

Gutpela helt long tingting na bodi bilong yu

Lukautim gutpela tingting bilong yu em kikpela samting tru wantaim bodi bilong yu stap gutpela tu.



Long stap gut long tingting em olsem:

- bai yumi stap gutpela na wanbel wantaim ol narapela
- bai yumi inap stap orait long no inap wari nabaut
- bai yumi tingting gut tasol long laif bilong yumi bihain



Tasol sampela taim bai yumi hat long stap long gutpela tingting. Em olsem:

- yu stap wari nabaut
- yu pilim wari long yu stap wanpela tasol
- yu pilim skindai na wari

Em tru yu bai pilim olsem long sampela taim. Em i save kamap long taim yu tingting bek long ples bilong yu, yu wari long wok, yu wari long yu yet stap wanpela na ol narapela kain tingting. Sapos dispela kamap long yu orait bai yu mas toktok wantaim sampela long ol dispela wari bilong yu. Dispela bai halpim long rausim wari long het bilong yu na bai yu no inap pilim yu yet stap wanpela tasol.

Em hia em sampela tingting bai halpim yu long stap long gutpela tingting na bai yu inap toktok wantaim sampela lain bai inap halpim yu.



Sampela samting bai yu inap wokim long stap long gutpela tingting.

Stap toktok wantaim ol pren bilong yu, long femili, na long ol wanwok em wanpela gutpela we long stap long gutpela tingting.

BUNG WANTAIM OL LAIN STAP LONG HAUS WANTAIM YU



Bung wantaim ol wan hauslain bilong yu olsem long play spot wantaim, lainim sampela singsing long gitar, wokim sampela samting long kaltsa, lukim piksa wantaim na sindaun kaikai wantaim.

Bai yu inap bung wantaim long wanpela kaltsa nait we yupela bai kuk na kaikai wantaim long pasin bilong hasples bilong yu.

BUNG WANTAIM OL LAIN LONG KOMUNITI



Painim sampela ol lain bilong Pasifik o long Timor-Leste we ol i stap long nupela komuniti bilong yu. Long painim ol dispela lain bai halpim yu long holim pas kalta bilong yu sapos yu pilim wari long ples bilong yu. Long painim ol dispela lain askim kampani bilong yu, long sampela wanwok o ol kausil, o lukluk long Facebook tu.

TOKTOK WANTAIM OL FEMILI BILONG YU LONG PLES



Kolim ol lain long fone, salim toktok o kamapim wanpela Facebook femili grup long soim ol foto na stori long yu long sampela de.

BUNG WANTAIM OL WANWOK NA PREN BILONG YU LONG AUSTRALIA



Sindaun wantaim ol dispela lain long taim bilong kaikai long belo, bung wantaim ol long bipo o bihain long wok, o askim ol wanwok ol i save stap orait long taim yu kamap long ples bilong wok long wanwan de.

BUNG WANTAIM LONG LOTU LAIN



Sapos yu save go lotu, long internet o long wanem haus lotu, stori long baibel na prea inap halpim yu long stap orait na painim gutpela tingting. Painimaut long ol sios insait long Australia na long Pasifik long: <https://bit.ly/3i5prgl>. Na tu yu inap long painim ol lotu samting long YouTube o painim ol sios komuniti long ples bilong yu long Facebook.

WOKABAUT LONG BUS SAMTING



Sapos yu les long toktok tasol, bai yu inap long wokabaut liklik long ples bus, kisim win liklik, painim ples long stretim tingting na wokabaut liklik long halpim tingting bilong yu.



Wokabaut liklik na kaikai gut.

MOVIM BODI BILONG YU

Bodi na tingting bilong yu i save stap wantaim, olsem sapos yu wokabaut na exercise bai inap kamapim gutpela tingting bilong yu tu. Em hia em sampela tingting long exercise gut long 'helt bilong bodi' toktok ananit hia:

KAIKAI GUTPELA

Ol kaikai na wara i save kamapim gut bodi bilong yumi. Gutpela ol prut, vegtabel, mit na wara em ol gutpela moa long ol tekewe kaikai long stua long ol i gat moa beta kaikai long ol. Em olsem bai ol dispela inap long givim yumi ol energi long laif na wok bilong yumi.



Sapos yu nidim long toktok

TOKTOK WANTAIM OL WANLAIN BILONG YU LONG HAUS

Sapos yu laik toktok wantaim ol lain we yu stap wantaim long haus, sapos yu stap tasol insait long rum bilong yu bai yu no inap statim toktok wantaim ol. Painim ol lain long taim bilong kukim kaikai, taim yu go wokabaut, yu go wantaim ol long stua o go dring kopi nabaut.

TOKTOK WANTAIM KAMPANI YU WOK LONG EN O LONG PASIFIK LEBA LAIN.

Sapos yu wari long moni, long haus o long wok bilong yu em inap bagarapim tingting bilong yu. Sapos yu wari long ol dispela samting, i gat manmeri inap halpim yu. Nambawan, em gutpela bai yu toktok wantaim kompani yu wok long en, ol i stap redi long halpim yu. Sapos em hat long yu long dispela, toktok wantaim tim lida bilong yu, Liason Ofisa (LO), wokmanmeri long case bilong yu sapos i gat, o ringim PALM saport servis lain long: 1800 51 51 31

TOKTOK WANTAIM WANPELA GUTPELA MEMBA LONG NUPELA KOMUNITI YU STAP LONG EN

Em olsem wanpela manmeri long Sios bilong yu, long tim long sport bilong yu, long ol nupela pren o lain bilong komuniti yu stap long en. I nogat rong long yu bai toktok wantaim ol lain yu bungim ol nau tasol.

RINGIM WANPELA OL LAIN I SAVE WOK LONG HELT

Bai i nogat rong long yu bai toktok wantaim ol lain wokmanmeri long helt. Em i gat ol free servis long dispela long Australia – bai yu no inap long tokaut long ol long nem o long stori bilong yu, na bai i nogat ol bai tokaut long yu kolim ol. Olsem, sapos yu pilim wari bai yu inap kolim ol lain Beyond Blue na toktok wantaim ol long yu pilim olsem wanem, long fone namba: 1300 22 4636.

Sapos yu hat long Tok-English, askim wanpela manmeri long helpim yu long dispela toktok long fone.

Ol fone namba long kolim long kisim halpim:

Emergency servis 24/7
(long faia servis, long painim ambulans o ol polis) 000

Lifeline 24/7
(stopim suicide o long taim bilong trabel) 13 11 14 o 1300 659 467

PALM support servis lain 24/7
1800 51 51 31

Domestic violens helpim fone 24/7
1800 737 732

Helt long bodi bilong yu



Yu exercise bai halpim bodi bilong yu long stap gut. Long dispela, bai yumi mas exercise inap 30 minit long 5-pela de long wanwan wik – sapos yu save exercise gut long taim bilong wok, orait yu wokim dispela pinis. Tasol i gat planti wei long yu inap stap activ, na sapos

inap nau yu no save activ tumas, tingim nau i taim bilong yu long statim dispela.

Olgeta kain we yu inap mov nabaut em i gutpela exercise!

SAMPELA GUTPELA TINGTING LONG DISPELA

- yu wokabaut wantaim ol pren o lain yu stap wantaim ol long haus bipo/bihain long taim bilong wok, bai yu no ken sindaun nating long haus.
- go danis
- tu ol liklik wok long haus long wanwan de inap halpim, olsem klinim haus o hangamapim ol klos long taim yu wasim.

Long ol moa samting bai inap halpim helt bilong yu, traim ol sampela gutpela exercise gen

SAMPELA SAMTING OLSEM:

- sampela exercise long haus – sampela kain free app na video long Youtube bai yu inap painim
- askim kompani yu wok long en long bai yu inap painim ol spot tim – ol tim bilong ragbi union, ragbi lig, soka, volibol na netbal ol planti manmeri i save stap long en long Australia
- subim long pool long swim i stap long hap bilong yu or go ron.

Sapos yu laik exercise long wanpela grup em gutpela tu! Painim ol lain grup na stap wantaim ol long sampela de. Painim dispela wea yu bai hamamas na stap gut wantaim ol.



Tingim: long exercise stroing tru bai inap kamapim pen long masel bilong yu, na yu mas tingim long statim gut na stretim ol masel bilong yu bihain long yu wokim strongpela exercise.

