



Incwadi Yokusebenzela yomhlalaphantsi

Isahluko Esitsha: Ukuziqhelanisa noBomi emva komsebenzi

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Intshayelelo

- Le ncwadi yomsebenzi yenzelwe ukuxhasa abantu abaza kuthabatha umhlala-phantsi okanye abasele bethathe umhlala-phantsi.
- Eli xesha ebomini bakho linokuba ngumceli mngeni kakhulu, kwaye kuyathenjwa ukuba le ncwadi yomsebenzi inokubonelela ngesikhokelo esicwangcisiweyo njengoko uhamba kule ndlela intsha.
- Ukuthatha umhlala-phantsi ayisosiphelo somsebenzi. Sisiqalo senqanaba elitsha lobomi.
- Izisa amathuba okuphumla, ukufunda, ukwabelana, kunye nokukhula, kodwa isenokuba lixesha lokubhideka okanye ilahleko.
- Le ncwadi yomsebenzi iya kukunceda ucwangcise, ucamngce, kwaye wakhe ubomi obunentsingiselo emva kokuba umsebenzi uphelile.

Le ncwadi inokusetyenziswa nguye nabani na ukwenza nayiphi na injongo engeyiyo eyorhwebo.

Kule ncwadi yomsebenzi uya kufunda uku:

- Qonda utshintsho lweemvakalelo kunye nolwengqondo oluza nomhlalaphantsi.
- Lawula impilo kunye nemingeni eqhelekileyo yokuphila.
- Hlala uxakekile—emzimbeni, engqondweni nangokwentlalo.
- Lungisa imicimbi yakho yezemali neyomthetho.
- Gcina ubudlelwane obuluqilima nobunempilo.
- Zikhusele kubuqhophololo kwaye uhlale ukhuselekile kwi-intanethi.

Oku Kuhambelana njani nezinye iincwadi zokusebenzela ze-NICRO

I-NICRO ibonelela ngezinye iincwadi zokusebenza ezithetha ngezakhono ezibalulekileyo zobomi. Ezi zinokukhutshelwa kwiziko lewebhu le-NICRO (

<https://www.nicro.org.za/index.php/en/community-development-resources#workbooks>
)

- Incwadi yokusebenzela yeZinto azithandayo kunye nezinto anomdla kuzo
- Incwadi yokusebenzela yoLawulo lomsindo
- Ukuphuhlisa iNcwadi yokuSebenza yokuZimela
- Incwadi yoMsebenzi yobuNgqondo ngokweemvakalelo
- Incwadi Yokusebenzela yoLwazi lokuFunda nokuBhala ngeMali
- Incwadi Yokusebenzela yeziqhoboshelo ezisempilweni
- Umfundi weMida esempilweni
- Ukulawula Ubunzima Babantu Guide
- Incwadi Yokusebenzela Yokuphila Ngengqondo
- Incwadi yokusebenzela yobudoda ePositive

- Incwadi Yokusebenzela Yokuxhalaba emva kweNtshukumo
- Incwadi Yokusebenzela yoLawulo loxinzelelo
- Incwadi yokusebenzela yokusetyenziswa gwenxa kweziyobisi
- Ubudlelwane obuyityhefu Reader
- Ukulandela iNcwadi yokuSebenza yePateni

Ukutshintsha ukusuka emsebenzini ukuya kumhlalaphantsi

- Kubantu abaninzi, umhlala-phantsi ucingelwa njengomvuzo emva kweminyaka yokusebenza nzima. Imela inkululeko, ukuphumla, kunye nethuba lokuphila ubomi ngesantya somntu ngamnye.
- Ukanti xa ifika, amava adla ngokuntsonkotha ngakumbi.
- Ukutshintsha ngokukhawuleza ukusuka kubomi obusebenzayo, obuxakekileyo bokusebenza ukuya kwixesha elingacwangciswa kunokuzisa iimvakalelo ezixubeneyo.
- Abanye abantu baziva bevuya kwaye bakhululeka. Abanye baziva belahlekile, bexhalabile, okanye bengaqinisekanga ngoko kuza kulandela.

IiNzuzo zePsychology kunye neNtlalo yoMsebenzi

- Umsebenzi unika abantu ngaphezu komvuzo.
- Ibonelela ngenkqubo yemihla ngemihla, injongo, imvakalelo yokuphumelela, kunye nonxibelelwano loluntu.
- Zonke ezi zi-ankile ezinamandla zengqondo.
- Xa umsebenzi uphela, abantu abaninzi abadla umhlala-phantsi bayamangaliswa kukufumanisa ukuba bebethembele kangakanani kwezi ankile ukuba balolonge ubuni babo kwaye banike intsingiselo yeentsuku zabo.
- Ngaphandle kwabo, ixesha linokuziva lingenanto kwaye lingenasiphelo.
- Ekuqaleni, abaninzi abadla umhlala-phantsi bayonwabela into entsha yexesha elingamiselwanga.
- Akukho zilumkiso, imihla ebekiweyo, okanye abaphathi.
- Noko ke, emva kokuba isiqabu sokuqala siphelile, abanye baqalisa ukuziva bengaphumli okanye bedanile.
- Iiyure ezinde ebezikade zimfutshane kakhulu ngoku zinokuziva zinde kakhulu.
- Ukukruquka okanye ukuziva ungenanjongo kusenokuqalisa, ngakumbi ukuba ubomi bomntu ngokwasentlalweni kunye nezinto anomdla kuzo bezinxulumene kakhulu nomsebenzi.
- Kwabanye, ukuthatha umhlalaphantsi kubangela iimpendulo ezinzulu zeemvakalelo.
- Ukukhathazeka, ukuxhalaba, okanye ukuziva ungento yanto, ingakumbi xa iingxaki zempilo okanye uxinezeleko lwemali zisongeza kuxinezeleko.

- Kuqhelekile ukuziva udandathekile emva kokuthatha umhlala- phantsi , ngakumbi ukuba umsebenzi womntu wawungundoqo kubuntu bakhe.
- Ukutshintshela kumhlalaphantsi ke ngoko ayilotshintsho nje lwesiqhelo.
- Luhlengahlengiso lwengqondo olufuna ixesha kunye nokuzazi.
- Ukuqaphela ukunyuka kweemvakalelo okuqhelekileyo kunye nokuhla kweli nqanaba kunokunceda abantu balungiselele kwaye bahlangabezane ngempumelelo ngakumbi.

Ukuqonda iNguqulelo yeNgqondo

Imvakalelo eziqhelekileyo emva kokuthatha umhlalaphantsi

- Ukuthatha umhlala-phantsi kuzisa utshintsho olukhulu kubomi bemihla ngemihla, kwaye kuyindalo ukufumana umxube weemvakalelo ngeli xesha.
- Kwanaxa ubukhangele phambili ekuthatheni umhlala-phantsi, ubunyani bunokuvakala buhluke kakhulu kuleyo ubuyicinga.
- Abantu abaninzi baziva ngathi:
 - **Uncedo nokuba nexesha elingakumbi.**
 - Emva kweminyaka yokusebenza kunye noxanduva, inkululeko yokuphumla kunye nokukhetha indlela yokuchitha usuku lwakho inokuvakalelwa njengomvuzo omkhulu.
 - **Ukulahleka kwesazisi okanye injongo.**
 - Umsebenzi udla ngokwenza abantu bazi ukuba bangoobani na nokuba baphi na.
 - Xa eso sakhiwo sinyamalala, kunokuba nzima ukwazi ukuba wenze ntoni ngokulandelayo okanye ungazichaza njani.
 - **Ukuxhalabela imali okanye impilo.**
 - Iinkxalabo malunga nokuba ugcino luza kuhlala luhleli na, okanye impilo yakho iya kuhlala izinzile, ixhaphakile kwaye inokubangela ukukhathazeka okanye ukungalali.
 - **Ubulolo emva kokuphulukana nonxibelelwano lwemihla ngemihla.**
 - Ubuhlobo obuninzi kunye nentlalontle yakhelwe kwindawo yokusebenza.
 - Xa ezo ziphelileyo, ukuzola ngequbuliso kunokuziva kulikheswa.
- Unokuqaphela kwakhona utshintsho kukuzithemba kwakho okanye isimo sengqondo.
- Ngaphandle kwesiqhelo kunye nokuqatshelwa okuvela kubomi bokusebenza, abanye abantu baqala ukuthandabuza ixabiso labo okanye uncedo.
- Ezi mvakalelo ziqhelekileyo kwaye zinokulawulwa ngokuqonda kunye nokucwangcisa.

Iphepha Lokusebenzela 1: Iimvakalelo Zam Ngomhlala-phantsi

- Bhala phantsi iimvakalelo ezintathu onazo malunga nokuthatha umhlala-phantsi.
- Kwimeko nganye, cinga ngento ebangela oko.
Sebenzisa le ndawo ukubonisa ngokunyanisekileyo.
- Akukho mpendulo zichanekileyo okanye zingalunganga.

Umzekelo:

"Ndiziva ndinexhala kuba andazi ukuba mandenze ntoni ngexesha lam."

Ukuziva	Isizathu okanye i-Trigger

Umbuzo wokucamngca:

Yeyiphi kwezi mvakalelo ofuna ukuyiqonda okanye ukuyilawula ngcono kwezi nyanga zibalwa zizayo?

Ukufumana Injongo Entsha

- Injongo ayipheli xa umsebenzi ohlawulelwayo uphela.
- Oluphi utshintsho yindlela loo njongo ichazwa ngayo.
- Ebudeni beminyaka yokusebenza, ubukhulu bobuntu bukabani nendlela aziva exabiseke ngayo ivela kwigama lomsebenzi, iimbopheleleko nezinto aziphumezileyo.
- Xa eso sahluko sivalwa, kuyinto eqhelekileyo ukungaqiniseki ngeyona nto ithatha indawo yaso.
- Nangona kunjalo umhlala-phantsi unika ithuba elixabisekileyo lokuchaza injongo ngokutsha ngendlela yobuqu kwaye ebhetyebhetye.

Injongo kuMhlalaphantsi

- Injongo kumhlalaphantsi inokuvela kwimithombo emininzi.
- Kwabanye abantu, ifumaneka **kwivolontiya okanye ekufundiseni** , apho banokwabelana ngolwazi kunye namava abo nabanye.
- Kwabanye, inokuvela ekuchitheni **ixesha kunye nosapho okanye abazukulwana** , ukunceda ukukhokela nokuxhasa izizukulwana ezincinci.
- Abaninzi abadla umhlala-phantsi bafumana ulwaneliseko ekuphuhliseni **izinto zokuzilibazisa zibe ngamashishini amancinci okanye iiprojekthi zoluntu** , okanye ekufundeni **izakhono ezitsha** abangazange babe nexesha lokuzihlola ngaphambili.
- Ukuba nengqiqo yenjongo kuxhasa impilo yengqondo kunye nokuzinza kweemvakalelo.
- Inika ukwakheka kweentsuku zakho, inkuthazo yokuvuka ekuseni, kunye nolwaneliseko lokwazi ukuba ixesha namandla akho zisabalulekile.
- Injongo ayikokugcwalisa iyure nganye, kodwa kukuchonga oko kuvakala kunenjongo kwaye kufanelekile ukwenza kweli nqanaba lobomi.

Iphepha lomsebenzi 2: Imithombo yam yeNjongo

- Cinga ngemisebenzi, abantu, okanye usukelo olukwenza uzive uluncedo, unebhongo, okanye wanelisekile.
- Bhala ubuncinane izinto ezintathu ezenza ubomi bakho bube nentsingiselo.

Umzekelo:

"Ukunceda ummelwane wam ngesitiya sakhe semifuno kundenza ndizive ndiluncedo kwaye ndinxibelelene."

Umsebenzi okanye Indima	Isizathu Sokuba Ibe Nentsingiselo

Umbuzo Wokucinga:

Yeyiphi kwezi onokuthi uyifake rhoqo kucwangciso lwakho lweveki okanye lwenyanga?

Ukulawula amaNkalo kunye namaNqanaba eMvakalelo

- Ukutshintshela kumhlalaphantsi kunokuziva ngathi yi-rollercoaster.
- Ngezinye iintsuku usenokuziva unoxolo kwaye unombulelo.
- Kwezinye iintsuku, usenokuziva ukruqukile, ungaphumli, okanye udakumbile.
- Olu tshintsho lwesimo luqhelekile.
- Umhlalaphantsi luhlengahlengiso olukhulu ebomini, kwaye njengalo naluphi na utshintsho, kuthatha ixesha ukuzinza kwisingqi esitsha.
- Kwiinyanga zokuqala, abantu abaninzi bafumana into ebizwa ngokuba yi-*honeymoon stage*.
- Unokuziva ukhululekile kwaye ukhululekile, ukonwabela ukuphumla kunye nokuguquguquka.
- Noko ke, emva kweli nqanaba, ixesha lokuhla ngokweemvakalelo liqhelekile.
- Ngaphandle kolwakhiwo olucacileyo okanye ingqiqo enamandla yenjongo, kulula ukuziva ungenanjongo okanye ungenamveliso.
- Eli nqanaba lingakhokelela ekuphoxekeni okanye ukudakumba okungephi ukuba alilawulwa ngononophelo.
- Usenokuziva unetyala ngokungaxakekanga okanye “uncedo” njengangaphambili.
- Enyanisweni, ukuphumla kunye nokucamngca zizinto ezibalulekileyo zobomi.
- Umceli mngeni kukufumana ulungelelwano: ixesha lokuphumla, ixesha lokunxibelelana nabanye, kunye nexesha lokwenza izinto eziziva zinentsingiselo.

Iingcebiso zokuLawula ama-Emotional Ups and Downs

- **Zivume iimvakalelo zakho.** Ukwenza ngathi yonke into ilungile kuya kwandisa ukudana. Kungcono ukuchaza iimvakalelo zakho kwaye uthethe ngazo nomntu omthembileyo.
- **Yenza inkqubo ethambileyo.** Nokuba isicwangciso esilula semihla ngemihla sikunceda uzive usekelwe kwaye unenjongo. Bandakanya umthambo, ukunxibelelana nabanye, kunye nexesha lobuqu.
- **Hlala uqhagamshelwe.** Ukwahluka kwandisa iimvakalelo ezingalunganga. Finyelela kubahlobo, uzibandakanye neqela, okanye ivolontiya.
- **Cela umngeni iingcinga ezingakhiyo.** Kunokuba uthi “Andinamsebenzi ngoku,” zikhumbuze, “Ndiziqhelanisa nenqanaba elitsha, yaye oko kuthatha ixesha.”
- **Funa uncedo ukuba luyafuneka.** Ukuba usizi okanye ukuxhalaba kuyaqhubeka ngaphezu kweeveki ezimbalwa, theta nomcebisi, ugqirha, okanye unontlalontle wasekuhlaleni. Inkxaso iyafumaneka kwaye iyasebenza.

Iphepha Lokusebenzela 3: Ukuqonda Iipateni Zeemvakalelo Zam

Sebenzisa eli phepha lomsebenzi ukucinga ngeemvakalelo zakho zamva nje kwaye uchonge into ekunceda uzive ungcono.

Umzekelo:

“Ndiziva ndililolo kwiveki ephelileyo kuba bendihleli ekhaya imini yonke .

Xa Ndiziva Ndiphantsi	Yayibangelwa yintoni	Yintoni Eyandinceda Ndaziva Ndingcono

Umbuzo wokucamngca:

Yintoni onokuyenza rhoqo ukugcina ulungelelwaniso lweemvakalelo kwaye uthintele iimvakalelo eziphantsi ukuba zithathe indawo?

Impilo kunye neNhlalakahle kumhlala phantsi

- Impilo entle isisiseko sokunandipha umhlala-phantsi.
- Ngaphandle kwayo, kwanezona zicwangciso zibalaseleyo kunokuba nzima ukuziphumeza.
- Ukwaluphala yinkqubo yendalo, kodwa indlela esiguga ngayo ixhomekeke kakhulu kukhetho esilwenzayo suku ngalunye.
- Ukuhlala usempilweni xa uthatha umhlala-phantsi akuxhomekekanga ekuguleni kuphela; imalunga nokugcina amandla, ukuhamba, kunye noxolo lwengqondo ukuze uqhubeke uphila ngokuzimela kunye nesidima.
- Abantu abaninzi bangena kumhlalaphantsi ngeemeko zempilo zexesha elide okanye imikhwa eyenziwe ngexesha leminyaka yokusebenza exakekileyo.
- Uxinezeleko, ukutya ngokungacwangciswanga, nokungazilolongi kusenokwenzeka ukuba kuye kwabachaphazela kakubi.
- Umhlalaphantsi unika ithuba lokwenza utshintsho oluhle.
- Kukho ixesha elingakumbi lokugxila kubomi obulungeleleneyo, ukuxilongwa rhoqo kwezonyango, kunye nemisebenzi eyomeleza umzimba nengqondo.
- Intlalontle ikwabandakanya impilo yengqondo kunye neemvakalelo.
- Njengoko iindima zentlalo kunye neendlela eziqhelekileyo zitshintsha, kubaluleke ngakumbi ukuhlala uxhumeke, ukulawula uxinezelelo, kunye nokugcina ingqiqo yenjongo.
- Indlela yokuphila enempilo ayixhasi nje umzimba kuphela kodwa ixhasa ukomelela kunye nethemba.

Iingxaki zempilo eziqhelekileyo

- Impilo entle yenye yezona nkxaso zibalaseleyo kumhlalaphantsi olungileyo.
- Nangona kunjalo, njengoko sikhula, umzimba uyatshintsha.
- Ezinye iingxaki zempilo ziye zixhaphake yaye zisenokunciphisa oko sinokukwenza.
- Ukuqonda ezi meko kunye nokuzilawula kwangethuba kunokunceda ukuthintela iingxaki kwaye ugcine uzimele ixesha elide.
- Apha ngezantsi zezinye zezona zinto zixhaphakileyo zempilo phakathi kwabantu abadala:

UXINZELELO LWEGAZI ELIPHEZULU (HYPERTENSION).

- Idla ngokubizwa ngokuba “ngumbulali othuleyo,” isenokungabi nazimpawu kodwa inokonyusa umngcipheko wokuhlaselwa sisifo sentliziyo okanye ukubetha kwentliziyo.
- Ukuhlolwa rhoqo koxinezelelo lwegazi ekliniki okanye ekhemesti kubalulekile.

ISIFO SESEKEKO.

- Le meko ichaphazela indlela umzimba olawula ngayo iswekile.
- Ngaphandle kolawulo olululo, kunokubangela ukudinwa, ukuguquka kobunzima, okanye ukupholisa kancinci.
- Ukulandela ukutya okunempilo kunye nokuthatha amayeza njengoko kuchaziwe ngundoqo.

IINTLUNGU EZIHLANGANISIWEYO OKANYE I-ARTHRITIS.

- Ukuqina okanye intlungu kumalungu anokwenza ukunyakaza kube nzima.
- Ukuzivocavoca okuthambileyo, njengokuhamba okanye ukuzolula, kunokunciphisa intlungu kunye nokuphucula ukuguququka.

UMBONO NOKULAHLEKELWA KWEVIMBA.

- Olu tshintsho lunokwenza kube nzima ukufunda, ukuqhuba, okanye ukunxulumana nabantu.
- Uvavanyo lwarhoqo lwamehlo kunye nokuva lunceda ukufumanisa iingxaki kwangethuba.

ISIFO SENTLIZIYO.

- Ukugcina ukutya okunesondlo, ukuphepha ukutshaya nokuhlala udlamkile kunokunciphisa umngcipheko.

UXINEZELEKO NENKXAKO.

- Impilo yeemvakalelo ibaluleke njengempilo yomzimba.
- Abantu abaninzi abazihoyanga iimpawu ezinjengomoya ophantsi, ukucaphuka, okanye ukuphelelwa ngumdla kwimisebenzi yesiqhelo.
- Ezi zinokunyangwa ngokucetyiswa, amayeza, okanye utshintsho kwindlela yokuphila.

Amanyathelo asebenzayo okulawula impilo yakho

- Ndwendwela ugqirha wakho, ikloniki yengingqi, okanye umongikazi kwikhemesti (Ukucofa kunye noDischem) ukuze uhlolwe rhoqo.
- Thatha amayeza amiselweyo ngokuchanekileyo nangexesha.
- Yitya ukutya okuneziqhamo, imifuno kunye nokutya okuziinkozo.
- Sela amanzi aneleyo kwaye unciphise iziselo ezineswekile kunye notywala.
- Fumana ubuncinane imizuzu engama-20 ukuya kwengama-30 yomthambo olula iintsuku ezininzi.
- Gcina incwadi yezempilo okanye ifolda ukulandelela amadinga akho kunye neziphumo zovavanyo.
- Ukulawula impilo akukhona nje ukuthintela ukugula.
- Ikwamalunga nokukhusela umgangatho wobomi bakho.
- Ngokuhlala unolwazi kwaye usebenza, unokuhlala usebenza kwaye uzimele iminyaka emininzi.

Iphepha lomsebenzi 4: Isicwangciso seMpilo yam

Sebenzisa eli phepha lomsebenzi ukurekhoda imeko yakho yempilo yangoku kunye namanyathelo onokuwathatha ukuyigcina okanye ukuyiphucula.

Umzekelo:

"Imeko: Uxinzelelo lwegazi oluphezulu . Inyathelo: Thatha amayeza yonke imihla kwaye uhambe imizuzu engama-20."

Imeko yeMpilo okanye iNgxaki	Into Endiyenzayo Ukuyilawula	Into Ekufuneka Ndiyenze Ngokulandelayo

Umbuzo wokucamngca:

Leliphi icandelo lempilo yakho elifuna ukuhoywa ngakumbi ngoku, kwaye leliphi inyathelo elincinci onokuthi ulithathe kule veiki ukuyilungisa?

Ukuhlala usebenza

- Ukuhlala usebenza yenye yezona ndlela zisebenzayo zokugcina impilo kunye nokuzimela kumhlalaphantsi.
- Ukuhamba rhoqo kuqinisa umzimba, kuphucula isimo sengqondo, kwaye kunceda ukukhusela izifo ezininzi eziqhelekileyo ezinxulumene nobudala.
- Umsebenzi womzimba ukwagcina ingqondo ibukhali kwaye ixhasa ubuthongo obuhle, ukulinganisela kunye nokuzithemba.
- Awudingi ukujoyina ijimu okanye uthathe inxaxheba kumthambo onzima ukuze uhlale usebenza.
- Izenzo ezincinci, ezingaguqukiyo zenza umahluko wokwenyani.
- Injongo kukuhambisa umzimba wakho ngeendlela ezikhuselekileyo, ezonwabileyo nezizinzileyo.

Iingenelo zokuhlala usebenza

- Inceda ukulawula ubunzima kunye noxinzelelo lwegazi.
- Yehlisa umngcipheko wesifo sentliziyo, isifo sokuwa, kunye nesifo seswekile.
- Yomeleza amathambo, amalungu kunye nezihlunu.
- Ukuphucula ukulinganisela kunye nokulungelelanisa, ukunciphisa umngcipheko wokuwa.
- Iphakamisa isimo sengqondo kwaye inciphisa ukuxhalaba okanye ukudakumba.
- Yandisa amandla kunye nemvakalelo yokuba sempilweni iyonke.

Iindlela Ezilula Zokuhlala Usebenza

- **Ukuhamba:** Owona mthambo ulula nokhuselekileyo. Qala ngemizuzu eli-10 ukuya kweli-15 ngosuku kwaye wakhe kancinci kancinci.
- **Ukolula:** Ukwelula ngobumnene kusasa okanye ngokuhlwa kuphucula ukuguquguquka kunye nokunciphisa ukuqina.
- **Umsebenzi wasekhaya okanye ukulima:** Imisebenzi yemihla ngemihla ikugcina ushukuma kwaye ikwenza uzive uphumeze okuthile.
- **Amaqela asekuhlaleni okuzilolonga:** Ukujoyina iklabhu yokuhambahamba, iqela lomdaniso, okanye iklasi yomthambo ophezulu kukunceda uhlale unomdla kwaye unxibelelene.
- **I-Balance exercises:** Ukuma ngonyawo olunye, usebenzisa inkxaso xa kuyimfuneko, kunokomeleza ibhalansi yakho kwaye uthintele ukuwa.

Hlala udibana nogqirha wakho okanye iklinihi ngaphambi kokuba uqalise imithambo emitsha, ngakumbi ukuba unesifo esingapheliyo njengesifo sentliziyo okanye iingxaki zamalungu. Mamela umzimba wakho kwaye uphumle xa kuyimfuneko.

Ukuhlala Usebenza Ngengqondo

Ukuhlala usebenza ngengqondo ngexesha lokuthatha umhlala-phantsi kubaluleke ngokufanayo nokuhlala usempilweni ngokwasemzimbeni. Ingqondo isebenza kumgaqo othi "uyisebenzise okanye uyilahle". Xa sicelel' umngeni iingqondo zethu rhoqo, someleza inkumbulo, sigxininise, nobuchule bokucombulula iingxaki, kufana nokwenza umthambo.

Ukufunda, ukucombulula iipuzzle, ukufunda izakhono ezitsha, kunye nokuhlalisana konke kunceda ukugcina ingqondo ibukhali kwaye ibhetyebhetye. Ukugcina ukuzibandakanya ngokwasengqondweni kukwaxhasa impilo-ntle yeemvakalelo ngokunciphisa uxinzelelo, ukwakha ukuzithemba, kunye nokugcina uvakalelo lwenjongo. Umhlalaphantsi unika ithuba elifanelekileyo lokuphonononga izinto ozonwabisa ngazo, ufunde into entsha, kwaye ugcine ingqondo isebenza kwaye inomdla yonke imihla.

Ukuzibandakanya kwimisebenzi evuselela ingqondo nako kunceda ukunqanda ukuhla kwengqondo.

- liphazili zamagama
- Sudoku
- Uphendlo lwamagama
- Ukufunda
- Imidlalo yebhodi

Word Search – Everyday Joys

T	R	C	Q	W	G	K	F	M	L	A	M
H	M	H	I	V	C	V	K	L	C	B	H
T	M	P	P	V	M	O	B	V	E	J	S
F	E	U	B	P	D	T	C	O	D	R	C
H	I	C	A	N	G	B	W	U	H	K	K
E	N	P	Y	G	E	J	U	X	P	W	T
L	M	A	D	Q	M	O	G	G	X	L	W
V	J	H	D	Q	V	P	P	Y	B	O	Q
E	W	P	E	Y	D	W	Q	T	X	R	A
J	S	X	F	O	X	H	T	D	G	L	Y
J	Q	Q	T	F	W	G	K	U	P	X	J
K	W	J	J	P	O	W	Y	X	U	X	C

Words to find: GARDEN, LAUGHTER, FAMILY, FRIENDS, WALK, SUN, COFFEE, MUSIC, HOBBY, PEACE, KINDNESS

Fikelela kwiiphazili zamagama simahla apha:

<https://www.boatloadpuzzles.com/playcrossword>

Iphepha lomsebenzi 5: ITracker yoMsebenzi wam

Sebenzisa eli phepha lokusebenzela ukucwangcisa indlela oza kuhlanganisa ngayo umsebenzi womzimba kwiveki yakho. Khetha imisebenzi oyithandayo kwaye ehambelana nesakhono sakho.

Umzekelo:

"NgoMvulo: ukuhamba ngemizuzu eyi-15 emva kwesidlo sakusasa . NgoLwesithathu: ukolula ukukhanya ngaphambi kokulala."

Usuku	Umsebenzi	Ubude bexesha	Indlela endaziva ngayo Emva koko
uMvulo			
uLwesibini			
uLwesithathu			
uLwesine			
uLwesihlanu			
uMgqibelo			

Usuku	Umsebenzi	Ubude bexesha	Indlela endaziva ngayo Emva koko
iCawe			

Umbuzo Wokucinga:

Ngowuphi umsebenzi okunceda ukuba uzive unamandla okanye uphumle, kwaye ungawenza njani ube yinxalenye yesiqhelo sakho?

Ukutya okunesondlo kunye nokuPhila ngokuseMpilweni

Ukutya okunesondlo kubalulekile ukuze ugcine impilo, amandla namandla xa udla umhlala-phantsi. Njengoko umzimba ukhula, iimfuno zawo ziyatshintsha. Unokufuna iikhalori ezimbalwa kodwa ngaphezulu kwezondlo ezithile ezifana nekhalsiyam, iprotein, kunye nefayibha. Ukutya kakuhle kunceda ukulawula ubunzima, ukulawula iimeko ezingapheliyo, kunye nokukhusela ekudinweni nasekuguleni.

Ukuphila impilo esempilweni kubandakanya okungakumbi kunokutya. Kubandakanya imikhwa yemihla ngemihla efana nokuhlala u-hydrated, ukuphumla ngokwaneleyo, ukuphepha izinto ezinobungozi, kunye nokulawula uxinzelelo. Kunye, olu khetho lunempembelelo enamandla kwindlela oziva ngayo kunye nokusebenza ngayo yonke imihla.

Imigaqo ephambili yeSondlo esiLungileyo

- **Yitya iintlobo ngeentlobo zokutya.** Bandakanya iziqhamo, imifuno, iinkozo, imithombo yeprotheyini, kunye nemveliso yobisi okanye yobisi ekutyeni kwakho. Ukwahluka kuqinisekisa ukuba ufumana ibhalansi yeevithamini kunye neeminerali.
- **Lawula ubungakanani beenxalenye.** Njengoko uya usiya ungasebenzi kakuhle, unokufuna izidlo ezincinci. Ukutya kakhulu kunokukhokelela ekuzuzeni ubunzima kunye noxinzelelo lwentliziyo kunye namalungu.
- **Khetha ukutya okupheleleyo.** Ukunciphisa ukutya okucutshungulweyo okanye okuneswekile. Iinkozo ezipheleleyo, imveliso entsha, kunye neeprotheni ezibhityileyo zibonelela ngamandla ahlala ixesha elide kwaye zanceda ukulawula iswekile yegazi.
- **Yitya rhoqo.** Ukuyeka ukutya kunokubangela ukudinwa okanye isiyenzi. Zama ukufumana izidlo ezithathu ezilungeleleneyo okanye ezimbalwa ezincinci ngosuku ngalunye.
- **Nciphisa ityuwa kunye noshukela.** Ityuwa eninzi inyusa uxinzelelo lwegazi, kwaye iswekile eninzi iyawandisa amathuba okuba nesifo seswekile kunye nokubola kwamazinyo.

I-Hydration kunye neminye imikhwa ephilileyo

- Sela iiglaszi zamanzi ezintandathu ukuya kwezisibhozo ngosuku, nokuba awuziva unxaniwe.
- Nciphisa iziselo ezinxilisayo, utywala, kunye nekofu egqithisileyo okanye iti.
- Phumla ngokwaneleyo—nenjongo yokulala iiyure ezisixhenxe ukuya kwezisibhozo busuku ngabunye.
- Kuphephe ukutshaya kwaye unciphise utywala. Zombini zonyusa umngcipheko weengxaki zempilo ezininzi.
- Ziphephe ixesha elide lesikrini-nangona inokuba yinto yokwenza okanye into yokugcina ingqondo yakho ixakeke-ixesha lesikrini aliyiceli mngeni ingqondo ngendlela yokufunda okanye incoko. Ukukhanya okuluhlaza okwesibhakabhaka okuvela kwizikrini kuphazamisa ukulala kwaye kunokubangela ubunzima

obungakumbi emehlweni akho kwaye kukhokelela ekubeni ube nentloko ebuhlungu.

- Lawula uxinzelelo ngokwenza umthambo othambileyo, umthandazo, ukucamngca, okanye umthambo wokuphefumla.
- Gcina idinga lezonyango kunye namazinyo rhoqo. Ukuthintela kulula kunonyango.
- Ukuphila ngokusempilweni kumalunga nokungaguququki, hayi imfezeko. Ukuphuculwa okuncinci, okuzinzileyo kwenza umahluko omkhulu wexesha elide.

Iphepha lomsebenzi 6: Isicwangciso sam sokuPhila ngokusempilweni

Sebenzisa eli phepha lokusebenzela ukubonakalisa imikhwa yakho yangoku kwaye uthathe isigqibo malunga neenguqu ezincinci, ezinokwenyani onokuthi uzenze ukuphucula impilo yakho.

Umzekelo:

"Ndiza kubuyisela isiselo esihlwahlwazayo ngosuku ngamanzi kwaye ndithathe uhambo lwemizuzu eyi-15 emva kwesidlo sasemini."

Indawo ekugxilwe kuyo	Umkhwa wangoku	Utshintsho Ndifuna Ukulwenza	Xa Ndizoqala Nini
Ukutya			
Ukusela			
Yenza umthambo			
Phumla kwaye ulale			
Ulawulo loxinzelelo			

Umbuzo wokucamngca:

Loluphi utshintsho oluncinci oluya kwenza umahluko omkhulu olungileyo kwimpilo yakho kule nyanga?

Ukulungisa Imicimbi Yakho

- Umhlala-phantsi lelona xesha lifanelekileyo lokuqinisekisa ukuba imicimbi yakho yezomthetho, yezemali, kunye neyobuqu icwangcisiwe.
- Ukuceba kusengaphambili kuzisa uxolo lwengqondo, kunciphisa uxinezeleko, yaye kunceda ukukhusela intsapho yakho kwixesha elizayo.
- Ngaphandle kwamalungiselelo acacileyo, ukungaqondani, ukulibaziseka, kunye neengxaki zemali zingenzeka xa iziganeko ezingalindelekanga zenzeka.
- Ukulungisa imicimbi yakho akukho mali nje kuphela.
- Iquka amaxwebhu abalulekileyo, iminqweno yezonyango, nemiyalelo esebenzisekayo kubomi bemihla ngemihla.
- Yindlela yokulawula nokuqinisekisa ukuba iminqweno yakho iyaziwa kwaye iyahlonitshwa.
- Ngokucwangcisa ezi ndawo ngoku, unciphisa ukungaqiniseki kwakho kunye nabo ubathandayo.
- Ikuvumela ukuba wonwabele umhlala-phantsi ngaphandle kokukhathazeka ukuba imibandela ebalulekileyo isenokungahoywa okanye ingaqondwa kakuhle.

IINDAWO EZINGUNDOQO EKUFUNEKA UQAPHELELE KUQANDAKADE:

- **Amaxwebhu asemthethweni** afana nomyolelo okanye umyolelo ophilayo.
- **Imiba yezemali** kuquka iikhawunti zebhanki, utyalo-mali kunye nemali yomhlalaphantsi.
- **Ucwangciso lwezempilo** olubandakanya uncedo lwezonyango, amayeza, kunye nonyango olukhethwayo.
- **Umbutho wobuqu** onjengamagama ayimfihlo, abafowunelwa ababalulekileyo kunye neenkukacha zeprothi.

Amaxwebhu abalulekileyo

- Elinye lamanyathelo okuqala ekuququzeleleni imicimbi yakho kokuqinisekisa ukuba unawo onke amaxwebhu abalulekileyo ngokulandelelana kwawo.
- La maxwebhuanceda usapho lwakho, ababoneleli bezempilo, kunye nabameli bomthetho ukuba bayazi iminqweno yakho kwaye basebenze ngayo ukuba kuyimfuneko.
- Zikwakwenza kube lula ukulawula ubomi bakho.

Amaxwebhu angundoqo omaFumana

- **Amaxwebhu ezazisi** - incwadi yesazisi okanye isazisi smart, ipasipoti.
- **Isiqinisekiso sokuzalwa** - esifunekayo kwimiba yezomthetho nezemali.
- **Isatifikethi somtshato okanye isigunyaziso soqhawulo-mtshato** – ukuba siyasebenza.
- **IWill** – ichaza indlela ofuna izinto zakho zabiwe ngayo emva kokufa.

- **Umyolelo ophilayo okanye umyalelo wangaphambili** -uchaza iminqweno yakho yezempilo ukuba awukwazi ukunxibelelana.
- **Umgqaqo-nkqubo wokungcwaba** uqinisekisa ukuba amalungiselelo acacile kwaye imiba yezemali iyasonjululwa.
- **I-Medical aid kunye neerekhodi zonyango** - zibandakanya amayeza, i-allergies, kunye neenkcukacha zoogqirha.
- **Iiakhawunti zebhanki, utyalo-mali kunye nemigaqo-nkqubo ye-inshorensi** - zibandakanya iinombolo zeakhawunti kunye neenkcukacha zoqhagamshelwano.
- **Amagama okugqithisa kunye neeakhawunti ze-intanethi** -rekhodisha ngokukhuselekileyo ukunceda usapho ukuba lulawule imicimbi ye-intanethi okanye yedijithali.

lingcebiso zokuLungiselela amaxwebhu

- Zigcine kwindawo ekhuselekileyo kodwa efikelelekayo.
- Yenza uluhlu lokukhangela uze uphawule ukuba ngawaphi amaxwebhu osele unawo.
- Hlaziya amaxwebhu rhoqo ukubonisa utshintsho kwiimeko zakho.
- Yabelana ngeekopi okanye iindawo zamaxwebhu abalulekileyo nomntu omthembileyo.

Ukulungelelanisa amaxwebhu akho ngoku kuthintela ukubhideka kamva. Ikwakunika ukuzithemba ukuba iminqweno yakho iya kulandelwa kwaye abo ubathandayo baya kuxhaswa.

Iphepha lomsebenzi 7: Uluhlu lwam Iwamaxwebhu abalulekileyo

Sebenzisa eli phepha lomsebenzi ukurekhoda ukuba ngawaphi amaxwebhu onawo, yintoni engekho, kunye nalapho ngalinye ligcinwe khona.

Uxwebhu	Ndinayo (Ewe/Hayi)	Indawo	Amanqaku
Isazisi			
Isetifiketi sokuzala			
Isiqinisekiso somtshato/soqhawulo-mtshato			
Intando			
Ukuphila intando			
Umgaqo-nkqubo wokungcwaba			
Uncedo lwezonyango			
Ibhanki kunye nolwazi lotyalo-mali			
Iphasiwedi/iiakhawunti ze-intanethi			

Umbuzo wokucamngca:

Ngawaphi amaxwebhu afuna ukuqwalaselwa kuqala, kwaye ngubani onokuthi ucele isikhokelo ukuba akuqinisekanga ngawo?

Ukubhala Umyolelo Ophilayo

- Umyolelo ophilayo, maxa wambi obizwa ngokuba yi advance directive, luxwebhu olusemthethweni oluchaza iminqweno yakho ngonyango ukuba akukwazi ukunxibelelana nawe ngokwakho.
- Ikuvumela ukuba wenze izigqibo kwangethuba malunga nonyango olwenzayo okanye ongalufuniyo, ukuqinisekisa ukuba ukhetho lwakho lwezempilo luyahlonitshwa.

Kutheni Umyolelo Wokuphila Kubalulekile

- Kunciphisa ukungaqiniseki kunye noxinzelelo kumalungu entsapho.
- Ikhokela oogqirha ekwenzeni izigqibo zonyango ukuba awukwazi ukuthetha ngokwakho.
- Inceda ukuthintela ungquzulwano phakathi kwezalamane malunga nokukhathalela kwakho.
- Ikunika ulawulo kukhathalelo lwempilo yakho, nokuba ugula kakhulu.

Yintoni emayiBandakanywe kwiLiving Will

- linkcukacha zakho zobuqu: igama, umhla wokuzalwa, kunye neenkukacha zoqhagamshelwano.
- Imiyalelo ethile malunga nonyango lwezonyango, olufana nokuvuselela ubomi, inkxaso yobomi, okanye utyando.
- Iminqweno yakho malunga nolawulo lweentlungu kunye nokhathalelo lwentuthuzelo.
- Ukuqeshwa kommeli wokhathalelo lwempilo okanye iarhente, umntu omthembileyo ukuba enze izigqibo egameni lakho.
- Utyikityo lwamangqina okanye unobhala wenkundla ukuba kuyimfuneko.

Izinto eziqhelekileyo kuMyolelo oPhila (Izikhokelo zoNyango)

1. Unyango olugcina ubomi

- Ukuvuselela / iCPR - nokuba ufuna ukunyanzeliswa kwesifuba okanye amanye amanyathelo ukuba intliziyo yakho iyema.
- Ukungenisa umoya ngoomatshini – ukusetyenziswa komatshini wokuphefumla ukuba awukwazi ukuziphefumlela ngokwakho.
- Ukutya ngetyhubhu / isondlo esingesokwenziwa – nokuba ufumana ukutya kunye nolwelo ngombhobho.
- I-Dialysis – ukusetyenziswa konyango lwenkxaso yezintso ukuba izintso zisilela.
- Utyando okanye iinkqubo ezihlaselayo - imvume okanye ukwala utyando olukhulu ukuba lubeka ubomi esichengeni.

2. Ulawulo lweentlungu kunye noNyango lweNtuthuzelo

- Ukusetyenziswa kokuthomalalisa iintlungu nokuba kunokunciphisa ubomi.
- Ukukhethwa kwe-hospice okanye ukhathalelo lwe-palliative kunonyango oluqatha kwisigulo esibulalayo.
- Amanyathelo okugcina isidima kunye nokuthuthuzela, njengokuncediswa ngokuhlamba, ukujika ebhedini, okanye ukubeka indawo.

3. Ii-antibiotics kunye namanye amayeza

- Ukuba ngaba ufumana amayeza okubulala iintsholongwane kusulelo olukwinqanaba eliphezulu.
- Ukusetyenziswa kwamayeza ukwandisa ubomi ngokuchasene nokugxila ekuthuthuzelekeni.

4. I-Organ and Tissue Donation

- Nokuba ngaba ukunikela ngamalungu okanye izihlunu emva kokufa.

5. Izinto ezikhethwayo zokuphela koBomi

- Indawo yokhathalelo olukhethwayo: ikhaya, isibhedlele, okanye isibhedlele.
- Ukhetho lomngcwabo okanye isikhumbuzo ukuba uyafunwa.

6. Ukuqeshwa koMmeli/uMmeli wokhathalelo lwempilo

- Igama lomntu ogunyazisiweyo ukuba enze izigqibo zonyango ukuba awukwazi.
- Imiyalelo yokuba kufuneka balandele iminqweno yakho.

7. Imiyalelo engqalileyo yeeMeko eziZodwa

- Ukhetho lwe-Alzheimer's okanye isifo sengqondo esixhalabisayo.
- Izigqibo kwimeko ye-stroke, ukwenzakala okukhulu kwengqondo, okanye ukugula okungapheliyo.

Iingcebiso ezisebenzayo:

- Makucace kwaye unqale kangangoko ukuthintela ukubhideka.
- Xoxa ngeminqweno yakho nosapho, ugqirha, kunye nommeli wakho wokhathalelo lwempilo.
- Ukuphonononga kwaye uhlaziye abaphilayo rhoqo ukubonisa utshintsho kwimpilo okanye ukhetho lomntu.

Amacebiso Aluncedo

- Thetha negqwetha, ugqirha, okanye unontlalontle ukuze ufumane isikhokelo ngendlela echanekileyo yomthetho.
- Xoxa ngeminqweno yakho nosapho kunye nommeli wakho wezempilo ukuze wonke umntu aqonde iinjongo zakho.
- Ukuphonononga ubomi bakho kuya kuhlaziywa ngamaxesha athile ukuba impilo yakho, iimeko, okanye izinto ozikhethayo ziyatshintsha.

- Gcina ikopi kwindawo ekhuselekileyo kodwa efikelelekayo kwaye unike ikopi kummeli wakho wezempilo kunye nogqirha.
- Umyolelo ophilayo awuloxwebhu nje olusemthethweni; sisixhobo soxolo lwengqondo.
- Ukwazi ukuba izigqibo zakho zezempilo zichazwe ngokucacileyo kunokunciphisa uxhalaba kwaye kukuvumela ukuba ugxininise ekunandipha umhlalaphantsi.

Iphepha Lokusebenzela 8: Ukuphila kwam kuya kuCwangcisa

Sebenzisa eli phepha lokusebenzela ukuze uqalise ukucinga ngeminqweno yakho kunye nokuba ngubani omthembileyo ukuba uza kwenza ngayo.

Into	Amanqaku
Umntu wokuthatha izigqibo ukuba andikwazi	
Unyango lwezonyango ndiyalufuna okanye andifuni	
Ukhathalelo lwentuthuzelo okanye ukhetho lolawulo lweentlungu	
Abantu ekufuneka babenayo ikopi	

Umbuzo wokucamngca:

Ngubani onokuthi uthethe naye kule veki ukuqalisa ukucwangcisa umyolelo wakho wokuphila, kwaye yeyiphi imibuzo ekufuneka uyibuze?

.

Iphepha Lokusebenzela 9: Ukuphila Kwam Okukhethayo

Sebenzisa eli phepha lomsebenzi ukucinga kwaye ubhale phantsi iminqweno yakho yezonyango kunye nokuphela kobomi. Ungayisa kugqirha wakho, igqwetha, okanye unontlalontle ukuze ufumane ingcebiso xa ubhala umyolelo osesikweni.

1. Unyango olugcina ubomi

Unyango	Endikuthandayo	Amanqaku
Ukuvuselela / CPR	Ewe Hayi	
Ukungenisa umoya koomatshini (umatshini wokuphefumla)	Ewe Hayi	
Ukutya ngemibhobho / isondlo sokwenziwa	Ewe Hayi	
Dialysis	Ewe Hayi	
Utyando olukhulu	Ewe Hayi	Chaza iimeko ukuba ziyafuneka

2. Uncedo lweentlungu kunye noNyango lweNtuthuzelo

Indawo	Endikuthandayo	Amanqaku
Ukuphelisa iintlungu, nokuba kunokunciphisa ubomi	Ewe Hayi	
Ukunyamekela abantu abagulela ukufa	Ewe Hayi	
Imilinganiselo yemihla ngemihla yokuthuthuzela (ukuhlamba, ukujika, ukubeka indawo)	Ewe Hayi	

3. Amayeza kunye noNyango

Indawo	Endikuthandayo	Amanqaku
Amachiza okulwa nezifo ezinzulu	Ewe Hayi	
Amanye amayeza okwandisa ubomi	Ewe Hayi	Chaza

4. I-Organ and Tissue Donation

Indawo	Endikuthandayo	Amanqaku
Nikela ngamalungu	Ewe Hayi	Chaza amalungu ukuba uyafunwa
Nikela ngeethishu	Ewe Hayi	

5. Izinto ezikhethwayo zokuphela koBomi

Indawo	Endikuthandayo	Amanqaku
Indawo yokunyamekela (ikhaya, isibhedlele, isibhedlele)		
Iminqweno yomngcwabo / yesikhumbuzo		

6. Ummeli/ummeli wokhathalelo lwempilo

Into	Iinkcukacha	Amanqaku
Igama lomntu oza kundithathela izigqibo		

Into	Iinkcukacha	Amanqaku
Ubudlelwane		
Imiyalelo yokulandela iminqweno yam		

7. Iimeko ezithile

Imeko	Endikuthandayo	Amanqaku
I-Dementia okanye i-Alzheimer's care		
Ukubetha kakhulu / ukwenzakala kwengqondo		
Isigulo sesiphelo		

Imibuzo yoCinga:

- Ngaba ndiyixoxile le minqweno kunye nosapho lwam kunye nommeli wokhathalelo lwempilo?
- Ngaba kukho naziphi na izigqibo endidinga ulwazi oluthe kratya phambi kokuba ndizigqibe?
- Ndiza kulijonga nini eli phepha lomsebenzi ukuqinisekisa ukuba lihlaziyiwe?

Ubudlelwane kunye noQhagamshelwano loLuntu

- Umhlalaphantsi utshintsha ngaphezu kwendlela yakho yemihla ngemihla. Izenokutshintsha kwakhona ubomi bakho bentlalontle. Umsebenzi uhlala ubonelela ngokunxibelelana rhoqo nabalingane, abathengi, kunye nabanye, okuxhasa ukuziva ungowabanye. Xa uthatha umhlala-phantsi, olu nxibelelwano lunokuthi lungabi rhoqo, lushiywe ixesha elininzi lokukhulula kodwa unxibelelwano oluncinci lwentlalo. Ukugcina ubudlelwane obunempilo kunye nokwakha unxibelelwano olutsha lwentlalo kubalulekile kwimpilo-ntle yeemvakalelo kunye nomgangatho wobomi bubonke.
- Unxibelelwano olomeleleyo lwentlalo lunceda ukuthintela ubulolo, ukudakumba, kunye nokuxhalaba. Banikela inkxaso ngokweemvakalelo, ubuhlobo, noncedo olusebenzisekayo xa kuyimfuneko. Umhlala-phantsi lithuba lokomeleza ubudlelwane obukhoyo, ukuphinda uqhagamshelane nabahlobo bakudala, kwaye wenze amaqhina amatsha ngoluntu, ngokuvolontiya, okanye kwizinto zokuzonwabisa ekwabelwana ngazo.

Ukutshintsha Iindima zeNtsapho

- Amandla osapho ahlala etshintsha emva kokuthatha umhlalaphantsi. Usenokuchitha ixesha elingakumbi neqabane lakho, abantwana, okanye abazukulwana bakho, okanye uthabathe indima yokunyamekela. Olu tshintsho lunokuba nomvuzo kodwa lunokubangela uxinzelelo okanye uxinzelelo.

lingcebiso zoBudlelwane boSapho obuphilileyo

- Nxibelelana ngokuphandle ngeemfuno zakho kunye nezinto ozilindeleyo.
- Kuhlonele ukuzimela kwabantwana abadala.
- Misela imida xa kuyimfuneko ukugcina ulungelelwano.
- Kulungele ukulalanisa uze ulungelelanise uqheliselo olutsha lwentsapho.

Ukwakha Ubomi Bentlalontle

- Ukudala ubomi obunelisayo bentlalo kumhlalaphantsi kubandakanya ukugcina ubudlelwane obudala kunye nokufuna obutsha.
- **Imibono ngokuHlala uQhagamshelwe**
- Joyina iiklabhu, amaqela okuzonwabisa, okanye uluntu olusekwe kwinkolo.
- Ivolontiya ngezizathu ezibalulekileyo kuwe.
- Yiya kwimisitho yasekuhlaleni, iintetho, okanye iiklasi.
- Hlala unxibelelana nabahlobo ngeefowuni, utyelelo, okanye imidiya yoluntu.
- Imisebenzi yezentlalo ayiphuculi kuphela isimo sengqondo kodwa ibonelela ngamathuba okufunda izakhono ezitsha, ukwabelana ngamava, nokugcina ingqiqo yenjongo.

Iphepha lomsebenzi 10: Imephu yobudlelwane

- Zoba isangqa embindini ozimeleyo. Kuyo, dwelisa abantu onxibelelana nabo rhoqo kunye nabo ungathanda ukuphinda uqhagamshelane nabo.

Imibuzo yoCinga:

- Bubuphi ubudlelwane obukuzisela uvuyo nenkxaso?
- Luluphi unxulumano olufuna ingqalelo engakumbi okanye umgudu?
- Unokuquka njani ukuzonwabisa okunentsingiselo kucwangciso lwakho lweveki?

Cebisa Imisebenzi

Incwadi yokusebenzela yeZinto azithandayo kunye nezinto anomdla kuzo

I-NICRO iphuhlise incwadi yomsebenzi yeZinto eziziNdlileyo kunye neMidla equlethe uludwe olubanzi lwezinto azonwabisa ngazo kunye nezinto anomdla kuzo. Cofa [apha](#) ukuze uvule uxwebhu.

Eminye imibono

- I-Eventbrite ibamba uluhlu lweziganeko zangoku kwilizwe jikelele, ezinye zazo simahla: <https://www.eventbrite.com/ttd/south-africa/>
- Oomasipala abaninzi babonelela ngeenkqubo zabo badla umhlala-phantsi. linkcukacha zithunyelwa ngokubanzi kwiwebhusayithi kamasipala:
 - <https://www.capetown.gov.za/City-Connect/Activities-and-programmes/Sport-and-recreation/seniors-programmes>
- Uninzi lweendawo zokutyela zinesaphulelo sabantu abadla umhlala-phantsi.
- Uluhlu lwezaphulelo zabadla umhlala-phantsi luhlala lufumaneka kwi-intanethi:
 - <https://www.capetown.travel/pensioner-discounts-cape-town/>
 - <https://altronpensionfund.com/pensioners/pensioner-specials>
 - <https://www.goodthingsguy.com/lifestyle/pensioners-in-sa-these-are-the-2025-discounts-to-look-out-for/>
 - <https://www.pensionerspayless.co.za/>
- Iyunivesithi ezininzi zineentetho zikawonke wonke kunye nemisitho yasimahla. Ezi zinokufumaneka kwiwebhusayithi yeyunivesithi.
 - KwiYunivesithi yaseWits: <https://www.wits.ac.za/display/events/>
 - Isikolo sase-UCT saseHlobo: <https://summerschool.uct.ac.za/>
 - Iziko laseAfrika leNzululwazi yeMathematika (AIMS): <https://aims.ac.za/workshops/>
 - IYunivesithi yeXesha leSithathu (UCT): <https://www.u3a-ct.org.za/>

Ukuhlala ukhuselekile kwi-Digital Age

- Umhlalaphantsi uhlala uzisa ixesha elininzi lokukhululeka, kwaye abantu abaninzi basebenzisa eli xesha ukuphonononga i-intanethi, imidiya yoluntu, kunye neebhanki ze-intanethi.
- Ngelixa itekhnoloji inokuba sisixhobo esihle sokuhlala uqhagamshelwe, unolwazi, kwaye ukonwabisa, ikwaza nomngcipheko.
- Abaqhathi nabaqhatha badla ngokujolisa abantu abadala, benethemba lokuxhaphaza ukungabi namava okanye ukuthembana.
- Ukuhlala ukhuselekile kwi-intanethi kubalulekile ekukhuseleni imali yakho, ulwazi lobuqu kunye noxolo lwengqondo.

Ubuqhetseba obuqhelekileyo

- **Ubuqhophololo be-imeyile kunye neSMS :** Imiyalezo ecela ulwazi lobuqu, amagama ayimfihlo, okanye imali.
- **lifowuni zomgunyathi okanye imiyalezo evela kwiibhanki okanye kwii-ofisi zikarhulumente:** Abaqhathi basenokuzenza ngathi basemthethweni ukuze bakuqhathe ekwabeleni ngeenkukacha.
- **Utyalo-mali okanye ubuqhophololo belothiso :** Unikezelo olubonakala lulunge kakhulu ukuba lube yinyani luqhelekile.
- **Ubuqhophololo kwimidiya yoluntu :** Izicelo zobungane ezingeyonyani, amakhonkco okuphinga, okanye izicelo zemali kumntu othi uyakwazi.
- **I-Malware kunye neentsholongwane:** Ukucofa amakhonkco angaziwayo kungonakalisa ikhompyuter yakho okanye kube ulwazi.

IiScams zefowuni

- Ubuqhophololo ngefowuni kuxa ufumana umnxeba ovela kwinto evakala ngathi ngumthombo osemthethweni, njengebhanki yakho okanye amapolisa.
- Umntu okufowunelayo uzama ukukweyisela ukuba kukho ingxaki, yaye umele uhlawule imali ukuze ucombulule loo ngxaki, njengesohlwayo sesiphoso somgunyathi, okanye ukubanga ukuba utyala imali ebhankini.
- Basenokwenza izoyikiso ezifana nokuba awusihlawuli esi sohlwayo uya kubanjwa njl.
- Akukho gosa likarhulumente elisemthethweni okanye ibhanki iya kufowuna ngolu hlobo. Lonke olo nxibelelwano luphathelele izohlwayo okanye imali etyalwayo kufuneka lubhalwe phantsi yaye lunokuqinisekiswa ngokuqhagamshelana nebhanki okanye isebe lezendlela ngokuthe ngqo.
- Yintoni ezama ukwenza umkhohlisi kukwenza ukuba wabelane ngolwazi lwakho lokhuseleko, ukuze bakwazi ukufikelela kwiiakhawunti zakho zebhanki, okanye bazame ukuba ubathumelele imali nge-elektroniki. Basenokukuthumela ikhonkco kumyalezo obhaliweyo apho bafuna ukuba ufake iinkukacha zakho zebhanki kwi .

- Baza kuzama ukukubangela ukuba uphakuzele okanye ubhideke, ngoko ulandela imiyalelo yabo.
- Khawuxhome nje kwaye uvimbe loo nombolo kwifowuni yakho.

Ezinye iintlobo zoBuqhophololo

- Abantu abafika endlwini yakho bebonakala bephuma kwimibutho esemthethweni efana neSPCA okanye umasipala okanye uEskom, befuna ukufikelela kwipropati yakho.
- Bonke aba bantu kufuneka banxibe iyunifomu epholeleyo kunye neebheji zesazisi okanye amakhadi abonakalayo, baqhube isithuthi sikarhulumente esibhalwe ngokucacileyo.
- Ungatsalela umnxeba iSPCA okanye umasipala ukuze uqinisekise umntu lowo. Musa ukumvumela umntu ukuba angene kwindawo yakho de ube umqinisekisile.
- Ungafowunela namapolisa ucele uncedo. Ukuba bangamaqola, izoyikiso zokufika kwamapolisa kufuneka zihambe.
- Ukuba amaqothakikili ayakugrogrisa **ngamapolisa** okanye ngokubanjwa, yithi “Ewe masibize amapolisa ukuze athabathele kuwo alungise lo mcimbi.

Iingcebiso ezisebenzayo zokuZigcina ukhuselekile

- Ungaze wabelane nge-PIN yakho, igama lokugqitha, okanye iinkcukacha zakho ngefowuni, i-imeyile, okanye umbhalo, nokuba ucinga ukuba ngubani osefowunini.
- Sebenzisa amagama ayimfihlo anamandla, awodwa kwiiakhawunti ze-intanethi kwaye uzitshintshe rhoqo.
- Qinisekisa izicelo ezivela kwiibhanki okanye kwii-ofisi zikarhulumente ngokuqhagamshelana nazo ngqo usebenzisa iinombolo ezisemthethweni.
- Kuphephe ukucofa iilinki ezingaziwayo okanye ukukhuphela okuncamatheleyo kwii-imeyile ezikrokrisayo.
- Nciphisa ukwabelana ngolwazi lomntu siqu, iifoto, okanye iinkcukacha zendawo kwimidiya yoluntu.
- Gcina isoftware yeantivirus kunye nezixhobo zisexsheni.
- Lumka kuye nabani na ocela imali kwi-Intanethi, nokuba uthi ungumhlobo okanye isihlobo.

UkuBhankisha okuKhuselekileyo kunye neeNtengiselwano ze-Intanethi

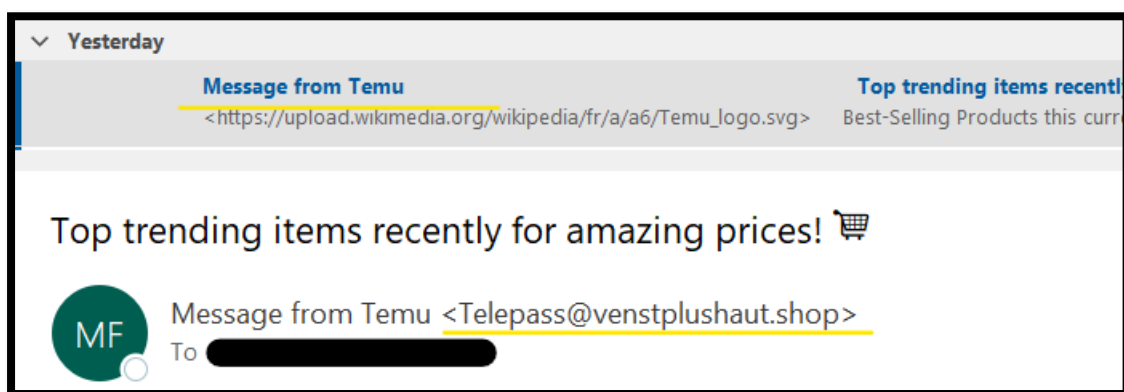
- Sebenzisa iiwebhusayithi zebhanki ezisemthethweni okanye ii-apps eziphathwayo kuphela.
- Jonga iingxelo ze-akhawunti rhoqo ngomsebenzi ongaqhelekanga.
- Ungaphenduli kwiimali-mboleko, utyalo-mali, okanye amabhaso ongacelwanga.

- Cela uncedo kwilungu losapho oluthembekileyo, umhlobo, okanye abasebenzi basebhankini ukuba awuqinisekanga malunga nentengiselwano ye-intanethi.

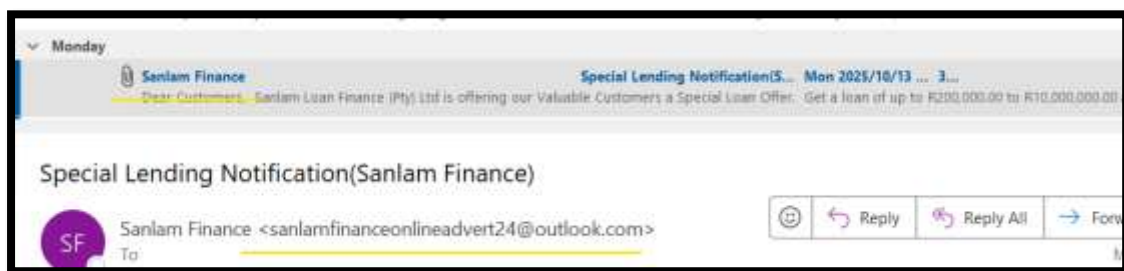
Ukubona i-imeyile yobuxoki

Jonga kwi-domain ye-imeyile. Indawo yolawulo yiyo nantoni na elandela uphawu lwe- @. Unokufumana isizinda se-imeyile lishishini okanye umbutho kodwa ujonge kubo kwaye ujonge idilesi yabo ye-imeyile yoqhagamshelwano.

Umfanekiso ongezantsi ubonisa i-imeyile ethi ekuqaleni ivela kuTemu. Ukuba uneakhawunti yeTemu, unokucinga ukuba le imeyile isemthethweni. Nangona kunjalo, xa sijonga ngokusondeleyo kwidilesi ye-imeyile, sinokubona ukuba umthumeli akasebenzisi i-akhawunti ye-imeyile ye-Temu . I-domain ye-imeyile kaTemu ithi @emea.temu.com.



Nantsi enye ekhangeleka ngathi ivela kwaSanlam. Nangona kunjalo, akunjalo. Idilesi ye-imeyile yoqhagamshelwano kaSanlam ithi @sanlam.co.za.



Uyifumana njani i-imeyile yokuPhikisa kuMhlobo

- **Izicelo ezingalindelekanga**
 - a. I-imeyile icela imali, amakhadi esipho, okanye iinkcukacha zobuqu.
 - b. Umhlobo wakho akadli ngokuthumela olu hlobo lwesicelo nge-imeyile okanye ngomyalezo.
- **Ulwimi okanye Ithoni engaqhelekanga**
 - a. Umyalezo unokuvakala kancinci, usemthethweni, ungxamile, okanye ungaqhelekanga xa uthlekisa nendlela umhlobo wakho aqhele ukubhala ngayo.
 - b. Iimpazamo zopelo negrama zixhaphakile kwii-imeyile zokukhohlisa.

• Imibuliso Generic

- a. Ii-imeyile zokuPhikisa zinokuqala ngo-"Mhlobo Othandekayo" okanye "Molo" endaweni yegama lakho.

• Iikhonkco eziSolisayo okanye iziqhoboshelo

- a. Hambisa phezu kwayo nayiphi na ikhonkco (ngaphandle kokucofa) ukubona eyona URL. Ukuba ibonakala ingaqhelekanga okanye ayihambelani newebhusayithi eqhelekileyo, musa ukucofa.
- b. Okuncamathelayo kusenokuba ne-malware-kuphephe ukuvula iifayile kwii-imeyile ezingalindelekanga.

• Ungxamiseko okanye Uxinzelelo

- a. Imiyalezo efuna inyathelo elikhawulezileyo, iziphumo ezoyikisayo, okanye isithembiso ngembuyekezo isoloko ibubuqhophololo .
- b. Abaqhathi baxhomekeke kuloyiko okanye uchulumanco ukwenza ukuba wenze ngaphandle kokucinga.

• Jonga idilesi ye-imeyile yoMthumeli

- a. Igama elithi "Ukusuka" linokubonakala lilungile, kodwa idilesi ye-imeyile inokwahluka kancinane (oonobumba abongezelelweyo, amanani, okanye isizinda esingaqhelekanga).

• Qinisekisa noMhlobo Wakho

- a. Qhagamshelana nomhlobo wakho ngokuthe ngqo usebenzisa indlela oyaziyo ukuba ikhuselekile (umnxeba okanye umyalezo, ungaphenduli kwi-imeyile ekrokrisayo).
- b. Buza ukuba ngaba ngokwenene bathumele umyalezo ngaphambi kokuba baphendule okanye bacofe nantoni na.

Ingcebiso: Ukuba awuqinisekanga, **sukucofa naziphi na iilinki okanye ukhuphele izincamatheliso** . Phatha nayiphi na i-imeyile ekrokrisayo ngononophelo, nokuba ibonakala ivela kumntu omaziyo.

Ukukhusela iakhawunti yakho ye-WhatsApp kwiHacking

1. I-WhatsApp ilungile kodwa inokuba yinto ekujoliswe kuyo ngamasela.
2. Landela la manyathelo ukwenza iakhawunti yakho ibe nzima kakhulu kwaye kube lula ukuyibuyisela xa kukho into engahambi kakuhle.
3. Qinisekisa ukuba ifowuni yakho kunye ne-WhatsApp app ihlaziyiwe.
4. Ukuba awukhululekanga ngoseto, cela umhlobo omthembileyo okanye ilungu losapho ukuba lihlale nawe ngelixa usenza oku.

Inyathelo ngenyathelo amanyathelo

1. **Yenza uqinisekiso lwamanyathelo amabini.**
 - Vula useto lwe-WhatsApp kwaye ufumane iAkhawunti emva koko ungqinisiso lwamanyathelo amabini.

- Yilayite kwaye ukhethe i-PIN ekhuselekileyo okanye ibinzana lokugqithisa elingcono. Jonga ubuncinci abalinganiswa abathandathu. Waphephe amanani acacileyo njengemihla yokuzalwa.
 - Yongeza i-imeyile yokubuyisela ukuba uyacelwa ukuze usete kwakhona i-PIN ukuba uyayilibala.
- 2. Khusela ii-backups.**
- Ukuba usebenzisa i-backup yelifu, vula isiphelo ukuphelisa ugcino olufihliweyo kwaye usete igama eligqithisiweyo eliqinileyo logcino.
 - Ukuba isiphelo ukuya esiphelweni sogcino olufihliweyo alufumaneki okanye awufuni ukuyisebenzisa, qaphela ukuba i-backups yelifu eqhelekileyo isenokungabi yabucala ngokupheleleyo. Sebenzisa igama eligqithisiweyo elomeleleyo kwiakhawunti yelifu.
- 3. Ungaze wabelane ngekhawunti yakho yokuqinisekisa**
- I-WhatsApp iya kuthumela ikhawunti yokuqinisekisa enamanani amathandathu ngeSMS xa umntu ezama ukubhalisa inombolo yakho. Ungabelani ngekhawunti nabani na, nokuba uthi uvela kuWhatsApp okanye kwibhanki yakho.
- 4. Tshixa i-app kunye nefowuni yakho.**
- Sebenzisa isitshixo sefowuni ene-PIN okanye ibhayometriki.
 - Vumela naluphi na usetyenziso lokutshixa okanye ukhethe lokutshixa isikrini ngaphakathi kwe-WhatsApp ukuba ifowuni yakho iyayixhasa . Oku kuthintela umntu ofumana ifowuni yakho ivuliwe ekufundeni imiyalezo.
- 5. Qinisa useto lwabucala.**
- Kwisetingi fumana iBucala kwaye usete Gqibile ukubonwa, Ifoto yeProfayili kwaye Malunga nabafowunelwa bam okanye Akukho mntu ukuba ukhethe ubumfihlo obungakumbi.
 - Cinga ngokucima iirisithi zokufunda zamaqela okanye zabantu ongabazi kakuhle.
- 6. Walumkele amakhonkco kunye nezicelo ezikrokrekayo.**
- Sukucofa amakhonkco okanye uvule izincamatheliso ezivela kubathumeli abangaziwayo.
 - Ukuba umyalezo ovela kumfowunelwa owaziwayo ucela imali okanye iinkcukacha zobuqu kwaye ubonakala ungekho kumlingiswa, fowunela loo mntu ngomnxeba ukuze uqinisekise ngaphambi kokuba wenze.
- 7. Sebenzisa igama eligqithisiweyo elinamandla kuyo nayiphi na i-imeyile edibeneyo okanye i-akhawunti yefu.**
- Ukuba umntu unokufikelela kwi-imeyile yakho okanye ilifu, banokukwazi ukusetha kwakhona okanye ukubuyisela ii-akhawunti. Sebenzisa amagama ayimfihlo awomeleleyo kwaye wenze uqinisekiso lwe-multifactor kwezo akhawunti.

Ukuba ucinga ukuba iakhawunti yakho igqekeziwe

1. Zama ukubhalisa kwakhona inombolo yakho kuWhatsApp. Ukuba i-hacker ayikwazanga ukuqinisekiswa kwamanyathelo amabini ungaphinda ulawule ngokufumana ikhowudi yeSMS.
2. Ukuba ungqinisiso lwamanyathelo amabini luvulwe yi-hacker okanye awukwazi kuphinda ufumane ufikelelo, qhagamshelana nomsebenzisi wakho weselula ukukhusela iSIM kwaye ufake ingxelo yobuqhophololo.
3. Sebenzisa i-WhatsApp kwinkxaso yosetyenziso ukunika ingxelo ngeakhawunti ebiweyo okanye usebenzise amaphepha oncedo asemthethweni. Sukusebenzisa amakhonkco kwimiyalezo ekrokrisayo.
4. Xelela abafowunelwa bakho ukuba iakhawunti yakho inokuba semngciphekweni ukuze bangaweli kubuqhophololo obuthunyelwe kwiprofayile yakho.
5. Guqula amagama agqithisiweyo kwiakhawunti yakho ye-imeyile kunye nelifu kwaye ujonge umsebenzi ongagunyaziswanga.
6. Ukuba uyayifumana iakhawunti yakho, yenza uqinisekiso lwamanyathelo amabini, jonga izixhobo ezinxibeleleneyo kwaye ujonge iisetingi zabucala.

Iphepha lomsebenzi 11: Ukubona ubuqhophololo

Funda umzekelo ngamnye ongezantsi kwaye uphawule ukuba ukhuselekile okanye uyakrokra. Xoxa nelungu losapho okanye umhlobo ukuba awuqinisekanga.

Umzekelo	Ukhuselekile / uyakrokra
I-imeyile evela kwibhanki yakho ekucela ukuba uqinisekise i-PIN yakho ngoko nangoko	
Umhlobo ucela imali kwimidiya yoluntu ebanga imeko kaxakeka	
Iwebhusayithi karhulumente icela iinkcukacha zobuqu ukuze ibange isibonelelo	
I-app yebhanki yakho ithumela isaziso sesiqhelo malunga nedipozithi	

Imibuzo yoCinga:

Zeziphi izinto ze-intanethi endizenzayo rhoqo ezinokundibeka emngciphekweni?

Ngubani endinokucela ukhokelo xa ndingaqinisekanga ngomyalezo okanye isicelo?

Ngawaphi amanyathelo endiza kuwathatha kule veki ukomeleza ukhuseleko lwam kwi-intanethi?

Ukudala iSicwangciso soBomi esilungeleleneyo

Umhlala-phantsi lixesha lenkululeko, kodwa inkululeko ngaphandle kwesicwangciso inokukhokelela ekubeni ungabi nanjongo okanye uxinezeleko. Ukudala isicwangciso sobomi esilungeleleneyo kukunceda ulungelelanise ixesha lakho, ubeke izinto eziphambili, kwaye ugxile kwimisebenzi exhasa impilo yakho yomzimba, intlalontle yeemvakalelo, ubudlelwane kunye neenjongo zobuqu.

Isicwangciso sobomi esilungeleleneyo asiqinanga. Sisikhokelo esibhetyebhetye esikuncedayo:

- Gcina impilo namandla.
- Hlala unxibelelene nosapho kunye nabahlobo.
- Landela ukuzonwabisa, ukufunda, okanye ukuvolontiya.
- Zikhusele kwi-intanethi kwaye ulawule imicimbi yobuqu.
- Zive wanelisekile kwaye unenjongo suku ngalunye.

Imiba ephambili omawuyibandakanye kwisiCwangciso soBomi bakho

Impilo kunye neNtlalontle

- Cwangcisa umthambo rhoqo kunye nokwelula.
- Cwangcisa ukutya okunokulinganisela kunye nokusela amanzi awaneleyo.
- Gcina umkhondo wokuqeshwa kwezonyango kunye namayeza.
- Bandakanya imisebenzi yokuphumla okanye yokulawula uxinzelelo, njengokucamngca, ukufunda, okanye izinto zokuzonwabisa ezithambileyo.

Injongo kunye nentsingiselo

- Chonga imisebenzi ekwenza uzive uluncedo okanye unebhongo.
- Bandakanya umsebenzi wokuvolontiya, ukucebisa, iiprojekthi zoyilo, okanye ukufunda izakhono ezitsha.
- Zibekele usukelo olufikelelekayo lweveki okanye lwenyanga ngale misebenzi.

Unxibelelwano lweNtlalo

- Gcina ubudlelwane nosapho, abahlobo kunye nabamelwane.
- Joyina iiklabhu, amaqela okuzonwabisa, okanye imisebenzi yasekuhlaleni.
- Cwangcisa ukufowuna rhoqo okanye utyelelo.

UCwangciso lwezeMali noMthetho

- Hlaziya uhlahlo lwabiwo-mali lwakho kunye nengeniso yomhlalaphantsi rhoqo.
- Qinisekisa ukuba amaxwebhu abalulekileyo afana nemiyolelo kunye nemiyolelo yokuphila ayahlaziywa.
- Lungiselela amagama ayimfihlo, iikhawunti ze-intanethi, kunye nolwazi lwepropathi ngokukhuselekileyo.

Uluhlu lokuHlola lweNkqubo yokuZikhathalela

Sebenzisa olu luhlu lokuhlola ukwenza indlela yokuzinyamekela ekhuthaza impilo-ntle yakho kwaye ikuvumela ukuba ubeke phambili ukuzikhathalela kubomi bakho bemihla ngemihla. Yenze ngokwezifiso ukuze ihambelane nezinto ozikhethayo kunye neemfuno.

Ukuzinyamekela ngokwaseMzimbeni	
Lala ngokwaneleyo (iiyure ezisi-7-9) busuku ngabunye	<input type="checkbox"/>
Yenza umthambo rhoqo okanye wenze umthambo	<input type="checkbox"/>
Yitya ukutya okunesondlo nokunesondlo	<input type="checkbox"/>
Hlala umanzi ngokusela amanzi aneleyo imini yonke	<input type="checkbox"/>
Ziqhelise ukucoceka	<input type="checkbox"/>
Thatha ikhefu kwaye uzolule rhoqo, ngakumbi ukuba uphila ubomi obungahlali phantsi	<input type="checkbox"/>
Cwangcisa uhlolo lwempilo rhoqo kunye nokuqeshwa	<input type="checkbox"/>
UkuZikhathalela ngokweemvakalelo nangengqondo	
Zibandakanye kwizinto ezikuzisela ulonwabo kunye nokuphumla (umzekelo, izinto ozithandayo, ukufunda, ukumamela umculo)	<input type="checkbox"/>
Ziqhelise ukucinga okanye ukucamngca ukuzola ingqondo yakho kunye nokunciphisa uxinzelelo	<input type="checkbox"/>
Veza iimvakalelo zakho ngokubhala okanye ukuthetha nomhlobo omthembileyo okanye umnyangi	<input type="checkbox"/>
Misela imida enempilo kubudlelwane bakho kwaye ubeke phambili impilo-ntle yakho yeemvakalelo	<input type="checkbox"/>
Zibandakanye ekuthetheni kakuhle kwaye uziqhelanise novelwano	<input type="checkbox"/>
Nciphisa ukuba sesichengeni kwiindaba ezimbi okanye izinto ezichaphazela impilo yakho yengqondo	<input type="checkbox"/>
Zibandakanye kwimisebenzi evuselela ubuchule bakho kunye nokucinga	<input type="checkbox"/>
Social Self Care	
Khulisa ubudlelwane nabahlobo, usapho kunye nabantu obathandayo	<input type="checkbox"/>
Cwangcisa kwaye ubandakanyeke kwizinto zentlalo ezizisa uvuyo kunye noqhagamshelwano	<input type="checkbox"/>
Funa inkxaso kwaye ufikelele kwabanye xa uyidinga	<input type="checkbox"/>
Ziqhelise ukumamela ngenkuthalo kunye nonxibelelwano olunentsingiselo nabanye	<input type="checkbox"/>
Zingqonge ngabantu abakhuthazayo nabakunika ithemba	<input type="checkbox"/>
Zibandakanye kwizenzo zobubele kwaye ube negalelo kuluntu lwakho	<input type="checkbox"/>
Ukuzinyamekela Kokomoya	
Zibandakanye kwimisebenzi ehambelana neenqobo kunye neenkolelo zakho	<input type="checkbox"/>
Chitha ixesha kwindalo kwaye uxabise ubuhle bayo	<input type="checkbox"/>

Ziqhelise ukucamngca, umthandazo, okanye ukucamngca ukuze uqhagamshelane nomntu wakho wangaphakathi	<input type="checkbox"/>
Funa impembelelo kwiincwadi, iipodcasts, okanye iimfundiso zomoya	<input type="checkbox"/>
Zibandakanye kwimisebenzi ekhuthaza umbulelo kunye nenjongo	<input type="checkbox"/>
Jonga ubumoya bakho kwaye uzibandakanye kwizithethe okanye izenzo ezizisa uxolo	<input type="checkbox"/>
Ukutolika kunye nokuPhumla	
Thatha iibhafu ezifudumeleyo okanye iishawa ngeemveliso ezipholileyo	<input type="checkbox"/>
Zifake kusuku lwe-spa okanye uzithobe ngonyango lokuzikhathalela	<input type="checkbox"/>
Bekela bucala ixesha lezinto zokuphumla ezinjengokufunda, ukuhambahamba, okanye ukumamela umculo ozolileyo	<input type="checkbox"/>
Ziphathe nge-massage okanye omnye umsebenzi womzimba wonyango	<input type="checkbox"/>
Zibandakanye kwizinto ozithandayo okanye kwimisebenzi ekuncedayo ukuba uphumle kwaye uhlaziye kwakhona	<input type="checkbox"/>
Yenza indawo epholileyo kwaye imema ekhaya apho unokuphumla khona	<input type="checkbox"/>

Uluhlu lokutshekisha: Ukuvavanya iMikhwa eMpilo kunye neyeMpilo

Kumkhwa ngamnye odweliswe ngezantsi, phawula ukuba awukho mpilweni okanye awukho mpilweni kuwe. Nyaniseka kuwe kwaye uqwalasele ifuthe lomkhwa ngamnye kwimpilo yakho iyonke.

Impilo yoMzimba:	Ndenza Oku	Andiyenzi Le nto
Ukuzilolonga rhoqo	<input type="checkbox"/>	<input type="checkbox"/>
Ukulala ngokwaneleyo (iiyure ezingama-7-9 ngobusuku)	<input type="checkbox"/>	<input type="checkbox"/>
Ukutya okunokulinganisela kunye nokunesondlo	<input type="checkbox"/>	<input type="checkbox"/>
Ukusela amanzi aneleyo	<input type="checkbox"/>	<input type="checkbox"/>
Ukuphepha ukusela utywala ngokugqithisileyo	<input type="checkbox"/>	<input type="checkbox"/>
Ukuphepha ukutshaya okanye ukusebenzisa icuba	<input type="checkbox"/>	<input type="checkbox"/>
Ukuhlolwa rhoqo ngugqirha	<input type="checkbox"/>	<input type="checkbox"/>
Impilo yengqondo nengokweemvakalelo:	Ndenza Oku	Andiyenzi Le nto
Ukubandakanyeka kwimisebenzi yokunciphisa uxinzelelo (umzekelo, ukucinga, ukucamngca, izinto ozonwabisa ngazo)	<input type="checkbox"/>	<input type="checkbox"/>
Ukufuna inkxaso kubahlobo, kusapho, okanye kwiingcali xa kuyimfuneko	<input type="checkbox"/>	<input type="checkbox"/>
Ukumisela nokubeka phambili usukelo olusengqiqweni	<input type="checkbox"/>	<input type="checkbox"/>
Ukugcina isimo sengqondo esakhayo	<input type="checkbox"/>	<input type="checkbox"/>
Ukuziqhelanisa nokuzikhathalela kunye novelwano	<input type="checkbox"/>	<input type="checkbox"/>
Ukulawula ixesha ngokufanelekileyo	<input type="checkbox"/>	<input type="checkbox"/>
Ukuziqhelanisa neendlela zokuphumla	<input type="checkbox"/>	<input type="checkbox"/>
Impilo yeNtlo:	Ndenza Oku	Andiyenzi Le nto
Ukugcina ubudlelwane obuxhasayo kunye nobuhle	<input type="checkbox"/>	<input type="checkbox"/>
Ukubandakanyeka kwimisebenzi yentlalo kunye nokudibanisa nabanye	<input type="checkbox"/>	<input type="checkbox"/>
Ukunxibelelana ngokufanelekileyo nangokuzithemba	<input type="checkbox"/>	<input type="checkbox"/>
Ukuhlonipha imida yobuqu kunye nemida yabanye	<input type="checkbox"/>	<input type="checkbox"/>
Ukulungelelanisa ixesha elichithwe wedwa, kunye nexesha elichithwe nabanye	<input type="checkbox"/>	<input type="checkbox"/>
Ukuthatha inxaxheba kuluntu okanye kwimisebenzi yamavolontiya	<input type="checkbox"/>	<input type="checkbox"/>
Imveliso kunye noLawulo lweXesha:	Ndenza Oku	Andiyenzi Le nto

Ukubeka phambili imisebenzi kunye nokubeka iinjongo ezicacileyo	<input type="checkbox"/>	<input type="checkbox"/>
Ukuphepha ukuzibekela amangomso izinto	<input type="checkbox"/>	<input type="checkbox"/>
Ukulawula kunye nokunciphisa iziphazamiso	<input type="checkbox"/>	<input type="checkbox"/>
Ukumisela imida yobomi bomsebenzi onempilo	<input type="checkbox"/>	<input type="checkbox"/>
Ukuthatha ikhefu kunye nokuziqhelanisa nokuzinyamekela ngexesha lomsebenzi / iiseshoni zokufunda	<input type="checkbox"/>	<input type="checkbox"/>
Ukufuna uncedo okanye ukwabela imisebenzi xa kuyimfuneko	<input type="checkbox"/>	<input type="checkbox"/>
Ixesha lesikrini kunye neMikhwa yeDijithali:	Ndenza Oku	Andiyenzi Le nto
Ukunciphisa ixesha eligqithisiweyo lesikrini	<input type="checkbox"/>	<input type="checkbox"/>
Ukuziqhelanisa nemida ye-intanethi enempilo	<input type="checkbox"/>	<input type="checkbox"/>
Ukuphepha ukusebenzisa kakhulu imidiya yoluntu okanye ukuzithelekisa nabanye	<input type="checkbox"/>	<input type="checkbox"/>
Ukulinganisa ixesha lesikrini kunye nemisebenzi engaxhunyiwe kwi-intanethi kunye nokudibana ubuso ngobuso	<input type="checkbox"/>	<input type="checkbox"/>
Ukusebenzisa itekhnoloji ngeenjongo zokuvelisa kunye nokukhula komntu	<input type="checkbox"/>	<input type="checkbox"/>
Ucoceko lobuqu:	Ndenza Oku	Andiyenzi Le nto
Ukugcina ucoceko lomntu rhoqo (umzekelo, ukuhlamba, ukuxukuxa amazinyo)	<input type="checkbox"/>	<input type="checkbox"/>
Ukuhlamba izandla rhoqo	<input type="checkbox"/>	<input type="checkbox"/>
Ukunyamekela iinwele, iinzipho kunye nolusu	<input type="checkbox"/>	<input type="checkbox"/>
Ukunxiba iimpahla ezicocekileyo nezifanelekileyo	<input type="checkbox"/>	<input type="checkbox"/>
Imikhwa yemali:	Ndenza Oku	Andiyenzi Le nto
Ukwenza uhlahlo lwabiwo-mali nokulawula iimali ngokufanelekileyo	<input type="checkbox"/>	<input type="checkbox"/>
Ukugcina imali rhoqo	<input type="checkbox"/>	<input type="checkbox"/>
Ukuphepha ukusebenzisa imali ngokugqithisileyo nangokungxama	<input type="checkbox"/>	<input type="checkbox"/>
Ukuhlawula amatyala ngexesha	<input type="checkbox"/>	<input type="checkbox"/>
Ukucwangcisa nokumisela iinjongo zemali	<input type="checkbox"/>	<input type="checkbox"/>

Emva kokuvavanya umkhwa ngamnye, jonga uluhlu lwakho lokukhangela kwaye uchonge iindawo onokuthi uphucule kuzo imikhwa yakho yempilo engcono kunye nempilo. Sebenzisa olu vavanyo lokuzivavanya njengesiqalo sokwenza utshintsho olulungileyo kwindlela ophila ngayo kwaye wenze imikhwa esempilweni exhasa impilo-ntle yakho.

Isifanekiso soLuhlu lokuziKhathalela

EMZIMBENI		M	T	W	T	F	S	S
1	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NGENGQONDO		M	T	W	T	F	S	S
1	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NGOKWEMVA		M	T	W	T	F	S	S
1	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NGOKOMOYA		M	T	W	T	F	S	S
1	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Faka umbhalo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Ulwakha njani isicwangciso sobomi bakho beVeki

- **Inyathelo 1:** Dwelisa zonke izinto ofuna ukuzifaka evekini yakho (ukwenza umthambo, izinto ozonwabisa ngazo, ukuba livolontiya, utyelelo loluntu).
- **Inyathelo lesi-2:** Nikela ixesha eliqikelelweyo lomsebenzi ngamnye, ushiye isithuba sokuphumla nokuba bhetyebhetye.
- **Inyathelo lesi-3:** Phinda uhlole ucwangciso lwakho lweveki nganye uze uhlangahlengise ngokwendlela oziva ngayo nezinto eziluncedo.
- **Inyathelo lesi-4:** Camngca ngento ezisa ulwaneliseko, amandla, kunye nokulinganisela, kwaye wenze utshintsho oluncinci ukuphucula indlela yakho yesiqhelo.

Iphepha lomsebenzi 12: Isicwangciso sobomi bam obulungelelanisiweyo

Sebenzisa eli phepha lomsebenzi ukwenza isicwangciso sakho esibhetyebhetye. Phawula imisebenzi xa uyigqiba kwaye ucamngce qho ngeveki ngendlela oziva ulungelelene ngayo.

Usuku	Impilo / Ukuzivocavoca	Injongo / Ukufunda	Ezentlalo / Usapho	Umlawuli / Imicimbi yoBuntu
uMvulo				
uLwesibini				

Usuku	Impilo / Ukuzivocavoca	Injongo / Ukufunda	Ezentlalo / Usapho	Umlawuli / Imicimbi yoBuntu
uLwesithathu				
uLwesine				
uLwesihlanu				

Usuku	Impilo / Ukuzivocavoca	Injongo / Ukufunda	Ezentlalo / Usapho	Umlawuli / Imicimbi yoBuntu
uMgqibelo				
iCawe				

Imibuzo yoCinga:

Zeziphi izinto ezindinika awona mandla nolwaneliseko?

Yintoni endinokuyilungisa ukuze ndidale ibhalansi engcono kwiveki ezayo?

Ngaba kukho naziphi na iinkalo zobomi bam ezifuna ingqalelo engakumbi okanye inkxaso?

Ukwenza ibango loMhlalaphantsi kaRhulumente

NGESIBONELELO SOMNTU OMDALA

Ungasifumana isibonelelo sokukubona ebudaleni bakho. Isibonelelo somntu omdala sihlawulwa kubantu abaneminyaka engama-60 nangaphezulu. Esi sibonelelo sasibizwa ngokuba yinkamnkam yabantu abadala.

WAZI NJANI UKUBA UYAFANELEKILE?

Kufuneke u:

- ube ngummi waseMzantsi Afrika, umhlali osisigxina, okanye imbacu.
- uhlala eMzantsi Afrika.
- ungafumani nasiphi na esinye isibonelelo soluntu ngokwakho
- ukungakhathalelwa kwiziko likarhulumente.
- ungarholi ngaphezulu kwe-R86 280 ukuba awutshatanga okanye i-R172 560 ukuba utshatile.
- ungabi nampahla exabisa ngaphezulu kwe-1 227 600 ukuba awutshatanga okanye i-R2 455 200 ukuba utshatile.

UYA KUFUMANA IMALI?

Ubuninzi bemali oza kuyifumana ngama-R 2 310 ngenyanga. Ukuba ungaphezulu kweminyaka engama-75 ubudala, uya kufumana i-R2 330.

UYA KUHLAWULWA NJANI?

I-Arhente yoKhuseleko lwezeNtlalo yaseMzantsi Afrika (i-SASSA) iya kukuhlawula isibonelelo ngenye yezi ndlela zilandelayo:

- imali kwindawo ethile yokuhlawula ngosuku oluthile
- idiphozithi yombane kwibhanki yakho okanye kwiakhawunti yePostbank (ibhanki inokukuhlawulisa ngale nkonzo)
- amaziko (umzekelo, ikhaya labadala).

Qaphela: Ukuba awukwazi ukuyilanda ngokwakho imali, ungaqesha umntu osebenza ngokusemthethweni kwiofisi ye-SASSA okanye unike umntu othile amandla egqwetha ukuba akulande isibonelelo.

SINGAHLAZIYWA NINI INKXASO-MALI YAKHO?

U-SASSA unokugqiba ukuba isibonelelo sakho masihlaziye. Umvuzo wakho njengoko uchaziwe xa usenza isicelo sesibonelelo uya kuba sisiseko sesi sigqibo. Uya kwaziswa kwiinyanga ezintathu phambi komhla wokuphononongwa kwakhona okanye umhla ekufuneka ngawo isiqinisekiso sobomi (ubungqina bokuba usaphila). Ukuba ufumana imali yakho ebhankini, kwiziko okanye kummeli, kufuneka ugcwalise isiqinisekiso sobomi kwii-ofisi zakwa-SASSA minyaka le.

SIYA KUNQUNYANYISWA NINI INKXASO-MALI YAKHO?

Oku kulandelayo kunokubangela ukunqunyanyiswa kwesibonelelo sakho:

- xa iimeko zakho zitshintsha
- isiphumo sophononongo
- ukuba uyasilela ukusebenzisana xa isibonelelo sakho sijongiwe
- xa usenza ubuqhophololo okanye uzichaza ngendlela engeyiyo
- ukuba bekukho impazamo xa isibonelelo sakho samkelwa.

IYA KUPHELA NINI INKXASO-MALI YAKHO?

Isibonelelo siya kuphelelwa xa:

- sweleka.
- bamkelwa kwiziko likarhulumente.
- musa ibango leenyanga ezintathu ezilandelelanayo.
- abekho kweli lizwe.

Nceda uqaphele: Ukuba wamkelwa kwiziko elinesivumelwano norhulumente ukuba likukhathalele, isibonelelo sikarhulumente siyathotywa ukuya kutsho kuma-25% esona sixa siphezulu sesibonelelo. Oku kuya kuqala kwinyanga yesine emva kokwamkelwa kwakho kwelo ziko. Igranti encitshisiweyo iphinda ibuyiselwe ngoko nangoko ukususela kumhla okhutshwe ngawo kwiziko elo.

[Ulwazi oluthe vetshe ngesibonelelo somntu omdala](#)

OKO UMELE UYENZE

1. Yiya kwi-ofisi ye-Arhente yoKhuseleko lwezeNtlalo yaseMzantsi Afrika (i-SASSA) ekufutshane nalapho uhlala khona uze noku kulandelayo:
 - a. Uxwebhu lwakho lwesazisi oluneedijithi ezili-13 ezinebhakhowudi (ID). Ukuba awunaso isazisi :
 - b. Kufuneka ugcwalise i-afidavithi kwifomathi eqhelekileyo ye-SASSA phambi koMkomishinala weziFungo ongelogosa lakwa-SASSA.
 - c. Kufuneka uze nengxelo efungelweyo esayinwe ngumntu obekekileyo (njengoceba, inkokeli yemveli, unontlalontle, umphathiswa wezenkolo okanye inqununu yesikolo) onokuqinisekisa igama lakho kunye neminyaka yobudala.
 - d. Igosa lakwa-SASSA liya kuthatha iminwe yakho.
 - e. Uya kuthunyelwa kwiSebe leMicimbi yezeKhaya ukuba ufake isicelo sesazisi ngelixa isicelo sakho sijongwa.
 - f. Ukuba ngaba akusifumani isazisi, isibonelelo sakho siya kunqunyanyiswa.
 - g. Ubungqina bemeko yakho yomtshato (ukuba bukhona).
 - h. Ubungqina bendawo yokuhlala.
 - i. Ubungqina bomvuzo wakho kunye/okanye izabelo (ukuba zikhona).
 - j. Ubungqina bempahla yakho, kuquka nexabiso lepropati onayo.

- k. Ubungqina bomhlalaphantsi wakho wabucala (ukuba bukhona).
 - l. Iziteyitimenti zakho zebhanki zeenyanga ezintathu ezidlulileyo.
 - m. Ukuba ubuqeshiwe, ubungqina bobulungu bakho beNgxowa-mali ye-Inshurensi yokungasebenzi (i-UIF) ('incwadi eblowu') okanye isatifikethi sokuyeka emsebenzini kumqeshi wakho wangaphambili.
 - n. Ukuba iqabane lakho lisweleke kwisithuba seminyaka emihlanu edlulileyo, ikopi yomyolelo kunye neakhawunti yokuqala neyokugqibela yokubhanga nokusasazwa kwayo apho kuyimfuneko.
2. Nceda qaphela:
 - a. Ukuba umdala kakhulu okanye uyagula ukuba unghamba uye e-ofisini uyokufaka isicelo, ilungu losapho okanye umhlobo angakufaka isicelo egameni lakho.
 - b. Loo mntu kufuneka athathe ileta evela kuwe kunye/okanye nencwadi kagqirha echaza ukuba kutheni ungenako ukuya e-ofisini.
 3. Gcwalisa uxwebhu lwesicelo phambi kwegosa lakwa-SASSA (qaphela ukuba nguwe kuphela njengomenzi-sicelo okanye igosa lakwa-SASSA elinokugcwalisa ifomu yesicelo). Igosa liya kudliwano-ndlebe nawe kwaye likuxelele ukuba ukulungele na ukufumana isibonelelo.
 4. Uya kunikwa irisithi. Yigcine njengobungqina bokuba usifakile isicelo.

KWENZEKA NTONI XA ISICELO SAKHO ASIVUNYELWE?

1. Ukuba isicelo sakho asivunywanga, u-SASSA uya kukwazisa ngokubhala ukuba kutheni isicelo sakho singaphumelelanga.
2. Ukuba awuvumelani nesisigqibo, ungabhena kuMphathiswa woPhuhliso loLuntu kwiSebe leSizwe loPhuhliso loLuntu.
3. Kufuneka ubhene kwiintsuku ezingama-90 emva kokuba wazisiwe ukuba isicelo sakho asiphumelelanga.

INGABA ITHATHA IXESHA ELINGAKANANI

- Kungathatha ukuya kwiinyanga ezintathu ukuqwalaselwa kwesicelo sakho.
- Ukuba isibonelelo sakho samkelwe, uya kuhlawulwa ukususela kumhla ofake ngawo isicelo.

INGABA IBIZA MALINI

Inkonzo isimahla.

IIFOMU EZIZAZIWA

lifomu zesicelo azifumaneki kwi-intanethi, kodwa ungazifumana kwi -ofisi [ye-SASSA ekufutshane nawe](#).

Abafowunelwa bakwa-SASSA: <https://www.sassa.gov.za/SitePages/Head-Office-and-Regional-Contacts.aspx>

Ukufaka ibango le-UIF

Ukuze wenze ibango le-UIF eMzantsi Afrika emva kokuthatha umhlala-phantsi, kufuneka utyelele i-ofisi yeSebe lezeNgqesho nezaBasebenzi (DEL) ukuze ungenise amaxwebhu afunekayo okanye wenze iprofayili ekwi-intanethi uze uyingenise nge-intanethi nge-<https://ufiling.labour.gov.za/uif/login>.

KUFUNEKA AMAXWEBHU

- Isazisi soMzantsi Afrika
- Ifomu egcwalisiweyo ye-UI-19 evela kumqeshi wakho
- Ifom ye-UI-2.8 yeenkcukacha zebhanki- isayinwe yibhanki engekho mdala kunenyanga.
- Ifom egcwalisiweyo ye-UI 2.7
- Ileta yokuqinisekisa iakhawunti yebhanki
- Ubungqina bomhlalaphantsi wakho
- IShedyuli yoMvuzo

AMANYATHELO OKULANDELAYO (ukugcwalisa ngobuqu)

- Yiya kwiofisi yeSebe lezabasebenzi ekufutshane nawe kunye nawo onke amaxwebhu agcwalisiweyo.
- Thatha amanzi kunye ne-snack kunye nawe njengoko unokulinda ixesha elide.
- Ngenisa isicelo sakho kwaye ubonise amaxwebhu okuqinisekiswa.
- Sayina irejista yokungasebenzi. Kuya kufuneka usayine rhoqo emva kweeveki ezine emva koko.
- Qinisekisa ukuba ikhadi lakho elimhlophe lityikitywe ligosa le-UIF ngalo lonke ixesha usayina irejista.
- Landela kwaye ufumane iintlawulo zakho.
- Landela eminye imiyalelo evela kwiziko lezabasebenzi, njengokuya kwiiseshoni zoqeqesho okanye zeengcebiso ngamakhondo omsebenzi.
- Lindela ukuba intlawulo iqale malunga neeveki ezisibhozo emva kokubhalisa, ukuba yonke into ilungile.
- Gcina zonke iziliphu ozinikiweyo kunye neentlawulo zakho ukuze ulandelele izibonelelo zakho ezishiyekileyo.

AMANYATHELO OKULANDELAYO (ukugcwalisa kwi-intanethi)

- Yenza iprofayile kwiwebhusayithi ye-UIF.
- Skena iikopi zawo onke amaxwebhu akho ukuze uwafake kwi-portal.
- Landela imiyalelo yokufaka ifayile.
- Nje ukuba intlawulo yokuqala ifunyenwe ifayile yokuqhubeka nokuhlawula rhoqo kwiiveki ezi-4
- Jonga iprofayile yakho rhoqo ukujonga izibonelelo zakho eziseleyo kunye neentlawulo ezenziweyo.

Ngolwazi oluthe vetshe, yiya ku: <https://ufiling.labour.gov.za/uif/how-to-apply>

Uluhlu lweencwadi

uRhulumente waseMzantsi Afrika. (2025). *Umhlalaphantsi wabantu abadala*. ePitoli: Urhulumente woMzantsi Afrika. Ibuyiselwe ngo-Oktobha 2025, ukusuka ku-<https://www.gov.za/services/services-residents/social-benefits/old-age-pension>



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