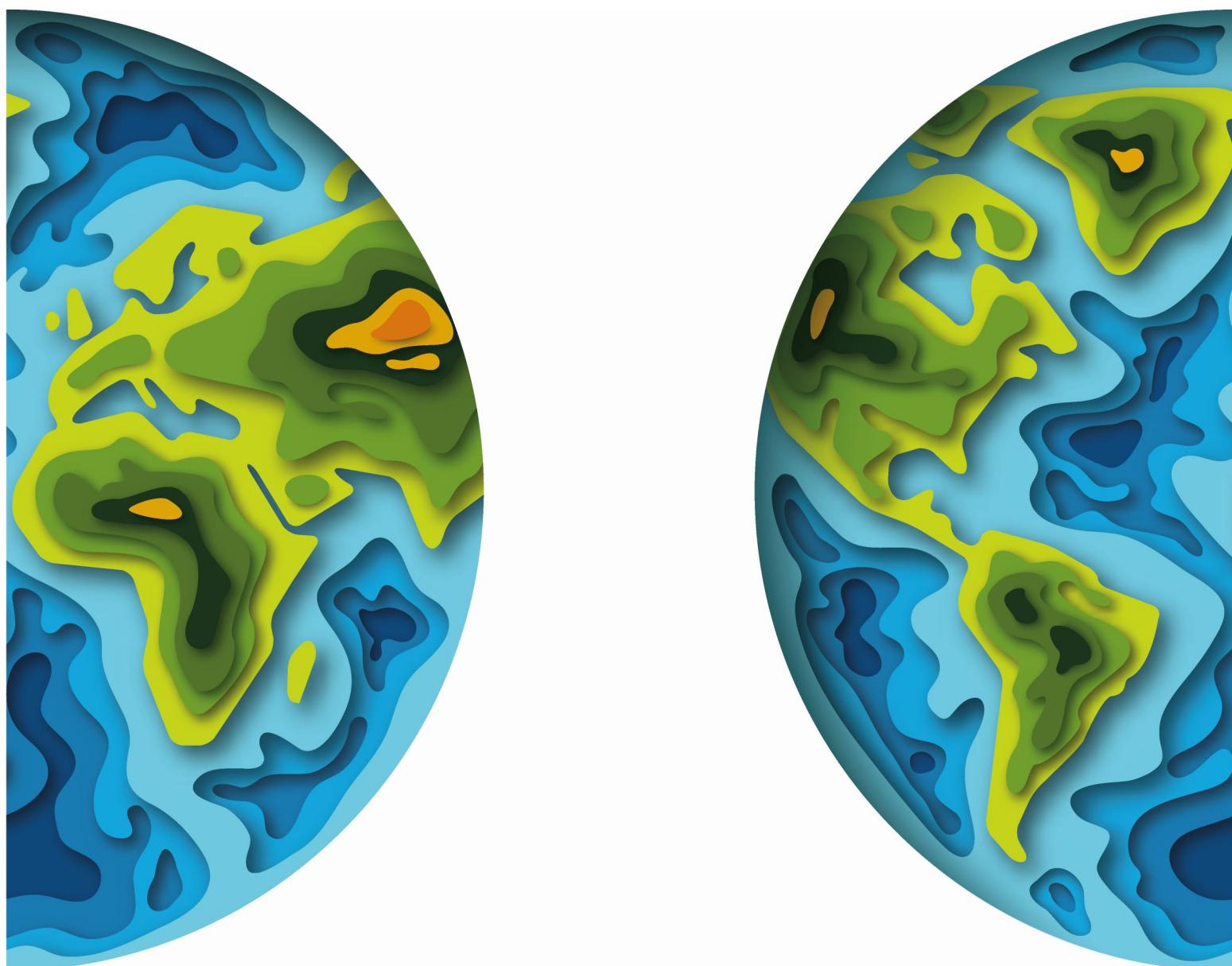




Guide

isiXhosa | Xhosa

Ukuphila ngexhala kunye noxinzelelo lwengqondo kwilixa lokungaqiniseki kwehlabathi



Ukuphila ngexhala kune noxinzelelo lwengqondo kwilixa lokungaqiniseki kwehlabathi

Malunga nesi sikhokelo

Imeko yelizwe esiphila kulo iguquguquka ngokukhawuleza mihla le; kwaye noninzi lweendaba ezivakalayo kumajelo osasazo zizisa unxunguphalo nenkxalabo kulumntu jikelele. Lemeko yenza ukuba wonke ubani abenoloyiko ngokhuseleko lwakhe nolwabo babalulekileyo kubomi bakhe.

Unxunguphalo kune nenkxalabo zizinto ezilindelekileyo ukuba zibekho phantsi kwemeko esikuyo kwaye xasele zikongamele zizisa uxinzelelo olungummangaliso. Abecandelo lezePsychology Tools badibanise izixhobo zesikhokelo zasimahla ukuzama ukuncedisana nawe ukunciphisa inkxalabo kumaxesha oxinzelelo nokungaqiniseki.

Emva kokuba ufunde lemfundiso ikwezizixhobo, zama ukuyisebenzia ngenjongo yokuyivavanya ukuqinisekisa ukuba ingaluncedo na kuwe. Qaphela ke, yinto eqhelekileyo ukungazinzi kwaye ubenongxunguphalo kumaxesha obunzima nokungaqiniseki, ngenxa yoko zikhathalele kwaye ubonise inkathalo kune nobubele, nakwabo bakungqongileyo.

Sikunqwenelela okuhle,

Dr Matthew Whalley & Dr Hardeep Kaur

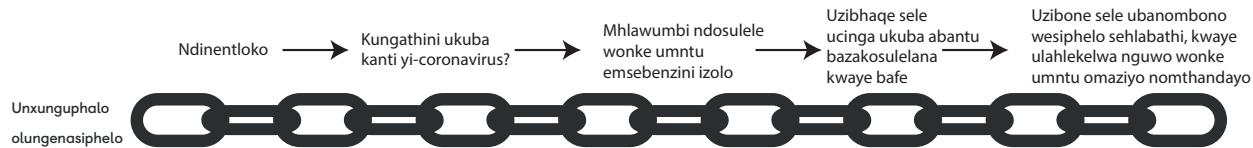
Ukuphila ngexhala kune noxinzelelo lwengqondo kwilixa lokungaqiniseki kwehlabathi

Yintoni Ixhala/Inkxalabo?

Singabantu sinesakhono sokucinga ngekamva okanye ingomso lethu. 'Ukucinga phambili' kuthetha ukuba ubani uyakwazi ukuphonononga imiqobo okanye iingxaki anokuthi azilindele, kwaye kusinika nethuba lokucwangcisa izisombululo zezongxaki. 'Ukucinga phambili' kungaluncedo xa ufunu ukufezekisa iinjongo zakho. Umzekelo, ukuhlamba izandla kune nokugcina umgama phakathi kwabantu zizinto eziluncedo ukunqandenii ukusasazeka kwale ntsholongwane. Nangona kunjalo, ixhala ikwayindlela 'yokucinga phambili' ehlala isishiya siziva sinxunguphele okanye sixhalabile. Xa sikhathazeka kakhulu, sihlala sicinga ngemeko ezimbi kakhulu kwaye sizive ngathi asinakukwazi ukujongana nazo.

Zintoni impawu zokuxhalaba?

Xa sixhalabile sicinga into engenasiphelo sibenemifanekiso ngqondweni exhalabisayo enokwenza ukuba sizive singenalulawulo lobomi bethu. Abanye abantu baphila ubomi bokuxhalaba kwaye lemeko abasakwazi ukuyilawula- ikhangeleka ingapha kwamandla abo. (Xa sikhathazekile sinokuziva ngathi sinoxinzelelo lwengcinga oluqokeleleneyo equka imifanekiso ngqondweni ezingapha kwamandla akho, enokuthi ikongamele ungaboni sisombululo. Abanye abantu baye bazine bonganyelwe lixhala, libenze bangaboni kukhanya/mpumelelo phambili.) Kwelixesha lalobhubhane uninzi lwethu luxhalabile kuba alwazi ukuba isiphelo sizakuba yintoni na. Lo mzekelo ubhalwe apha ngezantsi ubonakalisa indlela amaxhala anokunyuka ngokukhawuleza nakwinto nje encinci. Ingaba ubukhe waqaphela iingcinga eziloluhlolo (wonke umntu ukhe wabanawo lomava)?



Ixhala alipheleli kwiingqondo zethu qha . Xa ixhala lisongamela nemizimba yethu iyachaphazeleka. Siye sive ezimpawu zilandelayo:

- Ukuxinana kwemisipha okanye iintlungu emzimbeni.

Ukuphila ngexhala kune noxinzelelo lwengqondo kwilixa lokungaqiniseki kwehlabathi

- Ukungazinzi kune nokungakwazi ukuphumla.
- Ubunzima bokugxila.
- Ubunzima bokulala.
- Ukuva umzimba odubekileyo.

Yintoni ebangela ixhala/ungxunguphalo kune nenkxalabo?

Nantoni na ingangunobangela wokuba ube nexhala. Nokuba izinto zihamba kakuhle, unokuzifumanisa ucinga ngezinto ezinothi zihambe kakubi – “ndingathini ukuba izinto zingaphalala?”. Kukho iimeko ezithile apha uxinzelelo luye luxhaphake khona. Iimeko ezinothi zibangele ixhala:

- **Ukungacaci kwezinto** – Xa izinto zingacacanga uba ziyangaphi.
- **Izinto ezintsha** – Xa ungenawo amava wento. “inyathi ibuzwa kwabaphambili”.
- **Ayilindelekanga** – Ukungacaci kwezinto ukuba ziyakuphelelaphi.

Ingaba oku kuvakala kuqhelekile kwelixesha likabhubhane? lemeko yangoku yezempilo kwihlabathi jikelele yenza inkxalabo enkulu eluntwini. Yimeko engaqhelekanga kwaye enokungaqiniseki okukhulu, enokuthi isikhokelele ekukhathazekeni kwaye sizive sinexhala.

Ingaba kukho iindlela ezahlukenezo zokukhathazeza/ zokuxhalaba?

Ixhala linokuba lunchedo okanye lungancedi, kwaye iingcali zengqondo (ipsychologists) zisoloko zisenza umakhluko phakathi kwamaxhala ajolise kwi “iingxaki zokwenyani” kune “neengxaki esizicingelayo”.

- Ingxaki zokwenyani ezenza unxunguphalo zidinga isisombululo ngoku. Umzekelo, kukho lo bhubhane ubangela inkxalabo yokwenene malunga nentsholongwane ye corona ngoku, kungoko kukho izisombululo ezilunchedo ezibandakanya ukuhlanjwa rhoqo kwezandla ngamanzi nesepha, ukugcina umgama we mitha enesqingatha ukuya kwimitha ezimbini phakathi kwakho nabanye abantu; kune nokuzikhetha

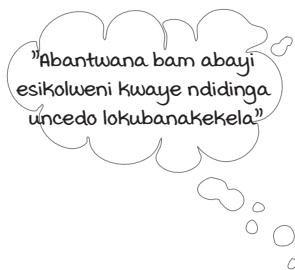
Ukuphila ngexhala kanye noxinzelelo lwengqondo kwilixa lokungaqiniseki kwehlabathi

ubewedwa xa uneempawu zesifo se corona.

- Ixhala elingaselwanga kwinyani malunga nalengxaki yezempiro ikhoyo ngoku, inokubandakanya ukusinga ngeyona meko imbi kakhulu (esinokukubiza ngokuba yintlekele). Umzekelo, ukusinga ngeyona meko imbi kakhulu njengokufa kwabantu abaninzi.

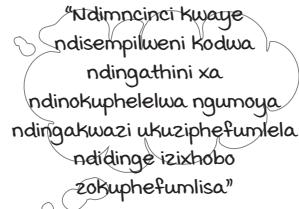
linkkalabo zokwenyani

Zingxaki ojongene nazo ngoku



lingxaki ozicingelayo

Ingaba zizinto ezingekhoyo okwangoku, kodwa ezinokwenzeka kwixesha elizayo



Ukubanexhala kuba yingxaki nini?

Wonke ubani unawo amaxesha okukhathazeka, kwaye acinge nzulu nangezinto ezinokwenzeka ezingekenzezi, le ndlela yokusinga inokusinceda ukucwangcisa kanye nokuhlangabezana nobomi. Akukho 'mlinganiselo' usekiweyo wokuba nexhala. Sithi ixhala liba yingxaki xa lichaphazela indlela oqhele ukwenza izinto ngayo ugqibele ngokuyeka ukuphila ubomi obuqheliye, ukuba likushiya uziva uthyafle kwaye uphelelwne ngamandla nomdla ebomini.

Ixhala eliqhelekileyo

Ukuxhalaba kakhulu okanye okugqithisileyo

Lineda ukuba ufumane le nto uyifunayo

Kushiya uziva uthyafle, ucaphukile, okanye udiniwe

Likunceda ukuba usombulule iingxaki ebomini bakho

likuthintela kwindlela yokuphila ubomi ofuna ukubuphila

Ndingenza ntoni malunga nexhala?

Kwelicesha sikulo lalobhubhane yinto elindelekileyo ukuba uzive unexhala, kodwa ukuba uziva ngathi kuya kusiba nzima kwaye uziva wonganyelwe kukusoloko unexhala

Ukuphila ngexhala kanye noxinzelelo lwengqondo kwilixa lokungaqiniseki kwehlabathi

—umzekelo: usoloko unexhala, okanye awukwazi kulala - zama ukufumana iindlela zokunciphisa ixesha olichitha uxhalabile, ufunе ezinyе iindlela zokulawula impilo yakho. Kulencwadi sizame ukudibana isindidi zolwazi ejolise ekufundiseni ubani ngendlela zokuphila okugqibeleyo nendlela zokunceda ukulwa ukusoloko uxhalabile ulawule uxinzelelo ukwenzela uhlale usempilweni. Nazi iindlela ezinokukunceda:

- **Gcina uzinzo kubomi bakho** - uphile impilo eqqibeleyo. Ngokwengcali zengqondo impilo-ntle negqibeleyo iquka ukuphila ubomi obulinganayo obunendlela yokuba uzive unolonwabo, impumelelo, kanye nonxebelewano. Incwadi yethu ethi “Look After Your Wellbeing By Finding Balance” ithetha banzi ngokujonga impilo yakho ngokugqibeleyo .IActivity Menu kwiphepha elilandelayo iqulethe iingcebiso zokukunceda uqhathe/uphazamise ingqondo kwaye uhlale uxakekile zizinto ezilungileyo. Khumbula ukuba asizonkomo ezidla zodwa- singabantu sifuna unxibelewano ukuze siphile ubomi obugqibeleyo. Sicebisa ukuba uzame ukwenza imisebenzi ejolise kunxebelewano kwakunye nokuzibandakanya nabanye abantu. Kumaxesha anjengala okuphila kulobhubhane kwaye unxebelwano ngokudibana kunqunyanyisiwe, zama ukufumana ezinyе iindlela zokuhlala ugcine unxebelwano nabantu abasondeleyo kuwe nisagcine imiqathango yokungasondelelani. Umzekelo, ningacina unxibelewano kwi-Internet – kumakhasi onxebelewano okanye ngefowuni.
- **/Ziqhelise ukuwazi umohluko phakathi kwexhala/uxinzelelo olusekelwe phezu 'kwengxaki yokwenyani', okanye ingxaki esekelwe phezu 'koqikelelo lwenyani'.** I-The Worry Decision Tree sisixhobo esiluncedo ekukuncedeni ukuba ukwazi ukwahlula kohlobo lokukhathazeka kwakho. Ukuba ufumanisa uninzi lwenkxalabo/uxinzelelo lwakho lusekelezwe kwingxaki ezingeyo nyani/zoqikelelo, kubalulekile ukuba ukhumbuze ingqondo yakho ukuba ayigxilanga kwingxaki enesisombululo/onokuyisombulula kwangoko, wandule ukuliphosa ngasemva kwelokulibala ukuze ukwazi ukugxila kwenye into onesisombululo sayo. Esi sixhono ungasisebenzisa nakubantwana xabenengxaki abanazo ekunzima ukumelana nazo.
- **Zama ukuziqhelanisa nokungasoloko ugxis le kwixhala lakho.** Ixhala okanye uxinzelelo linendlela yokuzenza lisokolo likuzungezile -linokukwenza uzive ngokungathi kufuneka ulithathele ingqalelo ungaphozisanga maseko. Kungoko kubalulekile ukuyazi ukuba ingaba inkxalabo yakho yeyenyani okanye lisekelezew phezu koqikelelo, ukuba leloqikilelo, zama ulirhoxise. Abantu abaninzi bafumanisa ukuba

Ukuphila ngexhala kune noxinzelelo lwengqondo kwilixa lokungaqiniseki kwehlabathi

ukuwazi lomehluko kubenza bakwazi ukuba nobudlelwane obukethekileyo nenzingo zabo. Ngamanye amazwi, oku kuthetha ukuba beka ixesha elikhethekileyo suku ngalunye lokuzinika imvume youkuba ukhathazeke (umzekelo: Ukubekela bucala imizuzu engama-30 ekupheleni kosuku ngalunye – ugxile kulongxaki kulomizuzu uyikhethileyo). Ewe ekuqalekeni, kungabonakala iyinto engenamsebsenzi kwaye nengahelekanga ukuzinika ithuba lokgxila kwinkxalabo zakho! Lento ithetha ukuthi kwiyure ezi 23.5 ngosuku awuzogxila kumaxhala akho okanye uxinzelelo ophantsi kwalo de ufike ‘kwixesha lakho lokukhathazeka’. Incwadi yethu ye Worry Postponement inika umkhombandlela ngamanyathelo onokuwazama ukuzama ukurhoxisa inkxalabo/ukukhazeka.

- **Thetha nesi sakho ngemfesane/nothando.** Khumbula ukuaba ixhala linokuvela kwindawo yokukhathazeka ngabantu esibathandayo nesibakhathaleleyo. I- cognitive behavioural therapy yenze yendlela zokunyanga ejolise ekulungiseni iingcinga ezimbi, ezixhalabisayo, okanye ezikhathazayo ngokuthi ubani azibhale phantsi kwaye ufumane ndlelayimbi yokuphendula eyahlukileyo kweyesiqhelo. Ukusebenzisa isixhobo i- Challenging Your Thoughts With Compassion kunokunika ndlela zimbi zokuphendula iingcinga zakho zoxinzelelo okanye ezikukhathazayo ngokuthi ugxile kwimfesane xauziphendula. Sikunike umzekelo ukuze ubone ukuba wenza njani.
- **Ziqhelise ukuthathela ingqalelo.** Ukuthathela ingqalelo into/imo oyenzayo kungasincedisa ekuzikhululen i kumakhamandela oxinzelelo kwaye kusifundise ukuphila ngoku. Umzekelo, ukugxila kwindlela omphemfumla ngayo, uwuve umsinga wokuphuma nokungena komoya uphefumla okanye ukuva izandi ezikunfgqongileyo, zingakunceda uthathele ingqalelo umzuzu ophila kuwo kwaye uyeke ukuzikathaza.

Ukuphila ngexhala kune noxinzelelo lwengqondo kwilixa lokungaqiniseki kwehlabathi

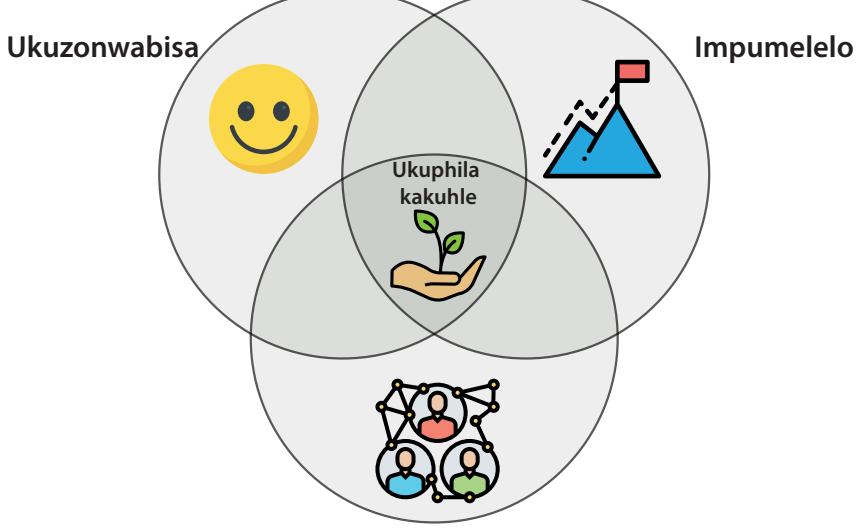
Yinyamekele impilo yakho ngokuthi uphile ubomi obugqibeleyo

Kulengxubakaxa kabhubhane, uninzi lweendlela zethu eziqhelekileyo zokuphila zitshintshile. Ithi lonto yenze singabi nazinzo kwaye kubenzima ukuqhube undalashe. Abanye bethu basebenza besemakhaya, abanye basebenza phantsi kwemiqathango engqingqwa eqinisekisa ukuba imigaqo siseko ebekiwego yokuba kungabikho sondelelwano igciniwe. Nangona kunjalo kabalulekile ukugcina izinto ubani ebehlei ezenza zesiqhelo ezizakuvusa umnyele ngokuthi:

- zikunike imvakalelo yempumelelo
- ukukuncheda uhive usondelelene kwaye unxulumene nabanye abantu ngenjongo yolonwabo.

Xa siphantsi Koxinzelelo kune nexhala, sinokuphulukana nezinto ebesenza ukuba sonwabe. Kwelilixa, cwangcisa imisebenzi ethile imihla ngemihla eyonwabisayo Kwaye uzonwabise. Umzekelo, ukufunda incwadi emnandi, ukubukela umdlalo ohlekisayo, ukudanisa okanye ukucula iingoma zakho ozithandayo, ukuya Kuhlamba umzimba okanye ukutya ukutya okuthandayo.

Siziva sonwabile xa siphumelele okanye siphumeze okuthile, Ke ngoko Kuluncedo ukuquka imisebenzi mihla le ekunika umbono wempumelelo. Umzekelo, ukwenza umsebenzi wasekhaya, ukuhombisa, ukwenza igadi, umsebenzi wasemsebenzini, ukupheka isidlo esitsha, ukuzilolanga, okanye ukufezekisa 'amadinga obomi' anje njengokuhlawula ityala.



Ukusondelelana / Unxibelelwano

Asizizo iinkomo ezidla zodwa Kungoko sifuna ukusondelelana. Kunye nonxebelelwano nabanye abantu. Kulobhubhane ukhoyo uninzi lwethu lusenokuba luhleli lodwa okanye sikude nabanye abantu, Kubalulekile ukuba siqwälasele iindlela zonxbelelwano ukuze singaziboni ngathi sisodwa eluntwini futhi side sibenesizungu. Ingaba bethu ungaqhubeka njani ukunxebelelwana nosapho lwakho Kunye nabahlobo Kwelilixa? mhławumbi ukusebenzisa amakhasi onxebelelwano, iminxeba Kunye amajelo osasazo evidiyo Kwi-internet njengofundo ncwadi olushicilelwae Kwi-internet, ifilmu unokukhangela amacandelo okunceda uluntu kwingingqi yakho asekelezwe kwi -internet uzi-bandakanye kuwo.

Ukungalingani kolonwabo, impumelelo kune nokusondelana/unxulumano kunokuchaphazela indlela esiziva ngayo. Umzekelo, ukuba uchitha ixesha lakho elininzi usebenza ungenalo nexesa lokuzonwabiso okanye lokuhlala nabanye abantu, kungakwenza uhive unomoya ophantsi kwaye uwedwa. Kwelinye icala, ukuba uchitha ixesha lakho elininzi uphumlile, uzonwabiso kuphela ungenzi ezinye izinto ezibalulekileyo kuwe oko kunokuchaphazela isimo sakho, uhive unoya ophantsi okanye kungekho mpumelelo.

Ekupheleni kosuku ngalunye zivavanye uzibuze imibuzo ngendlela ochitha ngayo iimini zakho, ucinge 'yintoni endiyenzileyo namhlanje endinike umbono wempumelelo? Uyolo? Ukusondelelana/unxibelelwano nabanye? Ingaba ndifumene ibhalansi elungileyo, okanye ndingenza ngokwahlukileyo ngomso?

Ukuphila ngexhala kune noxinzelelo lwengqondo kwilixa lokungaqiniseki kwehlabathi

Sebenzisa nalu uluhlu lwezinto onokuthi uzenze ukuzigcina uxakekile



Izilwanyana
Fuya Isilwanyana
Hambisa Inja
Mamela iintaka



Shukumisa umzimba
Thatha uhumbo
Yiya kubaleka
Yiya Kuquuba
Qhuba ibhayisekile
Sebenzisa ividiyo yokuzivocavoca
/vavanyo ekhaya



Ukucoxa
Coca Indlu
Coca iyadi
Coca igumbi lokuhlambela
Coca igumbi langasese
Coca igumbi lakho lokulala
Coca isibandisi/umkhencenzisi (ifrijji)
Coca ioven
Coca izihlangu zakho
Hlamba impahla
Gcwalsa okanye ukhuphe izitya
kwi-dishwasher
Yenza eminye imisebenzi yasekhaya
Lungelelanisa indawo yakho
yokusebenza
Coca ikhabathhi



Nxibelelana nabanye abantu
Nxibelelana nomhlobo
Zibandakanye neqela elitsha
Zibandakanye neqela lezopolitiko
Zibandakanye ne website encedisana
nokufuna iqabane
Thumela umhlobo umyalezo
Bhalela umhlobo wakho incwadi
Vuselela ubuhlobo nomhlobo
wakho wakudala



Pheka
Ziphekele isidlo
Phekela omnye umntu isidlo
Bhaka amaqebengwana okanye
woje i marshmallows
Fumana iresiphi entsha



Yenza
Zoba umfanekiso
Zoba imzibozu yabantu
Thathaiifoto
Zoba
Cwangcisa iifoto/imifanekiso
Yenza ialbum yemifanekiso
Qala incwadi yezinto ozithandayo
Gqibezelu iproject obuyiqalile
Thunga okanye unithe



Ukubonakalisa
Hleka
Khala
Cula
Khwaza



Ububele
Nceda umhlobo / ummelwane
/ umntu ongamacayo
Yenzela umntu isipho
Zama isenzo esingenamkhethethe
sobubele
Yenzela umntu isenzo sobubele
Fundisa umntu isakhono
Yenzela umntu into entle
Yenzela umntu into angayiliindelanga
Yenza uluhlu lwamanqaku
akho alungileyo
Yenza uluhlu lwezinto onombulelo ngazo
okanyeuluhlu lwabantu onombulelo
ngabo



Funda
Funda into entsha
Funda isakhono esitsha
Funda inyani entsha
Bukela ividiyo yokufundisa



Ngciba/Lungisa
Lungisa into endlini
Ukulungisa ibhayisekile yakho
/ imoto / isithuthuthu
Yenza into entsha
Tshintsha ibulb yesibane
Hombisa igumbi



Ingqondo
Yiba nemibono
Camanga
Thandaza
Cingisia
Cinga
Yenza imithambo ephumza ingqondo
Yenza i Yoga



Umculo
Phulaphula umculo owuthandayo
Fumana umculo omtsha
onokuwumamela
Vula umamele unomathotholo
Yenza umculo
Vuma ingoma
Dlala isixhobo somculo
Phulaphula umculo kwi internet



Indalo
Qala isitiya
Tyala into
Thena imithi okanye izityalo
Cheba ingca
Yikha iiintyatyambo
Thenga iiintyatyambo
Hamba phakathi kwendalo
Gcakamela ilanga



Cwangcisa
Zibekeli imigomo
Yenza isicwangciso lwenkcitho
mali
Zenzele isicwangciso seminyaka
emihlanu
Zenzele uluhlu lwezinto ocinga
ukuzenza
Zenzele uluhlu lweminqweno
yobomi bakho
Yenza uluhlu lwezinto ozakuzith-
enga



Funda
Funda incwadi oyithandayo
Funda incwadi oqalayo ukuyibona
Funda iphepha ndaba
Funda kwijelo ndaba olithandayo
kwi website



Isicwangciso nkqubo
Vuka ngaphambi kwexesha lakho
lesiqhelo
Hlala de kudlule ixesha lakho
lesiqhelo
Lala sekdlule ixesha lakho
lesiqhelo
Cutha uluhlu lwezinto ocinga
ukuzenza



Ukuzihoya
Hlamba
Hlamba kwi Shower
Hlamba iinwele zakho
Zipotopotoze ubuso bakho
Cheba iinziphlo
Gcakamela ilanga
(Unxibe isikhuseli selangal!)
Ngqengqa umzuzwana



Zama into entsha
Zama ukutya okutsha
Mamela umculo omtsha
Bukela umboniso bhanyabhanya
okanye inkqubo entsha ku mabonakude
Nxiba iimpahla ezintsha
Funda incwadi entsha
Yenza into ongayicwangcisa
/engalindelekanga
Ziveze ubuwena



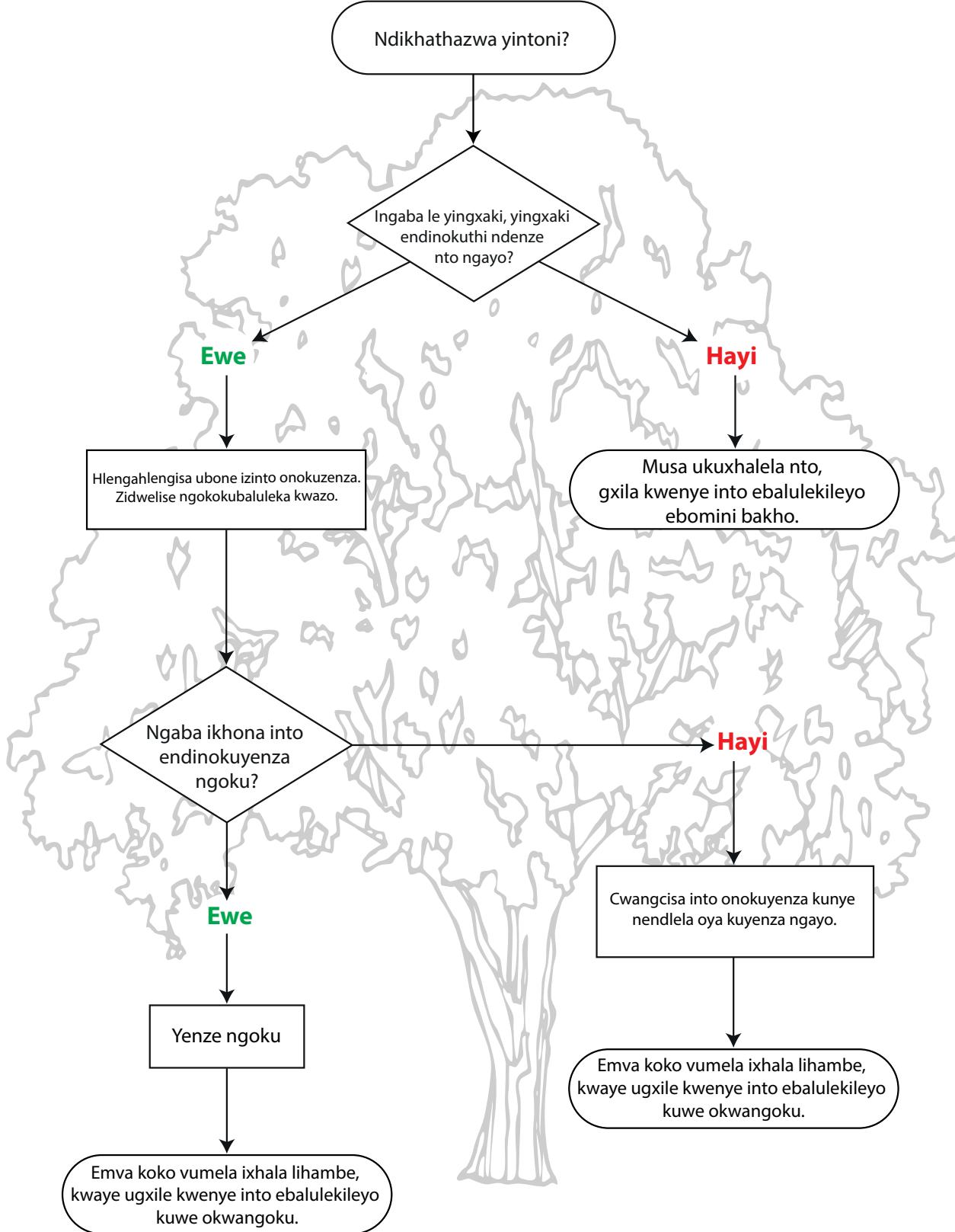
Bukela
Bukela umfanekiso bhanyabhanya
Bukela umboniso kumabonakude
Bukela ividiyo yeYouTube



Bhala
Bhala ileta encomayo
Bhala ileta eya kwiziko lezopolitiko
Bhala ileta evakalisa umsindo
Bhala ileta enombulelo
Bhala i card lombulelo
Bhala incwadi yeenkumbula
Bhala i-CV yakho
Qala ukubhala incwadi

Ukuphila ngexhala kune noxinzelelo lwengqondo kwilixa lokungaqiniseki kwehlabathi

Sebenzisa lomthi wesigqibo ukukunceda ukuba uqaphele ixhala elenziwa 'yingxaki yokwenyani' okanye ixhala elenziwa 'yingxaki yoqikelelo'



Ukuphila ngexhala kune noxinzelelo lwengqondo kwilixa lokungaqiniseki kwehlabathi

Ukukuhlehlisa ixhala kumaxesha angaquinisekanga

lingcali zengqondo zicinga ukuba zimbini iintloblo zokuxhalaba:

1. Ingxaki yokwenene yimeko echaphazela ubomi bakho nguko kwaye unalo icebo lokuyisombulula kwangoko.

"Izandla zam zingcolile ngenxa yegadi, kufuneka ndizihlambe", "Ndidinda ukutsalela umnxeba umhlobo wam okanye uza kucinga ukuba ndiwilibele umhla wokuzalwa kwakhe" "Andidiboni izitshiko zam", "andinakukwazi ukuhlawula ityala lombane", "Iqabane lam alithethi nam".

2. Ixhala elisekezelwanga kwinyani/elingelilo elokwenyani lenziwa kukuxhalaba zizinto ezingekenzeki kodwa zisenako ukwenzekaka kwixhesa elizayo. "Kungenzeka ntoni ukuba ndingafa?", "Kuyakwenzekani ukuba wonke umntu endimaziyo uyafa?", "Mhlawumbi le nto indikhathazayo iyandiphambanisa"

Abantu abasoloko benamaxhala baziva bengakwazi ukuzilawula iimvakalelo zabu, zichitha ixesha, kwaye ngamanye amaxesha bakholelwa ukuba kuluncedo ukuzibandakanya ekukhathazekeni xa kusenzeka. Ukuzama ukurhoxisa ukukhathazeka kwakho - ukubeka ngabom ixesha elithile kusuku lwakho ukuze ungenzi nto ngaphandle kokukhathazeka kune nokunciphisa ixesha olichitha ekuxhalabeni - yindlela eluncedo yokufumana ubudlelwane bakho kune noxinzelelo. Landela la manyathelo angezantsi kwiveki enye.

Inyathelo 1: Ukulungiselela

Thatha isigqibo sokuba liza kuba nini ixesha lokuxhalaba, kwaye lixesha elingakanani.

- 'Ixesha lokuxhalaba' lixesha olibekele bucala yonke imihla ngenjongo ezizodwa zojongana nezinto ezikuxhalabisayo.
- Lelipi ixesha lemini ocinga ukuba liya kuba lelona lilungileyo kuwe ukuze ujongane negxaki ezikuxhalabisayo?
- Kunini apho ungalindelekanga ukuba uphazanyiswe?
- Ukuba awuqinisekanga, imizuzu eli-15 ukuya kwengama-30 yonke imihla ngentsimbi yesi-7:00 ngokuhlwa ingalixesa elilungileyo onokulisebenzisa.



Inyathelo 2: Ukurhoxisa ukukhathazeka

Xa uhlangabezana neengxaki ezixhalabisayoo ngexesah lase mini, zijinge ubone ukuba ingaba yimeko efuna ukuqwalaselwa ngoko nangoko okanye unokuyibekela elinye ixesha.

Ingaba yingxaki exhalabisayo ngokwenene

le ndijongene nayo,
kwaye ikhona na into
endinokuyenza ngayo ngoku?

Ewe

Hayi

yenza into ngayo ngoku

Musa ukucingga ngayo de kufike ixesha
olimisele ukujongana nengxaki ezikuxhalabisayo.

Buyisela iingcinga zakho kwinto oyenzayo ngalomzuzu:

- Sebenzisa iimvakalelo zakho (ukubona, isandi, ukuchukumisa, ukuhoya, ukungcamla).
- Zama ukuthatha ingqalelo kwizinto ezikungqongileyo kunezo eziphazamisana nomphefumlo wakho.
- Zixelete ukuba awuzokucinga ngale meko yakho ngoku, kodwa uyakujongana nayo ngexesha elililo.

Inyathelo 3: Ixesha lokuxhalaba

Sebenzisa ixesha lakho olibekele bucala ukujongana nengxaki ekuxhalabisayo. Bhala phantsi naziphi na izinto ezixhalabisayoo ocinga ukuba unazo imini yonke. Zibaluleke ngantoni kuwe ngoku? Ngaba zingxaki ezinokukhokelela ekubeni uthathe amanyathelo afanelekileyo?

- Zama ukusebenzisa lonke ixesha olibekele bucala ukujongana negxaki ekuxhalabisayo nokuba awuboni mfuneko yoko.
- Qwalalsela izinto ezikuxhalabisayo ujunge ukuba zisakwenza uhive uphantsi koxinzelelo obuliva na ekuqaleni kwazo.
- Ngaba ikhona enye yezinto ezikuxhalabisayo ezinokuthi ziguqulwe zibe yingxaki ebonakalayo onokuthi uysombulule?

Ukuphila ngexhala kune noxinzelelo lwengqondo kwilixa lokungaqiniseki kwehlabathi

Ukucela umngeni kwiingcamango zakho ngovelwano ngexesha lemeko yezempilo ebangela unxunguphalo kwilizwe lonke

Imeko Ubunabantu? Ubuseenza ntoni? Ubuphi? Ingaba yenzeke nini?	lumvakalelo kune neemvakalelo zomzimba Uzive njani? Ubungakanani benqanabu ukusuka ku 0-100%	Ingcinka ezizenzekelayo Yintoni ethhe qatha engqondweni yakho? Lingcina, imifanekiso, okanye inkumbulo	Impendulo enovelwano Kwezingcinga zakho ezingantitanga, ingaba impendulo enovelwano ngokwenene ingathini?
Ndibukele iindaba iijure zamboini zilandelelana	Invakalelo yoxinzelelo kune noloyiko olugqithisileyo	Imbi lento. Abantu abaninzi banokuFa. Kurza kuuenzenka ntoni Kum kune nosapho lwam?	Iyaqondakala into yokuba uxhalabile- yinto elindelekileyo leyo. Yeyiphi eyona nto onokuyenza ukuze uzive ngcana ngoku? mhlauumbi ungabukela umdlalo ohlekisayo endaweni yeendaba, okanye uwuke wenze enye into.
Ukuba ubunomfanekiso okanye inkumbulo, ibithetha ukuthini kuwe?	Zama ukuziphendula ngovelwano, nobubele, nenkuthazo, ubushushu, kwaye ungazigwebi • Angathini umhlobo wam osenyongwene kum? • Angathini umntu onovelwano nemfesane ngokwenene kum? • Ingaba kufuneka umntu ethethe nam njanji ukuze ndizive ndikhululekile kwaye ndiqintsekile?		

Ukuphila ngexhala kunye noxinzelelo lwengqondo kwilixa lokungaqiniseki kwehlabathi

Ukucela umngeni kwiingcamango zakho ngovelwano ngexesha lemeko yezempilo ebangela uxunguphalo kwilizwe lonke

Imeko	lumvakalelo kunye neemvakalelo zomzimba	Ingcina ezzenzekelayo	Impendulo enovelwano
Ubunabani? Ubusenza ntoni? Ubuphi? Ingaba yenzeke nini?	Ubungakanani benqanaba ukusuka ku 0-100%	Yintoni ethie qatha engqondweni yakho? lingcina, imifanekiso, okanye linkumbulo	Kwezingcina zakho ezingantlanga, ingaba impendulo enovelwano ngokwenene ingathini?
Ukuba ubunomfanekiso okanye inkumbulo, ibithetha ukuthini kuwe?	Zama ukuziphendula ngovelwano, nobubele, nenkuthazo, ubushushu, kwave ungaqigwebi • Angathini umhlobo wam osenyyongweni kum? • Angathini umntu onovelwano nemfesane ngokwenene kum? • Ingaba kufuneka umntu ethetha nam njani ukuze ndizive ndikhululekile kwave ndiqinisekile?		

lingcebiso zokugqibela

- **Zibekele inkqubo.** Ukuba uchitha ixesha elininzi ekhaya kubalulekile ukuqhubeka nenqubo yesiqhelo. Gcina ixesha eliqhelekileyo lokuvuka kwaye ulale, utye ngamaxesha ngamaxesha, kwaye ulungiselele kwaye unxibe rhoqo kusasa. Unokuzenzela uluhlu okanye izicwangciso ezibhaliwego lwezinto zokwenza ulandele ololuhlu.
- **Hlala udlamkile ngokwasengqondweni nase mzimbeni.** Xa ucwangcisa izinto zokwenza imihla ngemihla, thatha okuya kubandakanya imisebenzi yokugcina ingqondo nomzimba wakho zihlaziyekile. Umzekelo, unokuzama ukufunda izifundo ezitsha ngekhompyutha, okanye ufunde ulwimi olutsha. Kubalulekile nokuzigcina usemzimbeni ophilileyo. Umzekelo ukwenza umsebenzi wasekhaya kangangemizuzu engama-30, okanye ividiyo yokuzivocavoca kumajelo e-Intanethi.
- **Ziqheliseukubanombulelo.** Ngamaxesha okungaqiniseki, ukuphuhlisa indlela yokwenza umbulelo kunokukunceda ukuba unxibelelane namaxesha okonwaba, ukuba uyaphila, nokuba uyolo. Ekupheleni kosuku ngalunye, zinike ixesha lokucingisia ngento onombulelo ngayo namhlanje. Zama kwaye ubalule kwaye uqaphele izinto ezintsha mihla le, umzekelo 'Ndibulela ukuba ndikwazile ukuhlala egadini ngexeska lesidlo sasemini ilanga lipholile kamnandi'. Ungaqala ijenali (incwadana) yombulelo, okanye ugcine amanqaku embizeni yokubulela. Khuthaza abanye abantu kwikhaya lakho ukuba nabo babandakanyeke.
- **Qaphela uzinciphise izinto ezenza unxunguphalo.** Njengoko imeko yezempilo ikhula singaziva ngathi kufuneka silandele iindaba rhoqo okanye sijonge amajelo asekuhlaleni ukuze sifumane iindaba ezintsha. Nangona kunjalo, unokuqaphela oku kukwabangela ukuba ube nexhala kune nonxunguphalo. Zama ukuqaphela into ebangela ukuba ube nexhala. Umzekelo, ngaba ukubukela iindaba kungaphezu kwemizuzu engama-30? Ukujonga amajelo onxibelevano rhoqo ngeyure? Zama ukunciphisa ixesha olichazayo ukuba libangela ukukhathazeka mihla le. Unokukhetha ukumamela iindaba ngexesha elitkhethekileyo ngemini, okanye unokunciphisa ixesha olichitha kumajelo osasazo kune endaba ujonga iindaba.
- **Xhomekeka kwimithombo yeendaba ethembekileyo.** Ibalulekile into youkuba uwuqaphele umthombo weendaba nolwazi ukuba uthembakele kangakanani na. Qaphela ukhethe imithombo yeendaba ethembekileyo. Umbutho wezeMpilo weHlabathi i- World Health Organization inikezelwa ngolwazi olululo apha:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

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