

Yetfula Umtfwalo



SCAN CODE
FOR COPY

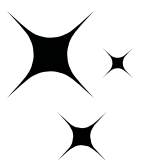
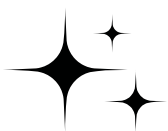
INCWADZI LENGUMKHOMBANDLELA WEKWELULEKWA
KWENGCONDVO NEKUSITA KUTSI WETFULE UMTFWALO
EMTIMBENI KANYE NASEMOYENI

Lencwadzi iliungiswe ngulethlangano latilandzelako:

**Phumelela Project
Yebo Art Gallery
Antidote Culture Foundation
Loyisekele Ngetimali:
Lihhovisi Lakhomishane Welive Lemangisi Eswatini**

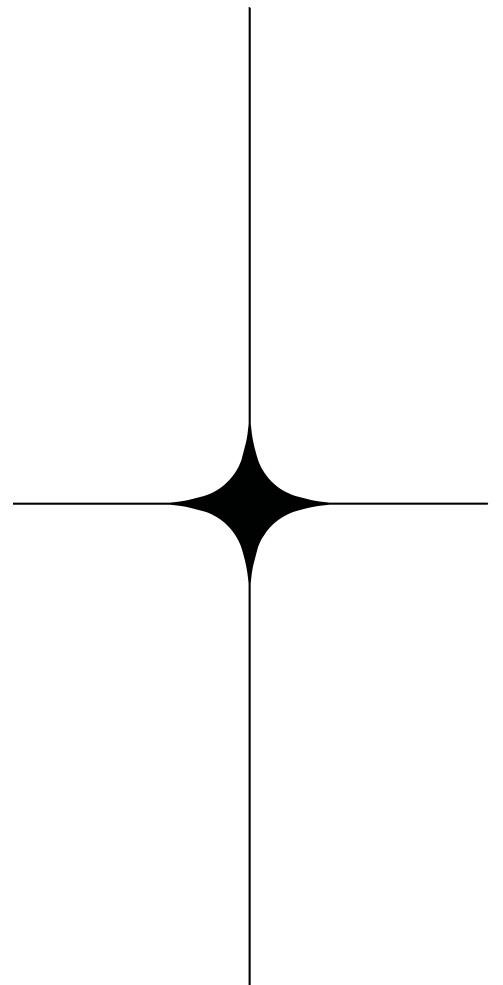
Satiso:

Uma kulungiswa lobhukwana, sisebente ngekutimisela kutsi sinikete teluleko letisime ebufakazini lobuphatselene netimo letikhona eveni LaseSwatini. Noma kunjalo, kumcoka kugcizelela kutsi lencwajana ayimi esikhundleni selwati lolubanti lwetempilo kanye nekuhlolisiswa emitfolamphilo. Uma kukhona lokusemcondvweni wakho lokuphatselene nesimo sakho sengcondvo, uyelulekwa kutsi usebentise tinsita tekweluleka letibhalwe ngephansi kweluhla lokutsiwa "**Lusito Lekweluleka Ingcondvo**".



Kubonga

Egameni le Phumelela Project, Yebo Art Gallery, kanye na Antidote Culture Foundation, sitsandza kwendlulisa kubonga ku **H.E. Simon Boyden, British High Commissioner to Eswatini**, ngekusekela ngetimali kukhicitwa kwalencwajana lephatselene Nekuphila Kwemuntfu Engcondvweni. Ngalokukhetsekile sitsandza kuphindze sibonge umnumzane **Ferdinand Von Habsburg-Lothringen** lobe yincenye yaloluhlelo kusukela ekucaleni kwalo wendlula wasebenta ngekutikhandla kucinisekisa kutsi siyakutfola kusekeleka lebesikudzinga kute sakhe luhlelo lwekuletsa lolusito lolukhonsako etindzabeni tekuphila nekwelulekwa kwengcondvo. Siyabonga Ferdi ngekutsi wente umtfwalo wetfu ube melula :)



Singeniso



YINI BUMCOKA BALENCWAJANA

Live laseSwatini latiwa ngekutsi live lelinekuthula kanye nesive lesitfokotile. Noma kunjalo, libalelwa emaveni lahamba embili ngelinani lebantfu labatibulalako emhlabeni. Loku kusenta sitibute kutsi sijabule kanganani sisive? Ngekwandza kwekuhlukubetana ngekwbulili, lizinga lelisetulu lekungasebenti kwebantfu labasha lelilinganiselwa kulokungemashumi lasihlanu nencenye ekhulwini, nencenye yesive lesiphila ngephansi kwelizinga lelemukelekako lebusweti lelilinganiselwa kulokungemashumi lasihlanu nemfica ekhulwini, kusenta singamangali kutsi sibhekene nalesihlava lesikukhatsateka nekugula engcondvweni.

Lokubhulungu kutsi, kutfolo lusito ngetindzaba tekweluleka ngendvondvo kunanati tingcinamba letilandzelako:

- Kute umgomo wekusebenta tindzaba tekweluleka ngengcondvo lobekiwe eveni.
- Kunasinye sibhedlela sahumende lesiniketa lusito ngetindzaba tekweluleka ingcondvo eveni lonkhe.
- Incenye lekhulu yesive semaswati asinayo imali leyenele kutsi bangatfolo lusito kubodokotela labatimele labeluleka ingcondvo.
- Tinhlelo letinyenti tekonga timali tekwelashwa setiyinciphise ngelinani lelikhulu imali lebekelwe tindzaba tekwelapha nekululeka ingcondvo.
- Bantfu labanyenti eveni, kuphila kwabo nekunakelela ingcondvo yabo abakukhandzi kusizatfu lesenele kutsi bangate bakutfolele lusit emtfolamphilo ngengca yekuhlulelwa nekubukeleka phansi kanye netitfombe mcondvo letingasiko kahle letimataniswa nako. Kumcoka kwenta siciniseko kutsi lusito lwekululeka ingcondvo lwentiwa kube melula kulutfolo noma ngabe ukusiphi sigaba semphilo, ikakhulukati incenye sive leseswele.



Singeniso



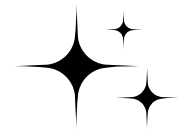
YINI BUMCOKA BALENCWAJANA

Umgomo wetfu kwenabisa indlela yekuniketa lusito Lekweluleka Ingcondvo nekucinisekisa kutsi lolusito luyefika futsi lunemtselela lomuhle eveni lonkhe.

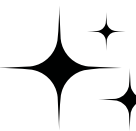
Inhloso yalencwajana kuhlephulelana lwati lolwejwayekile ngetindzaba tekweluleka ingcondvo kute sikhulise silizinga lekufundziseka ngalo letindzaba tekuphila ngalokuphelele engcondvweni eveni lonkhe. Yakhelwe kutsi inikete lwati lolwentiwe lwaba melula kepha lolukhonako kusita umuntfu kutsi acondzise ngalokuphelele tindzaba tekwelapha ingcondvo (esigabeni setfu silive lasEwatini) nekusikhutsata kutsi sikuvulekele kucocisana ngetindzaba tekweluleka ingcondvo “nekwenta umtfwalo wetfu ube melula”!



Tahluko



Kucondzisisa Kuphila Engcondvweni	01 - 02
Kucondzisisa Kukhatsateka	
Kucondzisisa Kungahlaliseki Emoyeni	03 - 08
Kucondzisisa Sifo Sekwesaba	
Kucondzisisa Kukhatsateka Emoyeni	09 - 12
Kucondzisisa Kuhlukubeteka Lokubangwe	
Sigameko Tsite	13 - 15
Kucondzisisa Kunatsa Tjwala Nekudla	
Tidzakamiva Ngalokwecile	16 - 19
Kucondzisisa Kutibulala	
Emacebo Ekutinakelela	20 - 25
Kubhala Imiva Yakho Phansi	
Lusito Lekweluleka Ingcondvo	
	26 - 31
	32 - 38
	39 - 40
	41 - 45
	46



Kucondzisisa Kuphila Engcondvweni



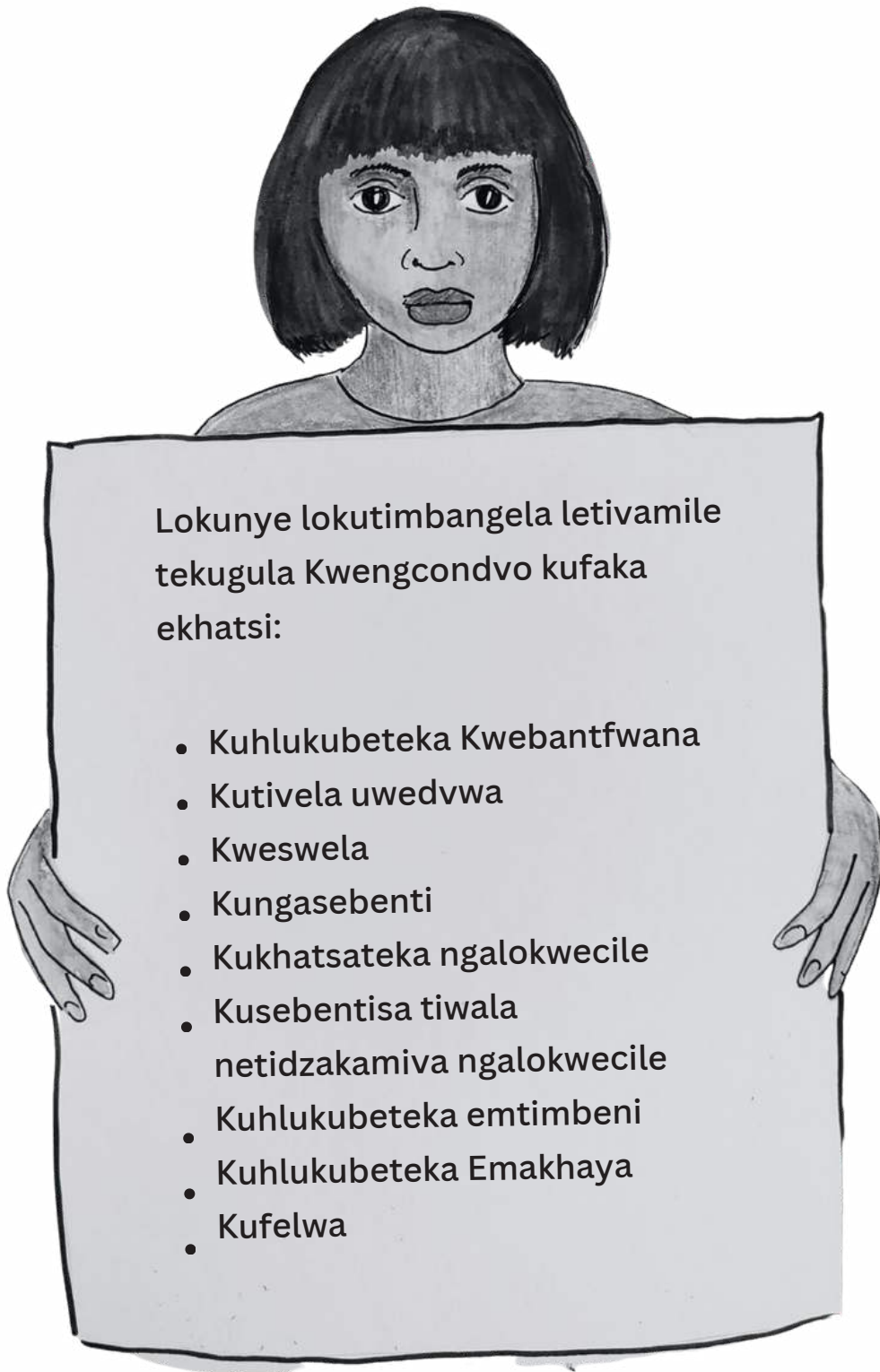
YINI KUPHILA ENGCONDVWENI?

Kuphila Engcondvweni kuphatselene nemiva kanye nemicabango yetfu-loku kuchaza kuphila emoyeni kanye nasengcondvweni yetfu. Kuphila kwetfu engcondvweni kuisita kutsi sikhone kubhekana netimo letehlukene temphilo, kusente sikhone kubeketela. Kuphila kwetfu engcondvweni kunemtselela etincumeni lesititsatsako, budlelwane betfu nalabanye bantfu, nenzima lesiyidlalako emimangweni lesiphila kuyo. Kuphila engcondvweni kuyendlula ekutseni ubete kugula lokuphatselene nengcondvo. Kuyehluka kumuntfu ngemuntfu, kuye ngelizinga letingcinamba lobhekene nato kanye nekukhatsateka lokuholela emiphumeleni leyehlukene kutemphilo kanye nenhlalakahle. Kuphila kwetfu engcondvweni kwakhiwa tintfo letinyenti letifaka ekhatsi: kukhatsateka, lesikufundzako, naloko imimango lesiphila kiyo lekubhekile kitsi. Kute sikhone kuticondzisisa tsine nekutsi sikhone kubhekana netimo lesendlula kuto, kumcoka kutsi siyati futsi siyinakisise lemitselela. Kuphila engcondvweni lokukahle kulawulwa nguletinsika letilandzelako:

- ***Kuphila emtimbeni.***
- ***Lesikudlako.***
- ***Kuphila emoyeni,***
- ***Tenhlalakahle,***
- ***Takamoya,***
- ***ihlakanipho yengcondvo,***
- ***Timali kanye nendzawo lesihlala kuyo.***

Uma singete nasaka noma nguyiphi kuletinsika letibaliwe, ekuhambeni kwesikhatsi, kutawukhinyabeta kuphila kwetfu, inhlalakahle kanye nelizinga letfu lemphilo.





Lokunye lokutimbangela letivamile
tekugula Kwengcondvo kufaka
ekhatsi:

- Kuhlukubeteka Kwebantfwana
- Kutivela uwedvwa
- Kweswela
- Kungasebenti
- Kukhatsateka ngalokwecile
- Kusebentisa tiwala
netidzakamiva ngalokwecile
- Kuhlukubeteka emtimbeni
- Kuhlukubeteka Emakhaya
- Kufelwa

Njengobe umtimba wakho uwunakelela ngekutivocavoca nekudla
kudla lokunemaseko lamatsatfu, nengcondvo yakho iyakudzinga
kunakelelwa kute itosebenta kahle. Loku kuyakusita kutsi ukhone
kubhekana nemisebenti yelusuku ngelusuku, ukhone kufeza imigomo
lotibekele yona phindze ukhone kulawula imizwa yakhi ngendlela
lefanele uma ubhekana netintfo letenteka emaceleni kwakho.

Kucondzisisa Kukhatsateka



Sonkhe siyabhekana nekukhatsateka- empeleni, kuyintfo leyetayelekile futsi lefanele kwenteka!

Kukhatsateka kuyindlela leyindalo yekusibikela emtimbeni nasetingcondvweni tetfu uma sibhekana netingcinamba letihlola likhono letfu lekugcina tintfo tisesimeni lesimeme, kwemukela kanye neutilungisa uma sibhekene netimo. Noma kunjalo, uma lokukhatsateka sekwenta siyela noma kuphika kuvela njalo njalo, kungagcine sekubanga tinkinga

TINTFO LETIVAME KUBANGA

KUKHATSATEKA TIFAKA EKHATSI:

- **Tintfo Letisendzweni Lesiphila Kuyo:** leti tintfo letinemtselela ekutseni sikhatsateke letiphatsese lendzawo lesihlala kuyo. Tibonelo taloku tingafaka ekhatsi kuhlala etindzaweni leticwabelene/ letiminyetelene, kubhekana nelinani lelinyenti kakhulu letimo emgwacweni noma kwandza kwemsindvo etindzaweni letisemadolobheni.
- **Timo Tenhlalo:** Leti timo letiletsa kukhatsateka letichamuka ekucindzetelweni nguloko lokubhekwe yimimango lesihlala kuyo. Loku kungafaka ekhatsibkukhatsateka ngetimali, kugucuka kwetimilo nendlela yekutiphatsa, umtfwalo nekucindzeteleka kutsi wente imisebenti tsite emsebentini nome ekhaya, nekukhatsateka ngebucala nekuphepha emimangweni lesihlala kuyo.



KUCONDZISISA KUKHATSATEKA

- **Timo Tekukhula:** leti tingcinamba letihambisana netigaba tekukhula nemisebenti lebhekeke kumuntfu kuleso naleso sigaba. Tifaka ekhatsi tinkinga letifaka ekhatsi kukhulisa bantfwana, kugcina budlelwane lobuphilile emishadweni, kubhekana nelushointjo netingcinamba tekukhula usangena ebusheni, kutsatsa inzima nemtfwalo wekunakelela tidzingo temalunga emndeni.

Kungenteka kube sewuke wabhekana nasinye nome letimbalwa timo letibanga kukhatsateka letibalwe ngenhla esigabeni tsite semphilo, futsi kungenteka kube tikhona lobhekene nato nyalo, ngiko ke kutsiwa tinhlobo letivamile letibanga kukhatsateka. Bonkhe labantfu lohlangana nabo esitaladini, etincoleni tekutfutsa sive, etitolo, emsebentini babhekene neluhlobo tsite lwekukhatsateka. Kungako kumcoka kutsi wandzise umusa, ube nesineke neluvelo kubo bonkhe bantfu.

UTIVA UNJANI UMA UPHETFWE KUKHATSATEKA?

Simphiwe, longumtali loyedvwana webantfwana labatfwatfu lohpendze kube nguyeyedvwa lobeka sinkhwa etafuleni kulomndeni, udlela esandleni njalo ngenyanga. Loku kumenta ahlale ativela engamelekile nje, angakhoni kulala, ahlale atsetsisa bantfwabakhe nome kunasidzingo. Loku labekhekene nako timphawu tekuphatfwa kukhatsateka. Timphawu tekukhatsateka tidlala inzima lenkhulu ekuphileni kwemuntfu engcondvweni. Lokutsi Simphiwe nguyeyedvwa losebentako kuyimbangela yekukhatsateka bese lokungalali kahle, kucansuka lite, kutsetsisa bantfwana timphawu tekukhatsateka.

Uma sikhatsatekile njenga Siphawe, sifave kutivela singahlaliseki emoyeni, sengamelekile futsi sinekwesaba ngalokutako. Futsi singatikhandza sihlangahlangene engcondvweni, silahlekelwe litsemba, sicangene engcondvweni sisetama kutfola sisombululo kulenkinga lesibhekene nayo.

Kutivela ngalendlela kungenta kube lukhuni kunaka tintfo futsi kutsikamete lizinga lekukhumbula tintfo, sikhatsateke ngemsebenti weskolwa, imisebenti yasekhaya kanye nekucindzetelwa bangani. Esigabeni lesilandzelako sekukhula, kukhatsateka kwetfu kuyatfutfuka kube semsebentini, timali, budlelwane kanye nekukhulisa bantfwana, njalo njalo.

KUBONAKALA NGANI KUKHATSATEKA?

Timphawu tekukhatsateka tingaba semoyeni, emtimbeni, endleleni yekutiphatsa, engcondvweni/ kusebenta kwengcondvo. Kungenteka kutsi umuntfu munye avete timphawu tekukhatsateka letinyenti ngesikhatsi sinye. Khumbula, tonkhe letimphawu tekukhatsateka tiyintfo leyetayelekile uma umuntfu abhekene netimbangela tekukhatsateka nguloyo naloyo muntfu utawuveta timphawu kletehlukile noma ngabe imbangela yekukhatsateka iyafana.



NATI TINDLELA UMTIMBA WAKHO LONGAVETA TIMPHAWU TEKUKHATSATEKA NGATO:

- **Emoyeni:** kutivela wesaba, unghalaliseki emoyeni, unelusizi, kulahlekelwa litsemba, kutfukutsela noma kucansuka lite.
Emtimbeni: kwenyuka kwelizinga lekushaya kwengati, tinkinga
- tenhlitiyo, kuphatfwa yinhloko, kuphatfwa sisu nebulukhuni bekulala.
Indlela Yekutiphatsa: kunatsa noma kudla tidzakamiva ngalokwecile, kubhekana nekulwa lokunyenti emndenini, batali
- babe nemiva yekufukamela bantfwana ngalokwecile, kutigcina umatasatasa ngalokwecile noma kubalekela kuhlanguana nekucocisana nebantfu.

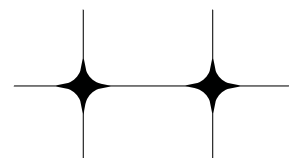
TINHLOBO TEKUKHATSATEKA

KUKHATSATEKA LOKWENDLULAKO:

Lena nguyona nhlobo yekukhatsateka levamile. Luhlobo lwekukhatsateka lolutsatsa sikhatsi lesifishane lokungenteka lukusite kutsi wente ncono emsebentini tsite nome lutsikamete imiva yakho. Kungafaka ekhatsi kushonelwa nguloyo lomtsandzako, kutfola ingoti nome kubhala luhlolo tsite.

KUKHATSATEKA LOKUKHONSAKO:

Loku kungachazwa ngekutsi kukhatsateka lokungabalekeleki futsi lokungendluli. Kungabangwa tintfo letifaka ekhatsi kuphela/ kwehluleka kwemshado, tinkinga tetimali nome umsebenti lolukhuni nalodzinga lokunyenti kuwe. Kukhatsateka lokuchubekako kungabangwa sehlakalo tsite nome kulimala ndlelatsite lokuvele usemncane.



UNGAWENTA KANJANI UMTFWALO WAKHO UBE MELULA

- Ngekwenza intfo loyitsandzako naloyitsakaselako (lokufaka ekhatsi kulima ingadze, kuhlabela/ kulalela umculo)
- Kutivocavoca (lokufaka ekhatsi imisebenti yasekhaya, kuhamba, kugijima)
- Kudla kahle (lokufaka ekhatsi kudlalokunemsoco lokuvamile eveni lemaSwati, tibhidvo netitselo)
- Kutigcina uhlantekile (kuhloba emtimbeni)
- Kubhala phansi imiva yakho, loko lowendlule kuko kute ukhone kuhlela kahle imicabango yakho ngako.
- Kutakhela sikhatsi uwedwana nje usuke kuletintfo letikubangela kukhatsateka.
- Kubalekele kunatsa nekudla tidzakamiva ngalokwecile

Kubhekana nekukhatsateka akudzingi kutsi ute uyewubhadala timali letishisiwe entindzaweni tekutivocavoca, umeluleki wengcondvo lobhekene nawe kuphela nome kutsatsa liholide lelidulile. Kuphuma nje welule tinyawo, kulala emahora lasikhombisa ebusuku nekudla banana nje uhambise sikhatsi kungaba yindlela leyemukelekako yekulwa nekukhatsateka.



UNGAWENTA NJANI UMTFWALO WALOMUNYE UMUNTFU UBE MELULA

- Tsatsa sikhatsi kutsi uhlole tihlobo takho ukhombise kubesekela. Lalelisa loko lokubakhatsatako ubasite kute bakhone kubhoboka kuwe.
- Bahlephulele ngetindlela lotisebentisako tekubhekana nekukhatsateka. Sibonelo saloku kungaba kutsi labanye batfola kuthula ekutseni baye esontfweni labanye futsi bajabulela kwelula tinyawo bahambe babuke imvelo.
- Bakhutsate kutsi batfole lusito lolufanele lwabocwephesha kute batfole kusekeleka nekwetfulwa umtfwalo. Sebentisa lwati lolusekhasini lelinesihloko lesitsi: "**Lusito Lekweluleka Ingcondvo**".



Kucondzisisa Kungahlaliseki Emoyeni

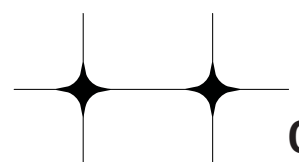


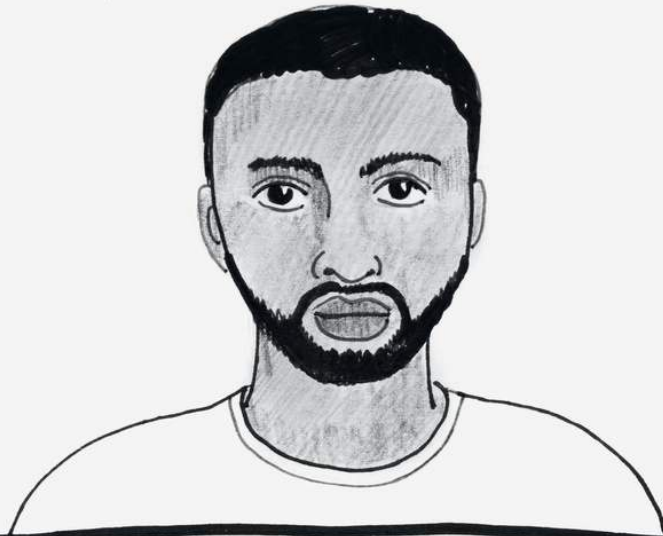
YINI KUTIVELA UNGAHLALISEKI EMOYENI ?

Kutivela unghahlaliseki emoyeni ngumuzwa lowetayelekile wekungakhululeki, kukhatsateka nome kwesaba lokungaba semazingeni lehlukene kusukela kuleliphansi kuya kulelisetulu kakhulu. Kuyintfo leyetayelekile kutsi umuntfu ativele angahlaliseki emoyeni uma usetimeni letitsite letifana nanawuyowenta luhlolo lwekufuna umsebenti nome ubhala luhlolo eskolweni. Noma kunjalo, kulabanye bantfu, imetamo yekubhekana nalemizwa lena kungaba yintfo leluhuni kugcine sekutsikameta nemphilo yabo.

UMA UPHETFWE KUNGAHLALISEKI EMOYENI, UYAYE UTIVE UNJANI?

Kungahlaliseki emoyeni kuyaye kube ngatsi ubanjwe ngumuzwa wekungakhululeki lovamise kulandzelwa yimicabango legijimako, kungahlaliseki netimphawu emtimbeni letifana nekutsi inhltiyo ishayeletulu, kujuluka nekucina kwemamasela. Lemizwa lena ingakwengamela iphindze ikwente ube nebuluhuni bekwenta imisebenti yakho yelusuku, kukkwente uhlale ukhatsatekile ngaso sonkhe sikhatsi nome simo lobhekene naso singasiso lesiluhuni kakhulu.

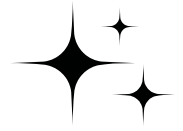




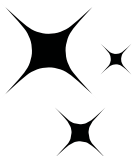
Timpshawu Tekungahlaliseki Emoyeni:

- Kungashayi kahle kwenhlitiyo
- Kujuka nekuchachatela kwemtimba
- Kutiva ukhatsele futsi uphelelwa ngemandla
- Bulukhuni bekulala
- Utive unenshisekelo yekudlalela khashane netintfo letisisusa sekungahlaliseki kahle emoyeni
- Kuphefumulela etulu
- Bulukhuni bekulandzelela tintfo nekucabanga ngendlela lehlelekile ngetimo letikudvunga ingcondvo
- Bulukhuni bekwenta tincumo nekulawula imiva yakho

UNGAWENTA KANJANI UMTFWALO WAKHO UBE MELULA



- **Khulumisana nemuntfu lometsembako:** Cocisana nemuntfu losedvutane nawe nome lilunga lemndeni ngemicabango nome imiva yakho. Loyo muntfu kufanele kube ngumuntfu longakhona kukulalela ngeluvulo lokungaskusita kunciphisa lemiva yekungahlaliseki emoyeni.
- **Tsatsa sikhatsi uyekele kusebentisa tinkhundla tekuchumana:** luphenyo lolwentiwe esikhatsini lesendlulile luvetile kutsi kusebentisa tinkhundla tekuchumana kungenta kutsi umuntfu ativele angahlaliseki emoyeni kakhulu kunalokwetayelekile, kungako kumcoka kutsi utikalele sikhatsi losisebentisako etinkhundleni tekuchumana.
- **Hlala unencwajana lapho ubhala khona imiva yakho:** kubhala ngetimo lowendlula kuto letikubangela kungahlaliseki emoyeni kungakusita kutsi ukhone kuba nemkhondvo lokuvetelako kutsi yini leyaye ibangele kutsi utivele ngalendlela. Kuphindze kukusite kutsi ucondzise kahle imiva yakho ikhakhulukati nawuhlaselekile.
- **Hlala njalo uphishanekile:** Bani yincenye yemidlalo nome imisebenti tsite loyitsakaselako lengafaka ekhatsi kugijima, kuhlobisa lawuhleli khona nalokunye nje.
- **Tinikete sikhatsi sekulala:** yenta siciniseko sekutsi utfola sikhatsi lesenele sekuphumula kute usekele kuphila kwakho engcondvweni
- **Yetama kusebentisa tindlela tekwehlisa umoya:** tfole tindlela letifana ne yoga, kuthandaza nekucitsa sikhatsi nendalo kutsi ukhutsate kuphumuta umtimba nekwehlisa umoya.
- **Balekela tjwala netidzakamiva:** nciphisa tidzakamiva letingenta timphawo tekungahlaliseki kahle emoyeni tibe metima kakhulu.

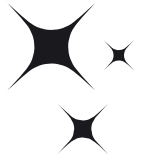


UNGAWENTA NJANI UBE MELULA UMTFWALO WALOMUNYE?

- **Ngekucondzisisa simo saloyo muntfu:** tinike sikhatsi sekutsi ufundze kabanti ngesisusa sekungahlaliseki kahle emoyeni kwakhe. Kubuta ngetimo labendlula kuto netindlela latisebentisako tekubhekana naletimo kungakukhanyisela kutsi ungamesekela njani loyo muntfu. **Ngekukhutsata kutsi**
- **afune lusito lwabocwephesha:** mnikete lusito neteluleko ngekutsi akhone kutfola nekuchumana nalabo labangamniketa lusito lwekululeka ingcondvo. (sebentisa lwati lolusesahlukweni lesikhuluma nge "**Lusito Lekweluleka Ingcondvo**". Kute utfole lusito lolwengetiwe) **Buta kutsi**
- **nguyiphi indlela longaba lusito ngayo:** Yihloniphe imikhawulo labatibekela yona ngekutsi ngaso sonkhe sikhatsi, ubute kutsi nguyiphi indlela longabesekela ngayo longaba lusito kubo.



Kucondzisisa sifo sekwesaba

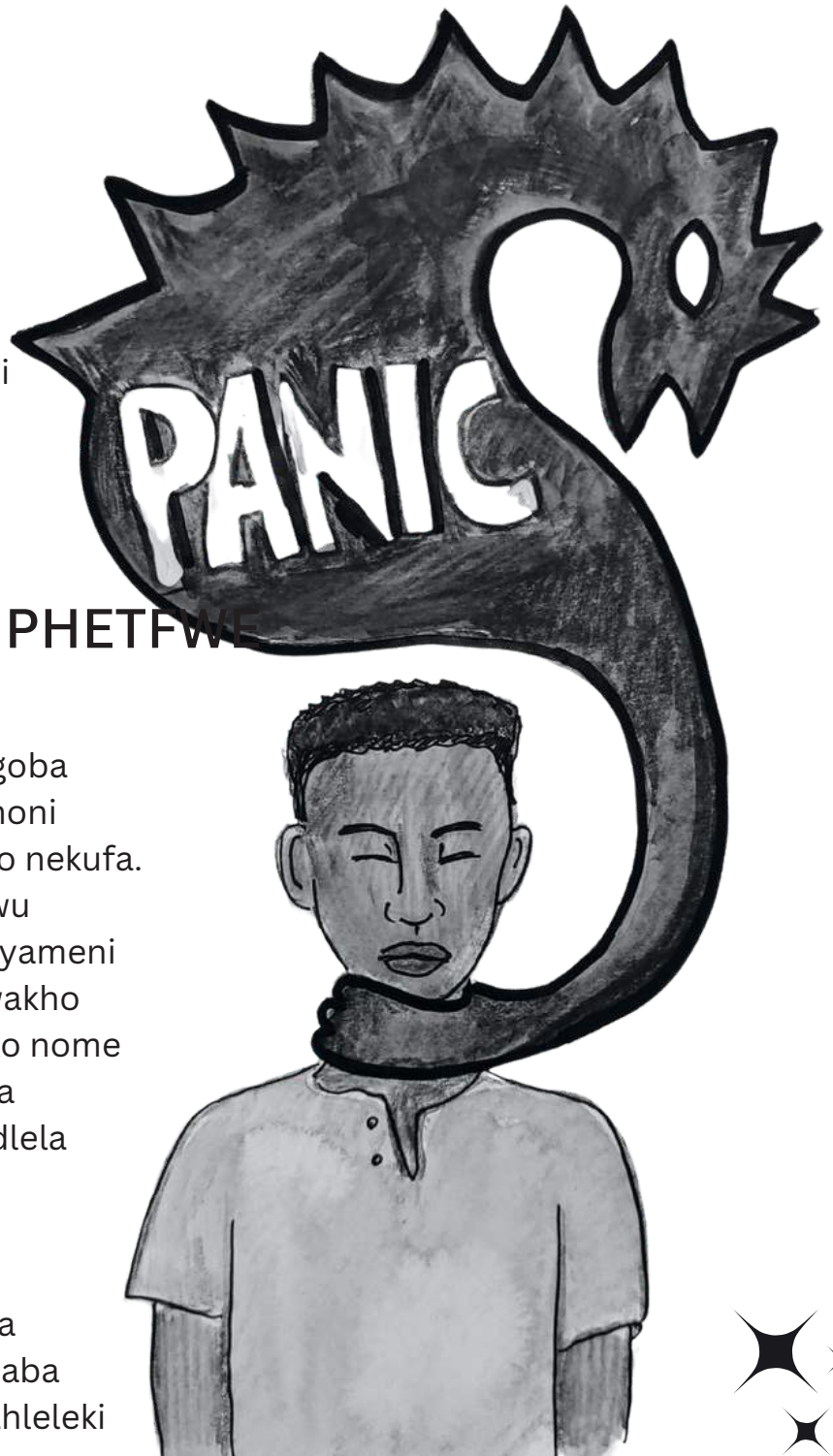


YINI SIFO SEKWESABA?

Sifo sekwesaba luhlobo
lwekungahlaliseki kahle emoyeni
lapho khona ufikelwa yimiva
yekwesaba ngaso sonkhe sikhatsi
nome ngetikhatsi
letisondzelenekoku kuhlobo
lwekungahlaliseki kahle emoyeni
lolusezingeni lelisetulu kakhulu.

UTIVA NJANI NAWUPHETFWA SIFO SEKWESABA?

Sifo sekwesaba singakwetfusa ngoba
ucindzetelwa yimizwa yekungakhoni
kulawula tintfo emphilweni yakho nekufa.
Uma ubanjwe ngulesifo, timphawu
letimetima engcondvweni nasenyameni
tiyavela masinyane emtimbeni wakho
ngephandle kwesizatfu lesicacako nome
kukhatsateka lokutseni. Imvamisa
yesikhatsi, lokuhlaseleka ngalendlela
kutsatsa imizuzu lesihlanu kuya
kulengemashumi lamabili. Noma
lokuhlaseleka kungesiyo ingoti
emtimbeni/enyameni, kuyesabisa
kakhulu. Lokubanjwa sifo sekwesaba
kungenteka ngetikhatsi letingakahleleki
noma njalo ngeliviki.

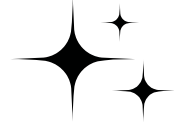




Timphawu Tesifo Sekwesaba

- Kutiva ngatsi ushiywa ngumtimba
- Kuphatfwa yinhloko
- Kugonyuluka
- Kuva buhlungu esifubeni
- Kuphelelwa ngumoya
- Kujutjwa lukhalo
- Kuphatfwa sitfutsefutse
- Kuva ngatsi uyekhameka
- Kuva ngatsi uyafa

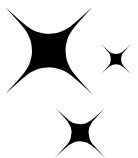
UNGAWENTA NJANI UBE MELULA UMTFWALO WAKHO



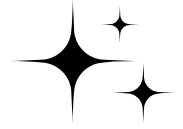
- Dvonsa umoya kakhulu, uwukhiphe kancane (dvonsa umoya imizuzwana lemine, uwubambe imizuzwana lesikhombisa bese uwukhipha kancane imizuzwana lesiphohlango).
- Tikhumbute kutsi loku lokwentekako kungeke kukubulale futsi kutowendlula.
- Tfola intfo letokusimisa. Ungetama kusebentisa imizwa yakho yonkhe lesihlanu.
- Hambahamba kute ukhone kwehlisa umoya.
- Tsatseka ngesitfombemcondvo utibeke endzaweni lapho utivela ukhululekile, ubeke umoya phansi futsi uphephile.
- Dlani emaswidi lanemakhambi emvelo noma ishugamu nome intfo lemnyu.
- Tsintsa nome ugone intfo lentofotelako-tigoce ngengubo.

UNGAWENTANJANI UMTFWALO WALOMUNYE UBE MELULA

- **Vumelana nabo kutsi lesimo labakuso siliciniso:** Khulumisana naye kahle ukhombise kutsi uyamkholwa kutsi kungenteka kutsi uhlaselwe sifo sekwesaba umnike siciniseko sekutsi ukhonela kutobasita.
- **Khutsata kutsi advonse umoya:** Msite kutsi aphefumule kancane, ngalokujulile kepha ungawesusi emehlo akho kulawa akhe kute umnike siciniseko sekutsi uyamesekela.
- **Sebentisa emasu ekwenta tisekelo:** Bentise tintfo letisilandzelo, letihlelekile letilandzelanako, letifaka ekhatsi kubala amemete nekunaka tandla takhe uma atisebentise.
- **Vusetela imiva yakhe ngendzawo lakuyo:** Lwisana nenkinga yakhe yekungeva lutfo nekungahlangani nemizwa yakhe ngekutsi ubente batsintse lokulichwa nome imphahla lenemaguludla kute babuye emcondvweni.

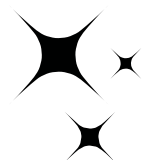


Kuncondzisisa Kucindzeteleka Emoyeni



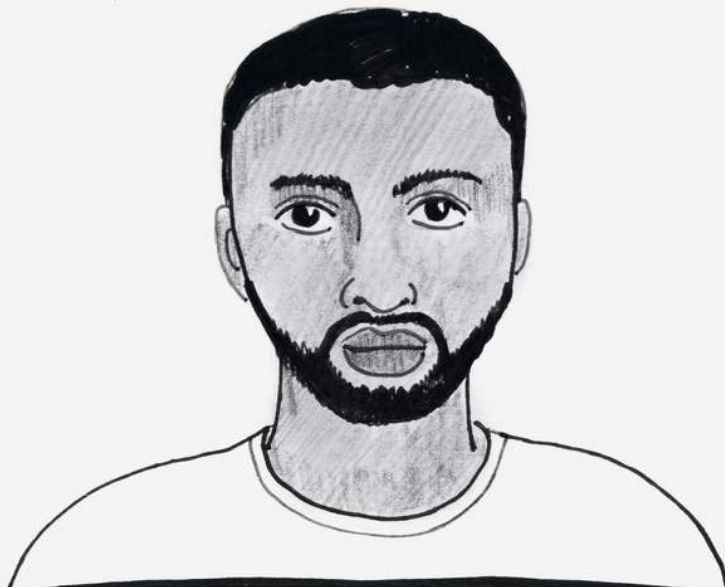
KUCINDZETELEKA EMOYENI AKUFANI NEKUTIVELA UNELUSIZI

Kubohle utivela unelusizi nemoya loshona phansi njalo emvakwesikhashana kuyincenye leyetayelekile yemphilo, kepha uma lolo lusizi luchubeka sikhatsi lesidze luphindze luhambisane nemiva yekuphelelwa litsemba lokuphatamisa kuphila kwemihla ngemihla, kungaba luphawu lwentfo lengetulu nalebucayi. Kucindzeteleka emoyeni kusifo lesidzinga kutsatselwa etulukepha leselaphekako lesihlasela imiva, imicabango kanye nendlela yekutiphatsa yemuntfu. Lesifo singaliphatamisa likhono lakho lekwenta tintfo emsebentini, eskolweni nasekhaya. Kumcoka utsi ucondze kutsi kucindzeteleka emoyeni akusilo luphawu lwekuba ntekenteke futsi “kwetama kutibutsa/kugcogca” akusiso sisombululo lesikhonsako kulesimo lesi.



UTIVELA UNJANI UMA UCINDZETELEKILE EMOYENI?

Kucindzeteleka emoyeni kungevakala ngatsi kulifu lelilengela etikwako lelingendluli leligcwele lusizi nekutivela unesikhala emoyeni. Akusiko kutsi uva umoya ushona phansi emalanganyana lamabili- kungumtfwalo lohla ukwesindza lokwenta kube metima kutsi ungajabulela tintfo lotitsandzako. Kungenteka utivele ungenatsemba, ukhatsatsele, ubandlululekile kulabanye. Imisebentjetana lemelula ikwengamele, nekutsi kube lukhuni kubona indlela lephumako kulenkinga.



Timphawu tekukhatsateka emoyeni

- Imiva lengendluli yekungajabuli nekuphelelwa litsemba
- Kulahlekelwa yinkhabunkhabu yekwenta tintfo lobewutijabulela ngephambilini
- Kuhlala ukhatsele
- kungatsembi
- Kucansuka lite nekutfukutsela
- Kudla kancane nome kakhulu kunalokwetayelekile
- Kuba nebulukhuni bekulandzelela nekwenta tincumo
- Kuba nemicabango yekufa nome kutibulala (buka sehluo lesikhuluma ngekutibulala)

Eswatini bantfu labativela bacindzetelekile emoyeni kuyaye kutsiwe bnagemavila, bantekenteke, kutitjela kutsi intfo tsite ikufanele ngobe banebulukhuni nekutikhutsata nome inshisekelo yekwenta imisebenti yelusuku, lakhona kukwenta kulala embhedzeni nekudla kuphela.

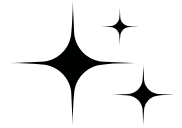
- headaches
- dizziness
- chest pains
- body aches/pains/numbness

Many people go through these symptoms and do not realise that they are depressed until their body gives out (e.g having a heart attack or stroke). They continue going to work or school because they are expected to or others depend on them.

If you have noticed 5 or more of the above mentioned signs or symptoms consistently for 2 weeks or more, we highly recommend seeking a Mental Health Professional (see chapter “Mental Health Services in Eswatini”).



UNGAWENTA NJANI UBE MELULA UMTFWALO WAKHO



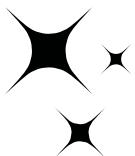
- Khuluma nemuntfu lometsembako (kungaba ngumngani losedvutane, lilunga lemndeni nome sisebenti leseluleka ingcondvo) kute ukhone kubhoboka ngemiva yakho.
- Tsatsa sikhatsi uyekele kusebentisa tinkhundla tekuchumana-luphenyo lukhomba kutsi kusebentisa tinkhundla tekuchumana kungasenta simo sibe bucayi kakhulu.
- Yenta intfo loyijabulelako (kungaba kulima ingadze, kuhlabela/kulalela umculo).
- Tivocavoce (yenta imisebenti yasendlini, gijima, lula tinyawo.
- Dlani kudla lokunemaseko lamatsatfu (kudla kwesiswati lokunemsoco, tibhidvo netitselo).
- Bhala phansi imiva yakho ngelusuku lwakho , imicabango yakho.
- Kubalekele kunatsa nekusebentisa tidzakamiva ngalokwecile.

***Inchubekela phambili ingahamba kancane kungako kufanele ube nesineke nawe utibeketelele.**

UNGAWENTA NJANI UMTFWALO WALOMUNYE UBE MELULA?

Indlela lemelula yekuletsa lusito esihlotjeni sakho lesibhekene nesifo sekucindzeteleka emoyeni, kutsi umesekele.

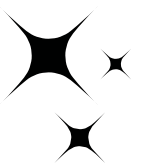
- Bente bati kutsi uyacabanga ngabo futsi ulungele kumulalela ngephandle kwekumehlulela.
- Bakhutsate kutsi batisite bona.
- Ningenta imisebenti lefana nekupheka nekuhlobisa indlu.
- Bani nesineke nawe, utinakelele.
- Ngetulu kwako konkhe, bakhutsatse kutsi batfole lusito kulabacecheshiwe, ungamuphekeletela nakunesidzingo. (Hlola sehluko lesikhuluma nge "**Lusito Lekweluleka Ingcondvo**")



Kucondzisa Kuhlukubeteka Lokubangwa tigameko letimetima

Kutiphatsa emva kwesigameko lesimetima yindlela leyetayelekile yengcondvo yemuntfu. Kungaba sigameko sinye nome sigameko lesichubekako lesifaka ekhatsi kutfola ingoti, kuhlukubeteka esikolweni, kushaywa. Kuhlukubetwa ngekwelicansi, kunganakwa nome kulahlwa batali usemncane kanye nekuhlukubeteka emoyeni.

Linyenti letfu kungenteka kutsi sesike sabhekana neluhlobo tsite lwesigameko etimphilweno tetfu kepha indlela lesibhekana ngayo naletimo ayifani. Kuvelelwa sigameko lesimetima kungakuholela kutsi wetfuke, ungakholwa nelishintjo lolugcamile emtimbeni, engcondvweni nasendleleni yekutiphatsa. Kulesinye sikhatsi, tibonakaliso tekutsi uhlukubetekile tingavelo leso sigameko sesendlula kadzeni ikakhulukati uma sitohlangana netintfo letisikhumbuta lesigameko, loku kungaphetsa kusiholele ekutseni sibe netinkinga letidzinga kwelulekwa kwengcondvo.



KUHLUKUBETEK A LOKUBANGWA SIGAMEKO KUVAKALA KUNJANI?

Uma sitivela sikhatsatekile futsi sitivela sesatjiswa, tingcondvo tetfu nemtimba yetfu iyaye ilungele kulwa, loku yintfo lesite emandla ekuyilawula- kubitwa ngekutsiwa yindlela ye Kulwa, kubaleka, kutfomeka uma wehlelwe sigameko.

INDLELA YEKUTIVIKELA	IMIVA NEMICABANGO LEVAMILE	INDLELA LEVAMILE YEKUTIPHATSA
 kulwa	“kuliphutsa lakho konkhe lolo kwentekako” Imiva yentfukutselo nelulaka	Kuphendvulana nebantfu labadzala, kuphuma ushaye sivalo, kukhombisa ludlame kuwe nakulabanye bantfu, kuphikisa nekungahloniphi, kusola labanye, kukhala
 kubaleka	“kufanele ngiphume kulenzawo lena” Kutivela ungalaliseki kahle/ wenganyelwa timo, nesifiso sekubaleka	Kuphazamiseka ekwenteni tintfo ngenhloso nome ngalokungasiyo inhloso, kungalaliseki
 Kutfomeka	“Ngingeke ngikhone” Kwetfuka/kwesaba nekutivela wengamelekile	Kuphosa lithawula masinyane, kubukeka ngatsi awukalaleli, kukhombisa kukhatsateka nekutiva wengamelekile

TIMPHAWU TEMUNTFU LONEBUHLUNGU LOBUBANGWE SIGAMEKO LESIMETIMA

Uma uke wehlelwa sigameko lesimetima kufanele wati kutsi indlela longiyo ngwmuva kwaleso sigameko inguletayekekile, futsi wetame ngako konkhe lokusemandleni kutsi usindze kuleso sigameko ngesikhatsi senteka. Imizwa yakho ngalesigameko iyaphila futsi ufanele kuyiva noma ngawube awuyicondzisisi kahle.

LEMINYE IMITSELELA YEBUHLUNGU LOBUBANGWE SIGAMEKO TSITE TIFAKA EKHATSI:

- Kutivela unentfukutselo, kungawuva umtimba, unekwetfuka, kukhatsateka, lusizi, lihlazo. Umtselela
- Emtimbeni: Kuphatfwa yinhloko, kudzinwa, kujuluka, kukhohlwa tintfo, kushaywa siyeti. Kutivela wenganyelwa
- Kwesaba esitfubeni nje. Kutikhweshisa- kuwe nakubantfu
- labangehandle. Kunatsa tjwala nekudla tidzakamiva
- ngalokwecile. (Hlola sehluko lesikhuluma ngekunatsa "tjwala nekudla tidzakamiva ngalokwecile") Kuba nemiva yekufuna kutibulala (Hlola sehluko lesikhuluma nge
- "Kutibulala") Kutilimata: uma utilimataa kute ukhone kubhekana nemiva lelukhuni. Kuba netinkinga tekulala.
- Kutidzela- kungakhoni kunaka tidzingo takho letimcoka kufaka ekhatsi kutigcina uhlantekile nekudla. Kuba
- netinkinga tekuphatseka engcondvweni letifaka ekhatsi
- Kukhatsateka emoyeni nekungahlaliseki kahle emoyeni. Bulukhuni bekugcina umsebenti, kwetsemba labanye
- nekwakha budlelwane nalabanye bantfu.

•

TINHLOBO

TEBUHLUNGU

LOBUBANGWA SIGAMEKO TSITE:

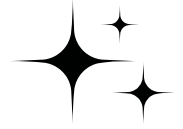
1. **Buhlungu besikhashana:** Bungabangwa sigameko sinye, lebesingakalindzelwa futsi lesikukhatsatako. Siyaye sibonakale ngekukhatsateka lokukhulu, futsi sivela masinyane ngemuva kwesigameko futsi sisheshe sendlule. (singafa ekhatsi: ingoti yemoto, kushonelwa sihlobo, kushaywa emtimbeni).

2. **Buhlungu lobuchubekako:** Bubangwa tigateko letiphindzekako esikhatsini lesidze. Kungab kuhlukubetwa/ ludlame ekhaya, kuhlukubeteka emoyeni, kuhlukubeteka emtimbeni, kunganakwa, neluhlame.)

3. **Buhlungu lobumihibahiba:** kufaka ekhatsi tigateko tekuhlukubeteka letehlukene letitsi nasetihlangene takhe timphawu letihlukile tekuhlukubeteka.

4. **Buhlungu Lobuseceleni:** loku kwenteka uma ubona umuntfu ahlukubeteka noma ehlelwa sigameko tsite kepha kube kungenteki kuwe ngco. Tisebenti tetemphilo letiniketa lusito lwekucala netisebenti tembutfo wemaphoyisa ngito letivame kubanjwa nguloluhlobo lwebuhlungu. Bayaye babitelwe etindzaweni tetigateko kute batewusita ngekulimala nekucondzisa timo letihlangahlangene. Nalo loluhlobo lumcoka ngeto tonkhe tinhlobo tebuhlungu letinye.

UNGAWENTA NJANI UMTFWALO WAKHO UBE MELULA?

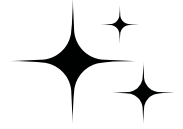


Kungenteka ungakhoni kutisita wena ngemuva kwekwehlelwa sigameko tsite ngoba usesigabeni sekutama kuphila. Lokuyaye kusite khlukile kumuntfu ngemuntfu futsi kungashintja emvakwesikhatsi. Ungetama loku lokulandzelako:

- Nakekela tidzingo takho letivamile ngekutsi uchubeke ube neluhla lwekusebenta loluhlekile lwekudla nekulala, knoma ngabe kulukhuni kanganani.
- Cinisekisa kuphepha kwakho ngekutsi ukhulumisane nemuntfu lometsimbeka nalokwesekelako.
- Kubalekele kudla tidzakamiva.
- Tivumele kutsi uve yonkhe imiva lefika emoyeni wakho ngephandle kwekutibona usehluleki.
- Uma ufikelwa yimicabango yekufuna kutilimata, yetama kutishikisha ngelichwa kulenzawo lofuna kutilimata uyo.
- Uma ufikelwa lifikamuva lemicabango, tikhumbute kutsi lobuhlungu bakho abenteki manje, bendlula futsi uphephile.
- Kutsintsa sigadla selichwa nome kutitsela ngemanti labandzako kungakusita.
- Kubhala incwajana lekhuluma ngelizinga lekujabula lakho kungakusita kutsi usheshe ubone timphawu tekushintja kwemizwa yakho.
- Bani nesineke ngawe, tinike sikhatsi, emalanga akafani, kutophetsa kwendlulile.
- Nakaloku buhlungu uma wehlelwe sigameko lesimetima kuyintfo letayelekile, kumcoka kutfolo lusito kulabaceceshiwe. Hlola sehluko lesikhuluma ngeimportant "**Lusito Lekweluleka Ingcondvo**" kute utfole lwati lolwengetiwe.



UNGAWENTA NJANI UMTFWALO WALOMUNYE UBE MELULA?



Kungaba lukhuni kubona sihlobo sakho sibhekane nebuhlungu lobubangwe sigameko tsite, kungenteka ungati kutsi wenteni kuleso simo, lokungakwenta utikhandze ungenalo litsemba. Noma kunjalo, tikhona tintfo longatibuka:

1. Tifundzise ngemitselela yebuhlungu lobubangwe sigameko tsite kute

utokhona kutocondzisa kancono kutsi sihlobo sakho sibheke nani.

- Bani nelikhono lekulalela- asikho sidzingo sekutsi ube neseluleko ngasosonkhe sikhatsi, kulalela nje kungayidlala inzima lenkhulu. Lalela ungamehluleli.
- Ungenti ngatsi loku labendlula kuko akusiyo intfo sibili.
- Ungabasoli: lokungenani, yetama kubayekela batikhulumele bona ngaloko labendlula kuko, uma sewuphendvula, sebentisa emagama labawasebentisile kuchaza timo tabo, khombisa kumemukela
- Banike sikhatsi sekutsi babe ncono.

2. Kubalekele Kusho loku lokulandzelako:

- “Bekungaba kubi kakhulu” noma “chubekela embili”, lokungenani sebentisa lamagama lawa: “Ngikhonela wena”, “Ngiyakukholwa” noma “Ngingakusita kanjani”

3. Fundza loko lokusisusa setinkinga tabo kute utokhona kumsekela kahle:

Uma bafikelwa libukamuva laletigameko lendlule kuto:

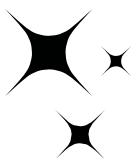
- Beka umoya phansi, ubatjele kutsi loku labendlula kuko libukamuva, ubacinisekise kutsi baphephiile, ubakhutsate kutsi baphefumule kancane.

4. Basite ngemisebenti yemihlangemihla, lefaka ekhatsi kukolobha indlu, kupheka, kuya kuyomutsengela tintfo tasendlini njalo njalo.

5. Hlonipha indzawo nesikhatsi sakhe lesiyimfihlo futsi ubanikete nesigaba sekutsi angakhulumi ngemizwa yakhe uma angafuni.

6. Bente babe yincenye yemisentjetana lemandzi: loku kungafaka ekhatsi kwelula tinyawo, kulalela umculo, kugijima, njalo njalo.

7. Tinakelele wena. Khumbula kutsi ungatikhandza sewutfolwe buhlungu lobuseceleni.

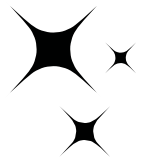


Kucondzisisa Kusebentisa Tjwala netidzakamiva Ngalokwecile.

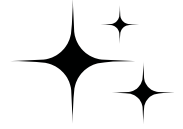
Bantfu labanyenti abasati sizatfu lesenta umuntfu anitse tjwala netidzakamiva ngalokwecile. Kungenteka bacange kutsi umuntfu logcilatjwa tjwala ute inshisekelo yekuyekela, nome akanasimilo kantsi ecinisweni lonkhe, kugcilatwa tjwala kusifo lesimetima. Singahlasela bantfu labachamuka etinhlangotsini letinyenti temphilo.

Kuyekela tidzakamiva kudzinga lokungetulu kunenshisekelo yekuyekela netinhloso letinhle. Ungacala kusebentisa tidzakamiva ngekutsiwendlula esimeni lesikhukhatsatako, ufuna kuthulisa imizwa yakho, kuhambisa sikhatsi nom eke kujabulisa bangani. Lelibhuloho emkhatsini wekusebentisa tidzakamiva nekugcilawa tidzakamiva lincane kakhulu- kungenteka kusukela ekucaleni, ekuhambeni kwesikhatsi noma ke emva kweminyaka.

Eveni laseSwatini sidzakamiva lesivame kakhulu tjwala nensangu. Kumelula ke kutsatsela phansi umtselela wetjwala ngenca yekutsi kumelula kubutfolela nendlela lobandze ngayo eveni- bantfu labanyenti abanaki ekucaleni. Insangu nayo kumelula kuyitfolela ngenca yekutsi iyalinywa eveni laseSwatini



KUNATSA TJWALA NETIDZAKAMIVA NGALOKWECILE KUBUKEKA KUNJANI?



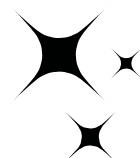
Kute ukhone kubona kutsi nawe awugcilatwa yini tjwala nome tidzakamiva nome sihlobo sakho. Nati timphawu twkushintja endleleni yekutiphatsa:

KUDLA TIDZAKAMIVA NGALOKWECILE

- Kushintja ngalokwecile kwemikhuba, indlela yekutiphatsa nalokumcoka kuwe.
- Kungenteka utivele uphelelwa yinkhabunkhabu yekwenta imisebenti yelusuku (ungasayi ema klasini, kungasayi nasemsebentini.)
- Kunatsa ngalokwecile sigaba sekucala sekugcilatwa tjwala- kuchubeka nekunatsa ngalokwecile kungakuholela ekutseni ugcilawe tjwala.
- Unganatsa ngalokwecile kepha tjwala bungakugcilati.

KUGCILATWA/KUBUSWA TIDZAKAMIVA

- Uyehluleka kuyekela kudla leto tidzakamiva- Kungenteka utive unesidzingo sekutsi ucale kutisebentisa masinyane nawuvuka kute ukhone kuchubeka nelilanga.
- Uphatfwa timphawu tekuyekela tidzakamiva. Uyaye ufune leso sidzakamiva uphindze ube nesidzingo sekutsi unyuse lesikali saleso sidzakamiva.
- Lizinga lakho lekujabula lishintjashintja ngekushesha lokungakuholela ekutseni ube neludlame.
- Uyayekela kwenta imidlalo naleminyane imisebenti kute anake letidzakamiva latidlako. uyayekela kuhlanyanya nebantfu labasedvutane nawe.
- Ucitsa sikhatsi lesinyenti nebantfu labadla tidzakamiva, bangani umndeni nebangani labadzala.
- Ucitsa imali lenyenti utsenga tidzakamiva.
- Uyehluleka kucedza umsebenti wesikolwa newemsebenti lonikwe wona.
- Ucala kwenta tintfo letikufaka engotini lenkhulu lefana nekweba nkute utfole tidzakamiva nome wente licansi lelingakaphephi.
- Ucabamba emanga etihlotjeni nasebanganini bakho ngelizinga lakho lekusebentisa tidzakamiva nebubanti balenkinga yakho.
- Uyayekela kunikata, ucalwe kuba lidlabha nekungatitsandzi.



IMIPHUMELA YESIKHASHANA YETJWALA NETIDZAKAMIVA

Leminye imiphumela yesikhashana yekusebentisa tjwala netidzakamiva ingafaka lena lelandzelako kepha ayikagcili kuloku kuphela:

- Bulukhuni bekulandzelela
- Lulaka nekucansuka lite.
- Kwehluleka kulawula imiva yakho nendlela yekutiphatsa.
- Kwenyuka kwelizinga lekushaya kwengati.
- Kungahlangani kwetento nekuhluleka kukhuluma.
- Kuphelelwa butfongo.
- Kugidza kwenhlitiyo.

IMIPHUMELA LEVELA EMVAKWESIKHATSI LESIDZE UGCILATWA TJWALA NETIDZAKAMIVA.

Imiphumela levela emvakwesikhatsi lesidze ugcilatwa tjwala netidzakamiva ibucayi kakhulu, ifaka ekhatsi:

Lizinga lekusebenta kwengcondvo liyehla.

Kungahlaliseki kahle emoyeni, kucindzeteleka emoyeni, kuhlala ubona tintfo letingekho.

Kubate intalo.

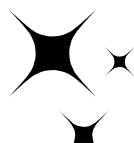
Kukhohlwa tintfo.

Kulimala kwetinso nesibindzi.

Kugula ngesifo senhlitiyo.

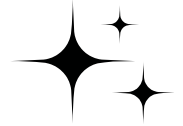
Kufa luhlangotsi.

Kubhema sikali setidzakamiva letengcile kungakuholela ekufeni.



UNGAWENTANJANI

UMTFWALO

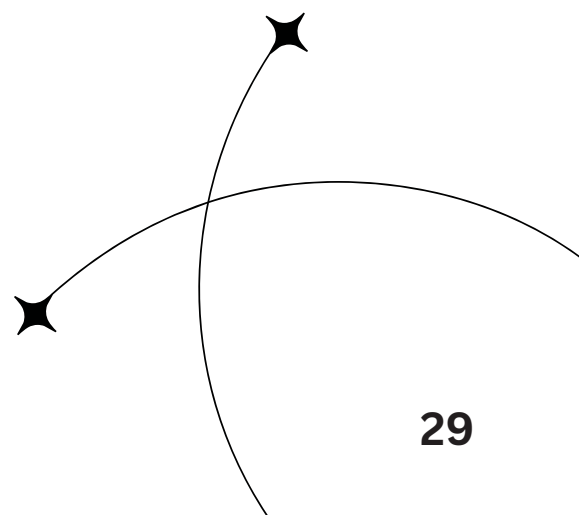
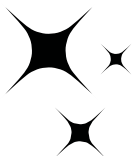


WAKHO UBE MELULA?

Kusindza yintfo lengenteka – kepha kubita sikhatsi nesineke. Kungenteka wetame emahlandla lambalwa ngephambi kwekutsi ukhone kutigcina uhlobileungakhatsateki, **nako loko kulungile. Tinyatselo tekulwa nekugcilatwa tjwala netidzakamiva:**

- Kutinikela ekutseni ushintje.
- Takhele sisekelo sekusekeleka – tihlobo nebangani nome umeluleki bangakusita kucinisa indlela lensha yekutiphatsa.
- Tikweshise etintfweni letingakubuyisela emuva, kungaba ngumunfu, indzawo nome intfo nje leletsa lugcozi lwekutsi usebentise tidzakamiva.
- Tfola tindlela letiphephile tekubhekana nekukhatsateka (hlola likhasi lelikhuluma ngekukhatsateka).
- Lwani nesincanca ngekutsi ushintjise leso sidzakamiva ngentfo nome kudla lokuphephile- sibonelo kungaba kutsi unatsi emanti nome namnede esikhundleni sabhiya.

(Sicela kutsi unake kutsi uma timphawu takho tekuyekela tikuhlasela ngemawala, tfolo lusito emfolamphilo ngekushesha.)



UNGAWENTANJANI UMTFWALO WALOMUNYE UBE MELULA?

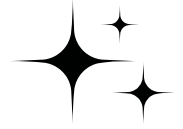
Uma sihlobo sakho silwa netinkinga tekugcilwa tidzakamiva, kungenteka kube ngumcansa kumsita- ikakhulukati ngoba kutaba kuhambo lolumetima. Noma kunjalo, ngekusitwa nguwe, sihlobo sakho sisetfubeni lelincono lekulwa litincobe letingcinamba.

LEKUFANELE UKWENTE

1. Tifundzise ngekugcilatwa tjwala netidzakamiva futsi utitfolele kusekeleka.
2. Takhele imikhawulo yekutivikela: akusiwo umsebenti wakho kugcina sihlobo sakho sihlobile/ siphumile etidzakamiveni.
3. Naka kutsi wakhe budlelwane bekutsembana.
4. Hlonipha sikhatsi sabo netintfo tabo letiyimfihlo.
5. Mutjele kutsi letidzakamiva tiyitsikameta kanjani imphilo yakho nebudlelwane benu.



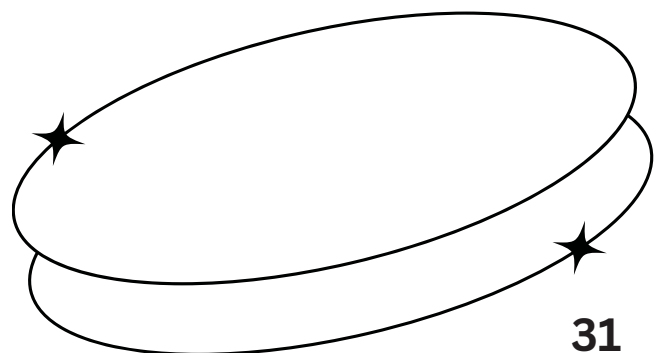
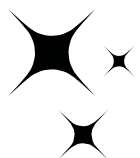
UNGAWENTANJANI UMTFWALO WALOMUNYE UBE MELULA?



Uma ubona sihlobo sakho noma loyo lomtsandzakobanebulukhuni bekubhekana netinkinga tekugcilatwa tidzakamiva, kungevakala kungatsi kungumcansa kumsita- ikakhulukati ngoba kubukeka kuluhambo loludze. Noma kunjalo, ngekusitwa nguwe, lesi sihlobo sakho sisetfubeni lelincono lekutsi sikhone kulwa naletingcinamba lesinato.

LOKUNGAKAMELI UKWENTE

- Ungabasongeli nome ubanikete umncamulajucu.
- Ungabehluleli, ungababaliseli, ungabajezisi, loko kungabenta bativele banemahloni, banekutisola lokungabenta bafune kubuyela kuletidzakamiva.
- Ungabaniketi sidzakamiva nome imali yekutsenga lesi sidzakamiva ngenca yekutsi sewumvela buhlungu.
- Ungalubheki lushintjo lwamasinyane.
- Ungabenteli emazaba ekumlandvulela: esikhsatsini lesinyenti umuntfu logcilatwa tidzakamiva uyava kwenta emazaba ekutilandvulela Make excuses for their behavior: ungate mukeli leto tizatfu, kusifo!
- Ungalwisani nabo ngemagama uma badzakiwe nome uma ubona kutsi abekho esimeni lesikahle sekucabanga.



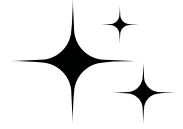
Kucondzisisa Kutibulala

Kutibulala, lokuyintfo levame kunganakwa esifundzeni sase Africa, kusho kutibulala ngenhloso- lokuyimphilo lengasiyo lenhle levela ngemuva kwekutsi umuntfu ehluleke kubhekana netimo letimengamelako emphilweni yakhe. **Imicabango yekutibulala ingahlasela nome ngubani**, akunandzaba kutsi limuva lakho linani nekutsi ukusiphi simo.

Noma kunjalo, kunebantfu tsite labasengotini lenkhulu yekutibulala, bafaka ekhatsi:

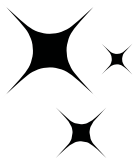
- Bantfu lababhekene nekuphatseka engcondvweni lokufaka ekhatsi kukhatsateka emoyeni
- Uma emndenini wakini kunemlandvo wekutibulala.
- Kuhlukubeteka usengumntfwana, kunganakwa kanye nekwendlula esigamekweni lesimetima.
- Kungakhoni kubhadala tikweneti lonato.
- Kungasebenti sikhatsi lesidze.
- Kuswela/kuhlupheka.
- Kuhlukubeteka Ngekwebulili
- Kukhatsateka losekutsetse sikhatsi lesidze.
- Umuntfu lobanjwe sifo lesingelapheki.

Kuletinye tikhatsi uma umuntfu ashona ngekutibulala, tihlobo nemndenini wkahe uyETFuka usale ushacekile ngobe bekute timphawu letibonakaalako kukhomba kutsi loyo muntfu uhlaselekile. Imicabango yekutibulala ibanti futsi akusiko melula kutsi ibonakale. Bantfu labanyenti banebulukhuni bekukhuluma ngemiva labanayo yekutibulala futsi kungenteka bakhone kuyifihla lemicabango ngekutsi bachubeke bente kahle imisebenti yabo emphilweni.

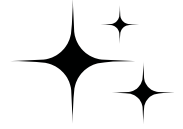


Noma kunjalo, kunemikhuba nome tento longaticaphela letimataniswa nekutibulala lefaka ekhatsi:

- **Kuhlela kutibulala:** Loku kwenteka ngesikhatsi umuntfu acabanga endlule ahlele kutibulala. Kungaba lukhuni kukucagela kepha kumcoka kunaka lushintjo endleleni umuntfu lakhuluma ngayo, kutiphatsa nesimo sekujabula (njenge kufuna kutilimata, kusebentisa ngalokwecile tjwala netidzakamiva njalo njalo.)
- **Licebo Lekutibulala:** Loku kukhuluma ngendlela umuntfu lakhetsa nome lahlela kutibulala ngayo.
- **Kwetama Kutibulala:** Lesigaba sifaka ekhatsi kuba yincenye yekutiphatsa lengabanga kutilimata ngenhloso kugcina utibulele, akunandzaba kutsi kuyaphumelela noma cha.
- **Kukopa kutibulala:** Loku kusho kunyuka kwelizinga letento tekufuna kutibulala kulandzela kubona sigameko sekutibulala emndenini, ecenjini lebangani nome emibikweni yebetindzaba.



TIMPHAWU LEKUFANELE UTICAPHELE:



Kukhuluma:

- Ngekutibulala noma kufisa kufa.
- Kubabete sizatfu sekuphila
- Kuba ngumtfwalo kulabanye bantfu
- Kuba sebuhlungwini lobungabeketeleleki

Kushintja Kwendlela yekutiphatsa:

- Kunatsa nekudla tidzakamiva ngalokwecile,
- Kutivalela wedvwana kakhulu, kungafuni kuhlanguana nalabanye bantfu,
- Kuphisana ngetintfo letimcoka/ letiligugu kuwe,
- Kushinja kwelizinga lekujabula ngesikhashana nje,
- Kuhlelembisa timphepha letimcoka- kulungisa umbhalolifa, kushayela nome kuvakashela tihlobo nalabatsandzako ngemetamo yekuvalelisa.
- Umlandvo wekwetama kutibulala,
- Kugucuka esimeni sekukhatsateka emoyeni nekucindzeteleka lokukhulu, uvele ujabule ngalokwecile ngesikhashana nje.

Imiva:

- Intfukutselo nome kuba nesithukuthezi.
- Kuhlazeka nekutisola.
- Kulahlekelwa litsemba, kuvaleleka, kuba selusizini lolukhulu, kukhatsateka lokwecile.
- Buhlungu lobukhulu emoyeni nome enyameni.

Uma ubona nome nguluphi luphawu kuleti letibalwe ngenhla, kumcoka kutsi utsatse tinyatselo ngekushesha futsi ungakutsatseli phansi kukhuluma ngekutibulala.

TINTFO LEKUMELE UTENTE NOME UNGATENTI NAWULWA NEKUTIBULALA



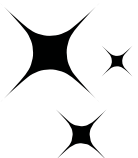
Awudzingi kutsi ube nelwati lokukhetsekile kute ukhone kukhulumisana nemuntfu lohlaselwe yimicabango yekufuna kutibulala. Uma ute siciniseko kutsi ufanele yini kukhatsateka ngesihlobo sakho lekungenteka kube sinemicabango yekufuna kutibulala, uyaclewa kutsi unacabangisise nganaku lokulandzelako:

LOKUFANELE UKWENTE:

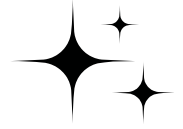
- Fundza timphawu letikhomba kufuna kutibulala nesisusa sako.
- Khombisa inshisekelo yekufuna kulalela loyo lohlaselwe ngephandle kwekumehlulela- ungatakheli tinsolo takho.
- Mbute kutsi kuyenteka yini acabange ngekutibulala. Khuluma ngekukhululeka nje ngetindzaba tekutibulala. Kwentanjalo kungakhutsata kutsi naye akhone kubhoboka ngaloko lakuvako.
- Buta imibuto levulekile, letobaniketa litfuba lekutsi aphendvule enabe angagcini ngekutsi “yebo” nome “cha” (sibonelo- utiva unjani kulamalanga?)
- Khombisa kumsekela futsi ungamshiyi yedvwa kuleso simo.
- Bakhutsate kutsi batfole lusito lwebahlengikati labaceceshiwe.
- Basite bacabange ngetindlela tekutsi bangatisita njani bona.
- Susa tintfo letingamlimata.
- Beka umoya phansi ungatfufumeli.

LOKUNGAKAFANELI UKWENTE:

- Ungabalingi ngekutsi bachubeke nekutibulala
- Ungatekuli ngekutibulala, ungeke wati kutsi ngubano lowendlula kulelo lifu lelimnyama lekufuna kutibulala
- Kubalulekile kubuka kutsi yini sizatfu sekutsi loyo muntfu afune kutibulala, loko kungamenta lomuntfu ativele ngatsi nimuhlamukile ningumndeni nekungatsi uyedvwana.
- Ungamushiyi yedvwana
- Ningashiyisani ngemagama ekutsi kutibulala kukahle nome kukabi yini.
- Ungamenti ativele anemahloni.



UNGAWENTA NJANI UMTFWALO WAKHO UBE MELULA



Kungabukeka kungatsi sewufike ekugcineni kwekucabanga nekutsi kute sisombululo kuletinkinga takho nekutsi kutibulala nguyona ndlela yekuthulisa buhlungu bakho KEPHA tikhona tindlela longatisebentisa kucedza lobuhlungu lobhekene nabo ujinga uphephe:

Tindelela Letiphephile tekutiba ingcondvo - kucitsa sikhaatsi ucocisana nemndeni nebangani, kwenta imisebenti yasendlini, kulima ingadze, nekufundza likhono lelisha.

Kutithulelisa - Lena yindlela letintsa imiva yemtimba wakho yomihlanu letokwenta uthulele kubuyise esimeni lapho khona ukhona kulawula timo.

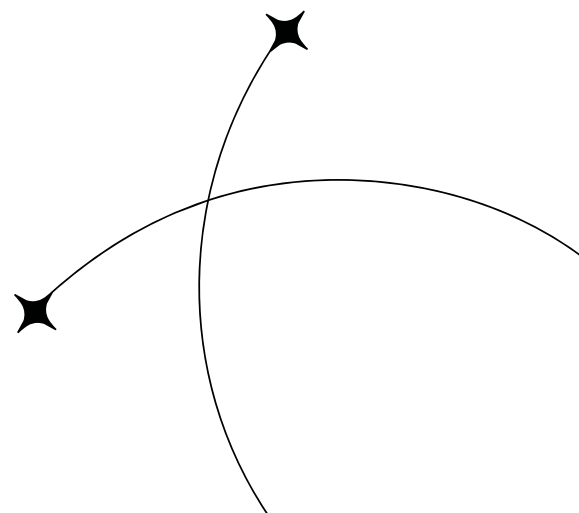
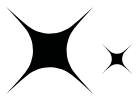
Sebentisa kubona – shintja ingcondvo yakho, ubuke intfo lekuchazako lefana nemvelo. Sitfombe lesipendiwe, noma kubukela luhlelo lolutsandzako nome lifilimu.

Sebentisa kunukisa nekuphefumula – tfole indlela yekutilawula ngekutsi udvonse umoya ungajaki, unakisise emaphunga nemakha lasemaceleni kwakho. (Tinsipho, kwekunukisa kahle umoya, emafutsa nekudla)

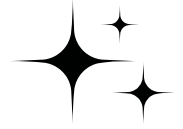
Sebentisa kulalela – lalalela imisindvo nemculo lowutsandzako.

Sebentisa kunambitsa - Sebentisa kunambitsa kute ushintje kucabanga kwakho. Caphelisisa kutsi udle ngekunaka.

Kumcoka kunakisisa kutsi imicabango yekutibulala luphawu lwekutsi ushintje imphilo yakho hhayi kutsi uyiphetse.



UNGAWENTA NJANI UMTFWALO WAKHO UBE MELULA?



Tindlela Tekutikhumbuta letilusito:

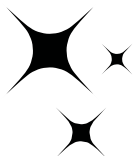
- Funa tintfo letisihlanu lotibonako emaceleni kwakho.
- Lalela imisindvo lemine loyivako endzaweni lokuyo.
- Tsintsa tintfo tibe tintsatfu longatitsintsa, ufinyelele kuto.
- Funa tintfo letimbili longatinambisa nome ucabange ngendlela lokunambitseka ngayo intfo loyidle emalangeneni lendlulile.
- Kwekugcina, tsatsa umzuzu unakisise indlela lophefumula ngayo-uwuve umoya uwudvonsa nome uwukhipha, nakisisa imphumulo yakho, umphimbo kanye nesilembe sakho.

Imibuto lephephile longatibuta yona:

- Lemicabango lenginayo iyimbono yini noma ingemaciniso?
- Yini leke yangisita ngaphambilini yangenta ngativa ngincono?
- Yini leniketa kuphila kwami sisindvo?
- Yini emaphupho, imigomo kanye netifiso tami?
- Yini lengenta ngihlale nginebudlelwane/ ngichumene nelive lalabaphilako?

Imizindlo longaba nayo yekumelana nemicabango yekutibulala:

- Timo tiyendlula emva kwesikhatsi
- Kucindzeteleka nebuhlungu timo tesikhashane, titawendlula.
- Kutibulala kuisombululo lesikhonsako nalesingagucuki sesimo sesikhashana nje.
- Kucindzeteleka emoyeni kuphazamisa indlela lengicabanga ngayo manje.
- Lamaphimbo laphikisako ngiwo lalangiphazamisako futsi angeke angincobe. Ngingeke futsi asikho sidzingo sekutsi ngilwe nayo.



UNGAWENTA NJANI UMTFWALO WALOMUNYE UBE MELULA?

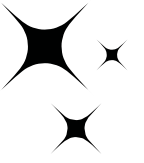
Kubhekana nesihlobo lesinemicabango yekutibulala

Bantfu labanengi labetama kutibulala bayaye batikhombise timphasu tekudzinga lusito. Noma kunjalo, ngenca yekusaba kwehlulelwa noma kungafisi kubonakala bantekenteke, kukhona bantfu labakhonako kufihla imiva yabo leliciniso kulabanye. **Uma wehluleka kubona kutsi sihlobo sakho sicabanga/ besihlela kutibulala, ungatibeki licala! Khumbula, wetame ngako konkhe lokusemandleni akho ngaleso sikhatsi.**

Loku kusimo lesishacisako futsi lesichumene nekuzila lapho khona lobuhlungu nelusizi lusala kumile futsi alwendluli masinyane. Uma umuntfu achubeka sikhatsi angatelaphisi ngelusizi labhekene nalo, lolo lusizi lungagcine lukuholela ekucindzetelekeni emoyeni lokukhulu kakhulu, kutsikameteka engcondvweni kanye nesifo lesivela ngemuva kwesigameko tsite emphilweni. Uyacelwa kutsi unakisise nawa emaphuzu lalandzelako longawasebentisa kubhekana nekulahlekelwa sihlobo:

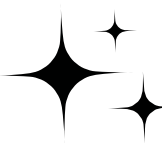
- Vumela kutsi uve yonkhe imiva lefikako emtimbeni nasemoyeni wakho,
- Bani nencwajana lobhala kuyo imiva yakho nalokwentekako ngelusuku ngelusuku,
- Tikhumbute kutsi imphilo lephilwe nguleso sihlobo sakho beyimcoka kwendlula kutibulala kwabo.
- Kwemukele kutsi emalanga akafani, ngalamanye emalanga kutaba lukhuni kunalamanye kepha kumcoka kutsi utinakekele.
- Tincenge ube nesineke ngawe, ucondzise kutsi kutoba ncono usachubeka nekubhekana nekushonelwa kwakho sihlobo sakho.
- Funa lusito lwetisebenti leticeceshekile (hlola sehluko **“Lusito Ngekwelashwa Kwengcondvo Eswatini”**).

Emasu Ekutinakelela



Sikhatsi sakho uwedvwana sivame kuba sekugcineni kwetinhlelo takho kepha kumcoka kutsi unakelele umtimba kanye nengcondvo yakho njalo njalo, hhayi kuphela nawugula. Akusiko kuba sishi nekuba nemona kepha kuyincenye lemcoka yekuphila lokuphelele.

Eveni laseSwatini, tindlela tekutinakelela letinyenti tiyincenye yekuphila yawo onkhe emalanga- loku kufaka ekhatsi, kuhlala ngaphandle ucitse sikhatsi nemvelo, kutsamela sicelu, kuvakashela bomakhelwane, kuba yoncenye yemisebenti leyentiwa emiphakatsini lefana nekudlala ibhola noma kucoca nakuyokhiwa emanti emitfonjeni yemanti. Noma kunjalo, labanye bantfu betfwele umtfwalo lomkhulu wekunakelela emalunga lamanyenti emndeni.



Emasu ekutinakelela ngasita ekutseni kunakelelwe, kuliwe netimphawu tekungaphili ngalokuphelele engcondvweni nekuvimba kutsi tingachubekeli embili. Kumcoka kutsi utfole indela lengiyo lelungela wenta ngoba akusho kutsi indlela yinye isebentela bonkhe bantfu.

Inzuzo Yekusebentisa emacebo ekutinakela:

- Kunciphisa emazinga ekukhatsateka
- Kukhulisa emazinga ekutati nekutihlonipha
- Kukhulisa lizinga lemphilu
- Kwehlisa lizinga lekukhatsala

Kute ukhone kucala luhambo lwakho lwekutinakelela, ungasebentisa lamaphuzu langentasi uwente abe yincenye yeluhla lwemisebenti yakho yelusuku ngelusuku:

1. Kutivocavoca kungakwenta ujabule nekutsi kunciphise emazinga ekukhatsateka nekutivela ungahlaliseki kahle emoyeni. Awudzingi kutsi ute ube netinsimbi tekujima, lokungenani, yelula tinyawo nje uhambe, kolobha ugcebe endlini, ulime ingadze nome uwashe timphahla.
2. Dlani kudla lokunemaseko lamatsatfu lokutawusekela kukhula nekusebenta kwemtimba kanye nengcondvo yakho.
3. Tihlelele sikhatsi sekwenta tintfo: naloku kunetikweneti lekufanele utibhadale, nebantfu lekufanele ubanakelele, yati kutsi kumcoka kuhle utinaka wena, tsatsa sikhatsi uphefumule.
4. Tinike sikhatsi ungasebentisi tinkhundla tekuchumana- luphenyo lolwendlulile luvetile kutsi kusebentisa tinkhundla tekuchumana kungaba nemtselela lomubi ekuphileni kwentfu engcondvweni. Kungako kufanele sitisebentise ngekucaphela nekunaka, sibohle sitsatsa sikhatsi sente letinye tintfo letingaba yinzuzo kitsi.
5. Labanye bantfu batfola kuthula ekwenteni tintfo letiphatselene nekholo lokufaka ekhatsi kuthandaza, kuya esontfweni nome kulalela umculo wetenkholo.
6. Yakha budlelwane nebantfu lophila nabo emmangweni wangakini.
7. Tfolo kulala lokwenele.
8. Yengeta tindela tekuphumula etintfweni lotenta ngelusuku nelusuku, kungaba kufundza incwadzi nome kuhlala uzindle nje.
9. Cala kubhala ngemiva yakho
10. Tibekele imikhawulo

Cala Kubhala ngeMiva Yakho Lamuhla

Kubhala ingcwajana nome kubeka lilekhoti lemicabango, imiva netimo lowendlule kuyo kuletsa inzuzo lesetigabeni letinyenti letehlukene ekuphileni kwengcondvo yakho nasemphilweni yakho yonkhe yijkelele. Nati tibonelo tenzuzo yekubhala:



1. **Kucedza Kukhatsateka:** kubhala incwajana kungakusita kutsi wehlise emazinga ekukhatsateka ngekutsi kukuniketa intfunja yekutsi uvete imiva yakho futsi uyihlele kahle ngendlela lephephile.
2. **Kucondzisa Imiva yakho:** Kubhala incwajana kukuniketa litfuba lekutsi ukhone kuhlolisisa imiva yakho wendlule uyicondzisise kancono, lokungakusita kutsi utati kancono kuphucule nemohilo yakho emoyeni.
3. **Kusombulula tinkinga:** kubhala ngetingcinamba lobhekene nato kungakusita kutsi utfole tisombululo nekutsi utfole indlela lensha yekubuka lesi simo sakho.
4. **Kucabanga kahle:** kuhlala ubhala ngemiva yakho kungashintja indlela lobuka ngayo tintfo nekucacisa imicabango yakho, lokungakusita kutsi uhlele imicondvo nemaphupho loba nawo.
5. **Kushintja indlela lotiva ngayo ngaleso sikhatsi:** uma ubhala ngetintfo letikahle lowendlule kuto noma ukhombisa kubonga ngalokuhle lokukuvelele kungenta kutsi indlela lotiva ngayo emoyeni ngaleso sikhatsi ishintje utikhandze sewujabulile.
6. **Kukwenta utati:** kubhala incwajana kukwenta ukhone kufundza kabanti ngawe, loko lokholelwa kuko naloko lokumcoka kuwe.
7. **Kukhulisa lizinga lekutitsemba:** uma usabhala, uyaye ubuke emuva etintfweni lowendlule kuto wancoba kanye netintfo lokhonako kutenta, loku kungenta kutsi lizinga lakho lekutitsemba likhule futsi uyekele nekutibukela phansi.
8. **Kuyakukhulisa:** kulandzelela umkhombandlela wendlela lochuba ngayo netintfo lotifundzile kusachubeka sikhatsivkungakhomba indlela losewukhule ngayo etinhlangothini letehlukene naloko losewukuzuzile.
9. **Kukusita kutsi ukhiphe imizwa:** kubhala ngetimo letilukhuni kungakuniketa umuzwa wekutsi utivele sewukhululekile nome wetfuleke umtfwalo, kungakusita nekutsi wendlulise imitfwalo lebewuyetfwele emoyeni.
10. **Kumelula futsi kuyelapha:** Kubhala kuyindlela lemelula futsi lelaphako longayisebentisa emphilweni yakho yemihlangemihla.

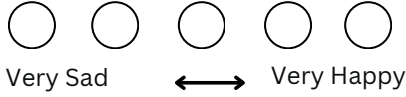
Lamakhasi lalandzelako asibonelo sendlela longacala ngayo kubhala, siyakhutsata kutsi utinike insayeya yekutsi ubhale cishe onkhe emalanga ngalokwenteke kulolosuku. Siyetsemba kutsi kwentanjalo kutawenta umtfwalo wakho ube melula nekutsi kukunikete lugcozi lwekuchubeka nako kubhala ngemiva yakho.

Bhala NgeMiva

Yakho Lana

LUSUKU LWEKUBHALA: _____

kuhlola lizinga lekujabula/imiva



Imicabango:

Tintfo lengitibongako:

imigomo netinjongo tami:

- indzawo yekubhala lokufika
engcondweni

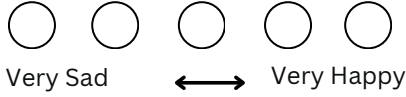
(IMIDVWEBO, IMIBHALO LEBHALWE
UNGAKANAKI, BUNKHONDLO)

Bhala NgeMiva

Yakho Lana

LUSUKU LWEKUBHALA: _____

kuhlola lizinga lekujabula/imiva



Imicabango:

Tintfo lengitibongako:

imigomo netinjongo tami:

- indzawo yekubhala lokufika
engcondweni

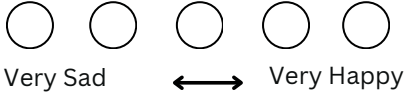
(IMIDVWEBO, IMIBHALO LEBHALWE
UNGAKANAKI, BUNKHONDLO)

Bhala NgeMiva

Yakho Lana

LUSUKU LWEKUBHALA: _____

kuhlola lizinga lekujabula/imiva



Imicabango:

Tintfo lengitibongako:

imigomo netinjongo tami:

- indzawo yekubhala lokufika
engcondweni

(IMIDVWEBO, IMIBHALO LEBHALWE
UNGAKANAKI, BUNKHONDLO)

Lusito Lwekwelulekwa Kwengcondvo Eswatini

Organisation	Types of Services	Contact Details	Location
Phumelela Project	Free Counselling & Psychosocial Support Services (Mental Health, Gender Based Violence, Drug & Substance Abuse)	<ul style="list-style-type: none"> • 78540144 • 79893525 • 76317827 • 25052407 katphumelela@hotmail.com	Manzini
SWAGAA	Free Counselling Services to survivors of abuse, their families and sometimes the perpetrators	25052899 25057514 Toll-free line 951 communications@swagaa.org	<ul style="list-style-type: none"> • Manzini • Hlatikulu • Piggs Peak
Kwakha Indvodza	Free Psychosocial Support Services for men	<ul style="list-style-type: none"> • 78334491 • 79157218 	Mbabane
HealthPlus 4 Men	Free Psychosocial Support Services	<ul style="list-style-type: none"> • 79283212 • 24049094 	Mbabane
Eswatini Psychology Association	Contacts for Private Psychologists	76485270 <ul style="list-style-type: none"> • secretary@eswatinipsychology.org 	Countrywide
NATICC	Free counselling services to survivors of violence	<ul style="list-style-type: none"> • 22079797 • info@naticc.org.sz 	Nhlangano
Survivor Eswatini	Free Individual Counselling & Support Groups for survivors of sexual violence	<ul style="list-style-type: none"> • 76198557 • survivor.eswatinisg@gmail.com 	Mbabane
National Psychiatric Referral Hospital	Free Psychiatric and Counselling Services	<ul style="list-style-type: none"> • 25055170 	Manzini
Eswatini Professional Counselors Association	Counselling Services	<ul style="list-style-type: none"> • 76500772 	Ezulwini

"Awusiwo umtfwalo. *Unemtfwalo*, le
nawuchazwa, uyesindza ngendlela lesimanga
kutsi ungawetfwala uwedvwana."

--- Unknown

LABASEKELE NGETIMALI:

British High Commission in Eswatini

IBHALWE NGU:

Katrin Lehmann-Kunene
Ncobile Mamba
Chakaza Dlamini

IDVWETJWE NGU:
Aleta Armstrong

IHLENGWE NGU:
Siphilele Magagula

IHUMUSHWE NGU:
Nokhwezi Dlamini

YALUNGISWA NGU:

Siphilele Magagula
Aleta Armstrong



British
High Commission
Mbabane



Phumelela
project



ANTIDOTE CULTURE
Foundation