

# Mfundo Zenizeni Za Matenda Okugwa

Nthenda ya kugwa nthawi zambiri siyimvetsetseka. Kotelo anthu ambiri omwe ali ndi nthendayi amasalidwa chifukwa cha za bodza ndi zikhulupiliro zomwe zimakhuzana ndi nthendayi. Kabuku aka kapangidwa kuti tigawane mfundo zeni zeni zokhudza nthenda ya kugwa.

## CHIKHULUPIIRO

- Anthu amene ali ndi nthenda yokugwa ndi odwala misala
- Anthu amene ali ndi matenda okugwa samatha kugwira ntchito zolemetsa
- Thendayi imagwira ana
- Munthu angathe kumeza lilime lake pamene wagwa.
- Kukakamiza kuyika chinthu mkamwa nthawi imene munthu wagwa.
- Matenda okugwa sungawalamulire moyenelera.
- Nthendayi imayamba chifukwa cha ziwanda.
- Nthendayi ndi yopasilana.
- Nthendayi ikhoza kuchilitsidwa ndi mankhwala a zitsamba.
- Ndizosatheka kutenga pathupi angakhale kubeleka ngati uli ndi bvutoli.
- Ngati ndili ndi nthendayi mwana wanga adzkhala nayonso.
- Mudzimuletsa munthu kugwedezeka kuti asiye nthawi yomwe wagwa.
- Kugwa kwina kuli konse munthu amagwedezdeka.
- Anthu omwe ali ndi matenda okugwa samatha kulamulira zikhumbokhumbo zawo.
- Anthu omwe ali ndi nthendayi ndi olumala ndipo sangagwire ntchito.

## MFUNDO

- ▶ Nthenda yokugwa ndi vuto lokhudza machitidwe amu ubongo wa munthu osati misala. Zomwe zimayambitsa nthendayi ndi zambiri ndipo zina ndi zosadziwikanso.
- ▶ Maukadaulo ambiri alimo, monga mu ma bizinesi, mu boma, mu zachilungamo, za masewera, za nsangaluso, za mankhwala. Onsewa angathe kukhala nawo anthu omwe amagwa. Mwachitsanzo otchuka omwe anali pulezidenti wa ku America a Theodore Roosevelt anali ndi nthendayi, oimba wodziwika Elton John nayenso anali ndi nthendayi.
- ▶ Nthendayi imayamba pa msinkhu wina uli onse, ngakhale ambiri omwe ali ndi nthendayi ndi achichepere ndi enanso achikulire.
- ▶ Zosatheka. Chowopsa ndi choti angathe kudziluma lilime lake munthuyi.
- ▶ Osaika kena kali konse mkamwa pamene munthu wagwa. Kutelo ndiko kungamuvulaze mkamwa.
- ▶ Pali njira zambiri zochita, zochepetsa komanso njira zoyenera zomwe zimathandiza kuthana nayo nthendayi. Ndi mankhwala oyenera ndizotheka. Mwa anthu khumi odwala nthendayi, asanu ndiawiri amathandizidwa ndithu (70%) Atatu osalawo angathe kupangidwa opeleshoni (30%). Koma zimatengela kuti nthendayi yayambira pati mu ubongo.
- ▶ Ili ndi bodza. Kafukufuku wasonyeza kuti izi zimachitika chifukwa cha nyesi zosayenera za mu ubongo. Ndi mankhwala oyenera ndi zotheka kuchepetsa kugwa, kapena kuletsa kumene.
- ▶ Anthu amathawa munthu yemwe ali ndi nthendayi. Akuti pamene munthuyo wagwa natsitsa mpweya kapena akhuza malovu ake pena mkodzo ndiye kuti apatsilidwa. Thendayi siyopasilana mu njira ina ili yonse angakhale kukhudzana.
- ▶ Zitsamba zimaononga nthendayi, pakuonjedzera zosayenera ndi kusokoneza momwe magazi ayenera kukhalira moti zimayambitsanso kugwa kumene.
- ▶ Ili ndi bodza, kafukufuku watsopano asonyeza kuti mwai wotenga pathupi ndi chimodzimodzi kwa mayi wina aliyense ngakhale omwe ali ndi nthendayi.
- ▶ Nthawi zina nthendayi ingatheke kupezeka mu banja. Ana ambiri satengera kwa makolo awo. Chiopsezo mwa ana khumi ndi choti mwana m'modzi amatha kukhala ndi nthendayi (1%) Kutanthauza kuti ana samatengera nthendayi kwa makolo.
- ▶ Musamufinye munthu pansu kapena kumuletsa nthawi imene akugwedezeka. Potelo mungathe kumuvulaza minyewa kapena mafupa amatha kuthyoka. M'malo mwake onetsetsani kuti pamalo mwachotsapo zinthu zomwe zingamuvulaze. Mutu wake utsamilitsidwe pa chinthu chofewa.
- ▶ Kugwa kumachitika mosiyana siyana. Ena amakomoka ndi kugwedezeka, pamene ena mu kanthawi kochepe amaphethila mwachangu ndithu.
- ▶ Izi si zowona, ngakhale pali kusalidwa, anthu ambiri omwe ali ndi nthenda yokugwa amakhala okondwa, ndipo amatha kulamula nthendayi pamene amwa mankhwala moyenera.
- ▶ Anthu omwe ali ndi nthenda ya kugwa alibe ulumali wina uliwonse ndipo amagwira ntchito zapamwamba. Aliyense ndi wosiyana ndi mzake.