

Ukuphila ne-

# ATHRAYITHISI

# YAMALUNGU



Incwadi yezigulane

IGAMA: \_\_\_\_\_



# Wamkelekile “kwimeko yokuphila neAthrayithisi yamaLungu”.

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Le yincwadi yomsebenzi elungiselelwe ukuba isetyenziswe kwiiveki ezi-6. Sinethemba lokuba ngokusebenzisa le ncwadi yomsebenzi abantu baya kufunda lukhulu malunga neathrayithisi yamalungu ukuze bakwazi ukuba neendlela zabo zokuphila nale meko. Ukusebenzisa le ncwadi yomsebenzi akukho malunga nokuhlala phantsi ufunde okanye umamele. Ukuze kufumaneke into eya kuba luncedo kuwe kule khosi uya kucelwa ukuba usixelele ngamava akho, kuya kufuneka ukuba ube neenjongo ojolise kuzo wabelane kunye nabanye ngeenjongo zakho, ngoko ke kuya kufuneka ukuba uthathe inxaxheba kwizinto ezenziwayo. Le ncwadi ayimelanga naluphi na olunye unyango olunikiweyo ukuba ulusebenzise kule meko yakho koko iyongeza ize ijonge ukuba lukhona uncedo engalwenza.

Uya kuzuzisa lukhulu kule ncwadi ukuba uyazibophelela ekugqibeni zonke iiseshini kwiiveki ezi-6. Uphando lweNzululwazi lusixelela ukuba ezi khosi ziyinzuzo enkulu kubantu abaphila nezifo ezinyangekiyo ezinjengeswekile, iathrayithisi neHIV/AIDS. Kodwa ke ukuze uzuze kule khosi, kufuneka usebenzise le ncwadi rhoqo into engangeveki ezi-6 uze ukuthathe inxaxheba kwizinto ezenziwayo oko kubalulekile. Incwadi yomsebenzi yahlulwe yangamacandelo amathandathu:

- **Iveki yoku-1: Imalunga neAthrayithisi yamalunguarthritis, indlela sakho nemithambo**
- **Iveki yesi-2: Ukujongana neempawu ezixhaphakileyo**
- **Iveki yesi-3: Imeko yokujongana nophazamiseko/Istresi**
- **Iveki yesi-4: Ukutya kakuhle**
- **Iveki yesi-5: Ukusombulula iingxaki ezinxulumene nonyango**
- **Iveki yesi-6: Ukuqhubeka ukukwazi ukuba ngumanejala wakho**



Umhlohli ngu \_\_\_\_\_. Uqeqeshiwe uyifiziyotheraphi esemthethweni kwaye unolwazi ngazo zonke ezi nkukacha uza kusebenza ngazo njengoko elufumene uqeqesho. Ukwayiyo ngengcali kwiindlela ezikhuselekileyo zemithambo nendlela zokolula umzimba.

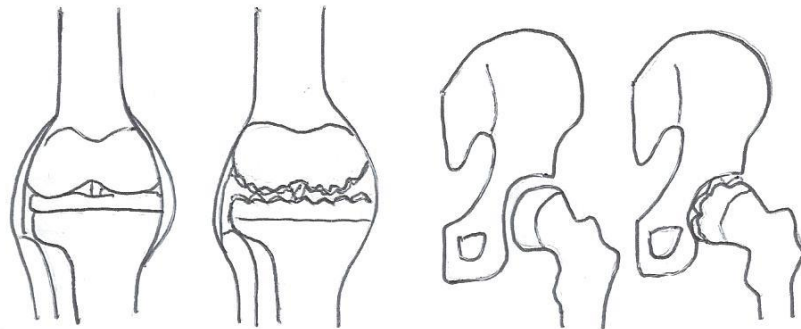


# Iveki yoku-1: IAthrayithisi yamalungu, nendlela yokujongana nesiqu sakho kunye nemithambo

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## Yintoni iAthrayithisi yamalungu?

Yintoni iAthrayithisi yamalungu? Sisifo samalungu esisibiza ngokuba yi-OA. Ngokufutshane, kukuphela kwencindi yamalungu, ibangele ukuba amathambo akhuhlane. Kusuka incindi eyahlula amathambo (intlala kumalungu) kwaye oko kungenza ukuba kube buhlungu kakhulu.



Umfanekiso 1 Idolo eliphilileyo. Idolo elinesifo samalungu (OA). Ihleza eliphilileyo. Ihleza elinesifo samalungu (OA)

I-OA yahlukile kumntu nomntu nendlela eyenzeka ngayo iyahluka.

Amaxesha amaninzi, njengoko umntu eguga imeko le iya khula ide kwabanye abantu amalungu akhubazeke. I-OA ixhaphake kakhulu kumahleza, amadolo namalungu ezandla. Unobangela we-OA unqabile ukwenziwa yinto enye kuphela, kodwa singatsho ukuba yintlanganisela yezinto ezidibanayo zibangele le meko. Oonobangela be-OA baquka ezi zinto zilandelayo kodwa abaphelelanga apho:

- ubudala
- imfuzo okanye into ekumathwala-mfuzo (genes) akho ebangela ukuba ube ne-OA, ingakumbi ezandleni
- Isini – amabhinqa ngawona aba nayo kakhulu i-OA kunamadoda
- Ukutyeba kakhulu nokuba mkhulu ngaphaya komlinganiselo
- Ukungamili kakuhle okanye ukuma kakubi kwamalungu omzimba

- Imisebenzi ethile/ imidlalo/ ukuphinda-phinda ukufumana uxinzelelo/istresi emalungwini
- Ukwenzakala owakhe wakufumana

### **Ukuxilonga:**

Kulula ukuba ugqirha akubone ukube une-OA. Ugqirha ukuze akuxelele ukuba unesifo samalungu uya kuxilonga aze amamele inkcazelo yakho nengulo yakho ebonakalisa iimpawu zesifo samalungu. IX-ray inganceda ukubonakalisa i-OA, kodwa ezi zinto azisoloko ziyimfuneko. Ukutshintsha esikujongayo ngeX-ray kumalungu kuquka ukucutheka kwesithuba esiphakathi kwamathambo amabini, ubungqina bokukrazuka kwamalungu nokwakheka kwamathambo angafunekiyo kwezinye iindawo.

Abantu abane-OA ikakhulu bakhalazela:

- Iintlungu kweli lungu lichaphazelekayo
- Ukuqina kwelungu elichaphazelekayo ingakumbi kusasa kodwa oko kuthatha ngaphantsi kweeyure ezimbini
- Ukutyhafa kwamalungu
- Ukuba nzima kokwenza izinto nje eziqhelekileyo ezinjengokuhamba okanye ukunyuka izitepsi.

### **Iindlela okhetha kuzo zokujongana nemeko yakho:**

Uphando lwenzululwazi lubonakalisa ukuba ukufundisa abantu ngemeko zabo ukuze bazazi ngcono bakwazi nokujongana nayo, kulungile ukuba uyinyange ukuze ikuphathe kakuhle. Abantu bayacetyiswa ukuba benze imithambo bakugqiba bazinike ixesha lokuphumla.



IFisiyotheraphi okanye unyango ngokolula amalungu omzimba, lujongene nokufundisa kwanokwenziwa kwemithambo lunganceda. Akhona amayeza ugqirha wakho angakucebisa ukuba uwasebenzise ukunqanda iintlungu nokudumba. Iindlela ezahlukeneyo zonyango zingasetyenziswa ukuzama ukunyanga le meko, eyona ndlela isebenzayo kukufakelwa elinye ilungu. Ukufakelwa ilungu elitsha lutyando olukhulu olo, oluthi lwenziwe xa imeko ye-OA imbi kakhulu. Ngenxa yokuba unalo ulwazana malunga nale meko, ngoku sizakwenza into esiyibiza ngokuba kukulawula lemeko yakho

## Ithetha ukuthini into ethi “yiba ngumlawuli wesiqu sakho”?

Ukuba ngumlawuli wesiqu sakho akuthethi ukuba kulindeleke ukuba ujongane nempilo yakho ngokwakho kungekho ncedo. Akunjalo, abantu abahamba phambili ngokuba ngoomanejala beziqo zabo bathatha uxanduva lwempilo yabo. Oko kuthetha ukuthi bakhethe ukusebenza neqela lezempilo, ngonyango lwabo kunye neziqo zabo ukuze babe nobomi obusempilweni (njengomanejala kushishino – abenzi yonke into ngokwabo, basebenza neqela labasebenzi ).

Zininzi izinto ongafunda ukuzenza ezingathi zikuncede ukuba ube ngumlawuli ophumeleleyo wesiqu sakho. Okokuqala kubalulekile ukuyazi iathrayithisi yamalungu. Oku koko sesikuchaphazele. Kufuneka uyazi ukuba imeko ithini, kutheni isenzeka ngolo hlobo, ingatshintsha njani, kwaye ibuchaphazela njani ubomi bakho. Kufuneka kananjalo wazi malunga neendlela zokuyinyanga kwaye ingawaphi amayeza anokusetyenziswa.

Inyathelo lesibini lokuba ngumlawuli wesiqu sakho kukukwazi ukucinga ngezi nkukacha malunga nokuba zikuchaphazela njani. Inyathelo lokugqibela lokuba ngumlawuli wesiqu sakho kukucinga malunga nokuba yintoni ofuna ukukwazi ukuyenza, yenza isigqibo sokuba uza kuyenza njani loo nto ukuze ufunde wenze izinto zobuchule. Ezinye zezinto oya kufunda ngazo noya kuzenza yonke imihla xa usenza le khosi ziquka imithambo, iindlela zokuziphumza nokutya okusempilweni.



Ngokusebenzisa le ncwadi yomsebenzi uya kufunda malunga nemithambo kunye ziphumo eziluncedo zayo, kwicandelo lesibini uya kufunda ngeempawu ezixhaphakileyo zeathrayithisi yamalungu nendlela yokujongana nezo mpawu. Icandelo lesithathu liya kuqwalasela indlela yokulawula istresi, amacandelo okugqibela aqwalasela indlela esempilweni yokutya kunye nonyango. Abanye abantu abasebenzisa le ncwadi yomsebenzi bayakwazi into eninzi malunga nezi zihloko, abanye abayi kuba nolwazi olungako. Kubalulekile ukwabelana ngolwazi nokuqinisekisa ukuba wonke umntu unalo ulwazi aludingayo ukuze abe

ngumlawuli wesiqu sakhe, nokuba ucinga ukuba wazi kakhulu malunga nezi zihloko kubalulekile ukuba uyifunde incwadi yomsebenzi

Ukuzama ukuqinisekisa ukuba akukho nto ikuphosayo. Uphando lwenzululwazi lusixelela ukuba abantu abanolwazi ngempilo zabo bamaneja ngcono kwaye banempilo ekwizinga eliphezulu. Ukusebenzisa le ncwadi yomsebenzi, uya kufunda uze uxoxe malunga namanyathelo afunekayo ukuze ube ngumanejala wesiqu sakho ophumi zandla. Masijonge kula manyathelo alapha.

## Amanyathelo okuba ngumlawuli wesiqu sakho

### Inyathelo loku 1:

Ukuze ube ngumlawuli wesiqu sakho onempumelelo kufuneka ufunde ukuveza izakhono ezininzi ozizuze ngokusebenzisa incwadi yomsebenzi. Inyathelo lokuqala **kukuthatha**

**isigqibo sokuba yintoni kanye ofuna ukukwazi ukuyenza.** Eli ingalinyathelo elinzima kakhulu wakucinga ngalo. Umzekelo ungaziva ungonwabanga kwaye unxunguphele.

Okokuqala kufuneka ucinge ukuba kutheni usiva ngolo hlobo. Mhlawumbi esinye sesizathu sokuba uzive ngolo hlobo kungenxa yokuba uphulukene nezihlobo zakho.

Inyathelo lakho lokuqala iya kukuba uqhagamshelane nezihlobo zakho kwakhona okanye uhlangane nabantu wenze ubuhlobo. Oku kuya kukunceda ukuba ungahlali udakumbili kwaye unxunguphele kakhulu.



Bhala apha izinto zibe ntathu **ofuna ukukwazi ukuzenza:**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## Inyathelo lesi 2:

Kodwa ke ukuthatha isigqibo sokuba uza kuzidibanisa nabantu wenze ubuhlobo akuthethi kuthi oko kuya kwenzeka. Kufuneka wena ukwenze oko ukuba kwenzeke. Inyathelo lesibini kukuba ngumlawuli wesiqu sakho nokuthatha isigqibo sokuba **uza kukwenza njani oko**. Ngamanye amaxesha kwingcinga yokuqala into ingabonakala iyinto enzima side ngamanye amaxesha singazami nokuzama. Ukuba ufuna ukudibana nabantu wenze ubuhlobo kufuneka ucinge ngazo zonke izinto ezahlukeneyo ekufuneka ukhethe kuzo. Umzekelo ungamema abamelwane bakho baze kuphunga, okanye uye enkonzweni uhlangane nabantu khona, okanye uzidibanise nabantu abanengxaki efana neyakho okanye iqela elenza imithambo. **Sukucinga ukuba into obawela ukuyenza ayinakwenzeka**. Ngalo lonke ixesha khangela neyiphi na indlela oyikhethileyo uze uyiphonononge macala onke.

Bhala phantsi iindlela ezintathu ezohlukeneyo ongathi **uzame zona ukuphumeza le nto ufuna ukuyenza:**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Njengokuba sele usithathile isigqibo sokuba ungazama njani ukuphumeza loo nto uyifunayo, **kufuneka ube nesicwangciso sokusebenza**. Kubalulekile ukuba esi sicwangciso ibe yinto ekwaziyo ukuba yenzeke okanye uya kufana nochitha ixesha kuba akuyi kuphumelela.

Ukwenza njani oku?

- Okokuqaka yenza isigqibo sokuba yintoni oza kuyenza kule veiki
- Ke ngoku yenza isicwangciso esingqalileyo



## Isicwangciso sokusebenza, nokudwelisa iinjongo zakho

Ngokuthi kule veiki ndiya kuzama ukuhlangana nabantu eso ayisosicwangciso singqalileyo. Ukuze isicwangciso sibe kanti singqalile masibe namanqanaba awohlukeneyo. Kuluncedo ukuzibuza imibuzo ukunceda ukwakha isicwangciso esingqalileyo. Imibuzo efana nale:

- *Yintoni oza kuyenza ?*

Yintoni kanye le uza kuyenza? Umzekelo ungagqiba ekubeni ukuze udibane nabantu uya kuthi umeme abamelwane bakho bazokuphunga.

- *Kangakanani?*

Kufuneka wenze isigqibo sokuba uza kwenza kangakanani. Umzekelo uza kumema ummelwane omnye ukuze azokuphunga okanye uza kumema abamelwane abaninzi. Abantu abaninzi bayadinisa kunomntu omnye. Okanye ufuna ukumema ummelwane kwidinala? Kodwa idinala ifuna amalungiselelo amaninzi nexesha kwaye oko kuya kukudinisa kakhulu. Ke ungenza isigqibo sokuba uza kwenza kangakanani.

- *Uza kuyenza nini?*

Ngoko ke kufuneka wenze isigqibo ngosuku oluqinisekileyo oya kwenza ngalo lo mcimbi kwanexesha oya kuwenza ngalo ngale mini. Mhlawumbi kungcono ukumema abamelwane bazokuphunga kusasa kuba emva kwemini uya kube sewudiniwe. Okanye ukuba akuziva mnandi kusasa ngenxa yamayeza owasebenzisayo mhlawumbi kuya kuba ngcono ukubamema baze kuphunga iti yasemva kwemini. Okanye abamelwane bakho bayasebenza kuya kufuneka ubameme ukuba baze kuphunga ngempela veki.

- *Uya kuyenza kangaphi loo nto?*

Le into yasoloko iyinto enzima. Sonke umnqweno wethu kukuba yonke imihla senze kakhulu. Kodwa ke singabantu kwaye oko akusoloko kusenzeka. Xa abantu befuna ukuqalisa ukuzilolonga ngemithambo, amaxesha amaninzi sithi oko siza kukwenza yonke imihla. Kodwa ke oku akunakwenzeka ngolo hlobo kwaye ukuba siphose usuku sizithatha ngokuba asiphumelelanga oko sinikezele. Uya kummema kangaphi ummelwane wakho ukuba aze kuphunga. Asiyonto iza kwenzeka yonke imihla leyo mhlawumbi kanye evekini. Uyayazi ukuba anizosuka nibe zizihlobo ngoko nangoko, oko kuya kuthatha ixesha.

- *Ingaba sisicwangciso esilungileyo esi?*

Ukuze uzazi ukuba uze nesicwangciso esilungileyo kufuneka uzibuze imibuzo:

*“ukuba undinika amanqaku ukusuka kwi- 0 -10 ndiqiniseke kangakanani ukuba ndiza kusiphumeza esi sicwangciso kule veki, kulo ndawo ine- 0 kubonakalisa ukungaqiniseki kwaphela ize i-10 lona lithethe ukuba uqinisekile ngesi sicwangciso. Ngawaphi*

*amanqaku endingazinika wona abonakalisa indlela endiqiniseke ngayo ukuba ndingasigqiba esi sicwangciso?"*

Ukuba impendulo yakho sisi-7, okanye ngaphezulu kumanqaku ali-10 oko kuyacaca ukuba sisicwangciso esilungileyo eso. Ukuba ufumene ngaphantsi kwesi-7 amanqaku kufuneka ucinge ngokuba kutheni ungaqinisekanga. Zeziphi iingxaki ozifumanayo okanye imiqobo? Ungakwazi ukusitshintsha isicwangciso okanye usombulule ingxaki ukuze uzokuqiniseka?

### **Inyathelo lesi 3:**

Ngoku kufuneka **ubhale isicwangciso sakho phantsi usibeke endaweni apho uza kusibona khona yonke imihla**. Kukho ifomu yendlela oza kusenza ngayo isicwangciso sakho ekupheleni kweli candelo likule ncwadi. Yisebenzise qho ngeveki xa usebenzisa le ncwadi. Ungenza zibe ninzi ukuze uzame ukulungisana nesicwangciso sakho sexesha elizayo.

#### **Isicwangciso esizakwenziwa esisiso:**

- Yilento ndifuna ukuyenza
- Into ekulindeleke ukuba ndiyenze kule veiki
- Icacile
- Phendula imibuzo: What? How much? When? How often?
- Ndiqinisekile ukuba ndingaphumelela amanqaku asi-7 kwi-10.

**Into ekufuneka uyenzile kukuqinisekisa ukuba isicwangciso siyenziwa.** Ukuba sisicwangciso esisiso ukusenza kuba lula. Kuyanceda ukuxelela abekhaya okanye izihlobo isicwangciso sakho nokubanika ingxelo ukuba uqhuba njani nesicwangciso sakho. Kule khosi uzakwenza isicwangciso qho ngeveki ubhale phantsi ukuba uqhuba njani. Oko kuyanceda xa unika ingxelo ngezinto kuba kungenzeka ube nembono yendlela oqhuba ngayo kakuhle. Ukuba akukwazanga ukubambelela kwisicwangciso sakho ungathetha ngezo ngxaki othe wanazo uze uzame iindlela zokumelana nazo.

#### **Inyathelo lesi 4:**

**Ngalo lonke ixesha jonga iziphumo zakho uze uzincome ngokuphumeza isicwangciso sakho.** Kananjalo cinga ukuba ukuphumeza isicwangciso sakho zenza ukuba uzive njani. Kumzekelo esithethe ngawo, ungazincoma ngokumema ummelwane wakho aze kuphunga, uziva njani emva koko. Ingaba isicwangciso siya kunceda ukuphumeza le nto uyifunayo?



#### **Kuya kwenzeka ntoni ukuba kukho into engahambi ngendlela ekucwangciswe ngayo?**

Uya kuthini xa isicwangciso sakho singaphumeleli? Ingaba uya kunikezela ucinge ukuba isicwangciso sakho besingalunganga? Kukho amanyathelo asixhenxe okusombulula ingxaki.

Ngala:

1. Wakuyibona ukuba ingxaki iphi (uya kufuna izihlobo nosapho bancede apha)
2. Dwelisa imbono zakho zokusombulula ingxaki
3. Khetha imbono ibenye ukuze uzame yona
4. Iqhuba njani?
5. Ukuba ayisebenzi zama enye imbono
6. Ukuba iimbono zakho azisebenzi cela iimbono kwizihlobo, kusapho, abacebisi.
7. Ekugqibeleni uya kuthi uyamkele into yokuba akukwazi ukuyisombulula le ngxaki.

Ekupheleni kwecandelo ngalinye nasekupheleni kwale ncwadi yomsebenzi kukho “Iifomu zeSicwangciso sokusebenza”. Sebenzisa ezi fomu ukucwangcisa oko uza kukwenza nendlela ozakwenza ngayo. Ngoku siza kuxoxa izinto eziza kwenziwa kwaye siza kusebenzisa “ifomu yesicwangciso sokusebenza” ekupheleni kweli candela cwangcisa into oza kuyenza kule veki.

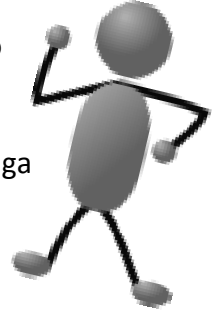
**Umlawuli wesiqu sakhe ophumeleleyo  
ngumntu:**

- Uba neenjongo afuna ukuziphumeza
- Wenza uluhlu lweendlela zokuphumeza iinjongo zakhe
- Wenza isicwangciso sokusebenza ukuze iinjongo zakho ziphumelele
- Iisicwangciso sakho sokusebenza yenza sisebenze
- Jonga inkqubela yesicwangciso sokusebenza rhoqho ngeveki
- Tshintsha isicwangciso sokusebenza ukuba kukho iingxaki



## Imithambo omawuyenze nomawungayenzi

ukwenza imithambo kubalulekile yindlela yokuzigcina usempilweni. Uphando lwenzululwanzi lusixelela ukuba **imithambo ineziphumo ezihle emizimbeni yethu** iya nceda kwinkqubo yokucola nokuthumela ukutya kwiindawo ezifanelekileyo; yenza iintliziyo zethu zibe sempilweni nemiphunga isebenze kakuhle. Imithambo yenza izihlunu, namathambo omelele aze amalungu asebenze kakuhle ukuze sikwazi ukuhamba. Imithambo iya sinceda ukuze sizive sidlamkile, iphucula izinga lokumamela nelokukhumbula izinto, yenza ulale kakuhle kwaye imithambo inciphisa amathuba okuba nezifo ezinganyangekiyo ezifana ne*High-high* nomhlaza.



Kwixesha elidlulileyo, bekusithi xa abantu benezifo ezinganyangekiyo ezinjenge*high-high*, iswekile okanye isifo samathambo bebeqwalaselwa banikwe unyango xa imeko yabo sele imandundu

Unyango lwalujolise ekusebenziseni amayeza kwaye abantu babexelelwa ukuba baphumle



baphungule izinto abazenzayo. Namhlanje siyayazi ukuba sifundisa abantu ngendlela ezenzeka ngayo izifo ezinganyangekiyo sibakhuthaze ukuba benze imithambo efanelekileyo **singathintela iingxaki ezininzi** ebezisaya kunyangwa ngamayeza. Siyayazi ukuba imithambo inganyanga iimpawu ezininzi ezithi zibe khona kubantu abanezifo ezinganyangekiyo. Iimpawu ezingathi zibangelwe sisifo okanye ngamachiza asetyenziswayo ukunyanga.

### Imithambo ilungile :

- Ukuphucula indlela oziva ngayo
- Ikwenza ube semandleni
- ikwenza ukuba ulale kakuhle
- Yenza ukwazi ukumamela nokukhumbula izinto
- Kwimpilo yentliziyo nemiphunga
- Inciphisa amafutha emzimbeni
- Icolisisa ukutya ikuthumele kwiindawo ezifanelekileyo
- Ikhulisa ukuqiniseka nokukwazi ukujongana nesifo sakho esinganyangekiyo.

uya kuzibuza ukuba kukhuselekile na ukuba wenze imithambo xa uneathrayithisi yamalungu. Uphando lusixelela ukuba **ukwenza imithambo kubonakalisa ukuba kuyinzuzo** ebantwini abaneathrayithisi yamalungu, kwakunye nakwabo bafuna ukufakelwa ilungu. Imithambo inganceda ukuthothisa isifo esiya sisiba mandundu ngokuhamba kwexesha oko kwenzeka kakhulu kwisifo samathambo xa ungayenzi imithambo. Imithambo ingakanceda ukuthoba umzimba oko kanceda kwiathrayithisi yamalungu yemilenze njengoko kungekho kusindeka emadolweni. Siyayazi into yokuba abantu abamizimba yabo iphile qetheabafane bagule kwaye abathathi zintsuku zokugula ezininzi emsebenzini. Enye inzuzo enkulu yemithambo kukwenza imithambo qho kuba kwenza uzive ukwazi ukuzilawula. Nangona imithambo ilungile kwaye ikhuselekile, **ngamanye amaxesha umzimba wakho uya kukunika iimpawu zokuba urhoxise imithambo** yolo suku. Ukuba unomkhuhlane, unesiyezi, uyagabha okanye uyahambisa, ukuba amalungu akho adumbile, okanye unendawo ebuhlungu eqalayo nongaqinisekanga ukuba ibangwa yintoni, kungcono uphoswe yiseshini yomthambo de uye kugqirha okanye kwingcali yokulula amalungu omzimba.



#### Sukuyenza imithambo ukuba :

- Unomkhuhlane
- Unesiyezi
- Uyagabha
- Uyahambisa
- Amalungu akho asuke adumba
- Unendawo eqalayo ukuba buhlungu ongayaziyo ukuba ibangwa yintoni

Sukuya kwiseshini enye yemithambo ukuba unenye yezi ngxaki de uthethe nomongikazi okanye ugqirha. Oku akuthethi kuthi ukuba ungenzi mithambo , koko kufuneka uqinisekise ukuba akuguli.

- **Iintlobo zemithambo**

Akukho mfuneko yakuya ejimini okanye yakuzimanya neqela ukuze wenze imithambo. Zininzi iindlela zokwenza imithambo kwizinto eziqhelekileyo ezifana nokubaleka, ukudlala ibhola okanye ibhola yomnyazi, ukuqubhaokanye ukudlala itenesi. Kodwa nokuhamba yindlela elungileyo yomthambo. Neyiphi na into othi xa uyenza intliziyo yakho ibethe ngokukhawuleza ikwenze ukhefuzele ngumthambo lowo. Ukudanisa ngumthambo lowo, ukunyuka izitepsi, ukwenza igadi naleyo yimithambo. Zininzi iindlela esingathi senze imithambo ngazo sikwenza oko yonke imihla singakhange siye eklasini okanye sizibandakanye neqela elithile. Ukuhamba umganyana phambi kokukhwela ibhasi okanye itaxi okanye ukudlala nabantwana bakho okanye abazukulwana!

Zintathu iindidi zemithambo ongazenzayo.

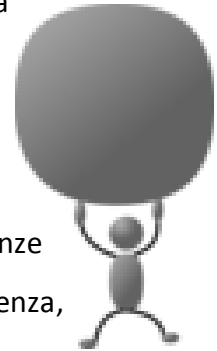
1. **Umthambo owenza intliziyo ibethe ukhefuzele:**

ukuhamba, ukubaleka, ukudanisa okanye ukuqubha. Imithambo eyenza intliziyo ibethe ngokukhawuleza ukhefuzele ngamanye amaxesha oko kubizwa ngokuba zii-aerobic oko kuthetha ukuthi uya kuphefumla ngokukhawuleza intliziyo yakho iya kubetha ngokukhawuleza. Siyayazi ukuba olu hlobo lomthambo lubalulekile kakhulu ukuzigcina sisempilweni kwaye kufuneka ukuba senze imithambo elolu hlobo imizuzu engama-30 kathathu ngeveki ukuzigcina sisempilweni



2. **Imithambo eyomelezayo:** olu uhlobo lomthambo lujolise

ekubeni somelele. Ukwenza izihlunu zomelele kufuneka senze imithambo izihlunu mazenze izinto ezinzima esicinga ukuba azinakuzenza, izinto ezifana ukuphakamisa iintsimbi ziqhelane nobunzima ungengaziqhelisa nokomelela ngokuphatha iibhegi ezinzima xa uvela kuthenga evenkileni!



3. **Imithambo eyolulayo:** ijolise ekubeni sihlale sihamba singenazinkathazo.

Iintlobo zemithambo :

- **Umthambo owenza ukuba intliziyo ibethe kakhulu ukhefuzele :** ngumthambo owenza ukuba ukhefuzele (ngamanye amaxesha ubizwa ngokuba zii-aerobic)
- **Imithambo eyomelezayo** yenza ukuba womelele
- **Imithambo eyolulayo** ekwenza ukuba uhambe ukwazi nokugoba

Sazi into enye malunga nemithambo kukuba sukuyenza kanye, kufuneka uyenze njalo ibe yinto eqhubekayo. Kukho amanyathelo amaninzi esingawalandelayo ukwenzela siqiniseke ukuba siyaqalisa ukwenza imithambo size sibambebele koko. Sonke siba nezizathu zokuba kutheni singayenzi imithambo. Masijonge ezona sizathu sixhaphakileyo.

### ***“Andinaxesha ”***

Akuthathi xesha lingako ukuqalisa ukwenza imithambo. Imizuzu emihlanu ngosuku sisiqalo esihle eso. Senza ixesha lokuthatha amayeza kuba siyayazi ukuba ngaphandle kwawo siza kugula. Imithambo ibaluleke njengamayeza isinceda ukusigcina sisempilweni (khumbula imithambo ayithathi ndawo yamachiza akho). Ukuba siyayazi ukuba ibalulekile singenza ixesha lawo.



### ***“Ndidiniwe”***

Xa abantu begula abadlamki bayatyhafa, umzimba wakho uyatyhafa, umzimba wakho ulahlekelwa ludlamko, kwaye uphelelwa ngamandla, ungaziva umzimba uqina kwaye utyhafa msinyane. Oko kuthetha ukuthi kunganzima ukwenza imithambo, ngoko ke oko kungabangela ungenzi mithambo. Oku kubangela ukuhla kweqondo lakho lokwenza izinto de abanye abantu bafikelele kwela qondo lokuba nokuhla nje isitalato usiya kwamelwane ibe yinto enkulu nenzima kakhulu. Ukungonqeni okanye ukwenza imithambo nokuba uziva utyhafile oko kungakunika amandla kwaye uzive udlamkile.



### ***“Ndiyagula ”***

Kusenokwenzeka ukuba uyagula ukuba mawenze imithambo esebenzisa amandla kakhulu kodwa ke ungazama ukuba ungaryhafi. Ungade uyinqumle iseshini yakho yomthambo ibe ngumzuzu omnye oya kuthi uphinda-phinde kaninzi imini yonke. Okona ufumana amandla, kukona uya kukwazi ukumelana nesigulo esi.



### ***“Ndenza imithambo ngokwaneleyo”***

Kusenokwenzeka ukuba wenza imithambo kakhulu emsebenzini wakho okanye ukuhamba hamba usenza imisebenzi yakho yosuku. Kodwa ke kubantu abaninzi ukuba sidibanisa eli xesha, asiyomithambo yaneleyo enokuyenza imizimba yabo ibe sempilweni ethe qethe ngokwaneleyo. Olu hlobo lomthambo aliluquki elona candelo libaluleke kakhulu elenza ukuba umthambo ube kanti ulungile kuthi – umnandi!



### ***“Imithambo ayiniki mdlala”***

Akukho mfuneko yokuba wenze imithambo eyenziwa ngabanye abantu ukuba ayiniki mdlala. Khetha izinto ezinomdla nozonwabelayo xa uzenza, imithambo yenze nomhlobo wakho okanye uvulele umculo owuthandayo okanye umamele unomathotholo. Ungaziwigcina imithambo yakho inika umdla ngokuyitshintsha-tshintsha qho.

### ***“Kubuhlungu ukwenza imithambo”***

Ukwenza imithambo kungangabi mnandi kodwa ke akufuneki kube buhlungu. Ukuba ubunendawo ebuhlungu phambi kokuba wenze imithambo, akufuneki ukuba ibe buhlungu kakhulu xa usenza imithambo. Ukuba ubungenandawo ibuhlungu ngaphambili kokuba uqale imithambo uze uve kuqalisa ukuba buhlungu indawo ngeli xesha kufuneka uyeke uze ujonge le ndawo ibuhlungu usebenzisa isikhokelo esikwiveki yesi 2. Ukuba unesihlunu okanye ilungu elibuhlungu kude kudlule iiyure ezimbini emva kokuba ubusenza imithambo mhlawumbi wenze kakhulu. Kwixesha elilandelayo kufuneka ungenzi kakhulu, okanye ixesha oqhele ukulenza ulushunqule okanye ungenzi imithambo esebenzisa amandla kakhulu.

### ***“Kuyingozi kakhulu, kushushu kakhulu, kubanda kakhulu ”***

Kusoloko kukho izizathu ezifana nezi ezenza ukuba ungenzi imithambo.

Khumbula imithambo ingenziwa naphi na nangaliphi na ixesha. Ungadlala umculo wakho ekhaya udanise, ukuba kushushu kakhulu ungenzi imithambo ujikeleze

kwiivenkile ezine - air-conditioner. Fumana iqela labantu lokuba nenze imithambo, oko akuyi kwenza ukhuseleke nje kuphela koko uya konwabela ukwenza imithambo!



***“Ndiyazi ukuba ndiza kuyeka phakathi akukho sizathu sokuba ndibe saqalisa ”***

Okukuqala jonga kumanyathelo esithethe ngawo okuba ngumlawuli wesiqu sakho onempumelelo. Ukuba ubeka iinjongo zakho zokuba wenze imithambo usebenzisa la manyathelo sithethe ngawo, uya kuba namathuba angaphaya okuba ulandelele imithambo yakho ungayiyeki. Khumbula kwakhona, inyathelo elibalulekileyo lokuzincoma ngokuphumeza iinjongo zakho, oko kwenza kube lula ukuqhubeka wenze enye injongo elandelayo. Ngoku siza kujonga amanyathelo abalulekileyo ekufuneka siwathathile ukuze siphumelele ekwenzeni isicwangciso sokusebenza semithambo senzeke.

Amanyathelo aye empumelelweni:

- Beka injongo yakho icace usebenzisa amanyathelo asele ecacisiwe “ungenza njani ukuba ube ngumanejala onempumelelo ”
- Khetha imithambo okanye izinto oza kuzenza nezonwabisayo
- Set a specific time and place to do your exercise
- Yenza isigqibo sokuba uza kuthatha ixesha elingakanani ubambelele kwisicwangciso sakho phambi kokuba ucinge malunga nokuyitshintsha (iiveki ezi-6 ukuya kwezisi-8 lixesha elilungileyo ukuba ulungise izinto)
- Gcina incwadi obhala kuyo amaxesha neentsuku zakho zemithambo nokuba yeyiphi oyenzayo (ikhona enye ngasemva kule ncwadana ukwezela wena uyisebenzise)
- Gcina indlela owenza ngayo ngokusebenzisa incwadi yakho yemithambo orekhoda kuyo ekule ncwadi yomsebenzi.
- Qalisa – sukulinda, qalisa ngoku. Qalisa kancinci kancinci uze uqhubekeungangxamanga.
- Phinda ufunde inkqubo yakho. Ekupheleni kweeveki ezi-6 – 8 yenza isicwangciso esitsha seeveki ezi-6 ezizayo
- Zivuze. Yindlela yokuzincima ukuze uzive ngcono usempilweni kananjalo kukuzivuzisa ngokuphumeza injongo yakho, oko ukwenza ngokutya isidlo sakho osithandayo, okanye ukutyelela umhlobo okanye uhambe uye endaweni eza kukwenza uzive.

- **Inkqubo yakho yemithambo:**

Inkqubo yokwenza imithambo kufuneka iquke iindidi ezahlukeneyo ezintathu zemithambo; khumbula ibizezi zikhefuzelisayo, eyolulayo neyomelezayo. Ukulandela amanyathelo asebhokisini “Amanyathelo okuphumelela ngemithambo”, kufuneka wenze isigqibo ukuba ufuna ukukwazi ukwenza ntoni kwaye ke yeyiphi imithambo oya kuyenza. Ngenxa yokuba usazi ukuba yeyiphi imithambo oza kuyenza, kufuneka uthathe isigqibo ukuba uza kwenza kangakanani na. Ubungakanani bemithambo oza kuqala ngayo ixhomekeke kwizinto ezahlukeneyo. Ukuba ubukhe awenza mithambo ixesha elide okanye ubungaphilanga, ubuphefumla nzima okanye unephika, okanye ukuba ubunamalungu aqinileyo okanye abuhlungu aphazamisana nemisebenzi yakho oyenza mihla le, kufuneka uqale kancinci imithambo ungangxami. Ungaqala kancinci ngemithambo yokolula neyokomeleza. Yenza le mithambo ngolunye usuku kanganemizuzu emi-5. Xa ukwazi ukwenza oko ngaphandle kwengxaki ungeva kuqina nazintlungu ngosuku olulandelayo yongeze le mizuzu ibe li-10.



Xa ukwazi ukwenza imizuzu eli-10 ngaphandle kwamathandabuzo, ungaqalisa ukwenza imithambo yonke imihla (xa sisithi yenza imithambo yonke imihla, sithetha ukuthi iintsuku ezi-5 ngeveki; kungaba nzima ukwenza imithambo ngempela-veki xa izinto zahlukile kunaphakathi evekini). Xa ukwazi ukwenza imithambo imizuzu elishumi yonke imihla ukulungele ukuqalisa imithambo ekhefuzelisayo. Khetha imithambo yakho kuleyo idweliswe kweli candela ngezantsi. Landela imiyalelo esebhokisini uqinisekise ukuba ufumana kangangoko kwimithambo uze uyenze ngokhuseleko.

Ukufumana kangangoko kwimithambo eyolulayo neyomelezayo:

- Shukuma kancinci nangocoselelo. Ungasebenzisi izinto ezihamba umganyana zivele zikhawuleze okanye iintshukumo zomntu osempilweni njengoko oko kuya kwenza izihlunu zibe zifutshane ziqine.
- Yolula ude kufika kule ndawo yenza kube nzima ukolula apha esihlunwini uze ubambe isekondi ezingama-20 phambi kokuba uyeke
- Sukuyityhala de ibe buhlungu, yolula de ufike kule ndawo yenza kube nzima ukolula kungabi buhlungu
- Qala ngokuphinda-phinda ka-5 umthambo ngamnye. Emva kweveki yongeza wenze kasi-7, emva kwalo veki yongeza iyo kutsho e-10.
- Ngalo lonke ixesha yenza imithambo elinganayo macala omabini omzimba wakho.
- *Qhubeka uphefumla*; sukuwubamba umphefumlo wakho xa usenza imithambo. Cinga ngokuphefumlela ngaphandle xa usenza imithambo
- Sebenzisa umthetho weeyure ezimbini. Ukuba iimpawu ziya khula (iintlungu) kude kudlule iiyure ezimbini emva kokuba wenze imithambo yazi ukuba wenze kakhulu. Sukuyeka ukwenza imithambo koko nciphisa ixesha lokwenza kwixesha elizayo.
- Ukuba ufumanisa ukuba umthambo othile unzima oko akuthethi ukuba ungayenzi kwaphela. Kufuneka utshintshe indlela yokuyenza, yenze ngokupheleleyo kangangoko unakho.

### **Imithambo yokolula:**

Khumbula, le mithambo ijoliswe ekuphuculeni iintshukomo zakho nokuhamba. Kukho uluhlu olude lwemithambo eolungafakwa apha kwaye ke akuyi kukwazi ukuyenza yonke qho xa usenza imithambo. Zama ukuqinisekisa ukuba wenza imithambo yeyolulayo kanye ngeveki.



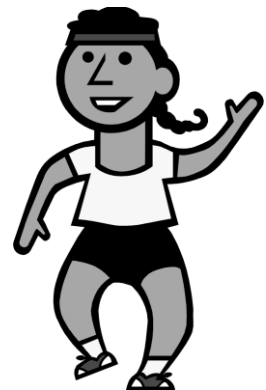
### *Imithambo eyomelezayo:*



akukho mfuneko yokuba uye ejimini ukuze wenze imithambo eyomelezayo, le mithambo ichazwe apha ingenziwa ekhaya. Ukwenza izihlunu zomelele yenza ukuba zikwazi nokumelana nento enzima – kufuneka zityhale okanye zitsale. Akufuneki wenze imithambo eyomelezayo yonke imihla, ngcono yenziwe kusuku lwesibini. Izihlunu zakho kufuneka ziphumle usuku ukuze ziqhele zomelele. Ukwenza isihlunu somelele kufuneka uphinda-phinde umthambo ngamnye ka-5 uqala ngolo hlobo ke. Xa unokukwazi ukwenza lo mthambo kali-10 ukwenza ngaphezulu akuyi kwenza izihlunu zakho zomelele. Ngoku kuya kufuneka wongeze ukuxhathisa kulo mthambo ukuze uzokomelela.

### **Umthambo owenza intliziyo ibethe ukhefuzele:**

Eyona nto inzima kubantu abaninzi kukwenza isigqibo sokuba mingaphi imithambo amabayenze xa beqala. Eyona ndlela ilula yokuqalisa kukuzibuza umbuzo: “ndingenza kangakanani ukuze kungabi buhlungu ngomso?” ukuba ucinga ukuba ungenza imizuzu emi-5, yenza yona ke. Khumbula ukuba nawuphi na umthambo ungcono kunokungenzi. Akukho mfuneko yokuba wenze imizuzu engama -30 kusuku lokuqala. Kubalulekile ukuqala kancinci uye usongeza ngokuhamba kwexesha. Kungcono uqale ngokwenza ngaphantsi kokuba ucinga uze wongeze ngokuhamba kwexesha nawe uqhela.



Kukho izinto ezintathu ekufuneka uzikhumbula xa usenza imithambo ekhefuzelisayo . Ezi zinto zintathu kangaphi (ndiza kuwenza kangaphi lo mthambo); ixesha (ndiza kuwenza ixesha elingakanani lo mthambo ndiza kuwenza nini) nokuzinikela (ndiya kuzinikela kangakanani xa ndisenza imithambo).

### **Amaxesha:**

zama ukwenza imithambo ekhefuzelisayo ka-3 okanye ka-4 evekini. Ngokwenza oku ungaphumla qho kusuku lwesibini ukuze umzimba wakho uzokubuyela esiqhelweni. Zonke iimbaleki zinosuku evekini eziphumla ngalo. Ukuphumla akuthethi kuba bayalala ebhedini imini yonke, qha abayenzi imithambo yabo ngalo mini.



### **Ixesha:**

Ndingenza kangakanani ukuze kungabi buhlungu ngomso? Kulapho funeka uqale khona. Ukuba uqala ngemizuzu embalwa kancinci kancinci ungongeza ngokuhamba kwexesha de ube unokwenza imizuzu engama-30. Eyona ndlela ilula yokongeza ixesha lokwenza imithambo kukumana uziphumza ngokuthoba isantya. Umzekelo ukuhamba ngokukhawuleza imizuzu emi-3, uze uhambe ngokucutha imizuzu emi-2, uphinde ukhawuleze eminye emi-3. Kancinci yehlisa imizuzu yokuhamba kancinci unyuse eyokukhawuleza. Ungayahlula iseshini yakho yemithambo ibe ngamaxesha awahlukeneyo. Ungahamba imizuzu eli-10 okanye eli-15 kusasa uze uphinde emva kwemini. Oku kungabala njengemizuzu engama-30 yemithambo.

### **Ukuzinikela:**

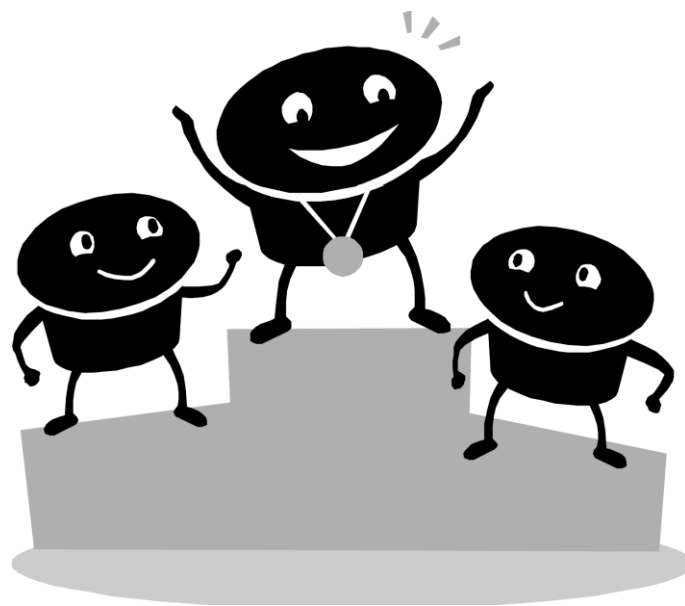
Uya kuyazi njani into yokuba uyazinikela xa usenza imithambo? Xa usenza imithambo ekhefuzelisayo indlela elula yokujonga ukuzinikela kwakho “Luvavanyo ngokuthetha”. Xa ungenzi ngamandla uya kukwazi ukuthetha kakuhle, kodwa uya kuthi xa uzama ukucula noko akuyi kuba lula, kuba kuya kufuneka ukhe ume ukhe ukhokhe umoya. Xa ungenzi ngamandla kuthetha ukuthi uya kuziva ukuba uyakhefuzela kancinci kodwa usakwazi ukuthetha. Kungakuthatha ixesha ukuzinikela ngokupheleleyo kwiseshini yonke yomthambo. Oku kuqhelekile; thatha ixesha lakho ukuzama ukujonga ukuba umzimba wakho uza kuyithatha njani yonke le nto.

Uza kuyazi njani into yokuba ukhona umahluko owenzekayo xa usenza imithambo? Kweyolulayo imithambo kulula ukuva ukuba ikhona into eqhubekayo njengoko uya kuva kulula ukuhamba kwaye womelele uyakwazi nokuphakamisa izinto ezinzima. Kwabanye

abantu akukho lula ukwazi ukuba ikhona into eyenzekayo ingakumbi kwimithambo ekhefuzelisayo. Inye indlela yokubona ukuba ikhona into eyenzakayo kukwenza uvavanyo.

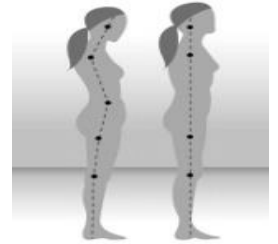
Inye indlela yokwazi ukuba ukhona umahluko owenzekayo kukwenza uvavanyo. Yenza isigqibo ngomgama ongawuhamba kufutshane nekhaya lakho. Hamba lo mgama ungangxamanga ujonge ukuba uthathe ixesha elingakanani. Emva kweeveki eziliqela usenza lo mthambo wokuhamba umgama omnye. Uya kuqaphela ukuba ungakwazi kwalo mgama ukhawuleza ngeeveki ezi-4, kodwa ke kungathatha iiveki ezisi-8 ukuya kwezi ukuya kwezili-12 ukuze ubone ukuba ungawuhamba lamgama ngexesha elifutshane. Injongo kukugqiba lo mgama ngokukhawuleza okanye ngexesha elinye kodwa ungakhawulezi (uphefumla lula).

Sebenzisa incwadana yokurekhodisha iinjongo zakho ekupheleni kwecandelo ngalinye ubhale phantsi iinjongo zakho nenkqubela yokuziphumeza.



- **Indlela onokuyilandela yokwenza imithaambo**

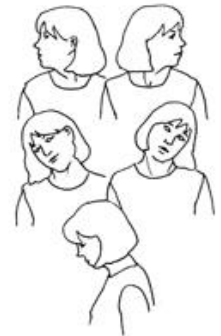
1. Le nto ubuyenzile kwindlebe yasekunene. Emva koko beka isilevu sakho esifubeni- yenza oko imizuzwana engama-20 uze ubuyisele intloko yakho endaweni yayo.



2. Bhetyela amagxa akho ngaphambili ka-5, uphinde uwabhetyele ngasemva ka-5. Uze wolule iingalo zakho ngokuthi wolule ingalo yakho yasekunene ngasekhohlo wenze oko imizuzwana engama-20 ukuphinde oko kwenye ingalo.



3. Gqisha ndawonye e ndawoennye eminye imizuzu emi2 – ngqisha ndawoennye amanyathelo angama-30 isingqi esiqhelekileyo, phakamisa amadolo akho kangangoko unako amanyathelo angama-30. Qhubeka utshintsha-tshintsha qho emva kwamanyathelo ali-30. Tshintsha qho emva kwamanyathelo angama-30.



4. Yolula izihlunu ezingaphambili emathangeni akho ngokugobela umlenze wakho wasekunene ngasemva ulubambele ezantsi kwempundu unyawo lwakho. Uya kuva ukoluleka ezantsi ngaphambili ethangeni lakho. Bamba njalo imizuzwana eingama-20 wenze njalo nakumlenze wasekhohlo.

5. Yolula isihlunu sethanga sangasemva ngokubeka isithende sakho sasekunene emhlabeni unyuse iminwe ibheke phezulu, beka izandla zakho entla kwedolo ugobele ngaphambili ukuze uve kutsaleka emva kwedolo. Phinda le nto ubuyenzile kwisithende sasekhohlo uyenze oko imizuzwana engama-20.



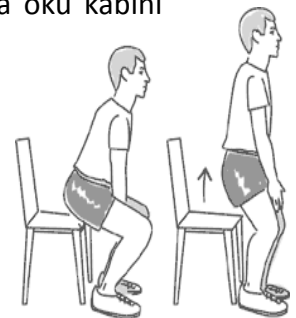
6. Hlala esitulweni – yolula imilenze yakho yomibini uze ugobe kwakhona. Yenza oku kube kayi-30. Oku kusebenza izihlunu zangaphambili zamathanga.

Songa iingalo zakho zibe sesifubeni, uphakame esitulweni uphinde uhlale phantsi kwakhona. Hlala phantsi uze ume imizuzu emi-2. Kwenze oku ngesingqi okanye ngesantya esinye – eso sisingqi ongathi ukwazi ukugcina le mizuzu mibini.

7. Ngqisha ndawonye eminye imizuzu emi-2 – ngqisha ndawonye amanyathelo angama-30 isingqi esiqhelekileyo, phakamisa iinyawo zakho kangangoko unako (zama ukukhabela ngasemva uye kufika ezimpundwini). Tshintsha amanyathelo angama-30.



8. Yima ngomlenze omnye ngexesha imizuzwana eingama-30 umnye. Xhathisa ngokubambelela edongeni okanye esitulweni ukuba kukho imfuneko kodwa ke zama ukuma ungabambelelanga. Yenza oku kabini kumlenze ngamnye.



9. Kufuneka abengathi uyamatsha idolo phezulu: Idolo phezulu liphinde lihle ulibeke phantsi imizuzu emi-2. Qala ngomlenze wasekunene uze uphakamise umlenze wasekhohlo utshintsha tshinthe ke imilenze. Oku kusebenza macala ngaphambili nangasemva kwizihlunu zomlenze kwakunye nezihlunu zamahleza.

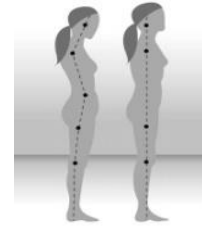
10. Matsha ndawonye imizuzu emi-2 ngqisha ndawonye amanyathelo angama-30 isingqi esiqhelekileyo, phakamisa amadolo akho kangangoko unako amanyathelo angama-30. Tshintsha qho emva kwamanyathelo angama-30.



11. Yigqibezele le seshini ngokolula isisu esi: Thoba izandla zakho apha ngaphambili ubone ukuba uyakwazi na iinzwane zakho. Gobela ecaleni isandla sakho sihle kancinci ecaleni lomlenze wakho. Bamba njalo iisekondi ezingama-30 uze wenze elinye icala.



Gqibezela oku ngokuma nkqo, ubunzima bakho ubuve kwimilenze yomibini, yekelela amagxa akho utyhale isifuba, intloko yakho ime nkqo. Phefumla ubizele ngaphakathi uphinde ukhuphele ngaphandle.



## Ifomu yesicwangciso somsebenzi - Into eyenziwayo

Sebenzisa le fomu ukwakha isicwangciso sokusebenza kwimithambo oza kuyenza. Yeyiphi imithambo ongathanda ukuyenza?

Qiniseka isicwangciso somsebenzi siquka:

*Yintoni ofuna ukuyenza*

*Uza kuyenza kangakanani na*

*Uza kuyenza nini lo nto*

*Zintsuku ezingaphi evekini oza kwenza ngazo imithambo*



Umzekelo: Kule veki, Ndiza kuhamba (uza kwenza ntoni) ndijikeleze ibloko (kangakanani) phambi kwesidlo (nini) kathathu (kangaphi).

Kule veki ndiza:

\_\_\_\_\_ (uzakwenza ntoni?)

\_\_\_\_\_ (kangakanani?)

\_\_\_\_\_ (Nini?)

\_\_\_\_\_ (kangaphi?)

Uqiniseke kangakanani ukuba ungasigqiba esi sicwangciso?

Andiqinisekanga

ndiqinisekanga kwaphela

kwaphela ndiqinisekile

ndiqinisekile

| | | | | | | | | |  
0 1 2 3 4 5 6 7 8 9 10

Bhala phantsi ugcine indlela oyenze ngayo:

	Ndicinga uku.....	Ndikwenzile.....
<b>Mvulo</b>		
<b>Lwesibini</b>		
<b>Lwesithathu</b>		
<b>Lwesine</b>		
<b>Lwesihlanu</b>		
<b>UMgqibelo</b>		
<b>ICawa</b>		

# Iveki yesi-2: Ukujongana neempawu ezixhaphakileyo

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IAthrayithisi yamalungu yaziwa iyichaphazela kakhulu impilo yomntu, iintlungu umntu abanazo zezona zibangela ukuba umntu abonane nogqirha okanye ifisiyitheraphi. Ezinye iimpawu ezisoloko zikhona:

- **Ukuqina kwamalungu** (ingakumbi xa loo nto isenzeka emva kokuba ubuphumle okanye ngentseni uvuka ube uqinelwe ngamalungu into engaphantsi kweeyure ezimbini),
- **Ukudumba** nokuba nengxaki yokushukumisa amalungu ngokuhamba
- **Ukuba** nzima ukwenza imisebenzi yemihla ngemihla
- **Ukutyhafa**
- **Ukuphazamiseka, ukuba wedwa, unxunguphalo**

Siza kujonga nganye nganye kwezi ukuba zizintoni kwaye zingazilawula njani ekhaya ukuba unenye yezi ngxaki.

- **Yindawoni ebuhlungu?**

Kubalulekile ukuba wazi yintoni le ibuhlungu kwaye hlobo luni lwendawo ebuhlungu oyakuluva xa une-OA ukuze ukwazi ukulawula ezi mpawu.

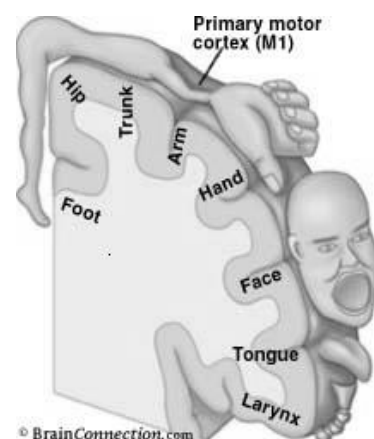


Indawo ebuhlungu yimvakalelo eqhelekileyo etyhalwa yimithambo luvo xa imithambo luvo emzimbeni ithe yashukunyiswa yilonto ize imithambo luvo ithumele imiyalezo engqondweni ukuchaza ukuba ikhona ingxaki emzimbeni wakho. Indawo ebuhlungu ivakala kanye (umz. Emva kokuzicishelela ngocango emnweni), loo ndawo iya kuba buhlungu iintsuku ezimbalwa okanye iveki (iye ibe lixesha elingaphantsi kweveki ezintandathu) ngeli xesha umzimba uzinyanga. Le ndawo ibuhlungu iluncedo njengoko ikhusela le ndawo ngelixesha umzimba uzinyanga. Xa umzimba uphilile, akuyi kubakho zintlungu kwakhona.

I-OA iye ithi msinya emva kokuba iqalile yenza kube buhlungu kakhulu, oko kuthetha ukuba intlungu iqala ngokukhawuleza ize ithathe nje ixeshana. Oku kwenzeka ikakhulu xa ilungu lishukunyiswa okanye lisebenza ize indawo ebuhlungu iye iqatsela. I-OA ayisoloko iyintlungu nje ekhoyo ngamanye amaxesha ide itshintshe siyibize iintlungu ezingapheliyo. Oku

kungabangela ukuba uve kabuhlungu nokuba akuhambi okanye ulele ubusuku uya guquka. Iintlungu ezingapheliyo zichazwa njengendawo ebuhlungu evakalayo iintsuku ezininzi mhlawumbi kangangeenyanga ezintathu. Isizathu sokuba i-OA iqale ngokuba yintlungu ekhawulezileyo iphinde inyamalale ize ibe ziintlungu ezingapheliyo ngelo xesha ayikaziwa kodwa uphando luyenziwa kwangaxesha nye ukuze icaciswe ngcono. Iintlungu ezingapheliyo aziloncedo njengobuhlungu obufika ngokukhawuleza buphinde bunyamalale. Zenzeka emva kokuba umzimba uzinyangile kwaye ke oko kuthetha akukho sizathu sokuba sikhusele le ndawo kwakhona. Nangonga sihleli nje sinyamezele kwaye asilisebenzisi elo lungu okanye izinto ezithile ezingathi ezingabangela uthunakale. Kwi-OA “umonakalo ” kwilungu asiyonto intsha esingazilimaza ngakumbi ngokuthi silisebenzise okanye silishukumise ilungu oko kubangelwa kukuqaqamba esithethe ngako ngaphambili.

Isizathu sokuba iintlungu ezingapheliyo zinomahluko kwiintlungu ezifika ngequbuliso ziphinde zinyamalale ngenxa yokuba kukho iinguqu enzekayo Kwimithambo-luvo yakho xa uneentlungu ezingapheliyo ixesha elidana. Ezi nguqu zingacacisa okuninzi okusibonisa ukuba kutheni usiva iintlungu ngaphezulu komnye umntu. Xa iintlungu ezikhawulezileyo neziphinda zinyamalale zifika, imiyalezo eqhelekileyo esuka engqondweni ethunyelwa ngemithambo luvo iyatshintsha kubantu abaneentlungu ezingapheliyo. Iindlela eyenzeka ngayo lento yenza ukuba imiyalezo ibe kunesiqhelo kwaye oku kungabangela ukuba umntu ave msinya kwiimvakalelo eziqhelekileyo aze ave kabuhlungu msinyane kunomntu imiyalezo yakhe ingekho bukhali. Kukwakho ne “mephu” engqondweni ebonisa ndawo nganye emzimbeni nasebantwini abaneentlungu ezingapheliyo, indawo ebonisa indawo emele indawo ebuhlungu iba nkulu ize ibe lichaphaza ukuze ingqondo iqwalasele kule ndawo ingathi ibhidise iindawo eziphilileyo ngale ndawo ibuhlungu. Oku kucacisa ukuba kutheni le nto indawo ebuhlungu ivakala ngolu hlobo inaba ngalo ukusuka kwindawo enye njengoko imephu engqondweni yakho ingacaci njengoko yayinjalo ngaphambili.



### **Nanku umyalezo omawugoduke nawo malunga nendawo ebuhlungu:**

- **Ukuva kabuhlungu akusoloko kuthetha ukwenzakala.** Ungeva kabuhlungu ungenzakelanga okanye kungekho nto iwrongo ngenxa yeenguqu ezenzeka kwimithambo luvo.
- Kunezizathu zefiziyoloji ezisichazela ukuba kutheni kubuhlungu kungekho ndawo yenzakeleyo.
- Ubuhlungu obu ubuvayo **asiyonto** ingekhoyo okanye oyicingayo engqondweni okanye okanye sayikhologikhali.
- Ubuhlungu obungapheliyo **abufani** nobuhlungu obufika ngokukhawuleza buphinde bunyamalale.
- lintlungu ezingapheliyo **asilulo** uphawu lomonakalo
- lintlungu ezingapheliyo azinaku “khe zisuswe.”
- Abathunywa abangengabo abeentlungu (umz. abangabokuphulula okanye epresha) zingathumela imiyalezo yobuhlungu endaweni yokuba zithumele imiyalezo yokuphulula okanye yepresha engqondweni.
- Ukukhula kweentlungu (uyenza ungayenzi imithambo) akuthethi kuba wenzakele okutsha.

## **Amahla ndinyuka eengqaqambo**

kungenzeka ube nazo zombini iindidi zeentlungu (ubuhlungu obufika ngokukhawuleza buphinde bunyamalale neentlungu ezingapheliyo) kwangaxesha nye; oku kungabhidisa umfanekiso. Nangona umntu one-OA angaba unazo iintlungu ezingapheliyo, iintlungu ayisoloko ikhona ngalo lonke ixesha kunjalo unganawo amaxesha okuba uqaqanjelwe kakhulu ngamanye amaxesha iintlungu zingabi ngako. Xa iintlungu ziqiniseka oku kubizwa ngokuba kukuqiniseka nokuhla kweentlungu. Oku kuthetha ukuba uya kuba neentlungu ezifika ngokukhawuleza ziphinde zinyamalale ngeli xesha kwaye kukho iindlela zokujongana noku. Kubalulekile ukuba ukuqaphela yintoni ebangela loo mahla ndinyuka kwiintlungu ngoko ke uyayazi ukuba nokuba nezo zinto zingatshintshwa kumzamo wokunciphisa amahlandinyuka eentlungu kwakhona.

### **Iimpawu ezixhaphakileyo zamahla ndinyuka zezi:**

- Ukukhula kweentlungu
- Ukuba bomvu
- Ukufudumala okanye ukuba shushu kwelungu
- Ukudumba



## **Ndingenza ntoni malunga namahla ndinyuka eengqaqambo?**

Amahla ndinyuka angalawulwa ngokuthatha ixesha uphumle nakweyiphina into ewabangelayo ukuze azole. Asikufuni ukuphumla kakhulu okanye njengoko amalungu akho engaqina. Kuluncedo ukusela iipilisi zeentlungu njengoko uyalelwe ngugqirha wakho ukuba iintlungu zakho ziba ngamandla kodwa ke siya kuthetha ngonyango lwakho kamva. Sebenzisa umkhence kumalungu abuhlungu kodwa ungagqithisi kwimizuzu eli -10 – 20. Ungasebenzisa ibhegi encinci yomkhenkce uyisongele ngetawuli, ijeli egcwalise isingxobo somkhenkce okanye songela itawuli kwiplastiki enemifuno enemifuno efrizileyo. Musa ukubeka umkhenkce esikhumbeni.

- **Yintoni ukuqina kwamalungu:**

Ukuqina kwamalungu kuxa usiva awakwazi kushukuma okanye aqhanile. Oku kuxhaphakile kusasa xa uvuka njengoko amalungu akho ebengashukumi kakhulu ngexesha ubulele. Amalungu aqhela ukuba abe ndaweni inye ukuze xa uphakama uqalisa ukuhamba uve kunzima ukushukuma (ukuqina).

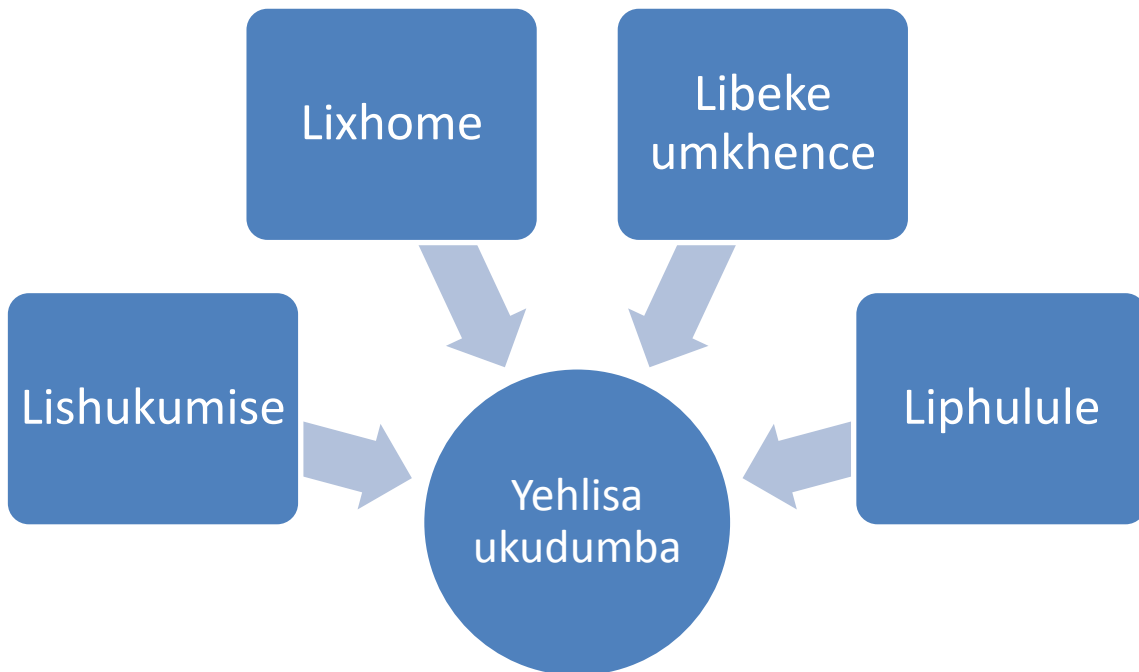
### **Ndingenza ntoni malunga nokuqina kwamalungu?**

Emva kwexesha elithile uphumle/okanye ulele okanye shukumisa amalungu kancinci ukuze amalungu azokuqhela ukushukuma. Ngaphambi kokuba uphakame ebhedini kusasa shukumisa amaqatha akho uwase phezulu naphantsi izihlandlo ezingama-20. Uze ugobe idolo ngalinye ulinyuse ulehlisa zihlandlo ezingama-20 ukuze amalungu afudumale. Ukufudumala kunceda izihlunu ezikufutshane kwilungu ziyekelele ngoko ke ibhotile yamanzi ashushu okanye ishawa kusasa inganceda ukukhulula amalungu akwazi ukusebenza. Qinisekisa ukuba uyabuva ubushushu kodwa amanzi ashushu mawangezi nkqo esikhumbeni okanye amanzi ashushu kakhulu angakutshisa. Amalungu omzimba afana namalungu kamatshini afuna uku-oyiliswa ukuze asebenze kakuhle, kufanele si-“oyilisho” amalungu ethu phambi kokuba asebenze ukuze angaqini.

- **Yintoni ukudumba?**

Ukudumba luphawu oluxhaphakileyo lamahla ndinyuka okuqaqanjelwa okanye ingaba ziimpapawu ezoqhelekileyo ezenzeka xa une-OA. Ukudumba kubangelwa kukwakheka kolwelo ngaphakathi kwitshu nakule ndawo irhangqe ilungu. Oku kubangela ukuba le ndawo ibonakale inkulu kunesiqhelo, iqine, ibe buhlungu kuba nzima ukushukumisa indawo ebuhlungu.

## Ndingenza ntoni xa ndidumbile?



**Ukulishukumisa** yeyona ndlela ingcono yokuthoba ukudumba njengoko kusenza igazi (libe neoxijini eninzi) eya kule ndawo ize isuse olwalwelo lwakhekayo ize ilulahle kwiindawo ebezidumbile. Ukuhlala ndawoni nye yeyona nto ibangela ukudumba ngamandla ngoko ke sifuna uqalise ukuhamba. Ungashukumisa umlenze wakho uwunyuse uwuhlise uze ugobe amahleza akho namadolo ngeli xesha uhleli/ uleleyo uhamba hamba ukucombulula umzimba wakho.

- Kunganceda **ukulixhoma eli lungu** xa uhleli okanye ulele ukuze oku kuncede ukuhambisa amanzi abuyele emzimbeni endaweni yokuwaqokelela emlenzeni. Ungawubeka umlenze wakho kwisitulo esincinci okanye kwimiqamelo emibini okanye ebhedini.
- **Ukurabha/ukuphulula le ndawo** ukusuka apho umzimba ungancedisa ukubuyisela amanzi kwakhona emzimbeni. Icrimu eqhelekileyo yomzimba okanye ioyile yeentsana iya kusenza isikhumba sibe mpuluswa ukuze uphulule ngesandla sakho le ndawo. Musa ukucinezela indawo edumbileyo.
- **Beka umkhenkce kwindawo ebuhlungu kudwa ungagqithisi kwimizuzu 10 – 20** ngexesha unceda ekudumbeni njengoko sekuchaziwe ngentla apha.

## Ukuba nzima ukwenza ezinye izinto:

Ngamanye amaxesha ungaziva ungakwazi ukwenza izinto ezithile ekhaya okanye ngaphandle ekhayeni. Ungaziva amalungu akho eqine kakhulu, ungenamandla, okanye uqaqanjelwa ukuba wenze izinto ezithile. Kuya kufuneka ukuba “uzilungiselele” kusasa phambi kokuba wenze nantonina okanye kunokwenzeka ukuba unamahla-ndinyuka eentlungu kufuneka iingcebiso zokukhawulelana noko ezichaziweyo apha ngentla. Kulungile ukucela uncedo kwilingu losapho ukuba kukho into ungakwaziyo ukuyenza ekhaya kodwa ulumke ungaceli ukwenzelwa yonke into lusapho lwakho.

## Ndingenza ntoni xa kunzima ukwenza into ethile?

Okokuqala zama ukucinga ukuba KUTHENI ungakwazi ukwenza lonto kwaye ungakwazi njani ukukhawulelana nalento. Kukho iindlela zokuzinceda xa usiva ukuba kukho izinto ongakwazi ukuzenza:

### 1. Zama ukuqhelana nezixhobo ezikhusela nezancedisa amalungu

Ukunciphisa ubunzima nophinzelelo kumalungu, izixhobo ezifana nentonga yokusimelela, iikhratshizi okanye umsimelelo onamavili oqhutywayo oncedisa ukuhamba,



ezo zinto zingaluncedo ukukhusela ububulaleka kwamalungu akho. Oku bubangela ukuba iingalo zakho zikwazi ukuthatha obunye ubunzima bomzimba wakho xa unyathela ngomlenze obuhlungu. Ukusebenzisa induku enye okanye



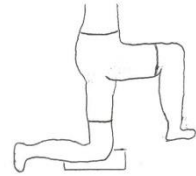
iikhratshi kunika inkxaso kwaye kwaye kwenza ukuba iingalo zakho

zithathe ubunzima bomzimba wakho ungazinzi emlenzeni kodwa ikwabangela ukuba enye ingalo yakho ukuba ikwazi ukusebenza ngexesha lokwenza ukutya okanye ukuphatha into. Iikhratshizi ezimbini okanye into yokuncedisa ukuhamba usenenzisa izandla zombini ukutyhala nokunika inkxaso ngakumbi kodwa ke zithatha indawo enkulu xa uhamba kwaye izandla zombini sisetyenzisiwe kwisixhobo sokuncedisa ukuhamba endaweni yokuba yokuba zikwazi ukusetyenziswa ukwenza imisebenzi yosuku. Zama ukuqala mhlawumbi ngeziza kukuncedisa ukuba uziva ufuna ukwenza njalo.

### Izinto onokuzenza nonokungazenzi:

Zikhona izinto ezingatshintshwayo kwindlela owenza ngayo izinto ukuze ukhusele amalungu akho.

- Sukuzenza ezinye izinto ezenza ukuba ilungu libulaleke, izinto ezifana nokuguqa okanye ukunyuka izitepsi mazingenziwa.
- Sebenzisa umqamelo ohlohlweyo xa uza kuguqa ngenxa yezizathu ezithile.
- Hlala esitulweni endaweni yokuguqa
- Ukuba kunzima ukuma emva kokuhlala ixesha elide ngoko ke zama ukuhlala ukuhlala kwisitulo esiqinileyo ukuze ungatshoni esitulweni.
- Ukusebenzisa izitulo ezinendawo yokungqiyama zenza kuba lula ukuphakama kuzo
- Sukuhlala kwisitulo esisezantsi njengoko kunzima kakhulu ukuphakama kwisitulo esisezantsi kunesiphezulu.
- Ukunyuka indawo enyukayo okanye ukusebenzisa izitepsi ezihambayo xa zikhona kungcono kunokusokola unyuka izitepsi.



- IiWheelchairs ziluncedo ukuba uza kuhamba kakhulu ngalo mini. Njengokuya ezivenkileni okanye ukuzikhupha uye endaweni. Oku kungaba kukuhamba kakhulu kumalungu akho. Imoli ezinkulu zinazo iiwheelchairs ungathi uziboleke ngexesha ulapho. Okanye enye into kukufuna iwheelchair eqeshisayo ongayifunela ixesha elifutshane xa unayo mali. Kubalulekile ukungaxhomekeki kwiwheelchair xa usenza imisebenzi yakho ekhaya ukuba ayikho imfuneko koko ungayisebenzisela imigama emide ukuba kuyimfuneko oko. Khumbula sifuna ukukugcina ukwazi ukuzenzela kangangoko unakho.

Iindawo eziqeshisa ngeeWheelchair:

Orthocare Medical Hire and sales (Bellville) 021 946 1717 – ziyaqeshisa

Solutions Medical (Goodwood) 021 592 3370 - ziyaqeshisa

M-Kem pharmacy (Bellville) 021 948 5706 – ziyathengiswa

St Giles 021 689 8328

Medical Hire 021 425 2012

## 2. Ukuzinika umkhi xa usebenza/ amathuba okuphumla phakathi kwamaxesha okusebenza:

Ngexesha usenza imithambo nezinto ozenzayo ebudeni bemini, kufuneka uzifundise ukuba ungenzi ngamandla. Xa ugqiba kwenza into/umthambo ekupheleni kwawo ufuna amandla ukuze umzimba wakho ubuyele esiqhelweni ngokukhawuleza ukuze ukwazi ukuqhubeka nemisebenzi yosuku. Imithambo akufuneki ikwenze ungakwazi ukuhamba iintsuku ezi-2 emva kokuba wenze imithambo. Xa uqala ukwenza into kufuneka uzixelele amendu oza kuthi uhambe ngawo nokuthi ubethe ngawo ke de uye kugqiba ungakhange uthobe okanye unciphise. Ekupheleni kwalo mjikelo uya kuba nawo amandla aseleyo ukuze ukwazi ukwenza ngaphezulu.

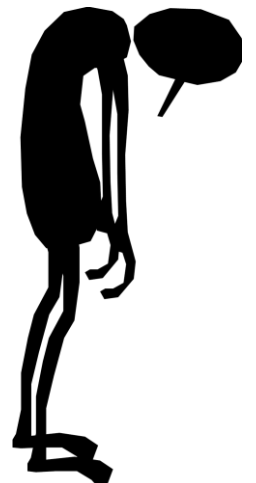
### Wenza njani ukuze ube nexesha lokuziphumza?

- Beka imisebenzi yakho yosuku ngendlela efanelekileyo noya kuthi ubu namaxesha awaneleyo okuphumla phakathi kwamaxesha okusebenza ngoko ke akuzidinisi ngeseshini enye kusekho ezinye ezininzi ngelo xesha.
- Zenzele indlela yokuphumla ngokwaneleyo emva kokuba ugqibe enye into ngaphambi kokuba wenze enye. Akufuneki wenze into enye ixesha elide uza kudinwa emva koko kwaye akufuneki uphumle ixesha elide ude uqinelwe ngamalungu kube nzima ukuphakama kwakhona.

Umzekelo ukuba kufuneka apha evekini uhlambe impahla, ucoce indlu u-ayine, endaweni yokuzenza zontathu ezo zinto ngosuku olunye, zisasaze uzenze ngentsuku ezintathu okanye ukuba kukho imfuneko, kubekho usuku phakathi kwazo. Okanye ngelixesha wenza imithambo okanye ukuba uza kuba nosuku olude lokuya kuthenga ezivenkileni qalisa ngemithambo okanye uhamba hambe netroli ngesantya oza kukwazi ukusigcina ude ugqibe, ungakhange ume okanye uthobe santya. Ukuba ufumanisa ukuba udiniwe kufuneka uqalise ukuthoba isantya ucothe okanye wenze izinto ezimbalwa ngexesha ufumane ukuphumla umzimba.

- **Yintoni ukutyhafa**

Ukuba usebenze kakhulu ngexesha elinye okanye elifutshane ungakhange uphumle umzimba wakho uyakudinwa kakhulu kwaye uya kutyhafa. Kubalulekile ukuqala kancinci uthathe ixesha elifutshane lemithambo ukuze umzimba wakho



uzokuqhela. Ukuba utyhafile kubalulekile ukuba uyeke lonto ubuyenza uphumle ixeshana (usuku olu-1-2) ude uzive ukuba usemandleni. Oku akuthethi ukuba kufuneka de ulale ebhedini ngeli xesha, ungaqhubeka nosuku lwakho kodwa ke zinike ikhefu kwimithambo xa uthe waqalisa kwakhona, mamela umzimba wakho ujonge neempawu zokuyenza kakhulu enye. Oku kungenza ukuba ube nephika okanye izihlunu zakhozityhafe okanye zingcangcazele, imilenze yakho ivakale ngathi ifuna ukunikezela.

- **Yintoni ukudideka /ukuzikhetha/unxunguphalo**

Ixhaphakile kubantu abaneathrayithisi yamalungu ukuba badidekile bazive befuna ukuhlala bodwa/benxunguphele. Oku kungabangelwa kukuba bengakwazi ukwenza yonke into njengoko bebesenza ngaphambili, ukuxhomekeka kwabanye ngemisebenzi yesiqhelo, ukungakwazi ukuthathi nxaxheba kwizinto ezenziwa zizihlobo zakho oko kungabangela ukuba umntu azibone eyinkomo edla yodwaengakwazi kwenza nto/ eyingxaki kwabanye abantu.



### **Ukudideka:**

Njengoko sesitshilo apha ngasentla, zama ukuba uyazi ukuba kutheni ungakwazi ukwenza ezinye izinto kwaye sebenzisa amacebo ukuzama ukuncedana nawe kwezimeko phambi kokuba uphazamiseke okanye ungaziboneli ntweni ude unikezele. Kubalulekile imeko yakho uyijonge njengethembisayo ubone ukuba ungayisombulula njani ingxaki endaweni yokuba uzive udidekile.

### **Ukuzikhetha:**

Sukuyeka ukuya kubona usapho nezihlobo zakho kwiindibano zolonwabo ngenxa yemeko yakho. Njengoko sesitshilo, zikhona iindlela ongathi ubomi bakho ubuqhube ngayo

(njongokusebenzisa izixhobo zokuhamba okanye iwheelchair xa kukho imfuneko) ukuba ne-OA makungenzi ukuba uzikhethe okanye wohlukane nezihlobo zakho.

## Unxunguphalo:

Abantu abaneentlungu ezingapheliyo nabo bangaba nonxunguphalo ngenxa yemeko yokuba baphile neentlungu ubomi babo bonke. Oko akuye kubonwe ngabongikazi okanye oogqirha ekliniki.

Kubalulekile ukuba wena uxelele umongikazi okanye ugqirha xa

ucinga ukuba unonxunguphalo. Unxunguphalo sisigulo, ayikongonwabi

nje, uloyiko, ubukheswa, nokuziva uphazamisekile. Unxunguphalo lwenzeka

emva kweeveki ezimbalwa yimvakalelo eqhelekileyo yonkunxunguphala eyenzeka kunye neempawu ezibonakalayo. Oku kwenziwa kukungalingani kweekhemikhali engqondweni.

Jonga uluhlu lwezinto ongatikisha kuzo xa unonxunguphalo– if ukuba ucinga ukuba

nonxunguphalo kwaye unempawu ezininzi ngoko ko ke kungenzeka ukuba

nonxunguphalo olukwizinga elithile. Oku kunganyangwa ngamayeza okanye ngokufumana

inkxaso eyondla ingqondo. Asiyonto unganeentloni ngayo. Yiya ekliniki uxelele umongikazi

okanye ugqirha ngendlela oziva ngayo ukuze bakuqalise unyango.



## **Uluhlu lweempawu zoxunguphalo ojanga kuyo:**

- Ingaba uziva ungenamdla wanto amaxesha amaninzi?
- Ingaba uziva ungenamdla wezinto ezonwabisayo ezifana nomculo, isoka okanye itshokoletshi ?
- Ingaba uzama ukuba ube noxolo ngokusombulula izinto ngomsindo?
- Okanye akunamdla wokutya kwaye uyabhitya?
- Ingaba akulali kakuhle ebusuku?
- Ingaba uba nengxaki yokuvuka ekuseni?
- Ingaba uba unomsindo kwaye uphazamisekile msinyane?
- Ingaba uziva udakumbile?
- Ungaba uziva ungenamandla yonke le mihla?
- Ingaba unengxaki nokumamela?
- Ingaba kunzima ukwenza izigqibo ngezinto nje ezilula ?
- Ingaba uziva unesazela?
- Ingaba ukhe ungaziboneli ntweni ngamanye amaxesha?
- Ingaba usoloko ucinga ngokufa?
- Ingaba ucinga ngokuzibulala?

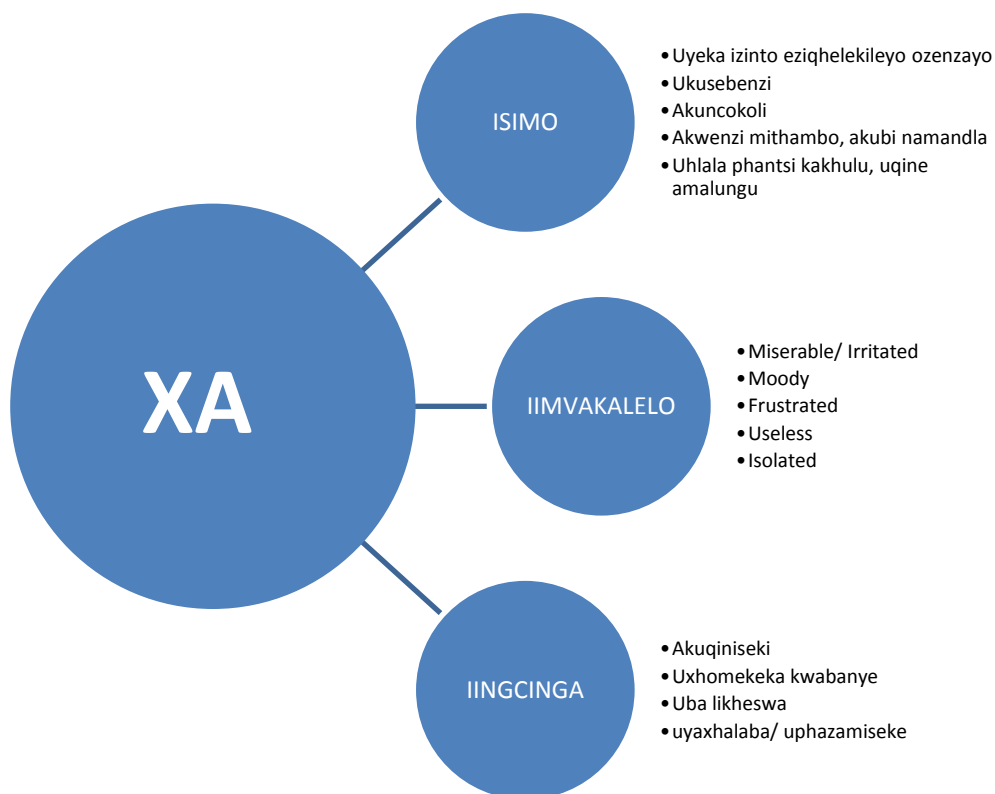
*Ukuba impendulo yakho ngu-ewe kwimibuzo emininzi apha, kuya kwenzeka ukuba unezinga elithile lonxunguphalo .Thetha nogqirha wakho okanye umongikazi ekliniki malunga nendlela oziva ngayo.*

*Ukuba impendulo yakho ngu-ewe kumbuzo omnye okanye emibini apha kungenzeka ukuba unxunguphele kwaye ke oko ungakwazi ukuba ukulawule ngeendlela ezithile ezichaziweyo apha kwicandelo lokulawula uphazamiseko.*

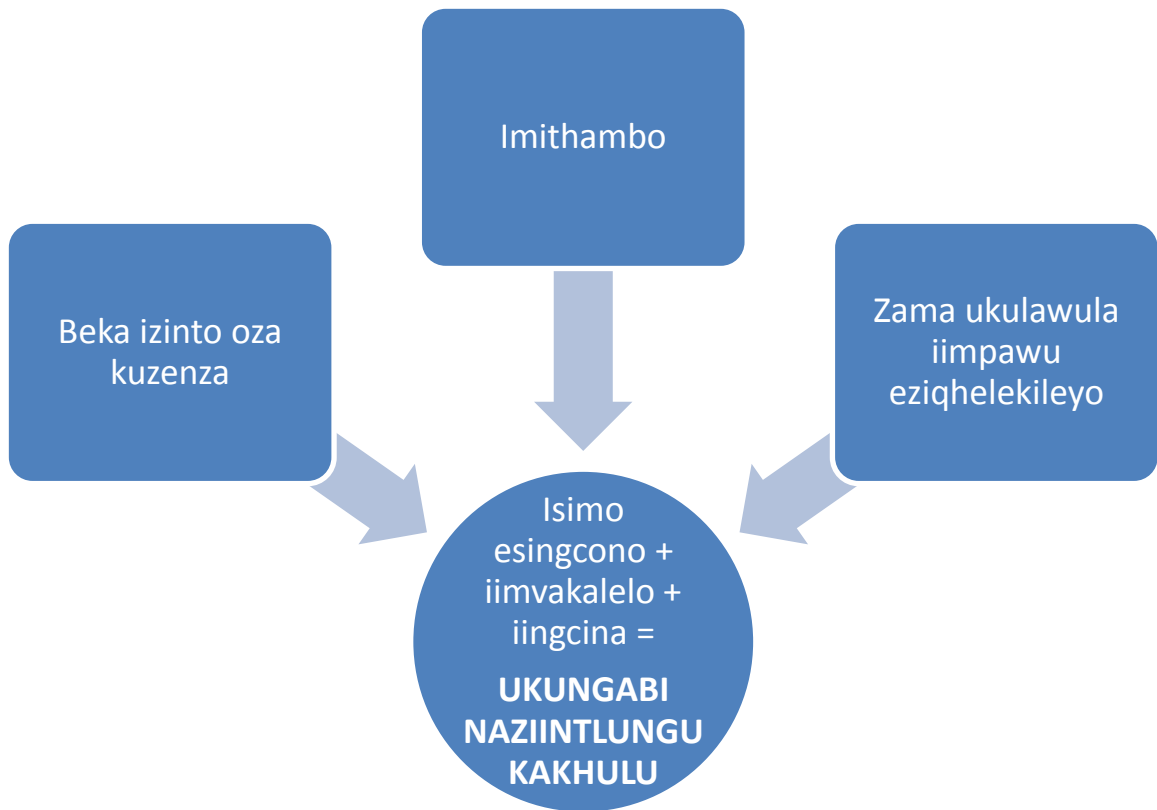
### Ukunyanga unxunguphalo ekhayeni:

Zininzi izinto onokuzenza ukulawula unxunguphalo. Qinisekisa ukuba ufumana ufumana uncedo ngoko nangoko ukuba uziva ufuna ukozonzakalisa okanye ukonzakalisa omnye umntu. Soloko uthetha nomntu oyaziyo le meko okanye nomsebenzi wezempilo oqeqeshiweyo uya kukunceda kule meko. Thoba isantya sokusela utywala, nangona bungenza ukuba uzive ngcono okwexeshana. Kodwa ke abulunganga kwimeko yexesha elide kuba buchaphazela indlela ingqondo yakho esebenza nyayo kwaye oko kungabangela ukuba ungakwazi ukohlukana nonxunguphalo. Zigcine udlamkile, qinisekisa ukuba uyavuka yonke imihla, unxibe uhambe. Nokuba sele uziva ukuba akufuni kwenza nto, kubalulekile ukuba udlamke, utyelele izihlobo, nokujoyina amaqela. Ukuba uqalisa ukungabafumani abantu bayeke kuba imeko yakho ingasuka ibe mbi. Yenza amalungiselelo exesha elizayo, angomso, eveki ezayo, enyanga ezayo. Qinisekisa ukuba wenza imithambo yonke imihla imizuzu engama- 20 ukuya 30. Njengoko sitshilo kwiveko yoku 1, imithambo ibalulekile kakhulu ukusigcina sisempilweni nokusinceda kwindlela esiziva ngayo. Unxunguphalo luzondla ngonxunguphalo, xa ukholelwa ukuba izinto ziza kuba ngcono, ziza kuqalisa ukutshintsha. Sebenzisa iingcebiso kwicandelo leveki yesi 3: Ukulawula ukuphazamiseka ukuze ukwazi ukulawula iimpawu zakho.

### Isishwankathelo: Kwenzeka ntoni xa uneentlungu nezinye iimpawu?



**Wenza ntoni ukuze umelane noku?**



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Ifomu yesicwangciso somsebenzi - Ukujongana neempawu ezixhaphakileyo

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Sebenzisa le fomu ukwakha isicwangciso sokusebenza kwimithambo oza kuyenza. Yeyiphi imithambo ongathanda ukuyenza?

Qiniseka isicwangciso somsebenzi siquka:

*Yintoni ofuna ukuyenza*

*Uza kuyenza kangakanani na*

*Uza kuyenza nini lo nto*

*Zintsuku ezingaphi evekini oza kwenza ngazo imithambo*



Umzekelo: Kule veki, Ndiza kuhamba (uza kwenza ntoni) ndijikeleze ibloko (kangakanani) phambi kwesidlo (nini) kathathu (kangaphi).

Kule veki ndiza:

\_\_\_\_\_ (uza kwenza ntoni)

\_\_\_\_\_ (kangakanan )

\_\_\_\_\_ (Nini)

\_\_\_\_\_ (kangaphi?)

Uqiniseke kangakanani ukuba ungasigqiba esi sicwangciso?

Uqiniseke kangakanani ukuba ungasigqiba esi sicwangciso?

Andiqinisekanga

ndiqinisekanga kwaphela

kwaphela ndiqinisekile

ndiqinisekile

| | | | | | | | | |  
0 1 2 3 4 5 6 7 8 9 10

Uqiniseke kanganani ukuba uza kusifezekisa ezi sicwangciso sokusebenza?

Bhala phantsi ugcine indlela oyenze ngayo:

	<b>Ndicinga uku.....</b>	<b>Ndikwenzile.....</b>
<b>Mvulo</b>		
<b>Lwesibini</b>		
<b>Lwesithathu</b>		
<b>Lwesine</b>		
<b>Lwesihlanu</b>		
<b>UMgqibelo</b>		
<b>ICawa</b>		

# Iveki 3: Indlela yokulawula ukuphazamiseka/iStresi

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- **Yintoni ukuphazamiseka/istresi?**

Ekuhlaleni, sithetha kakhulu ngestresi. Singatsho ukuthi sisrtesi ukuhlala eMzantsi Afrika. Kuyaphazamisa ukucinga ngabantwana, iintsapho zethu, ngemali, nokucinga ukuba umsebenzi uza kuwufumana phi okanye ukuqhelqng nqlo msebenzi ukuwo. Sisebenzisa igama elithi istresi/ukudandatheka kakhulu, kodwa oko kuthetha ukuthini? Istresi/ukudandatheka yindlela oziva ngayo; yintlanganisela yokuziva unovalo kwaye unexhala. Xa siziva sinestresi/siphazamisekile singaziva sidikiwe, sifumane kunzima ukumamela okanye ukukhumbula izinto, istresi singachaphazela ubuthongo bethu, istresi singayichaphazela indlela esitya ngayo kwakunye ubuhlobo.

Esona sizathu esibangela ukuba sizive sinestresi kukungakwazi ukuzinqanda izinto ezithile. Siyathanda ukuba sibe nestresi xa izinto singakwazi ukuzi thintela. Siyaphazamiseka ukuba siza kufika emva kwexesha emsebenzini ngenxa yokwenziwa ngoololiwe – le into ingaphaya kolawulo lwethu. Siyaphazamiseka ngenxa yeendawo esihlala kuzo ingakumbi xa siziva singakhuselekanga apho – abo benza ubugebenga kuthi asikwazi kubanqanda. Kuyafana nokuba, singaziva xa sinezigulo ezinganyangekiyo njengeathrayithisi okanye iswekile okanye *high-high*. Ukuba ubona isigulo sakho ungakwazi ukusilawula kwaye akukho nto unokuyenza ngaloo nto ukuzama ukuyitshintsha oko kwenza ukuba ube nestresi. Istresi asisoloko singalunganga. Siyayazi



into yokuba istresi sisengaba luncedo. Kubantu abaninzi ukuba banestresi baziva beshiywe lixesha oko kungeza ukuba bakhawulezise benze umsebenzi omhle. Ungaziva uphazamise ngenxa yokuba usapho lwakho lusiza, kodwa ke oku kwenza ukuba uqoqoshe indlu yakho – ibe ziziphumo ezihle ezo zestresi. Abafundi baya kuyigqiba imisebenzi yabo xa beza kubhala iimviwo naxa ii-asayimenti zabo zinomhla wokuvala, ngaphandle kwalo komhla wokuvala, abafundi abangewugqibi umsebenzi.

Ngamanye amaxesha siqwenela ukuba sibe nobomi “obungenastresi”. Kodwa ke, siyayazi ukubangaba akukho stresi ebomini bethu, ukuba bekungafunekanga senze nto imini yonke, oku bekungayi kuba kuhle nakuthi. Ukuba ndilele imini yonke kwaye akukho nto ndiyenzayo, izihlunu zam ziya kutyhafa, amalungu aya kuqina oko kungabangela ukuba ndigule. Isistresi siyimfuneko empilweni yethu ukuze sigcineke sisempilweni. Into ebalulekileyo kukugcina izinga lestresi lisezantsi ukuze sikwazi ukusilawula. Yiloo nto sithetha ngeendlela zokulawula nestresi, singathethi ngeendlela zokususa istresi!

- **Iindlela zokulawula istresi**

Zininzi izinto ezahlukeneyo esingazenza ebomini bethu ukulawula istresi. Inyathelo lokuqala kukwazi ukuba kutheni sinestresi. Zintathu izinto ezichaphazela indlela esiba nestresi ngayo.

### **1. Imeko eyenza istresi ngeyona ndlela:**

Amaxesha amaninzi okona ungayihoyanga imeko ungalindelanga nto ingako ube ungayiqhelanga le meko, ingaba yeyona ikwenza istresi. Ukuba ufuna ukuthatha uloliwe xa usiya emsebenzini kodwa ubusazi kusuku olungaphambili, ukuba uloliwe uza kumbamba emva kwexesha, oku akungenzi stresi esingako kunaxa uve emva kokuba ukhwele kuloliwe ukuba awuzukufika ngexesha. Ukuba malunga nokuba nendawo ebuhlungu, ukuba uyawazi unobangela wale ndawo ebuhlungu ingaba oko kwenza istresi kakhulu okanye kusenza kancinci? Ukuba akuyazi into ebangela indawo ebuhlungu kwaye ukhathazekile ukuba kungenzeka kube kanti ikhona into engalunganga, ingaba oku kwenza ube nestresi kakhulu okanye ungabi naso.

### **2. Uyibona njani imeko kwaye umelana njani nayo:**

Ukuba imeko okuyo ayibalulekanga kuwe, akuyi kuba nastresi singako malunga nayo. Ukuba ukuloliwe oza kufika emva kwexesha, kodwa uya kuthenga ezivenkileni, akho mfuneko yakhuba ustrese ngaloo nto. Ukuba ukuloliwe oza kufika emva kwexesha, kodwa uya emsebenzini oko kungakustresa, kodwa ukuba ukuba uneselifoni enemoya ufonela umphathi wakho ucacisele ukuba kutheni uza kufika emva kwexesha oko kungenza ukuba izinga lestresi lehle. Izinga lokumelana nemeko leyo, lichaphazela iznga lakho lokuba

nestresi. Ngelixesha kunzima ukuphila nesigulo esinganyangekiyo esifana ne-arthritis, iswekile, ihigh high, ukuba ucinga ukuba ungamelana nayo kwaye ayisayi kuphazamisa umsebenzi wakho okanye ubomi bakho, ingaba lo meko inika istresi kakhulu okanye kancinci? Ngokwazi ngemeko yakho oko kubangela ukuba ucinge malunga nayo kwaye oko kungatshintsha indlela omelana nayo ngayo.

### 3. inxaso oyifumana kusapho nezihlobo zakho:

Izihlobo nosapho eziyaziyo nezikuxhasayo zingalichaphazela izinga lokuthoba istresi.

Ukuzibona ulikhweswa ungafumani nkxaso oko kungakwenza ukuba izinga lesstresi linyuke kakhulu. Ukuba ucinga ngokuphila ne- osteoarthritis, ingaba imeko yokungafumani nkxaso ingakwenza ube nestresi kakhulu okanye kancinci? Kodwa ke kuya funeka ukuba siyijongisise imeko yenkxaso kusapho nakwizihlobo. Ukuba benza yonke into (kuba besihoyile kwaye bezama ukunceda) singaziva singaziboneli ntweni kwaye sizibone ngathi asinanjongo. Ukundinika inkxaso akuthethi ukuba undenzele yonke into.

IStresi azozinto zenzeka kuthi nje. Izinga lestresi esinaso sixhomekeka kwizinto ezininzi ezingatshintsha yonke le mihla. Zininzi izinto ezahlukeneyo esingazenza ukulawula istresi yonke imihla.

- **Ukujongana nezinto ezingunobangela wokuphazamiseka/westresi**

Inyathelo lokuqala lokujongana nestresi kukwazi ukuba kutheni uziva ngale ndlela.

Sebenzisa amanyathelo okumamela isiqu sakho ukuze ubone ukuba iphi ingxaki. Xa uthe wayazi ukuba kutheni uziva ngolo hlobo, kuya kufuneka uthathe isigqibo sokuba uza kuthini ngale nto. Ngamanye amaxesha ukuhlangabezana nezinto ezistresa lula, ukuba uqhelene nabamelwane bakho kwaye ingxolo eyenziwa ngumabonakude wabo ingaphaya, kungaba lula ukuba ubacele bathobe umculo. Ukuba aniqhelenanga nabamelwane bakho, okanye uneentloni kakhulu, kunganzima kakhulu ukubacela ukuba bathobe umculo. Ngamanye amaxesha singazibona izinto ezisiphazamisayo senze into ngazo. Kodwa ke, amaxesha amaninzi singangakwazi ukujongana naso okanye singaphaya kwamandla ethu. Ukuba



akukwazi ukumelana naso okanye singaphaya kwamandla akho, inyathelo elilandelayo kukutshintsha indlela oyijonga ngayo le ngxaki.

### ***Jonga kule ngxaki ngendlela eyahlukileyo***

Cinga ngendlela oziva ngayo. Ingaba indlela ocinga ngayo noziva ngayo malunga nale ngxaki ayichanekanga. Mhlawumbi ukhathazeke kakhulu malunga nempilo yakho, oku kuya kuphazamisa. Ingaba ukhathazekile ngokuba uza kugula kakhulu ungakwazi ukusebenza msinyane? Ingaba ezi ngcinga nezi mvakalelo zinjalo? Zisekelezwe kwezphi iinkcukacha ezi ngcinga nezimvakalelo? Ingaba ukhe wathetha neengcali malunga nempilo yakho okanye iingcinga, iimvakalelo kwakunye nestresi sakho okanye uzisekeleze kwiinkcukacha ezingaphelelanga?

### ***Cwangcisa ubomi bakho***

Ingaba uphazanyiswa yinto enye qho? Okanye ingaba uziva uphazamiseka kuba kukho amaxesha ebomini bakho okuxakeka. Kakhulu? Ukuba wenza into enye uyayiphinda-phinda kwaye iya kuphazamisa, ungathanda ukuzijonga ukuba uqubisana njani nayo uze ujonge ubone ukuba ungazama isicwangciso esahlukileyo. Kwenzeka ntoni ngobomi obuxakekileyo? Oku kumalunga nokucwangciswa kwezinto, nokuxakeka kakhulu nokungabi naxesha nokungabi naxesha leziqo zethu, oko kungasenza ukuba siphazamiseke kakhulu. Cwangcisa izinto zakho kwangethuba, uqinisekise ukuba unalo ithuba lokwenza imithambo okanye nokuphumla nokuba uxakeke kangakanani na. Musa ukuyeka izinto ide ibe ngumzumzu wokugqibela.

### ***Fumana uncedo kusapho, kubahlobo nakumaqela enxaso***

Ezi ziindlela ezibalaseleyo ekunciphiseni istresi/uphazamiseko. Ukuba sifuna inkxaso ebantwini, kuya kufuneka sibaxelele phandle ukuba yintoni ingxaki kwaye singathanda ukuba benze ntoni. Amaxesha amaninzi asiphumi egusheni oku kungenza ukuba izinto zibe mandundu! Ukuba uyafumanisa ukuba abalancedo akanye bengakuniki nkxaso, kuya kuba luncedo ukuhlala nabo phantsi xa ungenastresi uthethe ngezi zinto. Kungenzeka ukuba babona izinto ngenye indlela apha kuwe, oko akuthethi ukuba ezo zinto ziyonyani wena

uyaphosisa. Oko kuthetha ukuba nibona izinto ngendlela ryohlukeneyo kwaye ke ningaxoxa ukuba ningenza njani ukuze izinto zibe ngcono. Ukuba kunzima ukuba nengxoxo enje, kuya kuba luncedo ukucela umcebisi akuncede ngale ncoko. Ungacela uncedo ekliniki okanye ungaya kumbutho ofana FAMSA obalase ngokucebisa iintsapho nezihlobo.

### **Imithambo**

Imithambo yeyona ndlela esebenza kakhulu ukulawula istresi. Abantu abenza imithambo rhoqo imizuzu engama-20 ukuya kwengama-30 besenza imithambo ka-3 ngeveki abakho semngciphekweni wokuba babe nezigulo ezinxulumene nestresi. Buyela kwicandelo lemithambo ukuze wazi imithambo ekhuselekileyo neyenzayo lento ifunekayo.

#### **Imithambo:**

- Ithoba istresi
- Ikunceda ulale kakuhle
- Yehlisa iintlungu
- Isenza sibesempilweni inciphise amathuba okuba sibe nezinye izigulo

### **Iindlela zokuyekelela umzimba**

Xa siziva umzimba ukhululekile, siziva sizolile. Ngamanye amaxesha ukuba imizimba yethu ikhululekile kwaye sityhafile, singaziva sinobuthongo. Ngamanye amaxesha singaziva imizimba ikhululekile sikwazi nokwenza izinto esimele kukuzenza sipholile.

Ukuyekelela umzimba kungasanceda ukuba simamele kwaye oko kungasanceda ukuba siphumle size silale. Ukuphumza umzimba umzimba yindlela eluncedo kakhulu ukulawula istresi nezinye iimpawu zezifo ezinganyangekuyo ezinjengeentlungu.

Ukuba sinestresi, oku kungenza ukuba izihlunu zethu ziqine, iintliziyo zethu zibethe ngokukhawuleza siphefumle ngokukhawuleza, ukuba asiziva mnandi kwaye sineentlungu oko kungabangela ukuba imeko ibe mbi kakhulu. Ukuyekelela umzimba kungathoba izinga

lokuqina kwezihlunu kuthobe ukubetha kweentliziyo nendlela esiphefumla ngayo ize isincede sizive siingcono. Xa sinestresi siyakhawuleza ukucaphuka nokuba nomsindo, ukuyekelela umzimba kunceda ukukuthomalalisa nokwenza uzive ukwazi ukulawula ubomi bakho. Xa sinestresi ngamanye amaxesha kunzima ukuba silale njengoko sizihlupha ngezinto esingakwazi kuzilawula, ukuba akuphilanga, uphinde ungalali oko kungenza izinto zibe mbi kakhulu. Ukuyekelela umzimba oko kungakunceda ukuba ulale, oku kunganceda ukuba ulawule istresi sakho kuphucule nempilo yakho. Njengokufunda ukudlala umdlalo omtsha okanye ukwenza imithambo. Indlela owolula ngayo umzimba ayibalulekanga; xa sisonke sohlukile kwaye solula imizimba ngeendlela ezahlukeneyo. Into ebalulekileyo kukuyenza lo nto qho ngamaxesha owalungiselele oko. Kukho iindlela ezimbini ezahlukeneyo zokulula umzimba ezichaziweyo apha ekupheleni kweli candelo. Ungazenza ezi zinto ekhaya kwindawo ethe cwaka nekhuselekileyo ungaqalisa apho. Kodwa ke wakuqhelana nokolula umzimba, ungawolula nakwindawo gumbi lokulinda elizele abantu, kuloliwe okanye etaxini . Ungawuyekelela umzimba naphina!

**Amaxesha afanelekileyo ukuba wenze imithambo anini:**

- Uziva ngathi umzimba uyaqina okanye uyacaphuka okanye uxhalabile
- Uyaqaqanjelwa
- Ufuna ukuya kulala

## Relaxation techniques:

### Long relaxation:

- Find a comfortable position. Lie on your back or sit in a chair with your back supported.
- Place your hands at your sides, palms up. Close your eyes if you wish.
- Now begin to become aware of your breathing..... Focus on slowing down the rhythm of your breathing..... Your chest and tummy will expand outward with each breath, like a balloon gently filling with air....
- Imagine your ribcage moving out to the sides when you breathe in.... and gently inward as you breathe out....
- Slowly take a deep breath in.... Pause for a moment.... and then slowly breathe out. Let the tension melt away as you relax more deeply with each breath...
- Continue breathing slowly and gently....
- Now think about the top of your head. Feel the skin on the top of your head beginning to relax, and spreading slowly downwards....
- Even your ears are becoming relaxed and heavy.... Feel your eyebrows resting....
- Your forehead is becoming relaxed and smooth....all the lines on your face are becoming smooth..
- Let your jaw relax by allowing your mouth to be slightly open.... Allow your tongue to relax...
- Feel your throat relaxing.... relax your cheeks, nose, and eyes.... Feel your eyelids becoming very heavy.... and very relaxed.... more and more relaxed....
- Enjoy the feeling of relaxation you are experiencing.
- Now think about your neck.... allow a feeling of relaxation to begin at the top of your neck, and flow downward...
- Feel the relaxation as your shoulders become relaxed and loose.... Let your shoulders gently sink downward.... as they become relaxed.... and heavy.... very heavy.... and very relaxed.... deeper and deeper.... relaxed....
- Feel your collar bones becoming relaxed as your shoulders move gently back, and your chest widens slightly....
- Allow all the muscles in your shoulders to feel smooth... and relaxed.... as the muscles give up their hold completely...
- Notice your breathing once again... see how regular it has become... continue to take slow.... smooth.... deep breaths... Breathe in the feeling of relaxation... and breathe out any tension... your breathing allows you to become more and more relaxed.... deeply relaxed.... Now turn your attention to your right arm..... Feel the relaxation flowing down from your right shoulder.... allow your upper arm to relax... your elbow.... lower arm... and wrist become loose and relaxed....



- *Enjoy the feeling of relaxation as the muscles of your right arm give up their hold.... Feel the relaxation flowing into your hand... Let all the tension drain out of each finger tip and flow away.... the relaxation spreads to your thumb... index finger.... middle finger... ring finger... and little finger....*
- *Feel the relaxation flowing down your left arm... Let the muscles of the left upper arm relax.... Relax your elbow.... lower arm.... and wrist....*
- *Enjoy the feeling of relaxation you are experiencing.*
- *Let the tension melt away.... imagine the tension flowing right out of your finger tips... Allow your left hand to relax completely.... relax your thumb... index finger.... middle finger... ring finger... and little finger....*
- *Both of your arms are now totally relaxed... allow them to be free and limp... pleasantly relaxed...*
- *Enjoy the feeling of relaxation you are experiencing...*
- *Allow the feeling of relaxation to continue to your chest and stomach....feel the relaxation there... becoming deeper with each breath....*
- *Now turn your attention to your upper back... Feel the relaxation flow down your spine... Let all the muscles give up their hold.... relax your upper back... middle and lower back.... allow your back to relax completely..... Feel the relaxation in your whole upper body ....*
- *Relax more deeply with each breath.... more and more relaxed.... deeply relaxed and calm....*
- *Let your hip muscles relax.... Relax all the way from your buttocks (bottom), down the back of your thighs... relax the muscles on the front of your thighs...Feel the relaxation in your upper legs moving down to your knees... your calves and shins.... your ankles.... and your feet.... allow all the muscles to relax and go limp....*
- *Allow any last bits of tension to flow right out of the soles of your feet....Feel the relaxation flowing through your body... From the top of your head... down to the bottoms of your feet.... become more relaxed with each breath.... enjoy the feeling of total relaxation.....*
- *You are now as relaxed as you want to be.... Experience the feeling of deep relaxation... enjoy the feeling.... relaxed.... calm..... at peace*
- *Focus on the feeling of relaxation throughout your body.... Notice your breathing.... Your relaxed muscles.... Your calm thoughts... Memorize this feeling so you can re-create this relaxed state whenever you wish....*
- *Enjoy relaxing for a few moments more....*
- *When you are ready to return to your day, reawaken your body slowly... gently move your muscles... roll your shoulders slowly forward.... then slowly backward.... lean your head gently to the left... return to centre.... lean your head gently to the right... turn your head... Wriggle your fingers and toes... Gently open your eyes.... Feeling alert... calm.... and full of energy.*



### Short relaxation:

- *Deep breathing not only helps to cure anxiety and stress, it also triggers relaxation. Here's how to breathe deeply.*
- *Breathe in slowly to the count of four (count slowly; to the pace of one-one-thousand, two-one-thousand....). Pause to the count of three.*
- *Breathe out slowly to the count of five.*
- *The breathing process goes like this:*
- *Inhale... two, three, four...pause...two, three....exhale...two, three, four five....*
- *Inhale... two, three, four...pause...two, three....exhale...two, three, four five....*
- *Repeat for a minute or two.*



### Ukulawula indlela yokulala

Abantu abanezigulo ezinganyangekiyo baba nengxaki yokulala ngenxa yokuba banestresi kwaye baxhalabile ngenxa yemeko yabo, banexhala lokuba ingaba oku kuthetha ukuthini kubo, kwiintsapho zabo, kwikamva labo. Abantu basoloko benengxaki yokulala ngenxa yesigulo ngokwaso, mhlawumbi uneentlungu, uziva ungaphilanga okanye utyhafile kangangokuba awukwazi nokulala . Abanye abantu bafumana kunzima ukulala balale ubuthongo ezinzulwini zobusuku, abanye bayalala baphinde bavuke kwasebusuku njalo bangaphinde balale. Abanye abantu kuba nzima ukuba balale ebusuku balale emini.



Ukulala kubalulekile kakhulu kwaye yimpilo. Xa sisonke kuya funeka silale. Abanye abantu balala iiyure ezisi-8 ebusuku, baze abanye abanye balala iiyure esili-10 baze abanye balale iiyure ezi-5 kuphela. Xa Sisonke sahlukile. Oko sifunda indlela yokuba nobuthongo silale kakuhle ukusukela ebuntwaneni. Ukuba akulali kakuhle, ukulandela la manyathelo kuya kukunceda ukufunda ukuqweba ubuthongo uze ulale kakuhle. Khumbula njengokufunda nantonina entsha, oku kuya kuthatha ixesha. Kungathatha iinyanga ezi-3 ukufunda ukuqweba ubuthongo ukuba ubunengxaki yokulala ubuthongo.

## *lingcebiso zokuphucula ukulala*

1. Yiba nexesha elinye lokuya kulala: zama ukuya kulala ngexesha elinye qho ebusuku uze usoloko usenza oko usenza into enye phambi kokuba ulale. Izinto ozenza phambi kokuba ulale ingaba kukutixa indlu, ukhulule, uhlambe ubuso bakho, uhlambe amazinyo, ukhwele ebhedini wenze iseshini yokuyekelela umzimba.
2. Awukwazi ukulala ngenxa yokuba unexhala: bhala phantsi ingxaki yakho okanye izinto ezikwenza ixhala, uze ubhale phantsi inyathelo elilandelayo ocinga ukuba linganceda ukusombulula ingxaki. Ukuba uvuka ebusuku ube uzikhathaza malunga nengxaki, zikhumbuze uyihlalele phantsi wayijonga kwaye unecebo layo. Ukuba uvuka unexhala lenye into ngoku, bhala phantsi loo ngxaki ukuze uqubisane nayo kusasa. Yekelela umzimba ukuze ingqondo yakho isuke kulento ikwenza ixhala. Ukuba nangoku akukwazi kulala, kuya kuba ngcono ukuphakama wenze into eza kwenza ukuba umzimba uyekelele enjengokufunda, ukubukela iTV, ukumamela umculo opholileyo okanye uyekelele umzimba.
3. Ibhedini yakho negumbi lakho lokulala yindawo yokulala: zama ukuba ungalisebenzisi igumbi lokulala emini. Sukubukela iTV usebhedini. Ukuba akulelanga kwimizuzu engama-30 usebhedini, phakama wenze nto yimbi. Musa ukulala ebhedini ube unexhala lokuba ungalalanga. Oku kuya kwenza uzive unestresi oko kunciphise amathuba okuba ube nobuthongo.
4. Yiba nendlela yokwenza izinto efanayo kusasa : phakama kusasa ngexesha elinye yonke imihla, nokuba awunamdlala wokwenza oko. Imizimba yethu iyathanda ukusebenza ngendlela ethile efana nokulala siphakame ngexesha elinye yonke imihla.
5. Sukuzisela iziselo ezinekhafeyini kwiiyure ezi-4 phambi kokuba ulale (iziselo ezifana necoke, iti okanye ikofu).
6. Musa ukusebenzisa utywala ukuzama ubuthongo. Oku kungakwenza uzive kamnandi okokuqala, kodwa emva koko buyathanda ukwenza ukuba uzive umane usothuka ebusuku. uyakuziva umane usothuka

### **indlela zokulala kakuhle:**

- Hamba uyokulala ngexesha elinye yonke imihla
- Yiba nento oyenza qho phambi kokulala
- Yekelela umzimba phambi kokuba uye kulala
- Ibhedini yakho yisebenzise njengendawo yokulala okanye yokuziphumza
- Vuka ngexesha elinye yonke imihla
- Yiba nento oyenza qho kusasa

### **Ukuthetha negosa lakho lezempilo**

Nomphina umntu ophila nesigulo sexesha elide, nokuba yi-arthritis okanye ihigh-high okanye iswekile kufuneka batyeleleikliniki rhoqo. Ukutyelela ikliniki qho oko kungenza ukuba ubenestresi kuba oko kuthatha ixesha lakho, kufuneka ucwangcise ngaphambili, usenokungaqiniseki ngexesha oza kulinda lona, ungaba nexhala ngento oza kuyixelelwa ngabezempilo. Enye yeendlela ezibalulekileyo zokulawula istresi zinxulumene nokutyelela iikliniki nokubona abezempilo nokucinga malunga nokuthetha nabo.

Xa utyelela ekliniki uza kubona abezempilo kubalulekile ukuba ukuba ube ukhululekile ukwazi ukubuza imibuzo (nawuphina umbuzo, nokuba uyabona ukuba loo mbuzo uyageza okanye uphambene) kwaye ukhululeke ukuchaza indlela obona ngayo. Ibalulekile into yokuba ubonisane nomongikazi ngeepilisi zakho ukuze nobabini nixole kuba nifumene esona sihoyo. Kubalulekile ukuba ungaboni ngathi igosa lezempilo alikuho, “liyaphoxisa ngawe” okanye likwenza umntwana. Siyayazi into yokuba oogqirha nabongikazi banezigulane ezininzi ekufuneka bezibonile, kwaye lincinci ixesha ekufuneka belichithe nesigulane ngasinye. Indlela eluncedo ukuqinisekisa ukuba uyalonwabela ixesha lokudibana nogqirha okanye nomongikazi kufuneka ukuba uthathe inxaxheba– Zilungiselele. Buza. Yiphinde into, Thatha amanyathelo.

### ***Thatha inxaxheba:***

#### **Zilungiselele:**

Ngaphambi kokuba ubonane nogqirha ekliniki kubalulekile ukuba uzilungiselele. Cinga ngesizathu sokuba ubonane nogqirha nokuba ingaba ikhona eminye imicimbi ekukhathazayo. Bhala phantsi imibuzo yakho okanye izinto ezikukhathazayo. Kufuneka ukuba utsho emhloneni xa ubhala olu luhlu, kuya kubakho ixesha lokuba uphendule izinto ezimbini okanye enye kuluhlu lwakho. Qinisekisa ukuba iingxaki ezibalulekileyo zezona ziphezulu kolu luhlu. Thatha uluhlu lwakho uhambe nalo xa usiya ekliniki usiya kubonana nogqirha wakho, ukuze xa ugqirha okanye umongikazi ebuza ukuba ingaba ikhona into ofuna ukuyibuza, usebenzise uluhlu lwakho.

Ukuba kukho iimpawu ezithile okanye izinto ezimalunga nempio ofuna ukuzixoxa, zilungiselele ngokuthi ubhale phantsi xa uza kuya kubonana nogqirha okanye umongikazi kungenzeka zibekhona izinto abafuna ukuzazi. Izinto eziluncedo zezi: iqale nini, zinexesha elingakanani ezi mpawu, zindawoni apha emzimbeni, yintoni ekwenza ube ngcono okanye ibewesi, ubukhe wanayo ingxaki enjena ngaphambili yanyanwa njani; ingaba utshintshe ukutya okutyayo, imithambo, amayeza. Ukuba sele ulufumene unyango malunga nale ngxaki, yazi ukuba kuzakufuneka unike ingxelo ukuba isebenza njani, okanye ayenzanga kwanto.

Khululeka uchaze ngendlela oziva ngayo malunga nezinto ezikuhluphayo. Okona ukhululekile, kungona amagosa empilo aya kuthi akwazi ukukunceda. Ekugqibeleki, noka ingxelo. Ukuba akuyithandanga indlela othe waphathwa ngayo ungaxelela ugqirha okanye umongikazi. Ukuba akufuni ukubaxelela ezinkonqeni ungathetha nomnye umntu ekliniki okanye kumntu okwiqela lenkxaso. Khumbula kwakho oogqirha nabongikazi namanye amagosa ezempulo nabo bayakuthanda ukunconywa. Ukuba uyabona ukuba ubuphethwe kakuhle, wamkel;ekile ukuba uncome igosa elo lezempilo.

### Buza:

Elinye inyathelo elibalulekileyo kukuba nendlela yokuthetha nokunciphisa istresi ngokubuza imibuzo. Ukuba neenkukacha ezizizo uya kukwazi ukuba ngumanejala wempilo yakho onempumelelo. Buza imibuzo malunga nesigulo sakho, imibuzo efana nokuba yintoni ewrongo, yintoni unobangela, ingaba iyasulela kwaye kuza kwenzeka ntoni ngoku? Ubuze imibuzo ukuba ubuwenziwe uvavanyo, lwenzelwa ntoni olu vavanyo; kuzakuthini ukuba andilwenzanga uvavanyo kwaye olu vavanyo luya kubandakanya ntoni? Khumbula ukubuza imibuzo ngeendidi zonyango onokukhetha kuzo, iyintoni inzuzo yonyango izintoni iingxaki ezingabangelwa neziphumo ezingalindelekanga ezingabangelwa lunyango? Ekugqibeleni buza imibuzo malunga nokuphinda ubuye, kufuneka ndibuye ndize niniekliniki, kufuneka ndilumkele ntoni kwaye yintoni ekufuneka ndiyenzile okulandelayo?

Ukuba unengxaki yokulibala iinkcukacha iya kuba yinto entle ukubhala phantsi ngexesha lotyelelo. Okanye buza omnye umntu omthembayo ukuba eze nawe xa uza kubonana nogqirha akukhumbuze okuthethiweyo.

#### Yiphinde into:

Enye yezinto ezibalulekileyo ongazenzayo nezingakunceda ukukhumbula kukuphinda le nto ithethwayo. Ngoko ke ukuba umongikazi okanye ugqirha ukucacisela into, yiphinde le nto ayithethayo ngawakho amazwi nangendlela oyiva ngayo. Oku kuluncedo ukuqinisekisa ukuba akukho kungavani.

#### Inyathelo omawulithathe:

Ekupheleni kwexesha lakho lokubonana nogqirha, kubalulekile ukuba wazi into elandelayo ekufuneka uyenzile. Kusenokwenzeka ukuba kufuneka wenze elinye ithuba lokudibana nomongikazi, okanye kufuneka uye ekhaya utshintshe izinto ezithile okanye ufumane amayeza amtsha ekhemesti. Qiniseka ukuba icacile into oza kuyenza, uyenze ke ngoku!

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## Ifomu yesicwangciso somsebenzi - Ukulawula ukuphazamiseka/istresi

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Sebenzisa le fomu ukwakha isicwangciso sokusebenza kwimithambo oza kuyenza. Yeyiphi imithambo ongathanda ukuyenza?

Qiniseka isicwangciso somsebenzi siquka:

*Yintoni ofuna ukuyenza*

*Uza kuyenza kangakanani na*

*Uza kuyenza nini lo nto*

*Zintsuku ezingaphi evekini oza kwenza ngazo imithambo*



Umzekelo: Kule veki, Ndiza kuhamba (uza kwenza ntoni) ndijikeleze ibloko (kangakanani) phambi kwesidlo (nini) kathathu (kangaphi).

Kule veki ndiza:

\_\_\_\_\_ (uza kwenza ntoni?)

\_\_\_\_\_ (kangakanani?)

\_\_\_\_\_ (Nini?)

\_\_\_\_\_ (kangaphi?)

Uqiniseke kangakanani ukuba ungasigqiba esi sicwangciso?

Andiqinisekanga  
kwaphela ndiqinisekile

ndiqinisekanga kwaphela  
ndiqinisekile

| | | | | | | | | |  
0 1 2 3 4 5 6 7 8 9 10

Bhala phantsi ugcine indlela oyenze ngayo:

	<b>Ndicinga uku.....</b>	<b>Ndikwenzile.....</b>
<b>Mvulo</b>		
<b>Lwesibini</b>		
<b>Lwesithathi</b>		
<b>Lwesine</b>		
<b>Lwesihlanu</b>		
<b>UMgqibelo</b>		
<b>ICawa</b>		



# Iveki yesi 4: Ukutya ngendlela eyiyo

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Mhlawumbi umangalisiwe kukuba kutheni sithetha malunga nesondlo kule khosi. Ukutya kunantoni yokwenza neathrayithisi yamalungu okanye iintlungu onazo? Zininzi izizathu ezibalulekileyo zoko, kodwa xa ucinga malunga nazo; ukuba ukulawula iintlungu zomzimba wakho kumalunga nokutshintsha indlela ophila ngayo nokuthatha izigqibo ezifanekileyo kwimpilo nomzimba wakho, ngokuqinisekileyo ukukhetha ukutya okufanelekileyo endlela ophila ngayo, ngokuqinisekileyo iindlela yokutya oyikhethileyo nayo iyangena apha. Eli candelo alikho malunga nokutheba ubunzima bomzimba— baninzi abantu phaya ngaphandle abangekho bakhulu kakhulu, kodwa banengxaki nezifo ezinganyangekiyo ezinjengeswekile, izinga eliphezulu lamafutha ne*high-high*, kwelinye icala bakhona abantu abakhulu kakhulu abenza imithambo nabatya ngendlela eyiyo kodwa abanazo izifo ezinganyangekiyo. Ngoko ke le nto imalunga nendlela esakhiwe ngayo nokuba imizimba yethu izitshisa njani izinto esizityayo. Into exhaphakileyo kuthi sonke, yinto yokuba xa sisitya sitye ukutya okunazo zonke izindlo nokufanelekileyo kwimizimba yethu, siziva ngcono, siba namandla kwaye siyonwaba. Siya kuzama ukuba sijonge nzulu kutheni lonto ingoku. .

## Isidlo esiyiDizili

Cinga ngomzimba womntu uwufanise nemoto yedizili. Umzimba womntu ufuna ukusebenza uhamba kancinci yonke lonke uyenza umane uzipha ixesha lokuphumla imino yonke; ayisayi kufana neFormula One car ehamba ngokukhawuleza ixesha elifutshane ize ime!

Ngoko ke masithe kwakhona imizimba yethu ngalo lonke ixesha ukuze sikwazi ukuthi chugemisebenzi yethu imini yonke singakhange siphelwe ngamandla. Kodwa ke kufuneka silumke malunga nokuba luhlobo luni lwedizili olugalelwayo emizimbeni yethu. Kufuneka ibeyidizili (ukutya) eya kuthatha ixesha elide eza kuhlala ixesha elide (ukutya okunentswane). Ukuba siyigcwalisa imizimba yethu nge-octane petrol iya kukhawuleza isinike amandla ngokukhawuleza kodwa iza kuphela msinyane.

Ngoko ke, ukuze kube lula kumntu wonke, idizili efunwayo uimizimba yethu kukutya okuya kusihluthisa ixesha elideize igcine iswekile emizimbeni izinzile. Lizinga eliphezulu le-octane

petrol ekufuneka azi ngayo. Le yimizekelo eneswekile kakhulu nokutya okusele kwenziwe okunjengekeyiki, iipayi, iitshokoletshi, nako nakuphi na ukutya okuhluthisa “okuhluthisa msinyane”; iindidi zokutya abakwaziyo abazali abaninzi ukuba xa uthe wakunika abantwana abancinci kuya kubenza bafune ukudlala oko, babaleke kakhulu phambi kokuba balale bedinwe kakhulu!

Ndiyiqhuba njani imoto yam inedizili?



### **Intlobo ezimbini zeengcinga**

Ngokwalo mzuzu luninzi uphando olwenziwayo malunga nokuba zeziphi iindidi zokutya esingazibiza ngokuba zisempilweni. Kukho izikolo ezibini zeengcinga. **Esinye sincoma ukutya okunamafutha amancini (low fat) nezinezinga eliphezulu leekhabhohayidrethi.** Kule ncwadana uya kukhetha kwezimbini. Udibene nogqirha wakho okanye usizidlo ningenza isigqibo sokuba kokuphi ukutya okulungele wena. Kubalulekile kakhulu ukugxininisa ukuba kokuphi ukutya okukulungeleyo, okanye umntu kufuneka afumane ukutya okunezinga eliphezulu leekhabhohayidrethi, oko kukutya okunezinga eliphezulu leswekile nestatshi. Ukuze ukwazi ukukhetha kufuneka sijonge kwiindidi zokutya, kwezo siza kukhetha ukutya okusilungeleyo. Masijonge kula maqela okutya:

### **Iikhabhohayidrethi**

Iikhabhohayidrethi amaxesha amnini zaziwa ngokuba sistatshi okanye iikhabhs. Ezi zindidi ezimbini zeekhabhohayidrethi – ezikhawulezayo nezinezinto ezininzi. Zombini zinika umzimba amandla. Kodwa ke ikhabhs ezilula zihluthisa msinyane (zinika amandla kakhulu ngokukhawuleza kwenzeke enye into emva koko kunyuke iswekile egazini, kulandele ukukhawuleza ukuhla uzive udiniwe kwaye ulambile kwakhona) iikhabhs ezinezinto ezininzi zinyusa iswekile egazini lakho ngokucothayo uze uzive unamandla kakhulu ixesha elide. Kukhuselekile ukuthi, sifuna kakhulu ikhabhs ezinezinto ezininzi kunezi zilula. Masijonge izinto ezohluka ngazo.

*Imizekelo yekhabhohayidrethi*

*ezinezinto ezininzi*



*imizekelo yekhabhohayidrethi*

*ezikhawulezayo*



***Kutheni sifuna iikhabhohayidrethi ezinezinto ezininzi?***

likhabhohayidrethi zezona zibalulekile ekwenzeni amandla.

***Zivela phi iikhabhohadrethi ezinezinto ezininzi (diesel fuel)?***

- Kwiinkonzo
- IBrown Rice
- I-Oats
- I-Whole Wheat
- I-Lentils
- Imifuno – eluhlaza nengamagqabi (ibroccoli, ikhaphetshu, illetuce)
- IWhole wheat Pasta
- iWhole Wheat/Brown Bread/rye bread
- litapile Potatoes

***Zintoni iikhabhohayidrethi ezikhawulezayo (high octane fuel)?***

- Iiswitisi
- Ikeyiki
- Iswekile
- libhisikithi
- Isiraphu
- Ipapa eziswiti (umz. iiFruit Loops, Coco Pops)

- iWhite Rice
- iWheat based pasta
- Isonke sengqolowa
- litshipsi/Crisps
- lipayi & Pastries
- lidrunki eziswiti ezifana neCoca Cola

***Qaphela!*** Nasekutyeni ukunezinga eliphezulu leekhabhohydrethi, kufune ucacelwe nazezi khabhohayidrethi ezikhawulezayo! Iikhabhoyidrethi ezi khawulezayo zimnandi kwaye aziyekeki – okona usitya kongona umzimba wakho usiya ufuna ngamandla. Kulula ukufikelela kuzo, azihathi xesha lide ukuzenza kwaye amaxabiso azo asezantsi.

## IProteni

### *Kutheni sifuna iProteni?*

IiProteni zibalulekile kakhulu ukwakha nokulungisa izihlunu, iiseli zomzimba, amathambo, iinwele, amalungu, nezinye iiseli zomzimba nokwenza iihomoni. Zibalulekile nazo zenza amandla emzimbeni.

### *Iiproteni zivela phi?*

- Kwiimveliso zezilwanyana Animal Products
  - Inyama (inyama ebomvu, intlanzi, linkuku)
  - Amaqanda
  - Ubisi
  - itshizi
  - Nazo zonke iimveliso zobisi
- Iimbotyi
- Imbewu & Amandongomani
- Kwizinto ezizinkozo
- Iimveliso zeSoy



## **IFibre**

### ***Kutheni imizimba yethu iyifuna i Fibre?***

- I\*Fibre ibalulekile ukuze izisu zethu zisebenze kakuhle.
- Ikhusele ukuqhina kwesisu.
- Ikwakhusela umhlaza wesise
- **Ibaluleke kakhulu ingakumbi ukuba uthatha iipilisi zentlungu ezininzi kunye**

**namachiza akhusela ukudumba, ezicothisa isisu.**

### ***Ivelaphi iFibre?***

- kwimifuno
- Kwiziqhamo
- Kwisonka iWhole-Grain, iPasta & necereals
- kwi-Oats, kwi-Oat bran
- kwiBrown Rice, kwiimboty, kwilentils
- kumaxolo eetapile



## **Amafutha**

### ***Kutheni imizimba yethu ifuna amafutha?***

- Yeyona nto ibangela ukuba izihlun nengqondo zikwazi ukusebenza
- Yeyona nto yenza amandla xa usenza imithambo enzima nesebenzisa amandla kakhulu
- Ayakhulula xa uqhinile isisu

### ***Avelaphi amafutha ?***

#### ***Alunguleyo Amafutha anyibilikayo aphele (unsaturate***

- Kwimifuno
- kwiFish Oil
- kwi-Olive oil
- Kumandongomani & kwimbewu
- Kwi-Avocados



#### ***Angalunganga Amafutha anganyibilikiyo aphele (Satu***

- limveliso zezilwanyana

- limveliso zobisi
  - ibhotolo
  - Ubisi
  - Icrimu
- IMajarine
- li“Snack” Foods
  - litshipsi/Crisps
  - liSamoosas
  - liPastries
- Ukutya ukuqhotsiweyo
- ITrans Fats

### Saturated fats

Saturated fats are found in animal products such as butter, cheese, whole milk, ice cream, cream, and fatty meats, and oils such as coconut, palm, and palm kernel oil



ADA

### *Amanye amacebo aluncedo:*

- Amafutha angalunganga (anganyibiliki aphele) ukunyuka kwezinga lamafutha emzimbeni kungabangela amathuba amaninzi okuhlaselwa yintliziyo, ukufa icala kunye neswekile.
- Sukuwasebenzisa amafutha anganyibiliki aphele afana nebhotolo, imajarine, amafutha ezilwanyana. Sebenzisa i-olive oils, igrape seed oil kunye neoyile ye-avocados, ioyile yamandingomane nembewu.
- Musa ukuqhotsa okanye ukukugcada ukutya, kungcono ukubilise okanye ukupheke ngemicrowave okanye ukutye kungaphekwanga.
- Kungcono inyama uyose inyama kunokuyifrayisha okanye ukuyigcada.
- Sebenzisa i-Olive oil kunebhotolo, Canola Oil okanye iLard.
- **Funda iilebheli zokutya uze utye ukutya okunezinga lamafutha elisezantsi! Amafutha kufuneka abe ngaphantsi kwe-10g kwi-100g.**
- Sebenzisa iipani ezingancamatheliyo endaweni yokusebenzisa ioyile.

Ngenxa yokuba sisazi konke malunga ngamaqela okutya, siwahlanganisa njani? Masijonge kwindidi ezimbini zokutya ezichachaziweyo ngaphambili:

## **IZINGA ELISEZANTSI LAMAFUTHA – UKUTYA OKUNEEKHABHOHAYIDRETHI KAKHULU**



Ukuba utshisa kakuhle, okanye uziva ufuna ukuthoba ubunzima bomzimba wakho okanye ufuna ukuzuza kwizondlo zomzimba, ukutya okunazo zonke izondlo zomzimba nentwana yamafutha anyibilika aphele, neekhabhohayidrathi ezinezinto ezininzi neeproteni zingayenza lento uyifunayo.

Kolu hlobo lokutya, kubalulekile ukugcina idizili ihamba imini yonke kwaye ngokwenza oko ukutya ka-5-6 ukutyana okuncinci yeyona nto ingcono. Iikhabhohadrethi zininzi koku kutya, azisoze zikuluthise ixesha elide njengokutya okuneproteni kakhulu, ngoko ke kuya kufuneka ukuba utye qho. Kungoko kucetyiswa ukuba amaxesha akho okutya mayibe ngala:

1. Isidlo sakusasa
2. Isnekhi xa seyiqina intsasa
3. Isidlo sasemini
4. Ibe sisnekhi sasemva kwemini
5. Isidlo sangokuhlwa
6. Isnekhi saphambi kokuba ulale ingakumbi xa ulza kulala emva kwexesha.

Oku kutya kulandelayo kulungiselelwe olu hlobo lwesidlo:

- Ukutya okuyi-Whole Grain
- (i-Oats, ibrown/whole wheat bread, iLow GI bread, i-Oat cereals, iWhole wheat cereals)
- iProteni – intlanzi engatyebanga nenkuku, inyama ebomvu ngamaxesha athile
- Iziqhamo
- Imifuno
- Amafutha – ungawasebenzisi amafutha anganyibiliki aphele. Ncamathela kwi-olive oils, amandongomane, i- avocado, iiseeds

Olu hlobo lwesidlo kufuneka libe nemixube elinganayo yala maqela okutya alandelayo:

- Iikhabhohayidrethi (ezinezinto ezininzi!)
- IiProteni
- IFibre
- Amafutha, IiVitamin neeminerali

### *Zibe ngakanani iikhabhohayidrethi?*

- 25-50% kuko konke ukutya oza kukutya
- Kwisitya ngasinye sokutya osityayo iikhabhohayidrethi kufuneka zilingane nezo zesitya sakho sokuqala.
- Sukusondela kwizinto ezine –octane kakhulu

### *Amanye amacebo aluncedo!*

- Sukutya kakhulu ukutya okune Octane kakhulu; sukuzisela iiziselo ezihwahlwazayo (itoti enye inamatispuni amathathu eswekile kuyo!)
- Zama ukuba utye kakhulu iwhole grain newhole wheat kangangoko unakho
- Yitya iikhabhohayidrethi zakho ngoncedo **yoluhlu luka 1, 2, 3 abalapha ngezantsi**

### *Ndikhetha njani iikhabs ezifanelekileyo?*

Uluhlu apha ngezantsi luya kukunceda ukuba ukhethe uhlobo olufanelekileyo lwekhabs.

**Uluhlu 1** silubiza *“likhabhohayidrethi ezilungileyo s”*. Kufuneka ukhethe ikhaba zakho ezininzi kolu luhlu. Ikhabs ezikuluhlu loku-1 ziya kukunceda ukugcina izinga lamandla akho – oku kukutya okulungileyo kuwe ingakumbi engqondweni yakho nakwizihlunu. Oku kutya kunceda ukuthintela ukutyhafa kuze kumane kuthulula kamnandi amandla imini yonke. Zezona zingcono ekugcineni ubunzima bomzimba wakho kuba azikwenzi ukuba ubawe ufune okunye ukutya njenge nto eyenziwa zikhabs ezingalunganga. Ngamanye amazwi ayizozinto ezihluthisa msinya uphinde ulambe msinya. **Uluhlu lwesi-2** *“ikhabs ekufuneka unomda kuzo ”* zikhabs ekufuneka uzazi ungazityi kakhulu, okokugqibela **Uluhlu lwesi-3** *“ikhabs ezingalunganga kwaphela ”* kufuneka sizinqande kangangoko sinakho ukuba singazityi. Nantsi impinda:

**Uluhlu loku 1: likhabhohayidrethi ezilungileyo** – Yitya kakhulu kweli iqela

**Uluhlu lwesi 2: iikhabhohayidrethi ekufuneka unomda kuzo** – Yitya uzigadile kweli iqela ungatyi kakhulu

**Uluhlu lwesi 3: likhabhohayidrethi ezingalunganga kwaphela** - Sukutya nokutya kweli iqela

<b><i>Uluhlu 1</i></b>	<b><i>IIKHABHOHAYIDRETHI EZILUNGILEYO</i></b>
<b><i>Amaqela okutya</i></b>	<b><i>Imizekelo yokutya</i></b>
Imveliso zobisi	iLow fat/fat free:Ubisi, iYogathi, imajarine yeheart foundation, icottage tshizi.
Istatshi	Zonke ezomisiweyo nezinkonxiweyo iimbotyi , ii-erityisi, iiLentils\Dahl, iimbotyi ezinkonxkiweyo, Ingqolowa eilisiweyo yohlobo lwebarly, iPasta eyenziwe ngengqolowa okanye idurum wheat-semolina, Ibhata, umbona, umgqisho obandayo, ibrown rice.
isonka	iProvita, isonka esinembewuakukho swekile kuyo, Pimpernickel bread, irye bread, nezinye izonka ezinekernel, icrushed wheat, ene-oat bran.
lipapa	iBokomo Pronutro Wholewheat, iHi Fibre Bran, iCold Mealie meal, iOat Bran, iAll-bran flakes, imuesli ecolekileyo engenaswekile, i-all bran ebumakhatshu.
imifuno	Yonke imifuno engabizwanga kuluhlu lwesi-2 nolwesi 3. Ncamathela kule ingamagqabi neluhlaza.
Iziqhamo	Zonke iziqhamo eziwayo emthini xa zivuthiwe umz. Ii-Aprikothi, iitsherizi, iipesika, iiplam, amapere, ama-apile. Zonke iziqhamo zesitrasi umz. Ii-orenji, iinaartjies, igrapefruit neelamuni. IKiwi neediliya – zigade kuba zineswekile eninzi – okanye kungcono uncamatehe ekutyeni amaqunube (barries). Sukuzitya : iziqhamo ezikuluhlu lwesi 2 nolwesi 3
Isnekhi	Iswekile –iijem neelekeke ezingenaswekile , amahqashu enziwe ngamafutha anganamatheli kakhulu.
Iziselo	AMANZI! Iziselo ezingenaswekile, zingabi ngaphaya kwesibini iiglas zefruit juice ngosuku.

<b><i>ULUHLU 2</i></b>	<b><i>IIKHABHOHAYIDRETHI EKUFUNEKA UNOMDA KUZO</i></b>
<b><i>Amaqela okutya</i></b>	<b><i>Imizekelo yokutya</i></b>
Imveliso zobisi	
IStatshi	iSweetcorn, iitapile ezinamaxolo, ipapa kamilimili, irayisi emhlophe, icouscous.
Isonka	iRyvita, isonka esibrawni
Iipapa	iiKellogg's fruitful bran, iBokomo pronutro flakes, iTastee wheat iKellogg's corn pops, iKellogg's frosties, iKellogg's choc's, uMili-mili –ofudunyeziweyo okanye onecorn
imifuno	iBeetroot
Iziqhamo	iTropical fruit umz. ibanana, mango, sultanas, paw-paw, ipayina nelitchis, iidiliya, nevalatala/umxoxozi. Iziqhamo eziqwayitiweyo: sultana, dates neeraisins.
Izineksi	iBakers Home-wheat digestive biscuits, iLow fat biscuits ezine-oat bran, iLow fat bran/fruit muffins/pancakes, iLow fat oat bran crumpets, ubusi, iJam Sugar, iipesika ezinkonxiweyo eziyi-(Fine form), iFine Form apricot jam
Iziselo	Incindi yeziqhamo kolu luhlu – yiglas e-1 kuphela, Iziselo ezibandayo eziqhelekileyo - cordials and soft drinks

<b><i>ULUHLU 3</i></b>	<b><i>IIKHABHOHAYIDRETHI EZINGALUNGANGA</i></b>
<b><i>Amaqela okutya</i></b>	<b><i>Imizekelo yokutya</i></b>
Imveliso zobisi Dairy	
IStatshi	litapile: ezibilisiweyo, ezicujiweyo, ezibhakiweyo, nezifrayiweyo, iiMinute noodles, iRice ingakumbi evuthe kakhulu yabambana, Umngqusho, iMealie rice.
Isonka	Isonke esimhlophe, zonke irolzi neyiphi na into eyenziwe ngecake flour, bread flour nenutty wheat flour, IRice Cakes, ISnackbreads
lipapa	Imili-mili – ecoliweyo yadityaniswa neswekile, iPuffed wheat, iMaltabella, i-Instant Oats, iKellogg’s strawberry pops and frosties (nalo naluphi na olunye uhlobo lwesiriyeli).
imifuno	Iminqathe neziselo seminqathe, ithanga, iHubbard Squash, iButternut, iParsnips
Iziqhamo	Ivatala, iziqhamo ezilugagadu olusongiweyo (Dried fruit rolls)
Izineksi	iilekese –ezibilisiweyo nezinjengejeli, iBakers Marie biscuits, iCommercial honey, iGlucose, iMaltose
Iziselo	iGame, iEnergade, iPowerade, iLucozade

## **IProteni**

### ***Ingakanani iproteni endiyifunayo emzimbeni?***

- Ngama-50-65g ngosuku efunekayo yeproteni.

### ***Amanye amacebo aluncedo!***

- Inyama ebhityileyo, inkuku okanye intlanzi (ubungakanani benyama okufuneka uyityile) bube ne-25 ukuya kuma-35 eegremu zeproteni. Khumbula oku kukutya okunezinga elisezantsi lamafutha nazo zonke iimveliso zezilwanyana amafutha anganyibilikiyo aphele, ngoko ke kufuneka ungayityi inyama etyebileyo neenyama esele zenziwe.
- Ikomoty enye yeembotyi eziphekiweyo okanye iilentils ezineproteni eziyingama-18.
- Ikomityi enye yecottage tshizi enezinga elisezantsi lamafutha enegremzi zeproteni ezingama-28.
- Iigremu ezingama-60 yesitena setshizi ene-16 gremzi zeproteni.
- Ikomoty enye yobisi elizinga elisezantsi lamafutha inegremzi ezisi-8..
- Iitispuni ezimbini zepeanut butter enegremzi ezisi-8.
- Isitya esinye sokutya okuziinkozo (barley, pasta, cereals, whole wheat bread, umzekelo) oko kutya kune- 3 ukuyakwi- 6 iigremms zeproteni.
- Isitya semifuno siphaya kwi1 ukuya kwi-3 gremms

## **IFIBRE**

### ***Ingakanani ifibre endiyifunayo emzimbeni?***

- Ngama-25-35g ngosuku efunekayo efibre

### ***Amanye amacebo aluncedo!***

- Khetha isonke esiyi-whole-grain nepasta. (iFlour ehuma kwiwhole wheat Inefibre ephinda-phindwe kathathu kuneflour emhlophe.)
- Khetha ibrown rice endaweni yemhlophe. (iBrown rice inefibre ephinda-

- phindwe kathathu).
- Yitya iziqhamo endaweni yencindi yazo. (iorenji enye inee fibre ezimalunga nesithandathu zefibre kuneglasu yejusi).
- Galela amacephe ambalwa iwheat germ kwiyogathi okanye kwipapa eshushu; wongeze iitispuni zebran kwipancake okanye iwaffle batter.
- Qala intsasa yakho nge papa okanye ene gremzi ezi-4 zefibre xa ityiwa. Funda iilebheli zeepakethi uthelekise umthamo wefibre. Yiba neziqhamo kwisidlo sakho sakusasa.
- Faka iicerealezibandayo, iziqhamo okanye ikomotyi yemifuno kwibhegi yakho. Wenze umphako ozakumane uwutya kancinci.
- Thenga imifuno esele inqunqiwe kwindawo ethendisa isaladi okanye kwindawo yemifuno ukuba ixesha alikho.

## **Amafutha**

Khumbula kukho amafutha anganyibilikiyo kukho anyibilika aphele. Kolu hlobo lokutya kufuneka uqwalasele ikakhulu kumafutha anyibilika aphele lawo akaveli kwizilwanyana njenge-olive oils neelw-fat spreads okanye i-avocado, amandongomani neeseed oils, kwakunye nefish oils.

### ***Angakanani amafutha endiyifunayo emzimbeni?***

- Kwisitya sokutya esinye amafutha kufuneka alingane nencam kabhontsi wakho okanye iitispuni ezimbini.

## IZINGA ELIPHEZULU LEPROTENI – IZINGA ELISEZANTSI LEKHABHOHAYIDRETHI



Kukho uphando oluhle olubonakalisa ukuba unengxaki yokuba ukutya kuthathe ixesha elide ukutshintshwa, lo nto ibonakalisa ukuba umzimba wakho awukutshisi ngokufanelekileyo, ngoko ke ungazuza xa unokufumana ukutya okunezinga eliphezulu leproteni – nezinga elisezantsi lekhabhohayidrethi. Abantu abanale ngxaki akubi lula kubo ukuthoba ubunzina bomzimba, kulula ukutyeba, uba nomoya kakhulu ingakumbi xa utye isonke, irayisi, pasta necereal. Abaphandi bacinga ukuba oku kubangelwa kukuba imizimba yabanye abantu ayizicoli iikhabhohadrethi kakuhle – ezinye iikhabhohayidrethi ezinezinto ezininzi, ezinjengepasta nerayisi.

Ekutyeni okuneproteni into ekujongwa kuyo kakhulu kukutya kakuhle neproteni epheleleyo, efumaneka kwinyama ebhityileyo, inkuku, inciniba nentlanzi. Uhlobo lweproteni ekufuneka uhambele kude kuyo ziinyama ezibandayo esezenziwe ezishophu ezifana nesalami, nepoloni nezi ziqatywayo. Anaxesha amaninzi ziba namafutha anganyibiliki aphele, iswekile, iflour, nezinye izinto ezingalunganga empilweni yethu. Xa usitya olu hlobo lokutya uvumelekile ukuba uzitye nazo iimveliso zobis, umz. itshizi, iqanda, ubisi ifull cream neeyogathi. Njengazo zonke iindlela zokutya kuyakhuthazwa ukuba ukhethe amandongomani neeseeds nee-oyile ezilungileyo ezimele amafutha uze usebenzise amafutha anganyibilikiyo amancinci afana nekhrimu nebhotolo.

Ngokwekhabhohadrethi ezinezinto ezininzi, ezi zinto zibalulekile kodwa koku kutya uzifumana ezi zinto kwimifuno engamagqabi. Le mifuno ingamagqabi

iquka ibroccoli, ikhaphetshu, iletuce, izisprouts –ngoko ke imifuno emininzi yamkelekile KODWA kufuneka uhambele kude kwimifuno enestatshi efana neetapile, ithanga, ibhatata neparsnips. Le mifuno ineswekile zendalo kuyo kwaye ke ukuba umzimba wakho awuzifuni, ziyatshintshwa zenziwe amafutha ize iswekile egazini lakho ibe kwizinga eliphezulu.

Ungakutya ukutya okuzinkonzo – kodwa ikakhulu ncamathela kwibrown rice, ibarley wheat, ibulgur nequinoa xa sisenza umzekelo. Njengalo noluphina uhlobo lokutya kubalulekile ukuba ufumane ifibre ukuze isisu sakho sibe sempilweni. Ikakhulu iifibres ezininzi uya kuzifumana emifunweni. Nangona kungatshiwongo ukuba utye iziqhamo kakhulu, ezinye zilungile, ingakumbi amaqunube njengoko zenefibre eninzi neswekile encinci. Musa ukusela incindi yeziqhamo (ijusi) njengoko ziya kwenza iswekile ibe ngaphaya emzimbeni (ipisi ezininzi zeziqhamo kwiglas enye yejusi).

## lingcebiso ngendlela yokutya

PROTENI	Umyinge Amount	Ungazityi	IIKHABS	Umyinge	Ungazityi
Inyama ebhityileyo: yenkomo, yehagu, yenkuku, intlanzi, yenciniba, ham, tofu	Malunga ne 150-250g/ yonke imihla	Iinyama esele zenziwe ezifana neSalami, poloni, iisoseji	Imifuno eluhlaza	Into ebonakalayo engangenqindi kwisitya ngasinye sokutya	Imifuno enestatshi efana neetapile, ibhatata neParsnip,
Iimveliso zobisi amaqanda, itshizi okanye lyogathi okanye ubisi oluyifull cream	Malunga nama 50-100g/ yonke imihla	Sukutya icrimi eninzi	Eminyane imifuno umz. litumato, icucumber, iipepa, iikherothi	In moderation	ithanga, ibutternut
Amandongomani neeseeds	50g/yonke imihla		Iinkonzo ibrown rice, ibarley wheat, ibulgur nequinoa	Intwana encinci	Isonke nje, kodwa ingakumbi esengqolowa, iwhite pasta nerayisi
iLegumes neelentils	50g/ yonke imihla	Too many – zinezinga eliphezulu lekhab	Iziqhamo Ncamathela kwiibherizi	Ipisi 1-2ngosuku (enkulu)okanye isandla esigweleyo seebherizi	Iziqhamo ezineswekile ezifana nediliya nebananas
<b><u>AMAFUTHA</u></b>		<b><u>Umyinge</u></b>		<b><u>Ungazisebenzisi</u></b>	
<u>I-Omega 6 oils: Olive oil, igrape seed oil, igrape seed oil, iavo oil</u>		<u>In moderation with all meals</u>		<u>IMajarine yokuqaba. ISunflower oils</u>	
<u>Ibhotolo</u>		<u>Into nje encinci (thum sized)</u>		<u>IMayonaise (eyenziwe ngesunflower oil)</u>	
<u>I-Avocado, amandongomani nee-seeds</u>		<u>½ ye-avo ngosuku, 50g yamandongomani nee-seeds ngosuku</u>			

## Sithini malunga nokusela amanzi?

Kuzo zonke izidlo ezisempilweni sifuna amanzi. Qho silambilie, ngumzimba usixelela ukuba sinxaniwe. Ngoko ke kufuneka sisele ngokwaneleyo kwaye eyona nto ilungileyo nefunekayo ngamanzi. Sinawona manzi acocekileyo eMzantsi Afrika awetephu.– kwaye asimahla! Ngoko ke hamba uye kufumana amanzi amahala! Kodwa kuko konke ukubaluleka, kutheni kubalulekile ukusela amanzi size singaziseli ezinye zeziselo ekhona phandle apha? Masijonge nzulu:

### Amanzi

#### *Kutheni sifuna amanzi?*

- Amanzi enza ama-50-55% obunzima bomzimba wakho.
- Amanzi ne-oksijini zezona zinto ziyimfuneko ebomini.
- Athwala izindlo zomzimba azise, aze azilahlenge ngaphandle ezingafunwayo
- Apholisa umzimba
- Ayimfuneko kumzimba onguwo nokusebenza kwamalungu.



#### *Avelaphi amanzi?*

- Avela kwezi zinto uziselayo
- Ekutyeni okutyayo
- Ekusebenzeni ngaphakathi komzimba

#### *Angakanani amanzi endiwafunayo?*

- Sikhuthaza ukuba abantu basele iiglaso zamanzi zibe-6 ukuya kwezisi-8 ngosuku kodwa ke la manzi kuquka kuwo nalawo asekutweni esikutweni ngoko ke akukho mfuneko yokuba usele ngaphezulu kweeglaso ezisi-8.
- Ukuba kushushu kakhulu okanye wenza imithambo kakhulu kufuneka usele ngaphezulu kweeglaso ezisi-8 zamanzi.

### *Amacebo aluncedo!*

- Sela xa unxaniwe.
- Sela iglasi enye yamanzi/eyejusi qho kusasa xa usitya isidlo.
- Sela iiglasi zibe-2 kwiyure enye ephambi kokuba wenze imithambo nenye emva kokuba ubusenza imithambo.
- ICaffeine (ikofu, iti & Coke) kunyenotywala kwenza ukuba ulahlekelwe ngamanzi. Ezi zinto azinamanzi.
- Xa usebenzisa amayeza anmaninzi uye ungathandi kutya kwaye oko kwenza ukuba uphunge ikofu neti uze ugatele kakhulu iswekile. Zama ukuba ungayenzi lento uze uphunge iikomiti e-1-2 ngosuku. Zama ukuba endaweni yeti eqhelekileyo usebenzise iti zerooibos.
- Utywala ke bona abuhambelani tu namayeza. Kodwa ke ukuba uyabuthanda, umntu obhinqileyo makangaseli ngaphezu kweeglasi eziyi-1.5 emsithweni aze amadoda angaseli ngaphezulu kweeglasi ezi-2. Kufuneka uyazi ukuba utywala buboniswe njengempawu eziyenza i-osteoarthritis ibe ngakumbi.
- Xa sithetha nje, ijusi zasezivenkileni zicolisisiwe kwaye zineswekile eninzi nezo ilebheli zazo zibhalwe *100% fruitjuice*. Ukuba usele ijusi, iglasi enye ininzi ngosuku– xa ukwazi, ngcono ufumane ipisi yesiqhamo kunye neglasi yamanzi.

## Ukuthoba ubunzima bomzimba

Ngenxa yokuba sisazi malunga nezidlo ezisempilweni esimele ukuzitya, umbuzo umile: *Kutheni lento kufuneka ndehlise ubunzima bomzimba wam?* Zininzi iimpendulo kulo mbuzo, kodwa okuqala ayisithi sonke



ekufuneka sehlise ubunzima bomzimba. Ukwenza oko kuphela xa ubunzima bomzimba wakho bungaphaya komlinganiselo okanye oogqirha bayibize lonto ngokuba yi-obese, oko kuthetha ukuthi ubunzima bomzimba wakho noko buba yingxaki. Khumbula xa wawuqala ukuza esibhedlele uzokuphendula iphepha lemibuzo novavanyo? Sakwenza umlinganiselo womzimba wakho (Body Mass Index), engumlinganiselo wobunzima bakho ngokwesithomo sakho. Ukuba umzimba wakho ungaphezulu kwama-25, kufuneka oko ukuthathele ingqalelo. Ukuba akuyazi nokuba ubunzima bakho buyingxaki, nantsi indlela yokubala ubunzima bomzimba wakho: Ubunzima bakho buzi-kg ubahlula-hlulwe ngobude bakho buzimitha. Ukukunika umzekelo: Ukuba umntu ubunzima bakhe ngama-88kg kwaye ubude bakhe ngu-1.70m, ubunzima bomzimba wakhe =  $88/1.70 \times 1.70 = 30$ . Lo mntu uya kuchazwa njengomhkhulu kakhulu (obese)ngokolu luhlu lungezantsi.

BMI Class	Range
Ukuba ngaphantsi kobunzima obufunekayo	<18
Ubunzima obamkelekileyo	18-25
Ukuba-Overweight	25-30
Obese 1	31-35
Obese 2	35-40
Obese 3	>40

Into esiyaziyo evela kuphando kukuba i-osteoarthritis yayanyaniswa nokuba mkhulu kakhulu (obesity) nokuba nobunzima obungaphaya. Oku kuthetha ukuthini, xa ubunzima bakho bungaphezulu kobulindelekileyo, kubekho izistresi ezongazayo zize ezo zinto zibe yingxaki kumalungu omzimba. Inakumbi amalungu amakhulu afana namahleza namadolo. Oku kuthetha ukuba xa usenza imisebenzi yakho yemihla ngemihla okanye imithambo iimpawu zeentlungu ziya kukhula kwaye ke izinto zomzimba ezizenzekelayo ziya kudangala. Ngoko ke,

ukuba umzimba mkhulu, ukukwehlisa ubunzima bomzimba kungayiphucula imeko yakho ngokuphungula umthwalo emalungwini akho kwaye oko kuya kwenza uzive ukhaphukhaphu kulula ukuhamba, nokwenza imithambo nemisebenzi yemihla ngemihla. Akushiwanga lixesha ukuba utshintshe indlela ocinga ngayo uze uhlise ubunzima bakho– nokuba umdala kangakanani, umtsha kangakanani, umde okanye umfutshane – oko kuya kukwenza uzive uqinisekile ngawe.

Ngoko ke, xa uthe wakhetha ukwehlisa umzimba, uya kulandela amacebiso okutya, asele siwachaphazele. Khumbula ukwehlisa umzimba akuthethi ukuba uzilambise, qha siqiniseke ukuba ukutrya esikutryayo, kuyasihluthisa, kusinika amandla imini yonke kusenze zilahle ikilo ezingafunekiyo.

kuthwani ngabo ubunzima bemizimba yabo iyileyo ifunekayo? Njengoko sele sithethile malunga– ungancipha okanye ubunobunzima obufanelekileyo kodwa uzuze ekutyeni okusempilweni. Oku kuya kuphucula izinga lamandla kwaye akuyi kuziva eyona nto ingamandla kuya kunceda xa usitya amayeza akho (siya kuthetha kakhulu malunga noku kwisahluko sokugqibela).



### ***“kuzima ukutya ngendlela esempilweni!”***

Ngenxa yokuba uyazi into ekufuneka uyityile masithethe malunga nokuba kutheni abantu abane-OA kuzima ukutya ngokwaneleyo. Isizathu sokuba bangatyi isenokuba sesi abafuni kutya ngenxa yokuba abalambanga okanye batyhafile ukuba batye okanye banexhala lokutya okanye beva ngathi bazakuhlana ukuba batyile, okanye ukutya akusemnandanga. Icandelo elilandelayo lisinika iindlela zokujongana nezi ngxaki.

### *“Andilambanga”*

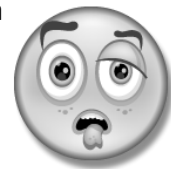
Ngentsuku oziva ukufuna ngazo ukutya, qiniseka utya kakuhle usenzela iintsuku oyakuthi ngazo ungatyi kakuhle. Ngeentsuku apho ungaziva ufuna kutya zama ukuba ukutyana okuncinci kaninzi, mhlawumbi ka-6 ngemini. Tyela endaweni oziva ukhululekile kuyo, mhlawumbi nomhlobo wakho. Yiba nezineksi (ezisempilweni) ebhegini yakho okanye ecaleni kwebhedi yakho ukuze ukuba uthe wavuka ngequbuliso ulambile uye ngqo kuzo utye. Qinisekisa ukuba ezi zineksi zinika amandla kakhulu (ziikhabs zinezinto ezininzi) Qiniseka ukuba unokutya kwakho okuthandayo oza kutya kona, nokuba yinto encinci, iyanceda.

### *“Ndihlutha msinyane”*

Kusenokwenzeka ukuba wena ufuna ukutrya konke uktya kwakho ngexesha elinye. Zama ukuba ukohlule ukutye kahlanu nakathandathu ngemini. Xa usitya, qiniseka ukuba kukutya ukunezondlo ezinika amandla neproteni. Musa ukutya isidlo kuqala esingenazo izakha mzimba z amandla uze uzive uhluthi ukuba utye ukutya okunengqondo.

### *“Oku kutya akumnandanga”*

Amayeza angayitshintsha indlela ukutya okuvakala ngayo. Ngamanye amaxesha ungeva kukrakra okanye incasa engaqhelekanga (metal) yomlomo wakho. Zama ukuba uhlambe amazinyo nolwimi lakho phambi kokuba utye. Ukuba unencasa engaqhelekanga (metal) emlonyeni, sela isiselo esenziwe ngencindi yee-orenji/ijusi yeeorenjiokanye nasiphi na isiselo esimuncu.



### *“Umlomo wam womile”*

Umlomo owomileyo isengaba ziziphumo zamayeza owaselayo. Oku ungakanceda oku ngokungatshayi nokungaseli utywala kwakunye needrinki ezineswekile njengoko zizakuwuphazamisa umlomo nomqala wakho zikwenze unxanwe ngakumbi. Yitya ukutya okuthambileyo, ukuba ukucubhile ukutya kwakho okanye wenze isuphu njengoko kuya kuba lula ukuginya. Zama ukuba uktya kwakho kungabi nezipayisi okanye usele ezine-asidi. Yiba nebhotile yamanzi ecaleni kwebhedi yakho ukuze usele ebudeni bobusuku.

## Ifomu yesicwangciso somsebenzi - Izidlo

Cinga ngeendlela otya ngazo. Sebenzisa le fomu ukwakha isicwangciso sokuphucula into enye malunga nezidlo.

Qiniseka isicwangciso somsebenzi siquka:

*Yintoni ofuna ukuyenza*

*Uza kuyenza kangakanani na*

*Uza kuyenza nini lo nto*

*Zintsuku ezingaphi evekini oza kwenza ngazo imithambo*



Umzekelo: Kule veki, Ndiza kuhamba (uza kwenza ntoni) ndijikeleze ibloko (kangakanani) phambi kwesidlo (nini) kathathu (kangaphi).

Kule veki ndiza:

\_\_\_\_\_ (uza kwenza ntoni?)

\_\_\_\_\_ (kangakanani?)

\_\_\_\_\_ (Nini?)

\_\_\_\_\_ (kangaphi?)

Uqiniseke kangakanani ukuba ungasigqiba esi sicwangciso?

Andiqinisekanga

ndiqinisekanga kwaphela

kwaphela ndiqinisekile

ndiqinisekile

| | | | | | | | | |

0 1 2 3 4 5 6 7 8 9 10

Bhala phantsi ugcine indlela oyenze ngayo:

	Ndicinga uku.....	Ndikwenzile I did.....
<b>Mvulo</b>		
<b>Lwesibini</b>		
<b>Lwesithathu</b>		
<b>Lwesine</b>		
<b>Lwesihlanu</b>		
<b>umgqibelo</b>		
<b>Icawa</b>		



# IVEKI 5: Ukusombulula iingxaki ezinxulumene namayeza owasebenzisayo nezifo

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*Ndidikiwe “kukusela iipilisi” kwaye andithembi nokuba ziyasebenza!*

Ngokuqinisekileyo uya kuyazi le nto ingasentla apha. Kule ndawo, ukusela iipilisi asiyonto ingaqhelekanga kuwe. Ngelishwa xa unesifo esingapheliyo esifana ne- osteoarthritis, ukusela iipilisi yeyona ndima inkulu yokuzama ukugcina iimpawu ndawonye. Ngelishwa oku kusoloko kusiza nezinto ezibheke ecaleni nemibuzo engenazimpendulo. Eyona nto ixhaphakileyo kwizigulane ezine- osteoarthritis yinto yokuba emveni kokutya amayeza iminyaka emininzi abonakale ngathi awasebenzi. Kutheni kusenzeka loo nto? Kusenjalo, izigulane ezininzi ze-OA zisela iintlobo ezininzi ezahlukeneyo zonyango, bengazazi ukuba zisebenza njani kwaye zenzelwe ntoni- Iyeza ngalinye lenzelwe ntoni? Kwelicandelo siza kujonga iintlobo ezininzi ezahlukeneyo zamaqela amayeza sizame kuwazi ngcono. Kukho izinto ezimbalwa uphando oluzifumeneyo, yinto yokuba ukuba isigulane siyayazi injongo yeyeza iyeza lisebenza ngokukhawuleza.

Iindidi ezininzi zamachiza ezisetyenziselwa i-osteoarthritis nokulawula iimpawu zayo

Uninzi lwazo zingena kwenye yentlobo ezi-4.

- Iipilisi i-Analgesic Drugs
- Iipilisi i-Anti-Inflammator Drgsy
- Iipilisi i-Anti-spasmodic
- Iipilisi i-Antidepressants and Antiepileptic Drugs.

## I-Analgesic Drugs

Eli gama lithathwe kwigama lesiGrike elithi analgia: **an-**, elithetha "ngaphandle", aze u-**algia**, "kweentlungu". Ngamanye amazwi i-analgesic drugs yinto eziyibiza ngokuba ziipilisi "zeentlungu." I- analgesic drugs isebenza ngeendlela ezahlukeneyo kwiinevu. Ezi zinevu ezisengqondweni (the central nervous system) nasemizimbeni yethu (the peripheral nervous system) iperipheral necentral nervous system. Zi-3 ezona ntlobo zentlobo ze-analgesic drugs, makhe sizijonge:

### Ipilisi ezizidambisi zintlungu ezingebukhalanga kakhulu (Mild Pain Killers)

Ezi pilisi zeentlungu azinyangi unobangela weentlungu koko sisebenza kwiperipheral nervous system ekuxelelayo ukuba unendawo ebuhlungu. Ezi pilisi zona into eziyenzayo zithumela umyalezo ukuba iperipheral nervous system iyeke ukuthumela imiyalezo. umz. **Zixelela inevu ukuba mayithule ithi cwaka!** Yile nto kanye ifunekayo kubantu abane-osteoarthritis enxulunyaniswa neentlungu ezingapheliyo, kuba iipilisi zeentlungu zinciphisa inani leempawu kwiperipheral nervous system – khumbula ukuba usoloko unentlungu kangangoba lide ithuba iqhubeka lento, iintlungu zithanda ukukhulu ziye zisiba "ngamandla" nangona itishu yakho ingonakali ngakumbi. Ngamanye amazwi inkqubo yokusebenza kweenevu ayisebenzi kwaye ke ngoku ithumela imiyalezo ephixeneyo. Imild pain killers zineziphumo ezingalindelekanga ezimbalwa, oko kwenza abantu bazifune ngakumbi kunezinye ezistrongo. La mayeza uyakwazi ukuzithengela ngokwakho. Imizekelo yezo pilisiyile: **Panado, Paracetamol, Grandpa, Disprin, Asprin, Panadol, Calpol, Panaleve**

### Ipilisi ezizidambisi zintlungu ezibukhali [Strong Pain Killers -] Opioid Analgesic Drugs (ZineMORPHINE)

Ezi pilisi zistrongo kunepilisi zeentlungu eziqhelekileyo. Ziyafana ne-homoni eveliswa ngumzimba, ebizwa ngokuba yi-Opiates...kungoko sizibiza Opioid Analgesics. Ezi pilisi zisebenza ngqo kwimithambano-luvo zivalele imiyalezo engqondweni nasemnqonqweni. Ezi pilisi zifuna ukusetyenziswa ngononophelo njengoko likhona ithuba lokuba zidale ukuba umntu axhomekeke kuzo, angakwazi ukuphila ngaphandle kwazo nokunga sebenzi ngenxa yokuba zikuqhelile. Ezinye izinto eziye zenzeke ziquka ubuthongo, sinciphise ukuthi qwa

(qaphela xa uqhuba imoto) ziyalalisa, ukuba ne-Elation (ugcobo olungaphaya) okanye ukuba nedysphoria (ukungonwabi). Ingxaki ezichaphazela ukuphefumla ziquka ukuba nephika nokungakhohleni njengesiqhelo. Abantu abanesifo sesifuba okanye iingxaki yokuphazamiseka kwemiphunga abantu abanezo zigulo kufuneka bazilumkele xa besebenzisa ezi pilisi. Ezinye izinto ezenziwa zezi pilisi sisicefecefe, ukoma komlomo nokugabha nokuqhina kwesisu nokuba nzima ukuchama nokutshisa komchamo. Ukuba usela ii-opioids ixesha elide zihle ziyeke nokuwenza umsebenzi wazo ngokwendlela ebeziwenza ngayo ngaphambili. Iipilisi ezininzi ezizi-opioids ziyaselwa ngomlomo zisetyenziselwa ukunyanga iintlungu ezingapheliyo. Ukudibanisa ii-opioids nezinye iipilisi zeentlungu ezinjengeparacetamol neNSAIDs kubandakanya ukuhlaselwa kweentlungu kwiindawo ezohlukeneyo kwisistimu yeenevu. Oku kunciphisa izinga le-opioid omawuyisele, ekhokelela ekubeni iphucule ukusuka kweentlungu nokuncipha kweziphumo ezingalindelekanga. Ezi pilisi zifuna imvume kagqirha wakho. Imizekelo yala machiza: **iMorphine, iFentanyl, iMethadone, iPethidine, iTramaset, iTramadol, iCodeine**

### **Iipilisi ezizidambisi zintlungu ezibukhali ezinekhodini**

Ezi pilisi ngumxube weMild Pain Killers ne-Opioid Analgesics. Umyinge wezi pilisi usezantsi kakhulu kunepilisi zeentlungu ezistrongo. Zinamandla kune-Mild Pain killerskodwa zibetha ngaphantsi kwi-Opioid Analgesics. Nantonina eno “co” okanye i “codein” obhaliweyo kuyo ingena kolu luhlu. Umzekelo: Panado Co, Myprodol, Empacod neTramadol. Ezi pilisi ngamanye amaxesha ziyafumaneka xa uzithengela kwaye kufuneka uqaphele ukuba usebenzisa zona kunye nezinye epilisi zeentlungu ezimild okanye ezistrongo njengoko uya kube usela kakhulu into enye ungaqondanga.

### **I-Anti-inflammatory Drugs**

Ezi pilisi zithoba ukudumba. Ukudumba yindlela umzimba obonisa ngayo ukuba wenzakele. Umzekelo xa upetyekile iqatha lakho, liya kuba shushu libe bomvu lidumbe libe buhlungu. Ezi ziimpawu zokudumba. Njengeentlungu, ukudumba kungaba yinto ekhawulezayo ize idlule okanye ibe yinto engapheliyo. Ukudumba okukhawulezayo kwexeshana kuthatha nje iintsuku ezimbalwa, noxa ukudumba ukungapheliyo kuthatha ixesha elide. Iipilisi zokuthoba

ukudumba zijongene nazo zombini ezi ntlobo zokudumba. Azifani ne-analgesics zinyanga kanye unobangela; i-Anti-inflammatory drugs zinceda ukuthothisa ubushushu, ukuba bomvu, nokudumba. Zimbini iintlobo ze- Anti-inflammatory drugs.

### **iNon-Steroidal Anti-inflammatory drugs (NSAIDs).**

Eli iqela lamachiza liyakhawuleza kwiintlungu nokudumba okungekho ngamandla. Ikakhulu zisetyenziselwa i-arthritis neentlungu. I“Non-steroidal” kuthetha ukuba ayizozi steroids (umz. Ayizizo ezohlobo lwe-“cortisone” ayizozalapha). Isteroids zisebenza ngokukhawuleza kakhulu xa udumbile, ize igama elithi NSAID lisetyenziswe ukubonisa umahluko phakathi kweli qela lamachiza avela kwicala lesteroid.

I“Anti-inflammatory” ithetha ukuba zisebenza ngokukhawuleza xa umntu edumbile. Ezinye zisebenza ukulwa neentlungu ezinye zilwe ukudumba. Kubalulekile ukwazi ukuba abahlukeneyo lamachiza abaphatha ngeendlela ezahlukeneyo, imveliso ethile ingathi isebenze kakuhle komnye umntu, kodwa ke isenokunga khawulezi komnye umntu. Kubalulekile ukuba uthethe nogqirha wakho malunga nezi zinto.

Amanye ala machiza aba neziphumo ezingazihlanga esuswini nakwinkqubo yokutya esuswini. Zingabangela ukuqhina, ukuba nezilonda esuswini. Kungoko kubalulekile ukuba utye iNSAIDs emva kokutya. Ukuba unesisu esithambileyo kula machiza ugqirha wakho uya kukecebisa ukuba ufumane amachiza amatsha eNSAID angenazo ezi zinto ziphazamisa isisu. Xa uneentlungu ezingapheliyo kubalulekile ukuba usele usebenzise la machiza rhoqo ukuze asebenze ngokuyimpumelelo. Imizekelo yeNSAIDs yile: **Ibuprofen, Brufen, Voltarin, Asprin/Disprin, Paracetamol, Pyroxicam, Betacin, Naproxen, Ketoprofen** ngamanye amaxesha oogqirha bayakuhlanganisa amachiza okuhlisa ukudumba kunye neepilisi zeentlungu ezimayldi ngenxa yokuba zisebenza ngcono xa zihlangene kuna xa enye izisebenzela. Ezinye iipilisi zeentlungu ziza sele zihlanganisiwe kwipilisi enye njenge- (Mypradol).



## **Isteroidal Anti-inflammatory Drugs**

La machiza enziwe ukuba afane nesteroids zendalo umzimba wakho ozivelisayo. La ngamachiza aqinisekileyo okuhlisa ukudumba kwaye amaxesha amaninzi asetyenziswa kwiimeko ze-arthritic. Nangona kunjalo zikhona iziphumo ezingezihlanga ezithi zibekhona nokuba lamachiza uwasebenzise ixeshana okanye uwasebenzise ixesha elide. Xa uzisebenzisa ixesha elide zingenza *high-high*, iswekile, iingxaki yamehlo, isikhumba esicekethekileyo, i-osteoporosis nokonakala kwezihlunu. Iinaliti zeSteroidal ziba neziphumo ezingalindelekanga ezimbalwa kuneepilisi eziselwayo iisteroids ezilwa ukudumba kwaye zisetyenziswa kakhulu ngabantu abane-arthritic. Imizekelo: **iCortisone, iCortisol**

## **I-Anti-spasmodic Drugs**

Xa umntu esezintlungwini, izihluni ziyaqina kwaye zingasuke ziqine kakhulu ngohlobo ongakwaziyo ukulunqanda. La machiza asetyenziswa ukukhulula oko kuqina kwezihlunu. Nangona kunjalo ziba nazo iziphumo ezingalindelekanga ezimbi kakhulu ukuba uzisebenzise ixesha elide—ingakumbi ukuba zisetyenziswa kunye nezinye iipilisi zezigulo ezinganyangekiyo. Kungoko kubalulekile ukuzazi ezi zinto xa ugqirha wakho ekucebisa esithi zisebenzise. Ezisetyenziswa kakhulu ezokukhulula ukuqina kwezihlunu ngamachiza asetyenziselwa iintlungu ezingapheliyo ngala: **iDiazepam, iBaclofen**

## **Ii-Anti-depressant & Anti-Epileptic Drugs**

Inggondo ibuthathaka kakhulu kwiikhemikhali ngoko ke, kukho into ebizwa ngokuba yi-Blood-Brain Barrier, ehluza lonke igazi eliya engqondweni ukuqinisekisa ukuba akukho zikhemikhali egazini eziya kwenzakalisa. Ngenxa yale meko, iipilisi zeentlungu ezimayldi azinakufikelela engqondweni. Ii-Antidepressants nee-Antiepileptic amachiza akwaziyo ukutyhoboza adlule aye kusebenza engqondweni. Ngenxa yesi sizathu zinikwa izigulane ezineentlungu ezingapheliyo. Uzikhumbula zonke iinguqu ezenzeka kwiinevu nasengqondeni yomntu oneentlungu ezingapheliyo. La machiza anganceda ukuthomalalisa iintlungu engqondweni. Zinikwa izigulane ezineentlungu ezingapheliyo ibe yinto encinci kunaxa beziya kunikwa umntu ophazamisekileyo okanye umntu oxhuzulayo.

Ibalulekile into yokuba la machiza asetyenziswa yonke imihla kangangeeveki ezi-2 phambi kokuba aqalise ukuba neziphumo ezingalindelekanga. Iziphumo ezingalindelekanga ziquka:

Amehlo arhwexayo, ukuzela, umlomo owomileyo, ukuqhina, ukungaboni kakuhle. Kodwa ke ezi ziphumo zingalindelekanga ziphela ngokuhamba kwexesha.

Imizekelo ye-**ANTIDEPRESSANTS** yile: **Amitriptyline, Doxepin, Desipramine, Imipramine.**

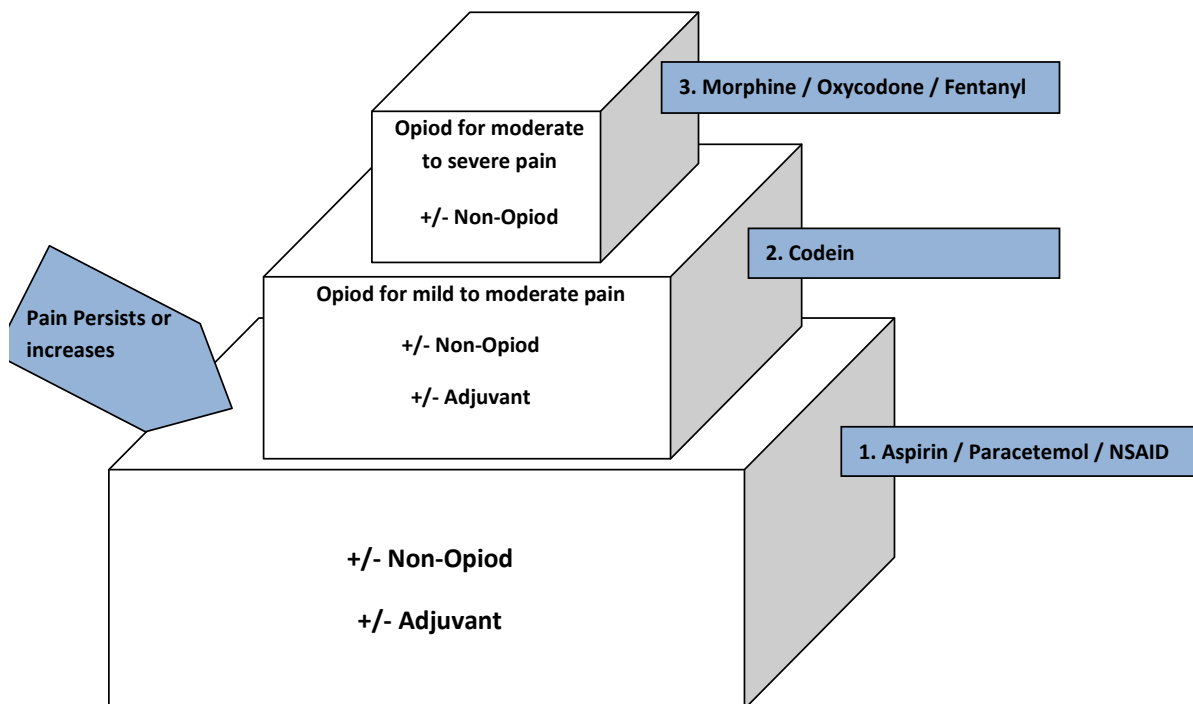
Imizekelo ye-**ANTIEPILEPTICS** yile: **Gabapentin, Topiramate, Vigabatin, Phenytoin, Oxcarbazepine, Sodium Valporate, Carbamazepine, Lamotrigine**



## Ileli ye-Analgesic

Ileli ye-analgesicyenziwa ngabe-World Health Organisation (WHO) ukuncedisana noogqirha xa benika imvume ye-analgesic kwizigulane ngokucebisa indlela emayisetyenziswe ukulawula iintlungu ezingapheliyo.

Ileli ithathela ingqalelo amachiza e-analgesics asele echaziwe ngaphambili. Nakweliphi na inyathelo le leli ye-analgesic ne-non-opioid analgesics zenza isiseko sokulawula iintlungu. IParacetamol neNSAID kufuneka zisoloko zikhutshwa ne-opioid analgesia (ezingebukhalanga nezibukhali). Oku kwaziwa ngokuba luhlobo oluneentlobo ezininzi ze-modal analgesia kwaye ke yindlela elawula ngcono iintlungu, akusebenzi chiza linye okanye unyango, kusetyenziswa iipilisi enye kuxutywe nezinye kuy, enemiphumela ebonakalayo ngeli xesha iziphumo ezingalindelekanga izinga lazo lishla. Uphando lubonakalisa ukuba xa oku kusenzeka izithomalalisi zintlungu singcono, intwana yeepilisi zeentlungu iyafuneka ukuze izinto ezingalindelekanga zingabi ngako.



### **Ukwenza izigqibo nokuba unolwazi olupheleleyo ngonyango**

Ngokuzazi iipilisi ozisebenzisayo, oko kuya kukunceda ukuba wazi izinto ezizenzayo kwakunye nokuba kutheni zingasetyenziswa namanye amachiza okanye ziselwa ngamaxesha athile. Umzekelo inika intsingiselo into yokusela iNSAIDS nokutya okunempilo, njengoko sifundile into yokuba zona zisengarhwexa esuswini. Ukuba bekufuneka usele iNSAIDS kunye nekofu okanye ukutya okune-asidi kakhulu, loo nto ingenza ukuba ube nesisu esingazolanga okanye isitshisa. Xa sithetha ngeepilisi zeentlungu ezistrongo, ezingakwenza ukuba wozele, zingaselwa xa kungekho nto ifuna ukuba uthi qwa okanye ungazukuqhuba.

Ngokuzazi iipilisi ozisebenzisay, uphando lusibonisa ukuba ukuba iipilisi zakho zisebenza ngcono. Ukwazi banzi malunga nonyango lwakho kuya kunceda ukuba wazi, ukuba kutheni ngamanye amaxesha uneempawu ezintsha nezingaqhelekanga,ezo zinto zinxulumene neziphumo ezingalindelekanga esithethe ngazo ngaphambili. Ngale ndlela ingxoxo yakho nogqirha ingaphucuka kakhulu, njengoko uya kube ukwindawo engcono ukuba umxelele yintoni esebenzayo nengasebenziyo kuwe.

Ngokuzazi iintlobo zonyango ze-osteoarthritis, kuba lula ukuba nawe ube yinxenye kwinkqubo yokuthatha isigqibo, xa kusenziwa isigqibo sokuba loluphi unyango omawulusebenzise. Kancinci kancinci uba yingcali yesiqu sakho.

### **Iindlela efanelekileyo yokusetyenziswa kweepilisi**

Yintoni ebaluleke kakhulu ukuba mawuyazi kakuhle, yileli ye-analgesic. Apha ungabona ukuba njani kwaye kutheni amayeza awohlukeneyo ekhutshwa kwinqanaba elithile leentlungu. Ngoko ke kufuneka uqiniseke ukuba neliphina inqanaba okulo ngokonyango lwakho, awusuki uzixelele amayeza akufaneleyo. Ukuba unenjongo ezinjalo kufuneka uhlale phantsi nogqirha wakho nenze isigqibo ngoko ninobabini.

### **Ikhonkco phakathi kwendlela yokuphila esempilweni, ukutya okusempilweni nemithambo**

Kubalulekile kakhulu ukwazi ukuba unyango yenye kwiindlela ongathi uzame ukulawula i-OA yakho. Yiloo nto sisenza le khosi. Ngokuhlenganisa unyango lwakho, ubomi obusempilweni, okutya okusempilweni nemithambo, ukuthoba izinga lestresi, nokuqhubeka usenza izinto zakho zeziqhelo, xa usenza oko ukwindlela yokuba “ngu mlawuli” wesigulo sakho.

Ukutya okusempilweni kunceda xa usela iipilisi zakho – khumbula unamandla kakhulu, aya kujika akuncede ukumelana neziphumo ezingalindelekanga ezininzi. Kananjalo ngokutya ukutya okunefibre eninzi, iziphumo ezingalindelekanga zeNSAIDS ziya kuba mbalwa.

Ngokongeza imithambo, imisebenzi nezinto ozena nabahlobo bakho, uyakonwaba – khumbula ii-endorphins eziphuma emzimbeni (iihomoni zovuyo)? Ukuvelisa kwethu kakhulu ezi zinto, oko kusenza sibe ngcono kakhulu, okona siya sifuna ukwenza kongona singacingi kakhule ngeentlungu kwaye siya kukwazi ukuphila ne-OA. Kananjalo , ukuba sibe ngabalawuli bobomi bethu, singakwazi ukuba sesiphi istresi esingenza into ngaso, isesiphi esingenakwenza nto ngaso. Sizikhethela izigqibo siqinisekise ukuba xa ubomi bungahluphi kakhulu kaye bungekho bubu, sihlale phantsi sithi: i ndifuna ukukhe ndiziphumze ndijongane nesiqu sam. Oku kwenza ukuba sikwazi ukunxibelelana nezinto ezisingqongileyo.

### **Ukunxibelelana ngokuyimpumelelo**

Ukuba sizazi ngcono, singakwazi ukunxibelelana ngcono nabanye abantu – ilula ngolo hlobo. Siya kukwazi ukucacisa into eyenzekayo, siya kukwazi ukubonakalisa ukuba singomanejala bemizimba nengqondo zethu kwakunye neemeko esikuzo. Siya kukwazi ukuthi, nangona sikhetha iindlela zokuphila ezizizo, kukho iintsuku namaxesha izinto zingahambi ngendlela, xa iintlungu zisiphethe, kukho singathetha sizibuyisele emgaqweni xa imini yobumnandi ifika. Oku kwenza kube lula kwabo sibathandayo, abahlobo nabo siphangela nabo ukuba basinike inkxaso. Ngale ndlela, kuba lula ukuba sithi: Ndifuna khe ndindiphe umkhi khe ndiphefumle, ukuze ndibuyele esimeni kwakhona. Ungandinceda ngalo nto namhlanje? Xa bekubona ukuba wenza iinguqu ezakhayo, ngaphandle kwamathandabuzo baya kukunceda ngokwenza loo nto uyifunayo.



# IVEKI 6: Ukuqhubeka uyimanejala enempumelelo yesiqu sakho

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## **Impinda yamacandelwana angundoqo okuba ngumlawuli onempumelelo wesiqu sakho**

Kwiiveki ezintandathu ezigqithileyo ufunde izinto ezininzi eziya kukunceda ukuphila ngendlela eyiyo kunye nemeko yakho. Uphando lusixelela ukuba abantu abaphila nezigulo esinganyangekiyo abalandela la manyathelo banobimi obukwizinga elingcono, babneentsuku ezimbalwa zokugulababe nendlela engcono yokukhusela izifo. Oku kuyinyaniso kubantu abanehigh-high, umhlaza okanye idepreshini/ unxunguphalo. Ufundile ukuba ngumanejala wakho ophumi zandla ngokukwazi ukusombulula iingxaki nokubeka iinjongo zakho ukuze uqhubeke uye phambili nobomo bakho. Ufundile malunga nemithambo ebalulekileyo. Ubone indlela imithambo eyenza ukuba uzive ngcono ngayo, zeziphi iintlobo zemithambo okufuneka uzenze kwaye ubusoloko usenza loo mithambo! Ufundile malunga neempawu ezixhaphakileyo ezinika ingxaki abantu abane- arthrits kwaye ufundile ukujongana nezi mpawu. Ufundile malunga neentlungu, yintoni engabangela iintlungu kwaye zinyangwa njani nokulawula nezephi na iintlungu ongathi ube nazo. Ufundile malunga ngokutya nokutya kakuhle nokukwazi ukuqinisekisa ukuba ukutya kwakho kukhuselekile. Unazo zonke ezi zinto unethuba lokuba wenze izinto ngendlela eyahlukileyo uze ucinge ngokuba oku kukwenza uzive njani.

- **Isicwangciso esilungiselelwa ixesha elizayo**

Ngoku lixesha lokuba ucinge ngexesha elizayo. Abantu abanezigulo zexesha elide basoloko becinga malunga nokuba yintoni eza kwenzeka xa begula, baza kubulawula njani ubomi babo, baza kujongana njani neziqu zabo okanye iintsapho zabo. Ukuzihlupha ngezi zinto kungenza ukuba abantu bangonwabi, ube nomsindo okanye ube buthathaka ungabi nathemba. Le ndlela yokuvakalelwa yenza ukuba zibe nzima ngakumbi kunokuba zinjalo. Ngokufunda le ncwadi sele uqalisile ukujongana nezi mvakalelo. Ulwandisile ulwazi lwakho kwaye ke le yenye yeendlela yokulawula uloyiko. Ukuba kukho into oyoyikayo, ukwazi banzi ngayo kuyanceda ukuze ugagane kuhle noloyiko. Ukuba wazi banzi ngayo, wenza icebo oko kuyasanceda ukuze sikwazi ukululawula zonke izinto esizoyikayo.

Ukucwangcisa okwenzelwa ixesha elizayo kuthetha ukucinga malunga nezinto ezingathi zenzeke kuwe kwixesha elizayo nokuzicwangcisa. Akukho mfuneko yokuba usebenzise isicwangciso njengoko izinto ezikukhathazayo sisenokungenzeki, kodwa ukuba nesicwangciso ukuba ungazikhathazi ngezi zinto uungothuki xa zisenzeka. Ungasebenzisa iifomu zeisicwangciso sokwenziwa komsebenzi obuzisebenzisa apha kule ncwadi yomsebenzi ukucinga malunga nezinto ezikukhathazayo zexesha elizayo. Ungaqalisa ukwenza isicwangciso malunga nalento ufuna ukuyenza ukuba ezi zinto ziyenzeka. Ukuba akuqinisekanga ngokwenza isicwangciso, ungafuna ukuthetha nabantu abohlukeneyo abangakwazi ukukunceda malunga noku.

### **Inyathelo 1:**

Ukuze ukwazi ukucwangcisa ixesha elizayo, kufuneka wenze isigqibo ukuba yintoni lento yenzekayo uzikhathazayo ngayo. Eli ingaba linyathelo elinzima kakhulu ukucinga ngalo. Umzekelo usenokuziva ungonwabanga kakhulu unxunguphele. Okokuqala kufuneka wazi ukuba kutheni usiva ngalo ndlela. Isenokwenzeka ukuba uyazikhathaza malunga nokuba uwunakukwazi ukujonga usapho lwakho xa unokugula, okanye uya kukhathazwa yinto yokuba ucinga uza kugulisa omnye umntu, okanye awuzukwazi ukuzijonga, okanye usenokukhathazwa yinto yokuba ucinga ukuba uza kufa. Xa uthe wayifumanisa ukuba yintoni le ikukhathazayo ikwenza ungonwabi, unxunguphale, ubenomsindo okanye woyike ke ungaqakisa ukwenza isicwangciso ukuze uqubisane nale meko. Oku kuya kukunceda ukungazivi ungonwabanga, unxunguphele, unomsindo okanye usoyika.



Bhala phantsi ezinye zezinto ezinokwenzeka kwixesha elizayo ezikhukhukhathazayo:

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_

## Inyathelo 2:

Ngenxa yokuba uzibonile ezinye zezinto ezikukhathazayo, ungaqalisa ukucinga malunga neendlela ezahlukeneyo zokulawula ezi zinto. Ukuba ukhathazekile malunga nokuba uza kugula kwaye akuzukukwazi ukuzenzela izinto, bhala phantsi uluhlu lwezinto oya kuthi ufuno uncedo kuzo. Uze ubhale phantsi umntu ongamcela ukuba akuncede ngezo zinto. Abantu abangakuncedayo isenokuba ngabosapho lwakho, abahlobo, onontlalo-ntle, abacebisi, abongikazi, iifiziyotheraphi, ii-otyhupheshinali theraphisti noogqirha. Ukuba akuqinisekanga ukuba ngubani ongakuncedayo, usenokufuna ukuthetha nomntu omthembileyo ukuba akuncede akubonise ukuba ngubani umntu onokunceda.

Bhala phantsi izinto ezintathu ongazenza ukunceda ukwenza isicwangciso zexesha elizayo ezikhukhukhathazayo:



1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Mininzi imibutho nabantu ongathi uthethe nabo ukuze ufumane uncedo xa ucwangcisele ixesha elizayo. Le mibutho iquka iTreatment Action Campaign (TAC), usapho nombutho wabatshatileyo (FAMSA), icawa yakho ngokunjalo kwakunye nabezempilo kwikliniki yakho. Iinombolo zonxibelelwano zale mibutho zifakiwe ekupheleni kweli candela.

Wakuligqiba inyathelo lesi 2 wabhala phantsi izinto ezintathu ezahlukeneyo ongazenza ukuzama ukunceda isicwangciso sexesha elizayo sezinto ozihlupha ngazo, khetha enye ebonakala ngathi ilungile kuwe (isenokuba yeyona ilula kakhulu okanye iyafikeleleka ngexabiso, okanye uyayazi yasebenza komnye umntu). Ngoku sebenzisa le fomu yesicwangciso somsebenzi ukuze wenze le nto uza kuyenza ukuba ezi zinto uzihlupha ngazo kufuneka zenzekile. ***Ungaysebenzisa le ndlela nokuba ucwangcisele eyiphina into ekuhluphayo.***

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I Fomu yeSicwangciso somsebenzi sezinto eziya kukukhathaza  
kwixesha elizayo

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Ndinexhala ingathi kwixesha elizayo andizukukwazi uku:

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Isicwangciso sam kukulawula oku ukuba kuyenzeka:

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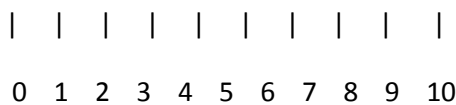
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*(Ndiza kwenza ntoni, nabani, kangaphi, nini?)*

*Uqiniseke kangakanani ukuba ungasigqiba esi sicwangciso? (khumbula kufuneka ufumane i-7 e-10 kumgca obonisa ukuqiniseka kwakho*

Andiqinisekanga  
kwaphela ndiqinisekile

ndiqinisekanga kwaphela  
ndiqinisekile









Ngoku uyigqibile incwadi yomsebenzi. Ngokusebenzisa le ncwadi yomsebenzi wenza isibhambathiso esibalulekileyo kuwe. Ukhethe ukuchitha ixesha ujongene nawe kwaye uthathe amanyathelo okoyisa izinto ezininzi eziyingxaki abantu abane- osteoarthritis abanazo. Le ncwadi yomsebenzi sukuyibeka kude, yigcine kwindawo efanelekileyo noza kuthi ukwazi ukuyithatha ujonge loo nto ufuna ukuyijonga. Xa sisonke siyalibala ngamanye amaxesha, ngoko ke kuluncedo ukuba sijonge ngasemva sizikhumbuze izinto esizilibeleyo. Singajonga ngasemva sijonge apho sivala khona. Siyathemba ukuba ulwazi nobuchule obufundileyo apha kule ncwadi luya kuqhubeka kunike ithemba ebomini bakho.



## Idayari yeMithambo

Qala ngokubhala phantsi iinjongo zakho.

Bhala apha into ofuna ukuyenza : \_\_\_\_\_

Ngoku, yintoni ofuna ukuyenza kule veiki eya kukunceda ufezekise iinjongo zakho?

Khumbula kwisicwangciso sakho somsebenzi ungalibali ukufaka:

*Ufuna ukwenza ntoni*

*Ufuna ukuyenza kangani*

*Uza kuyenza nini*

*Zingaphi iintsuku oya kuzenza ngazo*

*Umzekelo: Kule veiki, Ndiza kuhamba (uza kwenza ntoni) ndijikeleze ibloko (kangakanani) phambi kwesidlo (nini) kathathu (kangaphi).*

*Kule veiki ndiza:*

\_\_\_\_\_ *(uza kwenza ntoni)*

\_\_\_\_\_ *(kangakanani)*

\_\_\_\_\_ *(Nini)*

\_\_\_\_\_ *(kangaphi?)*

	<b>Isicwangciso sokwenza imithambo</b>	<b>Imithambo endiyenzileyo...</b>	<b>Ndiziva njani? Ingaba kufuneka ndenze utshintsho?</b>
<b>umz.</b>	<i>Ngemizuzu engama-20 emva kwesidlo sakusasa nangokuhlwa emva kwesidlo sangokuhlwa</i>		<i>Ndidinwe kakhulu kwiseshini yesibini, Ndiza kwehlisa kweyakusasa kuphela kule veiki.</i>
<b>Mvulo</b>			
<b>Lwesibini</b>			
<b>Lwesithathu</b>			
<b>Lwesine</b>			
<b>Lwesihlanu</b>			

