



Ukuthola Ukuzola Ngaphakathi: Incwadi Yokusebenzela Yokulawula Ukucindezeleka

Isingeniso

Siyakwamukela kokuthi "Ukuthola Ukuzola Ngaphakathi," ibhuku lokusebenza elisebenzayo eliklanyelwe ukukusiza ulawule futhi unqobe ingcindezi empilweni yakho . Ingcindezi yinto evamile engathinta inhlalakahle yethu, ubudlelwano, kanye nenjabulo isiyonke.

Le ncwadi yokusebenzela ikunikeza amasu asebenzayo nemisebenzi ephathekayo ukuze uphinde ukwazi ukulawula futhi uthole ukuzola kwangaphakathi . Ngokuzibandakanya ngokuzikhandla nokuzivocavoca, uzothuthukisa amakhono abalulekile okulawula ingcindezi futhi uthuthukise izinga lakho lempilo.

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



Ukuhlonza izinto ezikubangela ukucindezeleka

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

Bhala Okuqaphele Nemininingwane Yakho Lapha



Ukuhlola Okukubangela Ukucindezeleka

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

Imiyalelo:

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

| I-Stress Trigger | Umthelela Emzimbeni | Umthelela Wemizwelo | Umthelela Wengqondo |
|-------------------------|----------------------------|----------------------------|----------------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Imibuzo Yokuzindla:

1. Ingabe zikhona izingqikithi ezivamile noma amaphethini phakathi kwezinto ezibangela ukucindezeleka?



NICRO © 2023. Ukuthola Ukuzola Ngaphakathi: Incwadi Yokusebenzela Yokulawula Ukucindezeleka

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

Ukuphefumula Ngengqondo

- Zijwayeze ukuphefumula okujulile ukuze ukhuthaze ukuphumula.
- Qaphela imizwa emzimbeni wakho njengoba uphefumula ngokujulile.
- Sebenzisa umoya njengehange ukuze ulethe ukunaka kwakho esikhathini samanje.

Imiyalelo:

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

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



8. Qhubeka nalo mkhuba imizuzu engu-5-10, kancane kancane ukwandisa ubude besikhathi njengoba ukhululeka.

Bhala Okuqaphele kanye Nemininingwane Lapha

Ukuzindla kokuskena komzimba

- Yenza ukuskena komzimba ukuze ukhulise ukuqwashisa komzimba futhi ukhulule ukungezwani.
- Kancane hambisa ukunaka kwakho kusuka ekhanda kuye ozwaneni, ugxile esithweni ngasinye somzimba.
- Qaphela noma yikuphi ukuzwa ngokomzimba noma izindawo zokungakhululeki ngaphandle kokwahlulela.

Imiyalelo:

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

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



Bhala Okuqaphele kanye Neminingwane Lapha

I-Panic Attack Exercise

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

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

Bhala Okuqaphele kanye Neminingwane Lapha



Ukwakha Umjikelezo Wokunciphisa Ingcindezi

- Dala isimiso sansuku zonke esihlanganisa imisebenzi yokunciphisa ukucindezeleka.
- Thola izinqubo zokuzinakekela, njengokuzivocavoca, ukuzilibazisa, noma izindlela zokuphumula.
- Zibophezele ekusebenziseni isimiso sakho futhi ulandelele ukusebenza kwayo.

Imiyalelo:

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

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

Bhala Umjikelezo Wakho Wokunciphisa Ingcindezi Lapha



Ukuhlelwa Kabusha Kwengqondo

- Thola izindlela zokucabanga ezingezinhle ezihlobene nengcindezi.
- Faka inselele futhi uhlele kabusha le micabango usebenzisa ubufakazi neminye imibono.
- Faka esikhundleni sokukhuluma okungekuhle ufake iziqinisekiso ezinhle nezingokoqobo.

Imiyalelo:

Ukuhlelwa kabusha kwengqondo kuhlela ukuhlonza kanye nokubekela inselele amaphethini emicabango engemihle enomthelela ekucindezelekeni futhi esikhundleni sawo ngemicabango eyakhayo nengokoqobo . Zindla ngale mibuzo elandelayo futhi usebenzise isikhala esinikeziwe ukuze uzijwayeze ukuhlela kabusha ingqondo ngokuhlonza nokuhlela kabusha imicabango engemihle.

1. Yimiphi eminye imicabango evamile engalungile noma ukuzikhulumela obhekana nakho phakathi nezimo ezicindezelayo?
2. Le micabango engemihle iyithinta kanjani imizwelo nokuziphatha kwakho?
3. Khomba umcabango owodwa othize omubi ongathanda ukuwenza kabusha.
4. Yibuphi ubufakazi noma eminye imibono ongayithola ukuze inselele umcabango ongemuhle?
5. Bhala phansi isiqinisekiso esihle nesingokoqobo noma omunye umcabango ozothatha indawo yephekayo.
6. Ungazijwayeza kanjani ukuqinisa le ndlela yokucabanga eyakhayo ekuphileni kwakho kwansuku zonke?

Imicabango Emibi

Ubufakazi Obuyinselele noma Eminye Imibono

Iziqinisekiso Ezinhle Nezingokoqobo



I-Gratitude Journaling

- Qala ijenali yokubonga ukuze uguqule ukugxilisa ingqondo yakho ku-positivity.
- Zindla ngezinto ezintathu obonga ngazo usuku ngalunye.
- Hlola imiphumela yokubonga ngokomzwelo nangokwengqondo.

Imiyalelo:

Ijenali yokubonga ibandakanya ukuzindla nokuzwakalisa ukubonga ngezici ezinhle zempilo yakho . Sebenzisa isikhala esinikeziwe ukuze ubhale phansi izinto ezintathu obonga ngazo usuku ngalunye . Cacisa futhi uchaze kabanzi ngokuthi kungani ubonga ngento ngayinye.

I-Gratitude Journal Prompts

1. _____
Kungani ngibonga ngalokhu?
2. _____
Kungani ngibonga ngalokhu?
3. _____
Kungani ngibonga ngalokhu?



Inethiwekhi Yokusekela Komphakathi

- Hlola ikhwalithi kanye nenani lokuxhumana kwakho nomphakathi.
- Khomba abantu abanikeza ukwesekwa nokuqonda ngezikhathi zokucindezeleka.
- Qinisa ubudlelwano bakho futhi ufune ukwesekwa lapho kudingeka.

Imiyalelo:

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

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

Ukuhlolwa Kwenethiwekhi Yokusekela Komphakathi



Ukuphumula Kwemisipha Okuqhubekayo

- Funda futhi uzijwayeze izindlela eziqhubekayo zokuphumuza imisipha.
- Qinisa ngokuhlelekile futhi ukhulule iqembu lemisipha ngalinye emzimbeni wakho.
- Izwa umuzwa ojulile wokuphumula futhi ukhulule ukungezwani.

Imiyalelo:

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

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

Ukubuka kanye Nemininingwane



Isifanekiso selogi ye-Daily Stress:

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.

Usuku: _____

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

Ukuzicabangela:

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



Uhlu Lokuhlola Lwendlela Yokuzinakekela

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

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



NICRO © 2023. Ukuthola Ukuzola Ngaphakathi: Incwadi Yokusebenzela Yokulawula Ukucindezeleka

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

Uhlu Lokuhlola: Ukuhlola Imikhuba Enempilo Nengenampilo

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

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



NICRO © 2023. Ukuthola Ukuzola Ngaphakathi: Incwadi Yokusebenzela Yokulawula Ukucindezeleka

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

Ngemva kokuhlola umkhuba ngamunye, zindla ngohlu lwakho lokuhlola futhi ukhombela izindawo lapho ungathuthukisa khona imikhuba yakho ukuze uthole impilo engcono nenhlalakahle yonke . Sebenzisa lokhu kuzihlola njengesiqalo sokwenza izinguquko ezinhle endleleni yakho yokuphila futhi udale imikhuba enempilo esekela inhlalakahle yakho.



Izikhumbuzi Zokulawula Ukucindezeleka Kwansuku zonke

1. **Prakthiza ukuphefumula okujulile:** Thatha imizuzwana embalwa usuku lonke ukuze ugxile ekuphefumuleni kwakho futhi uphefumule kancane, ujule ukuze ukhuthaze ukuphumula.
2. **Ngena ngomzimba wakho:** Naka noma yiziphi izimpawu ezingokomzimba zokucindezeleka noma ukungezwani komzimba wakho . Thatha ikhefu ukuze welule, unyakaze, noma ukhulule ukungezwani kwemisipha.
3. **Cela inselele imicabango engemihle:** Qaphela imicabango engemihle noma ecindezelayo bese uyifaka esikhundleni sayo ngeyakhayo nengokoqobo . Zikhumbuze ngamandla akho nezimpumelelo zakho.
4. **Thatha amakhefu amancane:** Hlela amakhefu amafushane usuku lonke ukuze ushaje futhi wenze izinto ezikulethela injabulo noma ukuphumula . Suka emsebenzini noma izibopho ukuze usule ingqondo yakho.
5. **Prakthiza ukubonga:** Thatha isikhashana ucabange ngezinto obonga ngazo . Zibhale phansi noma ziveze ngokomqondo ukuze uguqule ukugxila kwakho kube kokuhle.
6. **Xhumana nenethiwekhi yakho yosekelo:** Xhumana nabangane, umndeni, noma abantu abathile omethembayo lapho udinga ukusekelwa noma ukuze nje uxhumane futhi wabelane ngolwazi lwakho . Yabelana ngemizwa yakho futhi ulalele abanye.
7. **Zibandakanye ekuzilolongeni:** Faka ukuvivinya umzimba njalo noma ukunyakaza esimisweni sakho sansuku zonke . Kungakhathaliseki ukuthi ukuhamba ngezinyawo, i-yoga, noma ukujima, ukuvivinya umzimba kungasiza ekunciphiseni ukucindezeleka futhi kukhuphule umoya.
8. **Beka kuqala ukuzinakekela:** Zibekela isikhathi sezinto ezondla inhlalakahle yakho, njengokugeza, ukufunda incwadi, ukulalela umculo, noma ukuhlanganyela ezintweni zokuzilibazisa ezikulethela injabulo.
9. **Zijwayeze ukuqaphela:** Usuku lonke, letha ukunaka kwakho esikhathini samanje . Bandakanya izinzwa zakho ngokugcwele kokuhlangenwe nakho kwakho kwamanje futhi udedele ukukhathazeka mayelana nesikhathi esedlule noma esizayo.
10. **Beka imingcele:** Misa imingcele ecacile empilweni yakho yomuntu siqu neyomsebenzi . Ithi cha uma kudingeka futhi ubeke inhlalakahle yakho kuqala . Vikela isikhathi sakho namandla.
11. **Funa amahlanya:** Thola izikhathi zokuhleka namahlanya osukwini lwakho . Buka ividiyo ehlekisayo, funda ihlaya, noma wabelane ngokuhleka nothile . Ukuhleka kungaba isidambisi esikhulu sokucindezeleka.
12. **Yamukela ukungapheleli:** Yamukela umqondo wokuthi ukuphelela akunakufinyelelwa . Zivumele wenze amaphutha futhi ufunde kuwo . Yiba nomusa kuwe futhi uzijwayeze ukuzihawukela.
13. **Zijwayeze ukuphatha isikhathi:** Hlukanisa imisebenzi ibe izingxenye ezilawulekayo futhi uyibeke phambili . Sebenzisa amasu okuvimbela isikhathi futhi ubeke umnqamulajuqu ongokoqobo ukuze ugweme ukuzizwa ukhungathekile.



NICRO © 2023. Ukuthola Ukuzola Ngaphakathi: Incwadi Yokusebenzela Yokulawula Ukucindezeleka

14. Hlala ungondlekile futhi ungondlekile: Phuza amanzi anele futhi ufutha umzimba wakho ngokudla okunomsoco . I-hydration efanele kanye nokudla okunomsoco kusekela inhlalakahle yakho yonke futhi kungasiza ekulawuleni ukucindezeleka.
15. Zindla futhi ugubhe: Thatha isikhashana ekupheleni kosuku ngalunye ukuze ucabange ngezimpumelelo zakho nezikhathi zenjabulo . Gubha ngisho nokuwina okuncane futhi ubonise ukubonga ngosuku.

Uhlu Lwezinqombolo Zokuthintana ZaseNingizimu Afrika Zosizo Ngengcindezi Nokukhathazeka

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



Habit Tracker

| Umkhuba | M | T | W | T | F | S | S |
|---------|---|---|---|---|---|---|---|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |



Isifanekiso Sohlu Lokuhlola Ukuzinakekela

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



Isiphetho

Siyakuhlalalisela ngokugcwalisa incwadi yokusebenzela yokulawula ingcindezi ethi "Ukuthola Ukuzola Ngaphakathi" ! Ngokuzibandakanya emisebenzini engokoqobo enikeziwe, uthathe izinyathelo ezibalulekile zokulawula ukucindezeleka nokuthola ukuzola kwangaphakathi . Khumbula ukuthi ukucindezeleka kuyingxenye evamile yokuphila, kodwa ngamasu namasu owafundile, ungakwazi ukuzulazula ngempumelelo futhi ukunqobe . Qhubeka nokuzijwayeza lawa makhono, uwavumelanise nezimo zakho ezihlukile, futhi wamukele impilo egcwele ukuqina, ukulinganisela, nokuthula.



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

