



Sipos yu harem se yu stap wari tumas

I gat plante samting we i save mekem yumi wari – olsem skul, ol famli, ol fren, presa we ol narafala man oli save putum long yumi, mo ol toktok blong sosel midia. Wari i save afektem yumi evriwan long ol defdefren wei, mo hem i impoten blong yu save luksave long yu wan se tumas wari i stap kilim yu, mo yu mas save olsem wanem blong givhan long yu wan mo tu long eni narafala man we yu save se hem tu wari i stap kilim hem. Samfala tingting blong wari hem i olsem, se yu save kros hariap, o yu stap kroskros, o yu faenem i had blong tingting strong long wanem we yu stap mekem, o yu stap harem nogud mo stap krae, mo maet yu no save slip gud long naet. Sipos yu wantem save moa, [i gud yu lukluk long ol risos ya](#).

Ol Fasin Blong Daonem Wari

Hemia nao samfala teknik we yu save traem mekem blong katemdaon wari blong yu:

1. Pulumgud win – lanem olsem wanem blong sidaon kwaet samples, pulum win i bigwan i kam insaed tru long nus blong yu, mo lego win i kamaot sloslo tru long maot blong yu.
2. Laf – faenem wan samting o wan pesen we i save mekem yu laf.
3. Toktok long wan fren o wan narafala man we yu trastem hem.
4. Mekem sam samting i gud long yu wan – mekem bodi i muvmuv, mekem eksasaes, o go aotsaed blong karem freswin, hemia nao samfala rod blong mekem tingting blong yu i stap kwaet. Tekem gudfala taem blong spel mo blong slip, mo tekem taem blong mekem sam samting we yu yu stap enjoe blong mekem.
5. Spel smol long intanet fastaem – lego sosel midia, mo setemap wan limit blong haomas aoa long wan dei we yu save yusum intanet long hem, mo no go ovarem. Hemia samfala [moa infomesen](#) long olsem wanem blong [manejemgud taem blong yu taem we yu stap long intanet](#).



Sipos yu harem se yu nomo save gohed, o yu stap sori yu wan, o yu stap tingting blong endemap on laef blong yu

Long laef blong plante yangfala, i save gat samfala taem we plante tingting tumas i mekem yu harem olsem yu nomo save gohed, mo maet i gat sam samting i stap tekem ples long laef blong yu o long ol ples long intanet we yu stap aksesem we yu stap harem nogud tumas from. Hemia i save mekem yu harem se yu stap gat tumas wari, yu harem se yu no hapi, yu stap wokem kroskros, yu nid blong yu no stap yu wan, yu harem se yu no gat hop long fiuja, mo yu fraet. O maet yu harem nogud long yu wan gogo yu stap gat rabis tingting blong kilim yu wan.

Hemia samfala tingting we oli givhan long sam narafala yangfala finis, nao maet oli save givhan long yu tu:

1. Taem we yumi stap fesem ol bigfala problem, bae i gat samfala taem we yu harem se evri samting i had tumas long yu mo yu harem olsem yu no save go moa, be i gud blong yu luksave se hem i wan nomal samting mo yu no mas traem dil wetem yu wan.
2. Go faenem ol narafala man we yu save se yu save toktok wetem olgeta – maet hem i ol peren, o sam narafala famli, o sam fren blong yu we yu save olgeta long joj o long komuniti blong yu.
3. Yu traem go sofsol long yu wan, yu tekem advaes long olgeta we yu save trastem olgeta, yu traem mekemsua se yu stap karem gudfala spel we yu nidim, mo yu no hariap blong mekem ol bigfala disisen.

Sipos yu stap gat konsen long wan famli o wan fren blong yu

Sipos yu ting se wan fren blong yu o wan famli blong yu i stap long wan bigfala denja, yu mas kontaktem ol imejensi sevis wantaem. Yu no mas wet.

Sipos i gat wan we i talemaot long yu se hem i stap tingting blong endemap laef blong hem, o yu stap saspektem se i gat wan we i stap tingting blong mekem olsem, hem i had tumas blong yu save wanem nao hem i stret toktok blong talem long hem. Hemia nao samfala samting we yu save mekem blong sapotem olgeta:

1. Enkarejem fren blong yu blong storian wetem yu mo talemaot wanem we hem i stap fesem.
2. Letem hem i toktok mo lesengud long hem.
3. Jekem hem evritaem mo askem hem se hem i olsem wanem.
4. Helpem hem blong mit wetem ol pipol we hem i trastem olgeta, olsem wan dokta o wan nes o wan famli o wan fren, o wan long olgeta we oli stap stanbae blong storian wetem olgeta we oli stap long trabol: [Maet hem i faenem tu se ol risos ya oli save givhan](#).
5. Taem we yu stap gotru long ol hadtaem, yu mas lukaotemgud yu, mo i gud blong gat taem blong storian wetem ol fren mo eni dokta o nes we oli save givhan long yu. Taem we yu stap sapotem mo lukaotem ol narafala pipol we oli stap fesem hadtaem hem i no isi mo yu tu yu mas mekemsua se yu stap karem ol sapot mo givhan we yu nidim.

Blong karem moa infomesen long olsem wanem blong sapotem olgeta we oli stap tingting blong tekemaot laef blong olgeta, [i gat ol risos ya we oli save givhan](#).

