

ሓጐስ ዘለዎ ከሚካላትን ብኸመይ ከም እትቘርጾምን





Completing a task
ሐደ ዕዮ ምውዳእ

Doing self-care activities
ባዕልኻ ምክንኻን

Eating food

ዝተመጣጠነ ምግቢ ምምጋብ

Celebrating little wins ሂደት ዓወት ምብዓል/ምክባር





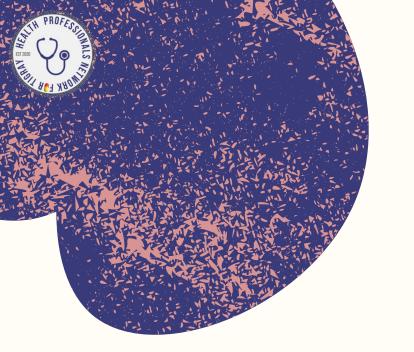


OXYTOCIN
THE LOVE HORMONE
መንፈሳዊ ዕግበት

Playing with a dog ምስ አኽላባት ምፅዋት Playing with a baby ምስ ሕፃናት ምፅዋት Holding hand ኢድ ንኢድ ምትሓዝ/መሕጋዝ Hugging your family ስድራ ቤትካ ምሕቋፍ Give compliments

ናእዳ ምሃብ(አድንቆት ምሃብ)





## SERTONIN THE MOOD STABILIZER መነቃቅሒ



Meditating

ምስትንታን

Running

ምጉያይ

Sun exposure

ናብ ፀሓይ ምቅላዕ

Walk in nature

አብ ተፈጥሮኣዊ ቦታታት ግዜ ምሕላፍ

Swimming

ብሽክለታ ምዝዋር

Cycling

ምሕምባስ







Watch a comedy

ኮመዲ ምርኣይ/መስሓቅቲ መደባት ምርኣይ

Dark chocolate

ፀላም ቾኮሌት ምብላዕ

Exercising

ኣካላዊ ምንቅስካስ ምግባር



• https://www.google.com/amp/s/www.psychologytoday.com/us/b log/your-neurochemical-self/201107/nature-gave-us-four-kindshappiness%3famp

