesebetsi e sebetsang ea ho fumana taolo hape le ho fumana khutso ea kahare . Ka ho ikakhela ka setotsoana lithupelong, u tla ba le litsebo tsa bohlokoa tsa ho laola khatello ea maikutlo le ho ntlafatsa bophelo ba hau.

Tokomane ena e entsoe ke NICRO ka kopo ea bajalefa ba rona. E ntse e fumaneha ho sechaba ka kakaretso e le karolo ea tšebeletso ea rona ea thibelo ea botlokotsebe le pefo. Batho ka bomong le mekhatlo ba ka sebelisa tokomane ena molemong oa ho se etse phaello le thuto.



Ho khetholla lintho tse u bakang khatello ea maikutlo

- Na u na le menahano e hlahang kelellong ea hau makhetlo a mangata
- Ha u e-na le mehopolo ee ka linako tse ling e lateloa ke hlooho, tsitsipano ea mahetla, bothata ba mala, ho nyekeloa ke pelo?
- Na ka linako tse ling kapa hangata u thatafalloa ke ho robala ntle le TV/Mmino
- Na u iphumana u tsoha haholo le bosiu 'me u sa khone ho khutlela ho robala
- Na u iphumana u teneha habonolo?
- Ke eng e u utloisang bohloko haholo ha batho ba u botsa ka eona kapa ntho e tšoanang le eona?
- Maikutlo le maikutlo ao u nang le 'ona ke afe ha u hlaheloa ke e 'ngoe kapa ho feta ho tse ka holimo ? Menyetla ke - ke tsona tse u hlohlelletsang

Ngola Maikutlo le Maikutlo a Hao Mona



Ho Lekola Lintho Tse U U Tsosang Khatello ea Kelello

- Ngola maemo a tloaelehileng, liketsahalo, kapa mehopolo e atisang ho baka khatello ea maikutlo.
- Nahana kamoo lintho tsena tse u susumetsang li amang bophelo ba hao bo botle 'meleng, maikutlong le kelellong.
- Hlalosa mekhoha le lihlooho ho fumana kutloisiso e tebileng ea lisosa tsa hau tsa khatello ea kelello.

Litaelo:

Iphe nako ea ho nahanisisa ka maemo, liketsahalo, kapa mehopolo e atisang ho baka khatello ea maikutlo bophelong ba hau . Sebelisa sebaka se fanoeng ka tlaase ho thathamisa lintho tse u bakang khatello ea maikutlo 'me u nahane kamoo li amang bophelo ba hao bo botle 'meleng, maikutlong le kelellong . Ka ho tseba le ho utloisisa lintho tse u susumetsang, u ka fumana temohisiso ka mekhoha ea hau ea khatello ea kelello 'me ua qala ho hlalisa mekhoha ea ho li laola ka kotleho.

Khatello ea Maikutlo	Tšusumetso ea 'Meleng	Tšusumetso ea Maikutlo	Tšusumetso ea Kelello

Lipotso tsa ho Thuisoa:

1. Na ho na le lihlooho kapa lipaterone tse tloaelehileng har'a lintho tse u bakang khatello ea maikutlo?



2. Ntho e 'ngoe le e 'ngoe e bakang khatello ea maikutlo e ama 'mele oa hau joang? Na ho na le matšoao a itseng a 'mele kapa maikutlo ao u nang le 'ona?
3. Lintho tsee tse bakang khatello ea maikutlo li ama maikutlo a hau joang? A mang a maikutlo a ka sehloohong ao u nang le 'ona maemong aa ke afe?
4. Nahana ka menahano kapa mekhoha ea kelello e hlahang ha u kopana le lintho tse tse bakang khatello ea maikutlo . A na u hlokomela menahano e mebe e ipheta-phetang kapa ho khopama kelellong?
5. Ho ipapisitse le maikutlo a hau, na ho na le litlokotsi tse ikhethileng tseo u ka ratang ho tsepamisa maikutlo ho li laola? Ke hobane'ng ha litlokotsi tsee e le tsa bohlokoa ho uena?

Ho Phefumoloha ka Kelello

- Itloaetse ho phefumoloha ho tebileng ho khothaletsa phomolo.
- Ela hloko maikutlo a 'mele oa hau ha u phefumoloha ka botebo.
- Sebelisa phefumoloho joalo ka ankora ho tlisa maikutlo a hau motsotsong oa hona joale.

Litaelo:

Ho phefumoloha ka kelello ke mokhoa o matla oa ho fokotsa khatello ea maikutlo le ho hlaolela maikutlo a khutso . E kenyelletsa ho lebisa tlhokomelo ea hau motsotsong oa hona joale ka ho tsepamisa mohopolo moeeng oa hau . Nka metsotso e seng mekae letsatsi ka leng ho itloaetsa ho phefumoloha ka kelello u sebelisa litaelo tse ka tlase . Sebelisa sebaka se fanoeng ho ngola maikutlo kapa lintlha tse ling tse hlahang nakong ea boikoetliso.

1. Fumana sebaka se khutsitseng le se phutholohileng moo u ka lulang kapa u paqama teng.
2. Koala mahlo a hao 'me u phefumolohe ho se hokae hore u phomole.
3. Qala ho ela hloko phefumoloho ea hau ntle le ho leka ho e laola.
4. Beha letsoho le le leng sefubeng sa hao le letsoho le leng ka holim'a mpa ea hao (moo diaphragm e leng teng) Tsepamisa maikutlo tabeng ea ho leka ho tsamaisa letsoho feela le leng holim'a diaphragm ea hau ha u phefumoloha - joalo ka ha u sebelisa phefumoloho ea diaphragmatic, ho lumella moea o mongata. ho kena matšoafong a hao.
5. Ela hloko maikutlo a phefumoloho ea hau ha e kena le ho tsoa 'meleng oa hau.
6. Tsepamisa maikutlo a hau ho phahama le ho oa ha mpa ea hau kapa maikutlo a moea o fetang ka linkong tsa hau.



7. Haeba keello ea hau e lelera, ka bonolo e khutlisetse phfumolohong ntle le kahlolo.
8. Tsoela pele mokhoa ona bakeng sa metsotso ea 5-10, butle-butle u eketsa nako ha u ntse u phutholoha haholoanyane.

Ngola Maikutlo le Maikutlo a Hao Mona

Ho Thuisa ka 'Mele

- Etsa tlhahlobo ea 'mele ho eketsa tlhokomeliso ea' mele le ho lokolla tsitsipano.
- Tsamaisa tlhokomelo ea hau butle-butle ho tloha hloohong ho ea monoaneng, u lebise tlhokomelo karolong e 'ngoe le e 'ngoe ea 'mele.
- Ela hloko maikutlo leha e le afe a 'mele kapa libaka tse sa thabiseng ntle le kahlolo.

Litaelo:

Ho thuisa ka 'mele oa hau ke mokhoa o kenyelletsang ho tliša tlhokomelo ea hau likarolong tse fapaneng tsa' mele oa hau, ho lemoha maikutlo, le ho hlaolela tlhokomeliso ea 'mele . Fumana sebaka se khutsitseng le se phutholohileng ho itlhakisa ho thuisa ka 'mele o sebelisa litaelo tse ka tlase . Sebelisa sebaka se fanoeng ho hlokomela maikutlo leha e le afe a 'mele, maikutlo, kapa temohisiso e hlahang nakong ea boikoetliso.

1. Robala ka mokokotlo oa hao kapa u lule sebakeng se phutholohileng u koetse mahlo.
2. Qala ka ho lebisa tlhokomelo ea hau ho phfumoloho ea hau le ho nka moea o fokolang, o khathollang.
3. Hlahlobisisa 'mele oa hau butle-butle ho tloha hloohong ho ea monoaneng, u hlokomele libaka leha e le life tsa tsitsipano, ho se phutholohe kapa ho phomola.
4. Ha u ntse u tsepamisitse maikutlo karolong e 'ngoe le e 'ngoe ea' mele, hlokomela maikutlo leha e le afe a 'mele ntle le kahlolo kapa tlhoko ea ho a fetola.
5. Haeba u hlokomela tsitsipano kapa ho se phutholohe, ka hloko u phomole mesifa eo 'me u lokolle tsitsipano leha e le efe.
6. Qeta metsotso e seng mekae karolong e 'ngoe le e 'ngoe ea' mele, u itumella ho utloa ka botlalo maikutlo a teng.



7. Hang ha u qetile ho hlahloba, nka metsotsoana e seng mekae ho shebella 'mele oa hao ka kakaretso' me u hlokomele liphetoho leha e le life kapa liphetoho.

Ngola Maikutlo le Maikutlo a Hao Mona

Boikoetliso ba Tlhaselo ea Tšabo

Haeba u tšohile, ithute leano le latelang la ho sebetsana le boemo. Itloaetse sena e le hore ha u tšohile u tsebe seo u lokelang ho se etsa.

- Haeba u roetse lieta le likausi, li ntše . Haeba u sa phutholoha ho tlosa likausi, u ka li boloka
- Utloa maikutlo a bokaholimo boo u emeng ho bona
- Leka 'me u tsepamise maikutlo maikutlong ao
- Bua ka lentsoe le phahameng ntho eo u e tsebang ka pelo- e ka ba risepe, pina, mehato ea ho sebetsa, mehato ea kemiso ea hau ea hoseng joalo- joalo.
- Bolela mehato ea seo u se khethileng ka lentsoe le phahameng ka makhetlo a mangata kamoo ho hlokahalang hore pelo ea hau e qale ho otlala butle
- Hang ha u ka utloa e qala ho lieha, qala ho tsepamisa maikutlo ho phefumoloha ka diaphragmatic
- Beha letsoho le leng sefubeng sa hao le letsoho le leng haufi le diaphragm, Leka ho tsamaisa letsoho la diaphragm eseng letsoho la sefubeng ka ho otlala ha hao.
- Pheta ho fihlela u khobile matšoafo hoo u ka bitsang motho

Ngola Maikutlo le Maikutlo a Hao Mona



Ho Etsa Mokhoa oa ho Fokotsa Khatello ea Maikutlo

- Etsa kemiso ea letsatsi le letsatsi e kenyelletsang mesebetsi ea ho fokotsa khatello ea kelello.
- Hlalosa mekhoha ea ho itlhokomela, e kang ho ikoetlisa, ho itlosa bolutu, kapa mekhoha ea ho phomola.
- Ikemisetse ho kenya tšebetsong kemiso ea hau le ho latela ts'ebetso ea eona.

Litaelo:

Ho theha mokhoa oa ho fokotsa khatello ea kelello ho kenyelletsa ho kenyelletsa mesebetsi le mekhoha e khothalletsang boikhatollo le boiketlo bophelong ba hau ba letsatsi le letsatsi . Nahanisisa ka lipotso tse latelang 'me u sebelise sebaka se fanoeng ho hlalosa mokhoa oa ho fokotsa khatello ea kelello o tla u tsoela molemo.

1. Ke lintho life tse ling kapa litloaelo tse u thusang ho phomola le ho fokotsa khatello ea maikutlo?
2. U ka fana ka nako e kae letsatsi ka leng bakeng sa mesebetsi ea ho fokotsa khatello ea maikutlo?
3. Ke liketso life tse khethehileng kapa boitšoarō boo u tla bo kenyelletsa kemisong ea hau ? (mohlala, boikoetliso, ho thuisa, ho itlosa bolutu)
4. U tla etelletsa pele joang le ho itlama ho kenya tšebetsong kemiso ea hau ea ho fokotsa khatello ea maikutlo?
5. Ke litšitiso kapa mathata afe ao u ka 'nang ua thulana le 'ona, 'me u ka a hlōla joang?
6. U tla latela joang le ho lekola katleho ea kemiso ea hau?

Ngola Mokhoa oa Hao oa ho Fokotsa Khatello Mona



Tlhopiso ea kelello

- Lemoha maikutlo a fosahetseng a amanang le khatello ea maikutlo.
- Phephetsa le ho hlophisa bocha mehopolo ena ka bopaki le maikutlo a mang.
- Tlohela ho bua hampe ka boinotši ka lipolelo tse ntle le tse utloahalang.

Litaelo:

Ntlafatso ea kelello e kenyelletsa ho tseba le ho phephetsa menahano e mebe e tlatsetsang khatellong ea maikutlo le ho e nkela sebaka ka menahano e metle le ea 'nete'. Nahana ka lipotso tse latelang 'me u sebelise sebaka se fanoeng ho itloaetsa ho fetola kelello ka ho khetholla le ho lokisa mehopolo e mebe.

1. Ke menahano efe e tloaelehileng e fosahetseng kapa ho bua ka bouena eo u bang le eona nakong ea maemo a sithabetsang?
2. Maikutlo aa a fosahetseng a ama maikutlo le boitšoarō ba hau joang?
3. Hlalosa mohopolo o le mong o fosahetseng oo u ka ratang ho o fetola.
4. Ke bopaki bofe kapa maikutlo a mang ao u ka a fumanang ho phephetsa monahano o mobe?
5. Ngola netefatso e nepahetseng le ea 'nete kapa mohopolo o mong ho nka sebaka sa e mpe.
6. U ka itloaetsa joang ho matlafatsa mohopolo ona o motle bophelong ba hau ba letsatsi le letsatsi?

Mehopolo e Fosahetseng

Bopaki bo Thata kapa Maikutlo a Mang

Litiisetso tse Ntle le tsa 'Nete



Gratitude Journaling

- Qala koranta ea liteboho ho fetisetsa maikutlo a hau ho tse ntle.
- Nahana ka lintho tse tharo tseo u li lebohang letsatsi ka leng.
- Lekola litlamorao tsa maikutlo le tsa kelello tsa teboho.

Litaelo:

Ho ngola litaba tsa teboho ho kenyelletsa ho nahana le ho fana ka teboho bakeng sa likarolo tse ntle tsa bophelo ba hau . Sebelisa sebaka se fanoeng ho ngola lintho tse tharo tseo u li lebohang letsatsi ka leng . Toba taba 'me u hlalose hore na ke hobane'ng ha u leboha ntho ka 'ngoe.

Litlhahiso tsa Journal of Gratitude

1. _____

Ke hobane'ng ha ke leboha see?

2. _____

Ke hobane'ng ha ke leboha see?

3. _____

Ke hobane'ng ha ke leboha see?



Network Support Network

- Lekola boleng le bongata ba likhokahano tsa hau tsa sechaba.
- Hlalosa batho ba fanang ka tšehetso le kutloisiso linakong tsa khatello ea maikutlo.
- Matlafatsa likamano tsa hau mme u batle tšehetso ha ho hlokahala.

Litaelo:

Ho aha le ho holisa marang-rang a ts'ehetso ea sechaba ho bohlokoa bakeng sa ho laola khatello ea maikutlo . Nahana ka lipotso tse latelang 'me u sebelise sebaka se fanoeng ho lekola boleng ba likhokahano tsa hau tsa sechaba le ho rera maano a ho matlafatsa marang-rang a hau a ts'ehetso.

1. Ke batho bafe bophelong ba hau ba fanang ka ts'ehetso le kutloisiso linakong tsa khatello?
2. Ke hangata hakae u kopanang le batho baa?
3. Na ho na le likamano tse hlokanang ho matlafatsoa kapa ho hlokomeloa?
4. Ke lintho life tse ikhethileng tseo u ka li nkang ho ntlafatsa marang-rang a hau a marang-rang ? (mohlala, ho hlophisa nako ea ho ts'oara , ho batla tšehetso ea litsebi)
5. U ka khutlisetsa le ho tšehetsa ba bang joang ka har'a marang-rang a hau?
6. Ke mathata afe kapa litšitiso life tseo u ka 'nang ua thulana le tsona, 'me u ka li hlōla joang?

Tlhalobelo ea Network Support Network



Khatholoho ea mesifa e tsoelang pele

- Ithute le ho itloaetsa mekhoha e tsoelang pele ea ho phomola mesifa.
- Ho tsitsisa ka mokhoa o hlophisitsoeng 'me u phomole sehlopha ka seng sa mesifa' meleng oa hau.
- E-ba le boikutlo bo tebileng ba ho phomola le ho lokolla tsitsipano.

Litaelo:

Ho phomola ha mesifa ho tsoelang pele ke mokhoa o kenyelletsang ho tiisa le ho lokolla lihlopha tse fapaneng tsa mesifa ho etsa hore motho a phomole . Sebelisa sebaka se fanoeng ho itloaetsa ho phomola ha mesifa e tsoelang pele ka ho latela mehato e ka tlase.

1. Fumana sebaka se khutsitseng le se phutholohileng moo u ka lulang kapa u paqama teng.
2. Koala mahlo a hao 'me u phefumolohe ho se hokae hore u phomole.
3. Qala ka menoana ea hau . Li hatelle ka thata metsotsoana e seng mekae, ebe u li lokolla.
4. Suthelang manamane a lōna . Kopanya mesifa, tšoara metsotsoana e seng mekae, 'me u lokolle.
5. Tsoela pele ho tsamaea har'a sehlopha se seng le se seng sa mesifa, u ntse u tsitsisa butle-butle le ho phomola . (mohlala, lirope, lirope, mpa, mahetla, matsoho, matsoho, joalo-joalo)
6. Ela hloko maikutlo a tsitsipano le boikhathollo sehlopheng ka seng sa mesifa.
7. Hang ha u qetile tatellano eohle, nka metsotsoana e seng mekae ho hlokomela boikutlo bo akaretsang ba ho phomola 'meleng oa hau.

Maikutlo le Maikutlo



Setšoantšo sa Letsatsi le Letsatsi la Stress Log:

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.

Letsatsi: _____

	TSIETSO			TS'OANELO LEQELE	
	Tlhaloso	Matla (1-10)	E kothalelitsoe Ke....	Leano la ho Sebetsana le Boemo	Katleho (1-10)
Stressor 1					
Stressor 2					
Stressor 3					
Stressor 4					

Ho itlhahloba:

1. Dikgateletšo tša mehleng yeno di ile tša kgoma bjang boemo bja gago bja mmele, bja monagano le bja maikwelo?
2. Na ho na le lipaterone kapa lihlooho tse iphetang ho khatello ea maikutlo ea hau?
3. phihlelong ea kajeno



Lethathamo la Boithokomelo la Ka mehla

Sebelisa lethathamo lena ho iketsetsa mokhoa oa ho itlhokomela o kothalletsang boiketlo ba hau le ho u lumella ho beha tlhokomelo ea hau pele bophelong ba hau ba letsatsi le letsatsi . Iketsetse hore e lumellane le seo u se ratang le litlhoko tsa hau.

Ho Itlhokomela 'Meleng	
Fumana boroko bo lekaneng (lihora tse 79) bosiu bo bong le bo bong	
Ho ikoetlisa kamehla kapa ho ikoetlisa	
Ja lijo tse leka-lekaneng le tse matlafatsang	
Lula u le metsi ka ho noa metsi a lekaneng letsatsi lohle	
Itloaetse mekhoha e metle ea bohloeki	
Nka khefu 'me u otlolle kamehla, haholo-holo haeba u phela bophelo ba ho lula u lutse	
Etsa nako ea tlhahlobo ea bophelo bo botle le linako tsa kopano	
Boithokomelo ba Maikutlo le Kelello	
Etsa lintho tse u tlisetsang thabo le khatholoho (mohlala, boithabiso, ho bala, ho mamela 'mino)	
Itloaetse ho ba le kelello kapa ho thuisa ho khutsisa kelello ea hau le ho fokotsa khatello ea maikutlo	
Hlalosa maikutlo a hau ka ho ngola litaba kapa ho bua le motsoalle kapa setsebi se tšepahalang	
Beha meeli e phetseng hantle likamanong tsa hau 'me u etelle pele boiketlo ba hau ba maikutlo	
Kopanela ho ipuisang hantle le ho itloaetsa ho ba le kutloelo-bohloko	
Fokotsa ho pepesehela litaba tse mpe kapa lintho tse u susumetsang tse amang bophelo bo botle ba kelello	
Kenya letsoho mesebetsing e tsosang boiqapelo le monahano oa hau	
Boithokomelo ba Sechaba	
Theha likamano le metsoalle, lelapa le baratua	
Rera le ho kenya letsoho mesebetsing ea sechaba e u tlisetsang thabo le khokahano	
Batla tšehetso 'me u fihle ho ba bang ha u e hloka	
Itloaetse ho mamela ka mafolofolo le puisano e nang le morero le ba bang	
Ikopanye le batho ba molemo le ba u tšehetsang	
Kenya letsoho liketsong tsa mosa 'me u kenye letsoho sechabeng sa heno	
Ho Itlhokomela Semoea	
Kenya letsoho mesebetsing e lumellanang le litekanyetso le litumelo tsa hau	
Sebelisa nako ka tlhaho 'me u ananele botle ba eona	
Itloaetse ho thuisa, thapelo, kapa ho thuisa ho hokahana le botho ba hau bo ka hare	
Batla khotatso ho tsoa libukeng, li-podcasts, kapa lithuto tsa moea	
Kenya letsoho mesebetsing e kothalletsang teboho le ho ba le morero	
Lekola bomoea ba hau 'me u kenelle litloaelong kapa litloaelong tse u tlisetsang khotso	
Pampering le Khatholoho	
Nka libate tse futhumetseng kapa lishaoara tse nang le lihlahisoa tse thobang	
Iketsetse letsatsi la spa kapa u iphelise ka liphekolo tsa ho itlhokomela	



Beha nako ea ho phomola e kang ho bala, ho otlolla maoto, kapa ho mamela 'mino o khutsitseng	
Itloaetse ho silila kapa mesebetsi e meng ea phekolo	
Kenya letsoho mesebetsing ea ho itlosa bolutu kapa mesebetsi e u thusang ho phomola le ho nchafatsa	
Theha sebaka se monate le se monate lapeng moo o ka phomolang teng	

Lethathamo la Tekolo: Ho Lekola Mekhoa ea Bophelo bo Botle le e sa Phethahalang

Bakeng sa tloaelo e 'ngoe le e 'ngoe e thathamisoeng ka tlase, tšoea hore na ke tloaelo e phetseng hantle kapa e kotsi ho uena ka bouena . E-ba le botšepahi ho uena 'me u nahane ka phello ea tloaelo e' ngoe le e 'ngoe bophelong ba hau ka kakaretso.

Bophelo bo Botle ba 'Meleng:	Ke Etsa Sena	Ha ke Etse Sena
- Ho ikoetlisa kamehla		
- Ho robala ka ho lekaneng (lihora tse 7-9 bosiu bo bong le bo bong)		
- Lijo tse leka-lekaneng le tse matlafatsang		
- Ho noa metsi a lekaneng		
- Ho qoba ho noa joala ho tlōla		
- Ho qoba ho tsuba kapa ho sebelisa koae		
- Litlhalobo tsa kamehla tsa bongaka		
Bophelo bo Botle ba Kelello le Maikutlo:	Ke Etsa Sena	Ha ke Etse Sena
- Ho etsa mesebetsi e fokotsang khatello ea maikutlo (mohlala, ho ba le kelello, ho thuisa, ho itlosa bolutu)		
- Ho batla tšehetso ho tsoa ho metsoalle, lelapa, kapa litsebi ha ho hlokahala		
- Ho beha le ho beha pele lipakane tsa sebele		
- Ho boloka maikutlo a nepahetseng		
- Ho itloaetsa ho itlhokomela le ho iqenehela		
- Ho laola nako ka katleho		
- Ho itloaetsa mekhoa ea ho phomola		
Bophelo bo Botle ba Sechaba:	Ke Etsa Sena	Ha ke Etse Sena
- Ho boloka likamano tse tšehetsang le tse ntle		
- Ho etsa mesebetsi ea sechaba le ho hokahana le ba bang		
- Ho buisana ka katleho le ka boikemelo		
- Ho hlompha meeli ea botho le meeli ea ba bang		
- Ho leka-lekanya nako eo u e qetang u le mong le nako eo u e qetang u e-na le ba bang		



- Ho nka karolo mesebetsing ea sechaba kapa ea boithaopo		
Tlhahiso le Tsamaiso ea Nako:	Ke Etsa Sena	Ha ke Etse Sena
- Beha mesebetsi pele le ho ipehela lipheo tse hlakileng		
- Ho qoba ho lieha		
- Ho laola le ho fokotsa litšitiso		
- Ho beha meeli e phetseng hantle ea bophelo ba mesebetsi		
- Ho phomola le ho ikwetlisa ho itlhokomela nakong ya mesebetsi/ya thuto		
- Ho batla thuso kapa ho abela mesebetsi ha ho hlokahala		
Nako ea Screen le Mekhoa ea Digital:	Ke Etsa Sena	Ha ke Etse Sena
- E fokotsa nako ea skrine e feteletseng		
- Ho itloaetsa meeli e phetseng hantle ea inthanete		
- Ho qoba tšebeliso e feteletseng ea litaba tsa sechaba kapa ho ipapisa le ba bang		
- Ho leka-lekanya nako ea skrine le mesebetsi e kantle ho naha le tšebelisano ea sefahleho le sefahleho		
- Ho sebelisa theknoloji molemong oa tlhahiso le kholo ea motho		
Bohloeki ba Motho:	Ke Etsa Sena	Ha ke Etse Sena
- Ho boloka mekhoe e tloaelehileng ea bohloeki (mohlala, ho hlapa, ho hlatsoa meno)		
- Ho hlapa matsoho kamehla		
- Ho hlokomela moriri, lipekere le letlalo		
- Ho apara liaparo tse hloekileng le tse loketseng		
Mekhoa ea lichelete:	Ke Etsa Sena	Ha ke Etse Sena
- Ho etsa moralo oa tšebeliso ea chelete le ho laola lichelete ka katleho		
- Ho boloka chelete kamehla		
- Ho qoba ho sebelisa chelete e ngata ho feta tekano le ka lepotlapotla		
- Ho lefa likoloto ka nako		
- Ho rera le ho ipehela lipakane tsa lichelete		

Ka mor'a ho hlahloba tloaelo e 'ngoe le e' ngoe, nahana ka lethathamong la hau 'me u tsebe moo u ka ntlafatsang mekhoe ea hau bakeng sa bophelo bo botle le bophelo bo botle ka kakaretso . Sebelisa boithahlobo bona e le qalo ea ho etsa liphetoho tse ntle bophelong ba hau le ho theha mekhoe e metle e tšehetsang boiketlo ba hau.



Likhopotso Tsa Tsamaiso ea Khatello ea Letsatsi le Letsatsi

1. Itloaetse ho phefumoloha ho tebileng: Nka metsotsoana e seng mekae ho pholletsa le letsatsi ho tsepamisa mohopolo ho phefumoloha ha hao le ho hema butle, ho teba ho khothalletsa boikhathollo.
2. Kena ka 'mele oa hau: Ela hloko matšoao afe kapa afe a 'mele a khatello ea maikutlo kapa tsitsipano' meleng oa hau . Nka khefu ho otlolla, ho sisinyeha, kapa ho lokolla tsitsipano ea mesifa.
3. Phephetsa menahano e mebe: Ela hloko menahano e nyahamisang kapa e sithabetsang 'me u e nkele sebaka ka e nepahetseng le ea sebele . Ikhopotse ka matla le likatleho tsa hau.
4. Nka khefu e nyane: Rulahanya nako ea phomolo e khuts'oane letsatsi lohle e le hore u hlahoheloe hape 'me u etse lintho tse u thabisang kapa tse u khathollang . Tloha mosebetsing kapa boikarabello ho tlosa kelello ea hau.
5. Itloaetse ho leboha: Iphe nako ea ho nahanisisa ka lintho tseo u li lebohang . Li ngole fatše kapa u li hlalose ka kelellong ho fetola maikutlo a hau ho tse ntle.
6. Ikopanye le netweke ea hau ea ts'ehetso: Kopana le metsoalle, lelapa, kapa batho bao u ba tšepang ha u hloka tšehetso kapa feela ho hokahanya le ho arolelana liphihlelo tsa hau . Arolelana maikutlo a hau 'me u mamele ba bang.
7. Itloaetse boikoetliso ba 'mele: Kenyelletsa boikoetliso kapa ho sisinyeha khafetsa tšebetsong ea hau ea letsatsi le letsatsi . Ebang ke ho tsamaea, yoga, kapa boikoetliso, boikoetliso bo ka thusa ho fokotsa khatello ea maikutlo le ho matlafatsa maikutlo.
8. Beha ho ithokomela pele: Iphe nako ea ho etsa lintho tse u matlafatsang, tse kang ho tola, ho bala buka, ho mamela 'mino kapa ho etsa lintho tse u thabisang.
9. Itloaetse ho ba le kelello: Letsatsi lohle, tliša tlhokomelo ea hau motsotsong oa hona joale . Kenya likelello tsa hau ka botlalo boiphihlelong ba hau ba hajoale 'me u tlohele ho tšoenyeha ka nako e fetileng kapa bokamoso.
10. Beha meeli: Theha meeli e hlakileng bophelong ba hau ba botho le ba setsebi . E re che ha ho hlokahala 'me u behe boiketlo ba hau pele . Sireletsa nako le matla a hao.
11. Batla metlae: Fumana linako tsa litšeho le metlae letsatsing la hau . Shebella video e qabolang, bala motlae, kapa arolelana litšeho le motho e mong . Ho tšeha ho ka imolla khatello ea maikutlo haholo.
12. Amohela ho se phethahale: Amohela khopolo ea hore phetheho e ke ke ea finyelloa . Itumelele go dira diphoso mme o ithute mo go tsone . E-ba mosa ho uena 'me u itloaetse ho ba le kutloelo-bohloko.
13. Itloaetse ho laola nako: Arola mesebetsi ka likarolo tse laolehang 'me u e behe pele . Sebelisa mekhoha e thibelang nako 'me u ipehele nako ea sebele ho qoba ho ikutloa u imetsoe.
14. Lula u le metsi 'me u fepehe hantle: Noa metsi a lekaneng' me u fe 'mele oa hau ka lijo tse nang le phepo e nepahetseng . hydration e nepahetseng le phepo e nepahetseng li tšehetsa bophelo bo botle ba hau 'me li ka thusa ho laola khatello ea kelello.



15. Nahanisisa 'me u ketekoe: Qetellong ea letsatsi ka leng, iphe nako ea ho nahana ka lintho tseo u li finyeletseng le linako tsa thabo . Keteka esita le likhau tse nyane 'me u bontše teboho bakeng sa letsatsi.

Lenane la Linomoro Tsa Mathomo tsa Afrika Boroa bakeng sa Thuso ka Matšoenyeho le Matšoenyeho

Adcock Ingram Mohala oa Thuso oa Matšoenyeho le Matšoenyeho	0800 70 80 90
Akeso Psychiatric Response Unit 24 Hour	0861 435 787
Mokhatlo oa Cape Mental Health	(021) 447 9040
Cipla Mental Health Helpline	0800 456 789
Mohala oa Thuso oa Dr Reddy's Mental Health	0800 21 22 23
Healthcare Workers Care Network Helpline	0800 21 21 21
LifeLine	0861 322 322
Mohala oa Thuso ka Mathata a ho Ipolaea Afrika Boroa	0800 12 13 14
Sehlopha sa Matšoenyeho a Maikutlo sa Afrika Boroa	011 234 4837
Mohala oa Thuso ka Mathata a ho Ipolaea	0800 567 567



Habit Tracker

Tloaelo	M	T	W	T	F	S	S



Thempleite ea Lenane la ho Itlhokomela

KHABANE		M	T	W	T	F	S	S
1								
2								
3								
4								
KELELLO		M	T	W	T	F	S	S
1								
2								
3								
4								
TŠEBELETSO		M	T	W	T	F	S	S
1								
2								
3								
4								
MOEA		M	T	W	T	F	S	S
1								
2								
3								
4								



Qetello

Kea u lebohela ha u qetile buka ea "Ho Fumana Khotso ka Hare" ho laola khatello ea maikutlo ! Ka ho kopanela mesebetsing e sebetsang e fanoeng, u nkile mehato ea bohlokoa ea ho laola khatello ea maikutlo le ho fumana khotso ea ka hare . Hopola hore khatello ea maikutlo ke karolo e tloaelehileng ea bophelo, empa ka maqheka le mekhoha eo u ithutileng eona, u ka khona ho tsamaea le ho e hlōla . Tsoela pele ho sebelisa litsebo tsena, li ikamahanye le maemo a hau a ikhethang, 'me u amohele bophelo bo tletseng botsitso, botsitso le khotso.



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