

Lungretheihnak (Stress)

Lungretheihnak a chuahter khotu
hna cu *

- ramthar ah i thial tikah
- riantuan kho loin um tikah
- phaisa kong i lungretheih tikah
- holhthar asiloah nunning thar cawn a herh tikah
- midang bochan in thutdir peng tikah



Lungretheihnak (Stress)

Lungretheihnak zorter ning cheukhat *

- cawlcanghnak (exercise)
- hawikom asiloah biaknaklei hruaitu upa he i chawnhbiak
- na lungthin a daihter khomi thil tuah
- tilum in i ciah i, i kholh
- lung a turter khomi thil (caffeine) aa telmi khawfi, lakphak, le soda ti bantuk hrial

