



Ihungabana ni iki?

Iyo ikintu kiduteye agahinda gakabije kitubayeho, ubwonko bwacu n'umubiri wacu byitegura kuturinda. Rimwe na rimwe, uku kuturinda bikomeza kubaho igihe cyose bikaba byagira ingaruka ku buzima bacu n'imibereho myiza yacu. Bishobora gufasha gusobanukirwa uko ubwonko bwacu n'umubiri wacu bikora kugira ngo dusobanukirwe neza bimwe mu bimenyetso dushobora kugaragaza no gushyiraho ingamba zo gutangira gukira.



- ❖ Ihungabana ni ibintu bibaho biteye agahinda cyane, biteye ubwoba kandi bikurenga.
- ❖ Abantu benshi muri NSC bagira ihungabana.

- ❖ Iyo duhuye n'ikintu giteye agahinda cyane, ubwonko bwacu n'imibiri yacu bihita bigerageza kuturinda.



- ❖ Iyo duhuye n'agahinda gakomeye, hari igice cy'ubwonko bwacu kitubwira ko umubiri wacu ko dukeneye kuba maso no gucika. Iyo tudashobora gucika, ubwonko bwacu bushobora kubwira imibiri yacu kudakora cyangwa kugagara.

- ❖ Ibindi bice by'ubwonko bwacu birifunga nk'igice cy'ubwoko gifata ibyemezo no gushyira kuri gahunda ibitekerezo n'ubwonko bwibutsa.



- ❖ Iyo duhuye n'ikintu giteye agahinda, tukibonera n'amaso undi muntu wahuye n'ikintu giteye agahinda cyangwa iyo twumvise uwo mu muryango wa hafi cyangwa inshuti bahuye n'ikintu giteye agahinda, uku kurindwa gushobora kubaho kandi rimwe na rimwe bishobora gutuma udakora neza.

- ❖ Iyo bibaye n'igihe ikintu giteye agahinda kirangiye, dushobora kumba dutewe ubwoba ku buryo bworoshye, kutababara cyane ku mubiri, tukarota inzozo mbi cyangwa ntitubashe gusinzira cyangwa tukumva tutabasha kureka gutekereza ku byabaye cyangwa kumva nk'aho ikintu gihangayikishije cyane cyongeye kubaho. Rimwe na rimwe dushobora kumva tutabasha kwiyumvamo ikintu icyo ari cyo cyose tumeze nk'aho turi mu kinya.



Kumva uhangayitse
Kwibagirwa Gutekereza cyane



Ububabare



Udashobora gusingiza/ Kurota inzozo mbi





**Kunanirwa
Kwigunga**



**Kurengwa n'amarangamutima
Guhangayika**



Kubabara



Kurakara



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n'amarangamutima cyangwa tubabaye cyane cyangwa tukanarakara cyane.

ntu agumye muri ubu buryo bwo kwirinda,

cyane kandi tukumva tunaniwe, twarengewe

- ❖ Muri NSC, tubona abantu benshi bahuye n'ibintu bikomeye cyane mu buzima bwabo. Abenshi bagorwa no gusinzira, bababara ibice byinshi by'umubiri, bagorwa no kwibanda ku byo bakora cyangwa kwibuka ibintu cyangwa ntibareke gutekereza ibyababayeho. Ibyo ni ko umubiri ubyitwaramo mu buryo busanzwe iyo habayeho ibintu biteye ibyababayeho.

Ni ibihe bifasha abantu bagize ihungabana?

- ❖ Hari ibintu byinshi bifasha abantu gukira ihungabana.
- ❖ Buri wese aratandukanye, rero dushobora kugerageza ibintu bitandukanye kugira ngo turebe niba biduha umusaruro.
- ❖ Dore ibintu bimwe na bimwe abandi bantu bavuze ko byabafashije gukira:



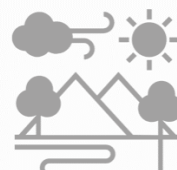
**Imyitozo ngororamubiri
bidukikije**



Ubuwuzi



Amasengesho



Umuryango mugari



Kuba mu



**Amatsinda y'ubufasha
Masaje**



Kumva umuziki



Kuvuza ingomba



Kumedita



Yoga



Kuvurishwa udushinge Ubukorerabushake Guteka Kubyina Isuku y'aho kuryama
Guhumeka Gutegura ubusitani

Ni ayahe moko y'ibikorwa byagufashije kumva umeze neza mu minsi yashize?

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