



Ukufumana Ukuzola Ngaphakathi: Incwadi Yokusebenzela Yokulawula Uxinzelelo

Intshayelelo

Wamkelekile "Kukufumana Ukuzola Ngaphakathi," incwadi yokusebenza eyilelwe ukukunceda ukuba ulawule kwaye woyise uxinzelelo ebomini bakho . Uxinzelelo ngamava aqhelekileyo anokuchaphazela impilo-ntle yethu, ubudlelwane kunye nolonwabo lulonke.

Le ncwadi yomsebenzi ikunika amacebo asebenzayo kunye nemisebenzi esebenzayo ukuze uphinde ukwazi ukulawula kwaye ufumane ukuzola kwangaphakathi . Ngokuzibandakanya ngokukhuthaleyo nemithambo, uya kuphuhlisa izakhono ezixabisekileyo zokulawula uxinzelelo kunye nokuphucula umgangatho wobomi bakho.

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



Ukuchonga izinto ezikubangela uxinzelelo

- Ngaba uneengcinga ezifika engqondweni yakho amaxesha amaninzi
- Xa unazo ezi ngcinga 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 udibana nenye 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 kwizinto 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. Ngaba ezi zinto zibangela uxinzelelo ziyichaphazela njani iimvakalelo zakho ? 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 naziphi na iziphembeleli zoxinzelelo ezithile ongathanda ukugxila kulawulo ? Kutheni le nto ezi zixhokoxa zibalulekile kuwe?

Ukuphefumla ngengqondo

- Ziqhelanise nemithambo yokuphefumla nzulu ukukhuthaza ukuphumla.
- Jonga iimvakalelo emzimbeni wakho njengoko uphefumla ngokunzulu.
- Sebenzisa umoya njengeankile ukuzisa ingqalelo yakho kulo mzuzu wangoku.

Imiyalelo:

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 uziqhelanisa nokuphefumla kwe-diaphragmatic, kuvumela umoya omninzi. ukungena emiphungeni yakho.
5. Qaphela imvakalelo yokuphefumla 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

Ukucamngca ngeSikena soMzimba

- Yenza iskena somzimba ukwandisa ulwazi lomzimba kunye nokukhulula uxinzelelo.
- Hambisa kancinci ingqalelo yakho ukusuka entloko ukuya ezinzwaneni, ugxininise kwindawo nganye yomzimba.
- Qaphela naziphi na iimvakalelo zomzimba okanye iindawo zokungakhululeki ngaphandle kwesigwebo.

Imiyalelo:

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 imiphefumlo 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.



Bhala uQwalaselo lwakho kunye nokuqonda Apha

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, ungazigcina 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



Ukuqulunqa Inkqubo Yokunciphisa Uxinzelelo

- Yenza inkqubo yemihla ngemihla edibanisa imisebenzi yokunciphisa uxinzelelo.
- Chonga iindlela zokuzikhathalela, ezinjengomthambo, ukuzonwabisa, okanye iindlela zokuphumla.
- Zibophelele ekuphumezeni inkqubo yakho kwaye ulandele ukusebenza kwayo.

Imiyalelo:

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 uxinezeleko 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



Ukuhlengahlengiswa kwengqondo

- Chonga iindlela zokucinga ezingalunganga ezinxulumene noxinzelelo.
- Cela umngeni kwaye uhlengahlengise ezi ngcinga usebenzisa ubungqina kunye neembono ezizezinye.
- Thatha indawo yokuthetha kakubi ngawe kunye neziqinisekiso ezilungileyo neziyinyani.

Imiyalelo:

Ukuhlengahlengiswa kwengqondo kubandakanya ukuchonga kunye nokucela umngeni kwiipatheni zokucinga ezingalunganga ezinegalelo kuxinzelelo kwaye endaweni yazo ngeengcinga ezakhayo nezinenyani . Camngca ngale mibuzo ilandelayo kwaye usebenzise isithuba esinikiweyo ukuze uziqhelanise nohlengahlengiso lwengqiqo ngokuchonga nokubuyisela iingcinga ezingalunganga.

1. Zeziphi ezinye zeengcinga ezingalunganga eziqhelekileyo okanye ukuzithetha ozifumanayo ngexesha leemeko zoxinzelelo?
2. Ezi ngcinga zingalunganga ziyichaphazela njani indlela oziva ngayo kunye nokuziphatha kwakho?
3. Chonga ingcinga eyodwa engalunganga ongathanda ukuyihlengahlengisa.
4. Bubuphi ubungqina okanye ezinye iindlela onokuthi uzifumane ukucel' umngeni ingcinga engakhiyo?
5. Bhala phantsi isiqinisekiso esilungileyo nesinenyani okanye enye ingcinga endaweni yesichasi.
6. Ungaziqhelanisa njani nokuqinisa le ndlela yokucinga eyakhayo kubomi bakho bemihla ngemihla?

Iingcamango Ezingalunganga

Ubungqina obungumngeni okanye iimbono ezizezinye

IziQinisekiso Ezilungileyo nezinenyani



I-Gratitude Journaling

- Qala ijenali yombulelo ukuze utshintshe ugxininiso lwakho lubhekiselele kwizinto ezilungileyo.
- Cinga ngezinto ezintathu onombulelo ngazo suku ngalunye.
- Phonononga iziphumo zombulelo ngokwasemoyeni nasengqondweni.

Imiyalelo:

Ijenali yombulelo ibandakanya ukucinga kunye nokuvakalisa umbulelo ngemiba eyakhayo yobomi bakho . Sebenzisa isithuba esinikiweyo ukubhala phantsi izinto ezintathu onombulelo ngazo suku ngalunye . Cacisa kwaye ucacise ukuba kutheni unombulelo ngento nganye.

lingcebiso zejenali yombulelo

1. _____

Kutheni ndinombulelo ngale nto?

2. _____

Kutheni ndinombulelo ngale nto?

3. _____

Kutheni ndinombulelo ngale nto?



Inethiwekhi yeNkxaso yeNtlalo

- Vavanya umgangatho kunye nobungakanani bonxibelelwano lwakho lwentlalo.
- Chonga abantu ababonelela ngenkxaso kunye nokuqonda ngexesha loxinzelelo.
- Yomeleza ubudlelwane bakho kwaye ufune inkxaso xa kuyimfuneko.

Imiyalelo:

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 kangakanani 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



Ukuphumla kwezihlunu eziqhubekayo

- Funda kwaye uziqhelanise neendlela eziqhubekayo zokuphumza izihlunu.
- Uxinzelelo olucwangcisiweyo kwaye ukhulule iqela ngalinye lezihlunu emzimbeni wakho.
- Fumana imvakalelo enzulu yokuphumla kunye nokukhulula uxinzelelo.

Imiyalelo:

Ukuyekelela izihlunu okuqhubekayo yindlela ebandakanya ukuqina kwaye emva koko ukhulule amaqela ahlukeneyo ezihlunu ukuze ukhululeke . Sebenzisa isithuba esinikiweyo ukuze uziqhelanise nokuphumla kwezihlunu ngokuqhubekayo 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



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.

	UXINISEKISO			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



Uluhlu lokuHlola lweNkqubo yokuZikhathalela

Sebenzisa olu luhlu lokuhlola ukwenza inkqubo 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 uhlobo 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 enemphilo 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	



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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 ekuncedayo ukuba uphumle kwaye uhlaziye kwakhona	
Yenza indawo epholileyo kwaye imema ekhaya apho unokuphumla khona	

Uluhlu lokutshekisha: Ukuvavanya iMikhwa eMpilo kunye neyeMpilo

Kumkhwa ngamnye odweliswe ngezantsi, phawula ukuba awukho mpilweni okanye awukho mpilweni 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 esihle		
- Ukuziqhelanisa nokuzikhathalela kunye novelwano		
- Ukulawula ixesha ngokufanelekileyo		
- Ukuziqhelanisa neendlela zokuphumla		
Impilo yeNtlalo:	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		



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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 yobomi bomsebenzi obunempilo		
- Thatha ikhefu kwaye uziqhelanise nokuzinyamekela ngexesha lomsebenzi / leeseshoni 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, cingisisa ngoluhlu lwakho kwaye uchonge iindawo onokuthi uphucule kuzo imikhwa yakho ukuze ube nempilo engcono kunye nokuphila kakuhle . Sebenzisa olu vavanyo lokuzihlola njengesiqalo sokwenza utshintsho oluhle kwindlela ophila ngayo kwaye wenze imikhwa enempilo exhasa impilo-ntle yakho.



Izikhumbuzo zoLawulo loxinzelelo lwemihla ngemihla

1. Ziqhelanise nokuphefumla okunzulu: Thatha imizuzwana embalwa yonke imini ukugxila ekuphefumleni kwakho kwaye uthathe kancinci, ukuphefumlela nzulu ukukhuthaza ukuphumla.
2. Ukungena nomzimba wakho: Nika ingqalelo kuzo naziphi na iimpawu ezibonakalayo zoxinzelelo okanye uxinzelelo emzimbeni wakho . Thatha ikhefu ukuze uzolule, ushukume, okanye ukhulule ukuxinezeleka kwezihlunu.
3. Cela umngeni kwiingcinga ezingakhiyo: Qaphela iingcinga ezingakhiyo okanye ezicinezelayo uze uzithabathele indawo ngenkuthalo ucinge ezakhayo nezisengqiqweni . Zikhumbuze ngamandla akho kunye nempumelelo.
4. Thatha ikhefu elincinci: Cwangcisa ikhefu elifutshane imini yonke ukuze uhlaziye kwaye wenze izinto ezikuzisela ulonwabo okanye ukuphumla . Suka emsebenzini okanye uxanduva lokucoca ingqondo yakho.
5. Ziqhelise ukubulela: Khawuziphe ithuba lokucinga ngezinto onombulelo ngazo . Zibhale phantsi okanye zivakalise ngengqondo ukutshintshela kugxininiso lwakho kwizinto ezilungileyo.
6. Qhagamshelana nenethiwekhi yakho yenkxaso: Fikelela kubahlobo, usapho, okanye abantu obathembileyo xa ufuna inkxaso okanye ngokulula ukunxibelelana kwaye wabelane ngamava akho . Yabelana ngeemvakalelo zakho kwaye umamele abanye.
7. Zibandakanye nomsebenzi womzimba: Dibanisa umthambo rhoqo okanye intshukumo kwindlela yakho yemihla ngemihla . Nokuba kukuhamba, i-yoga, okanye ukuzilolonga, ukwenza umthambo kunokunceda ukunciphisa uxinzelelo kunye nokukhuthaza umoya.
8. Kubeke kwindawo yokuqala ukuzinyamekela: Zibekele ixesha lezinto eziza kukwenza ube sempilweni, njengokuhlamba, ukufunda incwadi, ukumamela umculo, okanye ukwenza izinto ezikwenza wonwabe.
9. Ziqhelise ukuqaphela: Imini yonke, zisa ingqalelo yakho kulo mzuzu wangoku . Zibandakanye ngokupheleleyo iimvakalelo zakho kumava akho angoku kwaye uyeke amaxhala malunga nexesha elidlulileyo okanye elizayo.
10. Misela imida: Misela imida ecacileyo kubomi bakho bobuqu kunye nobungcali . Yithi hayi xa kuyimfuneko kwaye ubeke impilo-ntle yakho kwindawo yokuqala . Khusela ixesha namandla akho.
11. Funa uburharha: Fumana amaxesha okuhleka nokuhlekisa kumhla wakho . Bukela ividiyo ehlekisayo, funda isiqhulo, okanye wabelane ngokuhleka nomnye umntu . Ukuhleka kunokuba yinto enkulu yokunciphisa uxinzelelo.
12. Kwamkele ukungafezeki: Yamkela ingcamango yokuba imfezeko ayinakufikelelwa . Zivumele wenze iimpazamo kwaye ufunde kuzo . Yiba nobubele kuwe kwaye uziqhelanise novelwano.
13. Ziqhelanise nolawulo lwexesha: Yahlula imisebenzi ibe ngamacandelo alawulekayo kwaye uyibeke phambili . Sebenzisa iindlela zokuvala ixesha kwaye ubeke imihla ebekiweyo yokwenyani ukunqanda ukuziva ungoyiswayo.



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14. Hlala umanzi kwaye wondlekile: Sela amanzi aneleyo kwaye uphembelele umzimba wakho ngokutya okunesondlo . I-hydration efanelekileyo kunye nesondlo ixhasa impilo yakho yonke kwaye inokunceda ukulawula uxinzelelo.
15. Cinga kwaye ubhiyozele: Thatha umzuzwana ekupheleni kosuku ngalunye ucinge ngezinto ozifizekisileyo kunye namaxesha olonwabo . Bhiyozele neeloyiso ezincinci kwaye uvakalise umbulelo wosuku.

Uluhlu lweeNombolo zoQhagamshelwano loMzantsi Afrika zoNcedo ngoStress kunye noXolo

Adcock Ingram Depression & Anxiety Helpline	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



Isifanekiso soLuhlu lokuziKhathalela

EMZIMBENI		M	T	W	T	F	S	S
1								
2								
3								
4								
NGENQONDO		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								



Ukuqukumbela

Sivuyisana nawe ngokugqiba incwadi "Yokuzola Ngaphakathi" yokulawula uxinzelelo ! Ngokuzibandakanya kwizinto eziluncedo ozinikiweyo, uye wathabatha amanyathelo abalulekileyo okulawula uxinezeleko nokufumana ukuzola kwangaphakathi . Khumbula ukuba uxinzelelo luyinto eqhelekileyo yobomi, kodwa ngezicwangciso kunye nobuchule obufundileyo, unokuhamba kakuhle kwaye uloyise . Qhubeka nokuziqhelanisa nezi zakhono, uziqhelanise neemeko zakho ezizodwa, kwaye wamkele ubomi obuzaliswe kukomelela, ukulungelelana, kunye nokuzola.



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