

Hambela kude ecubeni nakwiziyobisi. Utywala busele ngendlela efanel-ekileyo

PHILA



Ukungatshayi icuba (kuquka ihookah pipe), ukungasebenzisi ziyobisi nokusela utywala ngendlela eyiyo oko kungaciphisa amathuba okuba ube nesifo sentliziyo, iswekile, istroke, ingxaki yemiphunga kunye nezinye iindidi zomhlaza

lingcebiso ngeendlela zokuphila ezisempilweni -QALISA NAMHLANJE

- lindlela zokuphila ezingekho mpilweni (ezifana nokutshaya, iziyobisi, notywala) ziyeke endaweni yazo uqalise ngemithambo, izinto ozithandayo, izinto zasekuhlaleni (ekuhlaleni, kusapho, nasemsebenzini)
- Zibekele umhla oya kuthi UYIYEKE ngawo imikhwa engakusi ndawo wenze isigqibo ngendlela oya kuthi umelane ngayo nestresi, ukunqanqatheka neempawu zokuyeka.
- Imithambo ingakunceda umelane neempawu zokuyeka kunye neenkanuko (ukunqanqatheka) ufuna icuba, iziyobisi kunye notywala. Injongo yokwenza imithambo imizuzu eyi-30 iintsuku ezininzi zeveki.
- Zenzele abahlobo wakhe amaqhina onxibelelwano ekuhlaleni ukuze ufumane iinkxaso kwabantanganye nawe
- Zinqande unyawo kwiindawo ezizakuba sisikhumbuzo, neziza kubangela ukuba ubawe nezizakuthi zikulunge ngendlela zokuphila kwakho ezingekho mthethweni. Umzekelo hlalela kude kwiindawo kunye nabantu obughele ukutshaya nabo, kwindawo yeziyobisi nalapho kuselwa khona utywala.
- Nceda ufumane uncedo olusemthethweni olufana nokufumana iingcebiso, itheraphi okanye unyawo. Nceda uqhagamshelane nomsebenzi wezempilo ukuze akucacisele. amaziko onyawo eNtshona Koloni: www.westerncape.gov.za/directories/facilities/736
- Umama okhulelweyo kufuneka angatshayi, angazisebenzisi iziyobisi angaseli nobuphi na utywala ukukhusela usana lwakhe olungekagalwa lungabi nengxaki emzimbeni nokuphazamiseka engqondweni. Utata onoxanduva/ iqabane baya kunika inkxaso ngokuthi bancedise ngokungasebenzisi izinto ezingekho sempilweni ngexesha lokukhulelwa kwabo. Oku kufuneka kwenziwe ngaba bantu bobabini.

Lawula iStresi

PHILA



Istresi yinxenye yobomi bethu kwaye kufuneka silawulwe ukuze sikhusele iziphumo ezibi empilweni yethu kwaye sihlale sisempilweni. lindlela zokuziva xa unestresi ziquka ukuqinelwa zizihlunu, ukubila kwezandla, ukubila kakhulu, ukubetha ngokukhawuleza kwentliziyo, ukuxuxuzela kwesisu, ukukhefuzela, ukuba nengcwangu, ukuba nochuku, idipreshini, ukungavi kamnandi nokungabi namdla. Sonke siba naso istresi! Indaba ezimnandi zezokuba zikhona iindlela zokujongana nokulawula lo mizuzu yoloyiko nestresi kwaye uyoyise.

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- Yonke imihla yiba nomzuzu apho uza kuthi wenze into ekwenza uve kamnandi. Mayingabi ngathi wenze into embi xa wenze oku. Oku kwehlisa izinga lestresi sakho.
- Izinto ezifana nemithambo nemidlalo zikhupha iihomoni ezikwenza ukuba uzive wonwabile nezikunika amandla okujongana neengxaki zakho. Zamela ukuba nje imizuzu eyi-30 yokushukumisa igazi iintsuku ezininzi zeveki.
- Ukuzolula kukwenza uwutsale ngokwaneleyo umoya utsho nomzimba ukhululeke.
- Yitya ukutya okusempilweni. Zibandeze ekutyeni okunecaffeine, amafutha neswekile.
- Ukutshintsha indlela yakho yokwenza izinto kunganceda ukuba ubeke izinto ngolunye uhlobo kwaye ke oko kukuncede ukuba ufumane isiqabu kwimeko estresayo, umz khawukhe uphakame uphume ngexesha lesidlo.
- Nceda ufumane uncedo sukungcungcutheka wedwa! Ukuba kunzima kuwe ukulawula istresi, thetha nesihlobo sakho, umongikazi/ ugqirha wakho, umkhokeli wakho enkonzweni okanye umniki ngecebiso.
- Yakha ubuhlobo wenze amaqhina awomeleleyo onxibelelwano okufumana inkxaso
- Zilumkele izinto ezibangela ukuba ungalali kamnandi ezifana nezibane ezikhanya kakhulu, ingxolo, izinto zombane ezikhalayo (umz. TV, cell phone) ukutya okunekhafeyini, utywala neswekile.

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I- WoW (Western Cape on Wellness) ikhuthaza amanyathelo obomi obusempilweni ukukhusela, nokunciphisa nokwenza ngcono ukulawula izigulo ezixhaphakileyo ezinganyangekiyo.

Ngokusebenzisana nabanye abantu, iWoW! iyakhuthaza kwaye imema amasebe karhulumente, amaziko emfundo, imibutho ezimeleyo, amaqela asekuhlaleni kunye noluntu ukwenzala senze inkqubo ezakwenza ukuba sibe Ngokusebenzisana nabanye abantu, iWoW! iyakhuthaza kwaye imema amasebe karhulumente, amaziko emfundo, imibutho ezimeleyo, amaqela asekuhlaleni kunye noluntu ukwenzala senze inkqubo ezakwenza ukuba sibe sempilweni sisonke.

Yiba sempilweni! Yonwabwa! Yiba nguwe! Uhlale Uchulumancile!



WOW! FUNDA PHILA YITYA DLALA

UBAMBISWANO NGAMANDLA.

Phila ubomi obusempilweni

FUNDA



Ukuze siphile ubomi obusempilweni, kufuneka sikhethe iindlela ezingcono kuquka ukutya esikutyayo, indlela esikwenza ngayo ukutya kwethu, ixesha lokwenza imithambo, indlela esikhawulelana ngayo nestresi, indlela yokuziphatha nezinye izinto ezifana nokungatshayi, ukungasebenzisi iziyobisi nokungabuseli ngendlela eyiyo utywala. Iindlela ezingekho mpilweni esizikhethayo zongeza amathuba okuqalwa zizifo ezixhaphakileyo nezinganyangekiyo ezifana nesifo seswekile, ihigh-high, izinga eliphezulu lamafutha emzimbeni, iingxaki zentliziyo, igawuthi, isifo somhlaza neengxaki zokungaphili engqondweni.

Eli phetshana lisinika iindlela ezininzi ongazisebenzisa ukuzamana nempilo yakho ukuzikhusela kwizifo ezinganyangekiyo. Iindlela zokuphila ezibalulekileyo onokukhetha kuzo ezinxulumene neendlela zethu zokuziphatha ngokwesondo azikho kweliphetshana. Iindlela zethu esizikhethileyo kufuneka zisikhusele ukuba singakhulelwa singenanjongo yoko nakwizifo ezosulela ngesondo esifana neHIV.

Namhlanje ungathatha amanyathelo akhuthaza nakhusela impilo yakho ukuze ube nobomi obungcono nobude.

Ngeenkukacha ezithe vetshe: nceda uthumele ngeSMS igama elithi WoW kule nombolo 35395 (standard data charges apply)

Thumela i-Imeyile: wow@westerncape.gov.za
iWebsite: www.westerncape.gov.za/wow
Umnxeba: 021 483 6651 / IFeksi: 021 483 6033



URhulumente
weNtshona Koloni

EzeMpilo



Yitya ngendlela esempilweni uze ugade ubukhulu bomzimba wakho

YITYA



Ukutya ngendlela esempilweni kumalunga neentlobo zokutya esikhetha ukutya zona neendlela esipheka ngayo nesikwenza ngayo ukutya kwethu. Ezi ndlela sizikhethayo zinemiphumela emzimbeni yethu. Umzimba osempilweni bubunzima omele ukuba ube bubo ngokweminyaka yakho, ubukhulu bomzimba wakho nobude bakho. Ukugcina umzimba wakho usempilweni oko ukwenza ngokuthi utye ukutya okunempilo nokwenza imithambo kubaluleke kakhulu kule meko.

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- Bazi ubunzima bomzimba wakho ukuba buthini! Kufuneka wazile ukuba ubunzima bakho obusempilweni nobufanelekileyo ukuba bumele ukuba buthini ngoko ke yiya kuzijonga khona unyaka nonyaka ukuze ulazi izinga Lokumpompa igazi (blood pressure), isifo seswekile, namafutha asegazini lakho.
- Sebenzisa iindlela zokupheka ezisebenzisa amafutha amancinci okanye angasetyenziswa kwaphela, umz. ukurosta, ukugrilla, ukubhaka, stir-frying, ukustimisha nokubilisa.
- Susa amanqatha enyameni ngaphambi kokuba uyipheke.
- Yitya iziqhamo nemifuno kakhulu kunye nokutya okuphekwe ekhaya okwenziwe ngokutya okufreshi. Sukuzitya kakhulu izinto ezifrayiweyo kunye nokutya okuthengwa kwiindawo ezithengisayo.
- Sukuyigalela kakhulu ityuwa. Kuve ukutya kwakho phambi kokuba ugalele ityuwa. Susa isitya setyuwa etafileni. Sebenzisa ityuwa encinci xa upheka/ ubhaka. Sebenzisa ezinye iindlela endaweni yetyuwa ezifana nelemon juice, igarlic, itswele, ijinja okanye iieebzi.
- yitya ukutya okungenaswekile kakhulu. Ungaze ugalele iswekile ekutyeni komntana/ kwisiselo sakhe. Yitya iziqhamo neemifuno endaweni yeebhiskithi.
- Sela kakhulu amanzi etephu. Amanzi anongiweyo ngokuthi uwafake izinto eziqhelekileyo umz. isilayi se-apile, ilemon, iorenji, ityhukhamba. Sela amanzi xa usitya. Musa ukusela iidrinki ezineswekile qho (umz. izihwahlwazi, amanzi, anencasa, iidrinki ezinika amandla, iijusi ezineswekile.
- Linganisa umthamo wokutya okutyayo kunye nemithambo oyenzayo.

Umzimba wakho mawuhlale udlamkile ngemithambo.

DLALA



Imithambo imalunga nokushukumisa umzimba oko ukwenza ngezihlunu namandla omzimba. Ukwenza imithambo kunceda kwaye kukhusela imizimba yethu kwanempilo ngokwasengqondweni, oko ke kunceda ukukugcina unomzimba ofanelekileyo nosempilweni. ukuzilolonga kuyakunceda xa uyeka ukutshaya, kunceda ukuba ube nendlela yokulawula istresi, kunceda ekubeni ulale kakuhle ebusuku, kunceda ekukunikeneni amandla ngakumbi, kuyonwabisa oku kwaye kusimahla! Wonke umntu, kuquka abantu abaphila nezigulo ezingapheliyo, bayazuza ekugcineni imizimba yabo idlamkile.

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- Yonke imihla makubekho into oyenzayo eshukumisa igazi imizuzu eyi-30 okanye imizuzu eyi-150 ngeveki, ukonwabele oku- akukho mfuneko yokuba ujime!
- Ixesha elininzi hamba-hamba, uhambe ngokukhawuleza! Sebenzisa izitepusi endaweni yelifiti! Kwii-eskhaleyitha sukuma ndawonye nyuka! Yehlika ebhasini okanye etaxini kwistopu esingaphambili uthi chu ukuya endlini uhamba ngenyawo.
- Endaweni yokuhlala uphunge iti/ikofu phakame uhambe imizuzu nje elishumi. Cela umhlobo wakho ukuba nihambe nobabini.
- Jayiva ushukume xa kukhala umculo! hlakula igadi! Coca iyadi yakho !
- Dlala imidlalo engenabungozi kunye nabantwana bakho.
- Zibandakanye neqela labantu abazilolongayo ukuze uzokhuthazeka
- Sukuhlala phantsi ixesha elide, yima kakhulu, xhuma-xhuma/ Zolule xa kuboniswa intengiso yoko kumabonakude. Phakama ume ngenyawo xa ifoni yakho ikhala