

Nau hrin lio lungdongh zawtnak

Nau hrin lio lungdongh zawtnak timi cu zeidah a si?

Nau hrin lio lungdongh zawtnak timi cu nau hrin lio silole nau hrin hnu a chuakmi lungdongh zawtnak a si. Mah lungdongh zawtnak pawl hi a nem in a fak/sang mi tiin a um i zarh hnih nak leng tam a rau. Nau hrin lio lungdongh zawtnak cu ahopaoh cungah a tlung kho mi a si. Mah zawtnak cu nangmah sualnak a si bal lo ti kha philh lo ding a biapi. Mi pakhat nih a tuahmi le a tuah lomi thil ruang ah a chuahpimi a si lo. Hlathlainak nih nu 8 ah 1 nih nau hrin hnu lungdonghna zawtnak hmelchunhna pawl an ngei tiin a langhter.

Hmelchunhna pawl:

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| <ul style="list-style-type: none">• Lungretheihna, thinhunnak, asiloah a hleihluak in tah• Lungthin pek, cinken, asiloah biakhiahna pawl tuah a harh• Lungretheihna asiloah thinphanna a hleihluak in neih• Ruahna asiloah thinphanna pawl hna cu uk khawh i harhna | <ul style="list-style-type: none">• Rawl ei le i hnighkhawhna ah i harhna• Lungrethei, ka tlamtling lo, sualna, asiloah man ngei lo mi ka si tiin i ruahna• Na rak i nuamh tawnmi cawlcanghna lei ah lungthawhna tlauna• Nangmah le nangmah bantu in na um lo asiloah mi pakhatkhat nih na umtuning kongah lungretheihna a langhter |
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Nau hrin lio lungdongh zawtnak cu zeitindah thlopbul a si?

Nau hrin lio lungdongh zawtnak cu tlamtling tein thlop khawh a si. Thlopbul lam pawl cu zawtnak hmelchunhna phun le a fah ning cungah aa hngat in aa dang kho mi an si.

A tam bik thlopbul hna cu:

- Lungthin lei thlopbul/ruahna cheuhna kai
- Lungretheihlonak/lungturlonak sii
- Mah le mah i zohkhenhna
- Hi thlopbul hna fonh dih mi thlopbul

Midang Nih Zeitindah An In Bawmh Khawh Lai

Nu vialte nih fa an hrin hnu ah bawmhna le dirkamh an herh dih. Na nupi/pasal, na chungkhar le na hawikom hna kha a tanglei lam hna ning in bawmh hal hna:

- Biachim na herh tikah ngaihpiak ding
- Naute zohkhenhna ah bawm ding
- Rawlchuanna, thil cawknak, thianhhlhna, innchungkhar rian dangdang le rian tuanna ah bawmh ding
- Nifatin nangmah lawng ih caan, ti kholh, exercise tuahna, ca relna, asiloah thlacamna caan pe

Thlopbulna Kawl lio ah Mah le Mah I Zohkhenh Ning Pawl

- Na si khawh chung in dinh. Naute a ih lio ah i hngilh. Na herhmi i hngilhna hmuh lo ding in na mileng mi hna nih an kham lo naknga i zuam. Na it lio ah phone kha phih law innka ah hmelchunhna pakhat chia.
- Na pum zohkhenh khawhna ding caah nem tein exercise tuah, ngandamna caah a thami rawl ei, ti tampi din i zuam
- Inn lenglei ah caan hman khawh i zuam. Ngakchia cu lam kalpi ding in chuahpi.
- Bawmhna hal hna. Innchungkhar le hawikom hna kha innchungkhar rian le rian tuanna ah i bawmh ter hna.
- Ngakchia nu pakhat a sinak dirhmun in na tonmi kong kha hawikom le chungkhar, a hlei in a dang nulepa nau thar a nei mi hna he chim in ruah ding.
- Nau a nei mi nulepa thar caah bawmchantu phu ah kal ding.

Hi thawngpang hi ngandamna kong he pehtlai in harna thlopbulna caah asiloah na sibawi asiloah ngandamna lei thiamsang dang sin in na hmuhmi sii lei ruahna cheuhna asiloah zohkhenhna hmun lak awkah timhmi a si lo. Ngandamna lei harsatna na ngeih peng rih, asiloah biahna dang na ngeih ahcun, na sibawi he i ruah ding a si lai. Biahna na ngeih asiloah na sii kong he pehtlai in theihngalhna tam deuh na herh ahcun, na sibawi he bia i ruah ding a si lai. The Pre to 3 Program nih a langhter mi sii lei thilri zehmanh cohlan an si hna lo.