

vidokezo saba vya nafasi ya kichwa yenye afya

ingia maishani

Fanya vitu unavyopenda na vitu vinavyojali kwako

jifunze ujuzi kwa nyakati ngumu

Kuna maoni mengi tofauti kukusaidia kudhibiti njia ngumu na hisia.

unda unganisho

Tumia muda na familia na marafiki, na watu katika jamii yako ambao wanaimarisha ustawi wako.

kula vizuri

Kuko ungivisho yenge nguvu kati ya chakula uno kula no hisia.

kaa hai

Kukaa hai husaidia kulala bora, kukabiliana vizuri na huongeza hisia zako.



pata usingizi wa kutosha

Kiasi cha kulala ni nzuri. Kwa ubongo wako na mwili wako, inasaidia na hisia wako na wako uthabiti.

kupunguza pombe na zingine

Madawa za kurevya. Unaweza kujisikia kama wanakusaidia kukabiliana lakini zinaathiri afya yako ya akili na hufanya unajisikia vibaya kwa muda mrefu. Hukufanya kujisii kibaya kwamuda mrefu.



For more helpful information, go to:

<https://www.mcci.org.au/> <https://headspace.org.au/wollongong>

Tips for a healthy headspace. This package of translated resources in Swahili was created in partnership with Illawarra Congolese youth by headspace Wollongong and Multicultural Communities Council of Illawarra.

