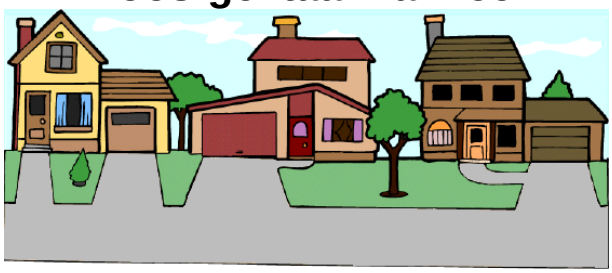
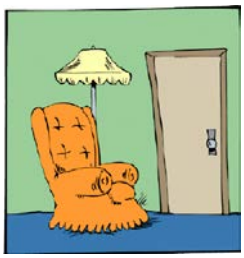
## Hoos-gelitaanka meel



Fariimaha lagu siinayo waxa ka mid noqon karta marka wax halis lagu sii daayo hawada ‘hoos-gelida meel”. Taxadirkan waxa looga jeedaa in lagugu badbaadiyo inaad gudaha ku jirto. (Tani lama mid aha marka la tagayo xarun dadweyne sida dugsi ama meel kale.)

**Hoos-gelida meeshu waxay tahay doorashada qol guda yar oo aan lahayn ama ay ku yar tahay dariishaduhu.**



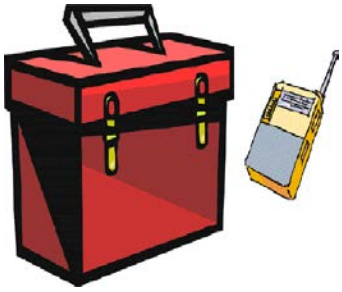
Taas macnaheedu inaad wada xidho dhammaan gurigaga ama dhismaha xafiiskaaga. Waxa laga yaabaa inaad u baahato hoos-gelid meel haddii sun kiimiko, noole ama shucaaca raadiyaha lagu sii daayo cimilada. Haddii ay taasi dhacdo, dawladaha hoose ayaa ka iclaamin doona TV-yada iyo idaacadaha si ay kaaga gargaaraan inaad badbaadiso naftaada iyo qoyskaaga. Ku hayso raadiyo ama TV shaqada iyo guriga si aad si degdeg ah ula socoto digniinaha xaaladaha halista ah.

### Garo sidaad u hoos-geli karto meel

-Xidh oo quful dhammaan dariishadaha iyo albaabada dibedda.

-Haddii laguu sheegay inay jirto halis qarax, fardadaha u xidh dariishadaha, daahyada iyo hadoodilada.

-Dammi dhammaan marawaxadaha, iyo weliba nidaamyada qaboojinta iyo kulaylinta hawada.



-Xidh marinka qiiqa meesha dabka laga kulaalo.

-Diyaarso xirmada isu-diyaarinta xaaladda degdega iyo raadiyo.

-Tag qol gudaha ah oo **aan lahayn** dariishado dhulka ka sareeya. Carbiskaaga gudaha soo geli.

-Adeegso waraaqda koolada iyo xaashida blastiga 9ka culus kuwa cunada lagu duubo) si aad u dahaadho meelaha dilaacyada hareeraha albaabka iyo marinada hawada ee qolka.

-Dhagayso raadiyaha iyo telefeshinka ilaa aad maqlayso dhammaan waa nabadgelyo.

**Xusuuso:** Xidh daahyada oo quful dariishadahaaga iyo albaabada haddii dawladdu kugu la taliso inaad meel hoos-gasho.

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