

Times New Roman

1. Post 1(a) – Ra-ui kjenmarei peimih nava? 🤔💭

Imi jua hai ra-ui hly seing mih hlongsai veiksai hnai mihak hmat vei mih tümkuar tum hnaipxng tuk vei mih hüm ra-ui kjenmarei peikhü phau mina. Cami tum txr hüm hia mih tümkuar peimih cü kimko, roi, kacu kahlom vei mih nampia, cibuairei hlongsai si hüm txr mina.

Ra-ui kjenmarei peimih cü imi juajua kham hai ra-ui hly seing mih hlongsai hlük vei mih, phreik mih luk pü nonai mina. Isi hai kxrni kasxk-kasan miva si kapü ra-ui kjenmarei tawky. Kasxk-kasan peimih cü amjy hlükhlik hüm py miva si hüm txr mina. Peikhü kasxk-kasan miva si hüm hnaipxng tuk px, tuk py, tuk kadawn thai hüm mih kaham ihmah mah tuk py tuk po tavoi thai mihly haimih ihmah nampia tum vei mih bet miva si kham pü kamran vei hly thai mina.

Sanghum txr hüm ma peikacü ra-ui kjenmarei cü imi jua hai ra-ui hly seing mih hlongsai hlük hüm ngai txr mih nona khü hmat vei mih nampia tum kasxk-kasan mih, vei mih, kadawn mih, khenca mih, txr mih sai si peimih cami va hlongsai si pü kamua mih amjy hlük nara mina.

Directions



Times New Roman

2. Post 1(b) - “Ra-ui kaling miluk cak bop” peimih luk cak hüm ngai nona khü ra-ui hüm pü kry-oi iva maw.

Pikling mih peikhü txr mih cü cak pikling mih ngai nona khü ra-ui pikling mih pü kamua mina. “Ra-ui kaling miluk cak bop” peimih tho cü napeitan cak pikling tawk kapü, ra-ui kjenmarei nohnai kacü nokakra mikha mah cak kjenmarei hüm pü cop ra hümmih na. Txr hüm mah peikacü – ra-ui kaling kreikkreik mih imi cü lu rau mih, kham cak nohnai mih, vi pong pxx mih, ratha rau mih, jak thang nohai mui mihak kaling kamawn misi cakpum luk katümra thai mina.

Ra-ui kjenmarei cü ceing, bata, ningla noroi, kaku, kacai, malai, manga peikhü pet prai ty mih novei y. Imi bürbür mimi kapü ra-ui kjenmarei hly seing bür mina.

Ra-ui kjenmarei cü hnaipxng tuk kako kadawn kasxk-kasan thai hümmih aly ky kük miva si peimih

- Kako kadawn mih sai (Thought),
- Arung khenca mih sai (Feeling) hak
- Py mih sai (Behaviour) si nui nga, hnai vei mina.

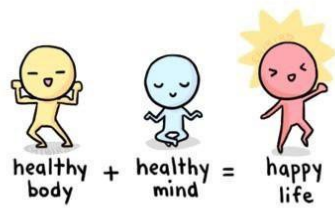
Bet mih hlük hly txr hüm ma peikacü

- Isi bürbür hai kakrum mih nga hnai si hüm klxtklam thai hümmih,
- Imi jua cü thüngky ra hümmih (growth) hak
- Ihmat ja mih thang hly hak imi si hai kaham cawt-tiajok thai hümmih ra-ui kjenmarei cü somjok haimih na.

Kaba kjenmarei aphoi mah “Ra-ui pikling mih novei kacü pikling mih peimih nohai vei lüng” peimih txr hly jo mih kly hüm kei tyva mina. Pei miluk, imi jua hai kjenmarei peikhü txr mikha ra-ui kjenmarei hak cak kjenmarei amjy (2) hüm txr haimih na.

Directions

Concept 1 - A happy lifestyle of a person can only be complete with both mental health and physical health.



chibird

Concept 2 - A head of a person working through feelings, thoughts and behaviour.



Times New Roman

3. Post 1(c) – Ra-ui kjenmarei peimih cū cak kjenmarei tho ki thai түp thai mih plo nona y.

Ra-ui hra di phi tawk kapü, ihmat mah hüm pathük pai hümmih hia hnak tawk kapü va nga cū hensong khü ren mitho vei vai ma? Peikhü napei miluk py hai va peikacü isi cū ihmat khenca mih tongnang mira si hüm hrxm pai hüm hia haimih luk na. Tongnang mira si hüm mi kham pü notxr mimah ihmat tahlük kanüng khü khenca mih akjang vei miluk na. Isi cū isi hüm va mah napeitan khreik nang tawk kapü, ang hüm cū mi mah pü nokhreik nang y peikhü kadawn vei vüngvüng mina. Napeitan üp mih vei tawk kapü, kaling kamawm mih cū vei vüngvüng hümmih na. Nona kacü ihmat ken roi si vei rahiak tawk kapü ihmat tahlük vei sut mitho khenca mih vei thai mina.

Pei mah peikacü, pei-üng mih tongnang rai mira hüm napei miluk hrxm ty hai va? Hrxm mih sai hai hlongsai vei rahiak mih long haimih hlük cū ra-ui kjenmarei hly seing mih thxcük mih (Stigma) luk na. Thxcük mih cū imi si long hai nohnai mih, kanga hüm py mh ra-ui kadawn luk hai na. Isi vei mih nampia tum ra-ui kjenmarei vei miva kham cū hra di mih imi si peikhü hmaijok miluk na. Cami cū txr khüp hüm mah peikacü notara y. Y mih thxcük miluk mah ra-ui kjenmarei vei mih hmat mah hak hmat hai kimko si, roi si kaham ra-ui kjenmarei hly seing mih kasom kalawm leing hüm novam mih, nohia misi plau hly mina. Y mih ra-ui tongnang mih long haimih hnai hly rarar hüm peimih ta-ep kacü hla rarar hnak hai tawk ky.

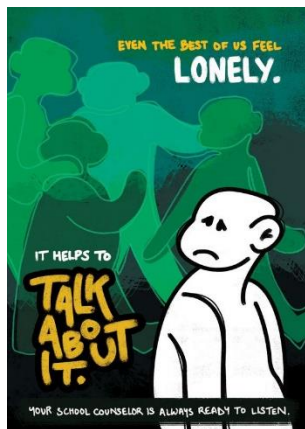
Ra-ui kjenmarei peimih cū cak kjenmarei tho түp ria hüm man mih plo nona y. Ihmat hai mik tut mah ki mih amjy cū bet mih imi khenca khüp mih naby nona by notuk y. Peimih luk, ihmat kham phreik misi hüm tuk par txrjok mih cū asang prei tawk peikhü ihmat mah hüm kapü, va hüm kapü “Asang noprei kapü man tawk” “Its ok not to be okay” peimih hüm tuk mipar py hümmih aly ky mina.

Directions

Concept 1 - Drawing of two persons talking and one is feeling off showing the thought bubble from his/her head



Concept 2 - Abstract drawing of a crowd and one of the crowd is feeling off



Times New Roman

4. Post 1(d) – Ra-ui cingmira long vei mih thxcük mih (Stigma) hüm napei klxtklam hüm va?

“Punghmeing tawk” peimih long asang amjy congkhang vei mina. Txr hüm mah peikacü, hrau mih, hnem mih, awn mih, kreu mih, kok mih, tom mih, hret mih, dai mih, sau mih, sxp peimih si na. Cami va si cü imi jua hai athang ty mih sai, hmat kariu mih hai kako kadawn mih sai hly seing mina. Txr hüm mah peikacü – nam thang mah peikacü lung nga hüm katxng hly phi mih khuk xk si hüm khuk x ryry mih novei y. Üng Rangoon, Mandalay mary ky si tum m’va mah peikacü ta-xk lui, caküt lui, phongphi lui si hüm khuk x mih cü punghmeing tawk ky peikhü lakheing mina. Imi si hai thüngky mih pungceing tümkuar noka-üng miluk imi si hai ra-ui kadawn, veik sai, kasxk-kasan mih sai, kadawn mih sai si pü pet kai haimih na.

Peikhü pet kai tawk kapü, bürbür si hai ka-üng mih amjy hlük cü ra-ui kadawn (Ra-ui kjenmarei) na. Pei miluk ihmat mah hai kaham, kimko hai kaham, roi si hai kaham, nampia si hai kaham ra-ui kjenmarei hly seing kacü kasom kalawm leing hümmih “Bong ana bah.” Cami ca hüm phrai mih imi kapü, imi bürbür si cü kry-oi mih man sang mih imi si na. Kacxk kha ihmat thüngky ra mih akhrei anei amjy luk mah ra-ui kjenmarei hüm thxcük mih (Stigma) vei tawk kapü üng y miva si hüm maca mikha kacü vam prai mihly mah hlxng khü txr pai hlai dei.

Y mih thxcük miva (Stigma) si hüm txr vam thai hümmih pythai mih amjy si vei mina. Ra-ui hly seing mih pik noling kacü txr vam mih hai “Asang prei tawk.” Ra-ui kjenmarei hak mi hai kaku mih sai hüm hly mih cü “Asang prei tawk,” ihmat mah kham phreik mih ateing lakheing mih cü “Asang prei tawk,” ra-ui kjenmarei hly seing mih kaku mih amjy hüm hau mih cü “Asang prei tawk,” peimih si hüm hmai ty hnai mah khü ihmat kham phreik misi hüm roi kham nona kacü ihmat txr hüm hia miva kham txrjok vit dei bah.

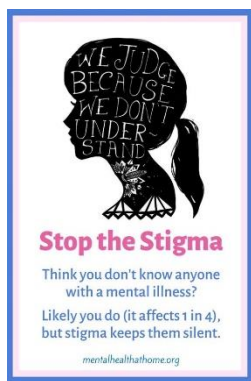
Txt mihly txr hüm mah peikacü, ihmat thüngky hly mih tümkuar noka-üng tawk kapü isi bürbür kham ra-ui kjenmarei vei mina. Pei miluk ra-ui kjenmarei hly seing mih thxcük mih (Stigma) si hüm txr vam hümmih, y mih hly seing miva si hüm lakheing hümmih, txr hümmih, txng mihly hak kaku mihak kasom kalawm hau miva bürbür si cü “Punghmeing” amjy tawk peimih txr hüm hia mina.

Directions

Concept 1 - A drawing of a sad girl surrounded by speech bubbles saying the judgments by the communities.



Concept 2 - a drawing of a silhouette with typos full of judgments inside.



Times New Roman

5. Post 2(a) - Ca ky ma? Ca na si hai ky va? Ca lamcak mih cü tuk hnai ma?

Hring hümmih kaham ca jok lamcak si hümmih aly hia mina. Kham ca mih peimih cü ra-ui hly lung nga si irau hnai mihly hak khüm vei hly hümmih prei amjy hai kaham na.

Isi irau hnai kacü lamcak si hüm pü tuk hnai mina. Irau nohnai kacü kham cak pü nohnai, no na kacü lamcak si hüm hu mah ca mih pü plau thai mina. Peimih tho lakhana si cü ra-ui hly kabet mih hlükhük vei mih sai no hnai mih na pajau hüm.

Ra-ui vei mih sai nohnai mih cü txr hüm peikacü- ra-ui pho mih (Stress), kaling kamawm mih (Anxiety), hra di mih (Depression) hak ra-ui man ma misi na.

Ingun mih ui-hai si, kanram si ca jok kacü ra-ui hra vei hly hümmih hak lung nga pü irau hnai hümmih kaham hnai hly mina.

Pei miluk lamcak si ca mih cü lung nga si irau hnai hly hümmih kaham irau hnai hly mih lamcak si ca jok kacü imi jua hai ra-ui, lung nga prei amjy kaham kamran man tangak hümmih na.

Directions

Concept 1 - A drawing of fruits and banana making a smile face.



Concept 2 - A drawing of a person smiling and surrounded by the food bubbles.

10 Foods For Fighting Depression



Times New Roman

6. Post 2(b) - Mui mih cü kabüm tawk ma? Mui mih vei mih cü hnai tawk ma?

Hring hümmih kaham mui jok hümmih aly hia. Mui jok mih cü irau hnai mihly khüm vei hly hümmih lung nga hak ra-ui prei amjy kaham na.

Isi irau hnai kacü vei mih hak mui mih pü hnai mina. Irau no hnai kacü mui hüm nohia misi, mui tawk kapü kakja kreikkreik mih, nona kacü mui phi hnak misi plau thai mina. Pei mih lakana si cü ra-ui tum hlükhlik phreik hai ky peimih lung nga mah txr nang hai mina. Pei-üng mitho lung nga tum phreik mih cü ra-ui pho mih (Stress), ra-ui veihnem mira no man mih (Anxiety), ra-ui kaling mih (Depression) hak ra-ui tum man ma misi luk na.

Mui mihning kai rui hümmih kaham mui mihning kei ty misi, no mui cx mikha ca mih lamcak si hüm kamsxn kacü ra-ui hra vei hly hümmih hak lung nga kaham irau hnai hly hümmih kaham na.

Pei miluk mik mui kabüm par mui hümmih hia. Mik mui kabüm par mui mih akjang hnai si cü ra-ui hly lung nga prei amjy kaham kamran man hümmih na.

Directions

Concept 1 - A drawing of a girl sleeping soundly in the bedroom and a night sky appeared in the window nearby.



Concept 2 - A drawing of a person sleeping and surrounded by the health icons showing the benefits.

5 Simple Tips To Sleep Better



Breathe deeply
Inhale for 3-5 seconds,
hold, exhale for
3-5 seconds.



Go to sleep no later
than 10:30pm to
keep your natural
circadian rhythm.



Slow your pulse.
You can improve this
by eating healthy,
potassium-rich foods.



Sleep on your right
side to open up
the heart.



Use Dr. Berg's Neck
and Back Massager
to relieve certain
acupressure points
in your neck and
pull out stress.



Learn more about sleeping better and being healthier at
www.drberg.com/blog/learn-to-get-to-sleep



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7. Post 2(c) – Cakpum pü arung tuk khenca thai mina. Isi hai cakpum hly hak ra-ui kjenmarei hüm txr nang mina.

Isi jua hak jua khreik vitky peikacü cakpum kham hly hai hak üngna misi phreikra va? Isi hai cakpum luk üngna misi khenca ra va?

- Imi jua hüm khreik vitky peikacü 😊🤔 dopamine hak oxytocin peimih khreik hüm hnai mih khenca mih hüm man hümmih pyjok mih homung si hüm lukeipot haimih pathokjok mina. Y mih homung si cü imi hüm phrxt pei hly mih, rau si hüm hnai hly mih, ra-ui hüm krxng hly mih, nohai mui hnak mih khenca misi hüm ra-ui hak cakpum si kham vei hly mina.

Isi lakhülklom mikha cakpum mah üngna misi phreik hly va? Isi hai cakpum luk üngna misi khenca ra va?

- Imi jua cü lakhülklom kacü dopamine hak serotonin peimih lakhülklom hly hümmih pyjok mih homung hüm lukeipot luk haimih pathokjok mina. Y mih homung si cü vi pxx misi hüm kryjok mih, ra-ui kaling mih hüm rim hly mih, ra-ui ling peikhü vei hly mih, mikmui hnai hly mih, kham cak hnai hly mihak cakpum hüm hnai hly rarat hümmih kakujok misi peimih “Phrüng peimihly khenca mih” si hüm ra-ui hak cakpum si man hly mina.

Hraknga mikha cakpum kham üngna misi phreik hly va? Cakpum luk üngna misi khenca ra va?

- Hraknga mikha lukeipot m'hma tum ra-ui hai rau mih sai hak cakpum hai rau mih sai si kutmarx mah phreik ra khü nohai mui mih, nohai ca mih, ra-ui hrakling hu hly thai mih, ngük vei sut mih, khenca mih amjy si hüm ra-ui hak cakpum si kham khenca mih ki thai mina.

Pei miluk isi hai cakpum luk txng nang mih kahmarra si cü ra-ui tum phreik ra mih khenca mih amjy hlongsai si hak kasxk-kasan бүр mina. Cakpum pü arung khenca thai mina.

Directions

Concept 1 - Line drawing of a person's face with growing flowers which represents mixed feelings and thoughts in her/his head



Concept 2 - Line drawing of holding hands with nature elements behind.



iHeartCraftyThings.com

Times New Roman

8. Post 2(d) – Ra-ui kjenmarei thüngky hnai hly hümmih cakpum püm som thai mina.

Ra-ui hak cak si cü kasxk-kasan mina. Pei miluk cakpum hak ra-ui hrakling kasxk-kasan mih sai hüm jau iva jau maw.

Isi ra-ui kaling vei mikha cakpum luk lu rau mih, ngong toi mih, pangky hra rui rau mih, cakpum tum hai acid si cawn hu mih, cak nokapjan mih, mik si kapü hra novei khü phobai mitho vei misi khenca hümmih na.

Ra-ui kaling mih cü isi hai ra-ui hly seing mih, cakpum hly seing miva si hra di hly thai mina. Pei hra di mihly haimih kanüng thai mih hra di kai khü bet mih rawka kama si man hümmih hu hly thai mina.

Ra-ui hüm asang prei hly hümmih peikacü cakpum hly tüm kasom khü kama hly haimih kamtong khü pythai mih hlongsai (3) amjy vei mina.

(1) Cakpha hüm kahlei hly hümmih – leikjenkhen py mih, hmang hma misi hly hak py hra jau hüm ma?

(2) Hnai mah mui mih – kxpjak punghmeing mui mihly hak kamtong khü py hra jau hüm ma?

(3) Hnai mah kham ca mih – lxp mih, ik mih kham cak si hly hak kamtong khü pajawr ca hümmih py hra jau hüm ma?

Aly hia mih cakpum leikjenkhen si hüm py mih cü cakpum kjenmarei kaham ngai nona khü ra-ui kjenmarei hnai hly hümmih kaham pü somjok hümmih na.

Py i hra va jau maw bah.

Directions

Concept 1 - Title in lettering in the middle and infographic about the facts showing with the icons



Concept 2 - Title in lettering in the middle and infographic with the lettering



Times New Roman

9. Post 3(a) – Kaplang miva si cü isi kham üngna mih kamran si katüm hly thai hüm va?

Kaplang mih peimih cü hringveik hai kahmarra hlük na. Kheu mih, la ky mih, cakpum thüngky mih, thük mih peimih cü kaplang miva cü tabawa tara na.

Kaplang miva cü isi hai kadawn mih, khenca mihak kasxk-kasan misi nui nga hnai kanüng hly thai mina. Üng miva si cü kaplang miluk nü hnai pü hnai hly rarai thai khü nga pü nga hly rarai thai mih pü vei mina. Peikhü kaplang mih pü nui tum txr mitho nü tabawa tara hlük na miluk isi mah nohai ria pai y.

Cami ca hüm phrai mih imi kapü kaplang mira hüm üngna mih hlongsai hly tung preing thai hüm by peimih hly i jau maw.

- Kaplang mira tum haimih piung pai ma?
- Kaplang mira hüm khüm khukheing thai ma?
- Kaplang mira hüm kahuijok ma?
- Kaplang mira novei hümmih ihmah mah hüm kanawn vei sut ma?
- Kaplang mira hly tüm py hra hai ma?
- Kaplang mira hüm lakheing vit hai ma?

Txr hüm mah peikacü kaplang mira cü tabawa tara na. Y mih hüm tung preing thai mih m'hma cü kxp mih imi si kham aly ky mitho pet kai thai mina. Mitawk kapü ihmah mah ihmah kaplang mira hüm napei mihly hak tung preing hüm by peimih ty sadi mihly hak ming khü jau iva jau maw bah.

Directions

Concept 1 - Title in lettering in the middle and infographic about the facts showing with the icons



Concept 1 - Title in lettering in the middle and infographic with the lettering



Times New Roman

10. Post 3(b) – Kaplang mih hüm ün hmat kham hly haimih kamtong dei.

Isi hai hringveik tum vei miva bürbür si hüm kry khü thingkhjuk kük hümmih nohai man y. Pei miluk ihmat mah thingkhjuk thai mih hüm ni arung ceik khü pyhnai mah bah.

Peikhü py thai hümmih ihmat mah hüm kadawn hnai mah mikha kamtong hüm kla. Peikhü tungtet thai hümmih kaham

(1) Maca phrai ca mih imi hai hringveik kaham ihmat hly ngai seing mih, bxp mih, hrung kasuk mih, hnai kük mipar plang pai hüm hia mih amjy hlükhük hüm hau dei.

(2) Y mih ihmat hly ngai seing mih hlongsai hüm ünghak mikha, napei khü, napei miluk hnai kük mipar plang khü py pai hümmih hia hai va peimih hüm ihmat mah hüm hly jau dei.

(3) Y mih ihmat hly ngai seing mih kaplang mira hlongsai hüm cami ca hüm phrai mih imi anei hly hak napei mihly hak tung preingjok va?

(4) Ihmat plau hly hüm hia mih imi jua plaura hümmih kaham hlükhük plang pai hümmih kadawn jau, khenca jau khü ki thai ma?

Maca txr miva si hly tüm ihmat plang pai hüm hia mih amjy hüm plang pai iva jau maw bah.

Directions

Concept 1 - Title in lettering



Concept 2 - Title in lettering and drawing



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11. Post 3(c) – Kaplang hümmih kaham m'hma si

Kaplang hümmih kaham kadawn sai si ngai nonai khü veiksai hüm pü hma pai hümmih nokavo y. Kxrni kham ca miva si hüm pü hnai mah tuk kham ca hümmih hak mui mih sai hüm pü hmat hai ning kha tuk mui khüp hümmih pü kariu hümmih aly ky peimih hüm pü jok hra hüm hia mina.

Maca kaplang mira hly seing mih hlongsai hüm txr hly hüm hia mih m'hma cü cak hly seing mih veik sai, px kly mih sai hai kaplang mih m'hma si na.

Ihmat hai veiksai si hüm ty sadi jau.

Txr hüm mah peikacü

(1) Ün hai px kly mih sai

- Hlongsai hlükhük hüm ün txr tüng mikha üng napei mih tan hret mihly tung preing khü tuk txr va? Nui rük tuk txr phrawk ngai hai ma? Hnaipxng tuk txr khüp ma?

(2) Ün hai keing mih sai

- Ün cü va txr mih hüm hnaipxng tuk keing ma? Nona kacü jau hnai hümmih kaham keing hai tawk ma? Hna kacü, ün cü va txr miva si hüm napeitan rük tuk keing va?

Üng miva si hüm hnai mah kariu jaujau bah.

Ihmat vei reingreing mihly haimih bet noka-üng mih veiksai si hüm pü kariu dei bah.

Txr hüm mah peikacü

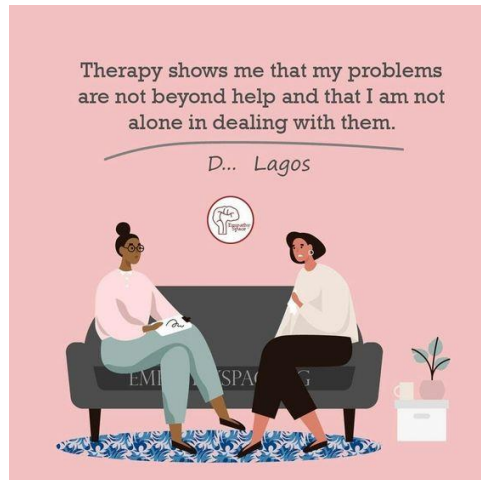
(1) Ihmat kham vei mih ihmat nohia mih veik sai hlük hüm kadawn jau khü ca kly tum vei mih hlongsai si hly paklxp jau dei.

- Kaplang hümmih ihmat mah jok hra bah. Y mih veiksai hüm plang pai hümmih ün hüm üngna mih amjy cü jok ün hra hai va?
- Kaplang hümmih katüm üp khü vei bah. Ihmat nohia mih veik sai haimih bet mih veik sai thang kaplang hümmih ün kham y mih hlongsai hly seing mih tukcing mira hak kasom kalawm vei ma?
- Kaplang hümmih kaham üngna mih amjy si cü khang ün hai va?
- Ün hai n'jak va kha hai vei mih veik sai tum üngna mih amjy cü hra ün tüng hüm va?

Ca nui tum txr ty miva si hüm py hümmih cü katüm vei üp ky ma?

Directions

Concept 1 - Drawing of two person having conversation



Times New Roman

12. Post 3(c) 2 – Kaplang hümmih kaham m'hma si

Maca kaplang mira hly seing mih hlongsai hüm txr hly hüm hia mih m'hma cü ra-ui hly seing mih kadawn sai, khenca mih sai si hly seing mih kaplang mih m'hma si na.

Punghmeing kadawn mih kadawn sai si hüm bet noka-üng mih m'hma si hly plang pai jau hüm kla.

Txr hüm mah peikacü

(1) Tuk ty sadi hümmih kariu dei. Ün hai kadawn si cü py khüp hümmih hringveik nona y. Kadawn peimih cü kadawn ryry mih plo tawk.

- Ün hai kadawn si hüm jau tung jau dei. Kadawn si hüm man sadi hümmih py dei. Hna kacü, y mih kadawn si hüm ra-ui ko haimih cawn kai hümmih jok dei.
- Ün hai cakpum hly seing mih khenca tuk mih (Ling-um mih, rak misi) hüm ty sadi jau. Y mih khenca miva hüm lakheing dei. Hna kacü, miva hüm cawn kai hümmih jok dei.

(2) Tuk kalum hümmih kariu dei. Ün hai hringveik luk üngna miva si cü rauhnai nei peikhü athang ty va?

- Ün hüm pahlo mih kly pü na nakhü, laksong pü na nakhü hnai miva si hüm lakheing khü ra-ui kadx pai dei.
- Y miva hnai miva si hüm man thai hümmih som ün mih vei miva si hüm kalum prai peikhü txrjok dei.

Punghmeing khenca mih amjy si hüm bet mih m'hma thang hly plang pai jau dei.

Txr hüm mah peikacü

(1) Ün hlükhük khenca mikha ün hai cakpum luk haimih napei tungpreing by peimih ty sadi dei bah. Lakhülklom mikha, hrak-nga mikha m'va ün hai cakpum kham haimih tungpreing mih pungceing si hüm ty sadi hümmih jok nang sadi bei haimih na.

(2) Ün hai kadawn hüm hly jau dei. Maca khenca miva si hüm ihmat hai üp mira hai luk ma? Ruikhüp mih luk hai ma? Bet mih kakrum mih sai si hly kadawn jau hümmih man hüm ma? Peikhü kadawn jau kacü khenca mih kadawn sai si kaplang kai hüm ma?

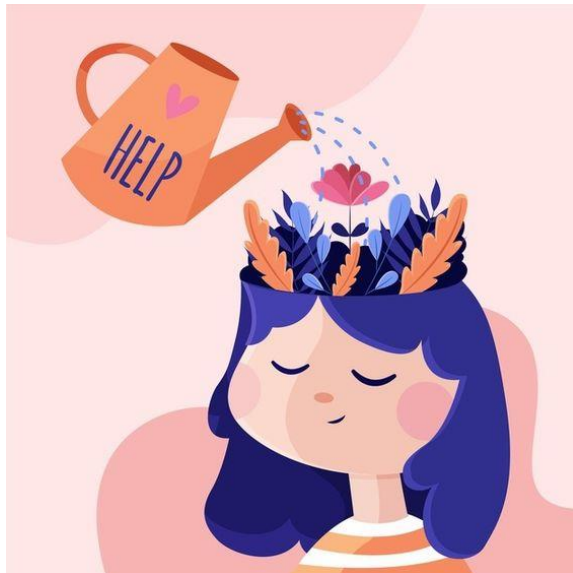
Ca nui tum txr ty miva si hüm py hümmih cü katüm vei üp ky ma?

Directions

Concept 1 - Comparison drawing of two mason jars with good apple and bad apple in each of it



Concept 2 - Drawing of a smiling person with thoughts and elements behind.



Times New Roman

13. Post 3(d) – Tuk mih imi si hai kahly kata mih hüm keingjok mih (Counseling) or Counseling peimih cü nava?

Counseling peimih cü nava?

Counseling peimih cü ra khü kahly kata mih imi (Client) cü phreik mih ra-ui hly seing mih, veik sai hly seing mih rai mira si hüm ra-ui hly seing mih tukcing mih imi (Counsellor) mah hlyta nü keing khü kaklai kasom py mih tok amjy na. Counseling py mih tok tum Counsellor hak Client kasom tüm khü Client kham hai phreik mih vei mih ra-ui hly seing mih, veik sai hly seing mih rai mira si hüm hnai thang plang py pai haimih na. Counseling py mikha Counselor mah ken tum somjok mih tun, Client ni hmat hai rai mira si hüm hmat mah ni aphrei hau khü ja pai hümmih tun na.

Counseling tum nopy mih amjy si.

Counseling py mikha Counsellor thang hai mah

- Tau jok mih,
- Cük mih,
- Client hai rai mira si hüm mi hai klün klxtklam pai hümmih py hra misi nopy jok y.
- Client kham hai rai mira si hüm Counsellor mah hmat pyjok hüm hia mitho ateing Client hüm py hly hümmih jokjok hra misi nopy jok y.

Miva mah Counseling pyjok hai va?

Counseling pyjok mih tun si cü ra-ui rawka hly seing mih sara voi si, ra-ui hly seing mih tukcing mih imi cing si, luhmu phulung rei hai vontheing si hak riu ty patüp mih imi si mah pyjok haimih na.

Counseling hüm ünghak mihning kha hia hai va?

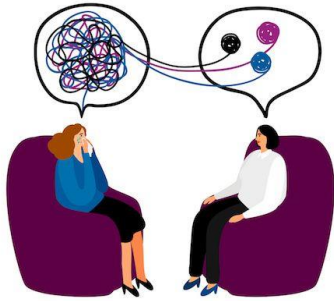
Ün hüm ra-ui hly seing mih, veik sai hly seing mih amjy hlükhük mah ün hüm ningla kakra jok ün rai mira khü y mih rai mira hüm ün mah aphrei hau hüm noman mih, ün hmat vei mih nampia hak tümkuar tum hnaipxng vei hüm noman kacü Counseling py sang ky mina.

Counseling py mih cü ün hüm napei som thai hüm va?

Counseling py mih cü ün kham phreik mih, khenca mih akhreiane si hüm ün hmat mah klxtklam thai hümmih kaham som ün mih tok amjy hlük na.

Directions

Concept 1 - Drawing of a discussion with a counsellor and the patient about mental illness.



Times New Roman

14. Post 4(a) – Luhmu setsenrei tum hnai mih setsenrei vei mih cū hnai mih kjenmarei hūm kry-oi mihly ka-üng mina.

Ra-ui ko hai khenca mih hūm bet mih juajua hly kasxk-kasan kai mih cū luhmu setsenrei hnai mih amjy na.

- Luhmurei hnai peimih cū ihmat kham roi vei hamküt by peimih luk pū ihmat aly hia mihning kha som nang thai mih roihnai vei mih hūm txr haimih na. Txr hūm mah peikacū – ün hai Facebook luk roi vei 1,000 jua tawk kapū roi hnai novei kacū ihmat tahlük vei mihly ka-üng jojo hūm.
- Luhmurei hnai mih cū ra-ui hly seing mih, cak hly seing miva si hūm aly hia mih kasom kalawm man miva hūm txr haimih na. Roi tingtoi kadei peikhū mi kham hai nohnai misi hūm phai kaklai tungpreing mih cū luhmurei hnai peikhū nohai txr y. Txr hūm mah peikacū, roi si hly kum thang kakrum mikha kapū na nakhū, online thang hly kakrum mikha kapū na nakhū i kham novei miva si hūm hmatva kham vei peikhū kamlx mih cū i hūm hra di hly hūmmih amjy py haimih na.
- Luhmurei hnai mih cū ün kham vei mih cak hly seing mih tümhnam si nona khū juajua kaklai katy tamu mih hūm txr haimih na. Txr hūm mah peikacū, roi si hly nokahla hūmmih karam kly mih, comment jok mih, nona kacū emoji pung si jx tawk kapū jua hak jua ra-ui ko hai vei misi hūm notxr kacū pei-üng mih karam mih, kasxk-kasan mih cū kadei phi mih peikhū nohai phau y.

Leila khū kakrum mih ara kacū luhmurei hnai mih cū ra-ui kjenmarei hak cak kjenmarei prei kaham hnai hly peikhū txr mina.

- Khawt mih kadei mih cū cak kanüng mih hra hnai hly kük mina.
- Khawt mih kadei mih vei miluk pik noling mitum haimih hnai hly rang tük thai mina.
- Ra-ui hra di mih rawka hak kaling kamawm miva si hūm di hly hūmmih khawt mih kadei mimah pyjok mina.
- Khawt mih kadei mira vei mih imi jua cū hmat mah hūm ty tamu mina.
- Khawt mih kadei mira vei mih peimih cū ün hak bet miva si hly kasxk-kasan mikha hnai thang kasxk kasan mih hūm txr haimih na. Peikhū kasxk kasan mih cū ra-ui khenca miva si hūm kamxkm hly thai mih hra hnai hly rarar mina. Isi hmat hai khenca miva si hūm ceiksei khū kamxkm thai mih hra isi hūm ra-ui xp peikhū vei hly thai hūmmih som nang mina.

Pei miluk nui tum txr ty miva si tho nū luhmu reira kadx kadoi mih cū ihmat hai luhmu reira ngai nonai khū ra-ui kjenmarei, cak kjenmarei prei kaham kamran vei khüpkhüp hūmmih na.

Directions

Concept 1 - Drawing of friends doing activity together.



Times New Roman

15. Post 4(b) - Luhmurei tuk mih hai bet thang- Bet imi si hly novei tüm khü ihmat mahlük pet vei phxt mih (Isolation)

Ihmat mahlük tuk vei phxt mih, bet mih imi si hly no tuk vei tüm mih cü ihmat hai hrakhiak hly roi hai mina.

- Punghmeing mah peikacü ihmat mahlük vei mih cü va si hak kakrum hüm no vei mih, imi si hly kakrum khü vei tüm hümmih kaklet pai haimih na.
- Tuk hüm hia mih cü ihmat mahlük tuk vei mih cü ihmat thang hai kadawn hnai si vei pajau hümmih, py cup misi cü ihmat mahlük vei kapü no hnai mih amjy si peikhü txr hümmih no man lüng.

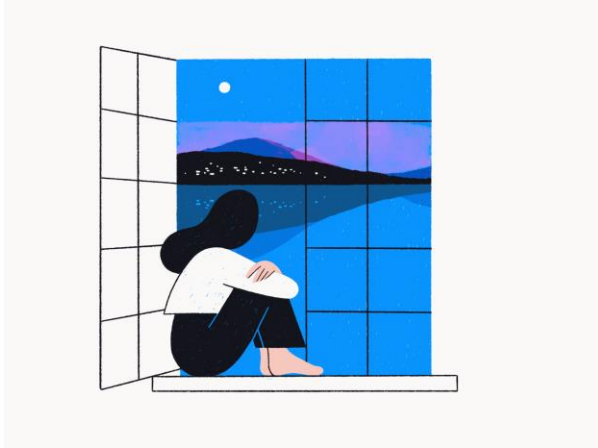
Ki ty miva si hüm jau mikha imi si hly no hia vei khü ihmat mahlük tuk vei mih cü ra-ui hak lung nga si hüm hra di hly mina.

- Imi si hly no vei tüm khü ihmat mahlük tuk vei mih cü vi hra pxx mih, ra-ui rawka hak katang si kham cü ra-ui thu mih rawka si khüm lawt pajau thai mina.
- Ihmat mahlük pet vei miluk rak, m'piak hak awn mih rawka si kacop hümmih rakheng hnung hu hly mina.
- Ihamt mahlük pet vei miluk ning pü kakhoi hu khü ihmat hüm kako kadawn ngai mih hu miluk ra-ui pho mih hura mina.
- Ra-ui hra di mih rawka hly hak ra-ui kaling miva si pü hu ra rarat hüm ky.
- Imi si hly no vei tüm khü ihmat mahlük vei misi cü ihmat hüm ihamt pathük hüm py mih hlongsai si hüm eik pai hümmih hra di mina.

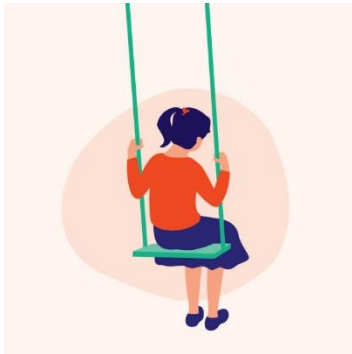
Kukkuk mikha ihmat mahlük pet vei mih cü hnai tawk kapü pei mitho vei jo kacü ün hai kjenmarei kaham cü hnai miluk no hnai mih si hu ra hüm ky.

Directions

Concept 1 - Drawing of a person sitting alone and being lonely.



Concept 1 - Drawing of a kid playing alone and being lonely.



Times New Roman

16. Post 4(c) - Luhmu setsenrei tum hai man mih hrakpau si- Roi hnai si hak kapy roi mih.

Ra-ui irau hnai hümmih kaham ari ky mih kako kadawn mih hlük kapü na nakhü, aphoi aci hlük hlük hly kapü na nakhü, ihmät hai kim, ihmät hai tümkuar, ihmät hai aphoi aci peikhü kako kadawn mira si vei par kapy roi hnai mih mah som jok thai mina. Ihmat thang hai mih ihmät hai kim, ihmät hai tümkuar, ihmät hai roi klang si peikhü ra-ui kadawn vei kacü ün hüm khreik hüm hnai mih kadawn si man hly khü ihmät mahlük tuk vei mih si pü di kai hüm.

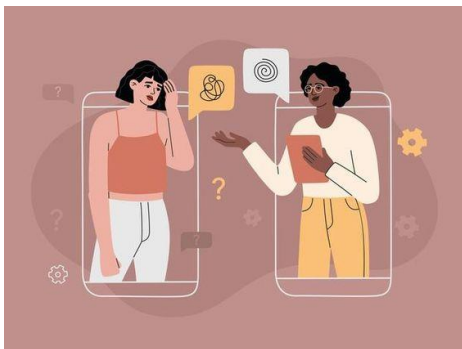
Ra-ui hak lung nga si hnai hly hümmih kaham kapy roi haimih dingdai man nang ky. Mi tum hnai mih peimih cü irau hnai mih hüm txr haimih na.

Roi si hly vei mih cü maca phrai ca mih imi hai ki mih kadawnsai har si, py mih si, hrakpau mih si hüm khüm man hly hümmih som mih ngai nona ky khü plau nang hra ky.

Cami ca phrai mih imi cü ihmät hai aphoi aci, kenjam vei mih hai klük hlük na. Ün hai irau hnai mih cü ün hmat hai aphoi aci hak kenjam si hüm hnai hly hümmih som jok mina.

Directions

Concept 1 - Drawing of two people communicating each other and helping.



Times New Roman

17. Post 4(d) - Luhmurei hnai miluk hnai rat hümmih kaham py na si hümmih hia va?

Kasom kalom leing hümmih “Bongpa ana.”

- Ihmat hai kimko si, roi si, ka-an si, kimken hai imi si, kjawng hai roi si, py tok mih roi klang si hly kajy kly avawr hümmih hia. Kajy kly mikha ihmat ngai txr mih nona y. Miva hai txr mih si pü keing hnaipxng hümmih hia. Notuk keing mih kly sai si hüm cü hly jok bei hümmih hia. Miva hai py misi hüm ty jok tamu hümmih pü hia mina.
- Aphoi aci hlüklük (txr hüm peikacü phrai ca mih aphoi (Reading Club)) hüm bet mih imi si hak mi aphoi tum kanuk hümmih hly dei bah. Har har si hüm pathok hra khü py lüm bah. Txr hüm peikacü- ihmat py hüm hia mih soi pung mih sangdeng, plai mih sangdeng, py aiphom mih sangdeng si kariu jau dei bah.
- Ihamt hia mih amjy si hüm bet mih imi si tuk par txrjok dei bah. “Bong ana bah.” Bet mih imi si mah ün hüm kry misi hüm ty jok tamu dei bah.

Bet misi hüm ihmat thang hlüklük som plun kacü athang ty mih si bong pa ty bah.

- Va hai kaham som mih imi jua plau jok dei bah. Ihmat ty tamu mih tok hlük kaham, no peikacü py hüm hia mih tok hlük hüm khüm ja mirük somjok khü py jok dei bah.
- Bet mih imi si hly vei mikha keing hüm hnai hümmih kly hnai si hüm kavan mira hly txr jok hümmih hia mina.
- Va hüm ihmat thang hai dingdai somjok mikha ihmat pü hrakpau mitho cü ihmat kenjam hai imi si hüm pü hnai mira si katümjok ra mina.

Directions

Concept 1 - Drawing of a person helping his/her friend with the mental illness.



Times New Roman

18. Post 5(a) - Ra-ui hak lung nga si irau hnai hümmih kaham “Ihmat hüm kakry hümmih (Self-care)” aly hia mih amjy na.

Ihmat hüm kakry peimih cü “Pram sara/sarama si hai kasom kalom man kapü, no man kapü na nakhü ihmat jua kapü, kimko dük kapü, manam dük kapü rawka no kacop hly hümmih par py akaca si mih, rawka hüm kakoi mih, rawka no kacop par vei mih, irau mikha pü kaku pram si hümmih” kaba kjemarei aphoi (WHO) si hai txr ty mih ihamt hüm kakry pemih kly sai si na.

Ihamt hüm sür par vei peimih cü ihmat kaham, ihmat hai py ni mih tok si (lung nga, ra-ui kjenmarei) si hai kaham hia miva si hüm py jok misi na.

Isi irau hnai par ihmat hüm kakry mih py misi hüm cü isi kxrni py plun miva si na tawk. Txr hüm peikacü- hmur mik mih, theik jxng mih, kahluk tui mih, liu samtang si mih, pasxm kim mih, cak kan eing mih, cami si cü ihamt hüm kamsxm mih longsai si na. Kutkut kha kacü ihmat py hüm hia mih amjy si py hümmih ihmat hüm kajok ning khü py vit hümmih hia.

Ihmat hüm ihamt kakry hümmih cü hia mina. Va hai kaham jok ning tawk kapü ihmat hai kaham jok ning hümmih cü hma pai vitky. Ihmat hüm kajok ning kacü ra-ui kaling mira si hnai ra hüm, miluk no nai khüm py tok hüm, mikum kacü ihmat hüm pü tuk ty tamu hüm ky.

Directions

Concept 1 - Drawing of a person with flowers watering him or herself to grow.



Online therapy and counselling: where to begin?

by Giorgia Cristiani



Illustrations by CLOUDY THURSTAG

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Concept 2 - Drawing of a person meditating/ calming and being peaceful.

MEDITATION



Times New Roman

19. Post 5(b) – Ihmat mah hüm kry-oi mih cü ihmat mah hüm ngai khreik mih nona lüng.
“Asang prei kacü hnai hai tawk.”

Ihmat mah hüm kry-oi hümmih kutkut mikha ning novei mih, nona kacü peikhü ihmat mah hüm kry-oi mih cü ihmat hai kaham ngai jau mih peikhü kadawn pü kadawn thai mina. Peikhü kadawn mih hnai hai tawk. Ihmat jua ngai pei-üng mih kadawn vei mih nona y. Napü peitawk khü ihmat mah hüm khü mateing mah nokry-oi kacü va hüm ta-ep kacü napei kry-oi thai hüm va.

Txr hüm mah peikacü – ihmat hai motoka ko hmaitui novei kacü ihmat kai hüm hia mih tüm tum katüm mipar napei khü kai thai hüm va?

Ihmat mah hüm kry-oi mih cü ihmat hai ra-ui hak cak hai hrakling si long hai kanawn hly mia haimih na. Mi cü ihmat mah hüm khreik mih, ihmat mah hüm khreik hüm hnai mih, kry-oi hüm hnai mih imi jua peikhü tuk hly hümmih kaham na. Ihmat mah hüm kry-oi mih, kapo hra mih cü va hüm no-oi mih nona, va hai hra hüm ca mih nona y. Ihmat mah hüm kry-oi mih cü ihmah mah hüm, va hüm hak imi bürbür si kham man sadi mihly kavanra jokjok haimih na.

Ihmat hai kaham ningjok hümmih bong kamawm bah. Kutkut mikha “Asang prei kacü hnai tawk.” Ün cü “Aly ky” mih imi jua nahüt.

Directions

Concept 1 - Drawing of a person doing activity alone and having chill.



Times New Roman

20. Post 5(c) - Khreik misi hly tüm ihmat hüm kakry mih amjy si py iva maw.

Ihmat hüm kakry mih cü ihamt mahlük py jojo hümmih no hia lüng. Kimko si hly, roi si hly, py tok tüm mih imi si hly, ihmat hai roiklang si hly, ihamt khreik mih imi si hak tüm kakry hümmih man mina.

Luhmurei hnai miluk phrai ca mih ün hai kaham ihamt mahlük vei sut miva si, ihmat hly no kabet mih kako kadawn mira haimih veihnem mira man jok hüm ky. Luhmurei hnai miluk nü ihmat khreik mih imi si hly ra-ui kadx ngai mih nona khü ihmat pü ra-ui hrakpau mira man ra hüm ky.

Pei-üng mitho khüm py hümmih kly thang hai kei ty mih si hüm py hümmih hia.

- Hrak pau hümmih kaham, man hra hümmih kaham isi hmat hai roi si hüm phau phone dei bah.
- Roi si hly kum thang kakrum khü kamsop kly si dei bah.
- Khreik mih imi si hly hrakpau hüm hnai mih tok si py tüm lüm hümmih hia mina.
- Leing ko hly hak (Support Group) sangdeing si pxx mikha ihmat kham phreik miva si hüm miluk nonai khüm tuk hümmih ihmat hai kakrum miva si hüm bet si kham txr jok nü miva kham hai pü kariu hümmih man par kanuk lüm dei bah.

Pei-üng mitho maca kimko si, roi si, bet mih imi si hak kadx kadoi mih khüm vei mih cü ihmat mahlük vei sut misi, ra-ui kaling misi hüm veihnem mira man hümmih som jok mina. Ihmat irau hnai kacü va si hüm pü irau hnai mah vei hümmih khüm som jok thai hüm.

Directions

Concept 1 - Drawing of hands doing activity together.



21. Post 5(d) – Ihmat mah hüm kry-oi mihak seing mih sai si hüm py hümmih ra-ui hrakling hu miluk py hümmih nokangna ma? Lakhülklom mih novei, kaling kamawm miluk khenca vei sut hnak ma?

COVID-19 rawka hak maca kakrum mih rai mira si luk isi bürbür cü ra-ui pho mih, himhüm vei sut mih, kaling kamawn miva si hly tüm kacui vei sut sat hnak mina. Maca pei-üng mihning kha ta-ep kacü ihmat mah hüm kry-oi hümmih aly ky kük mina. Ihmat mah hüm kry-oi miva si cü ra-ui, cak kjenmarei kaham ngai nonai khü ihmat hai nga thang hringveik kaham pü somjok hüm hmang.

Pei miluk cami kly tum hai txr ty mitho py iva jau maw bah.

- Mui mihning hüm pyty dei. Ning hüm hmai ty khü y mihning khüp kabüm par mui hnai mah hümmih py dei bah.
- Ca mihning kha ca bah. Kham cak si hüm ahara vei hümmih roi khü ca bah.
- Kxrni cawn kum khü hmang hma bah.
- Midia hüm notong nipnap mimah kanawn khü tong bah. Txr hüm mah peikacü, tong nari hlük kacü kanawm nari hlük bah.
- Satang bürbür si hüm nojung kük hümmih ty sadi dei bah. Ki mih satang bürbür si hüm rui by norui by peimih jau hnai mah mikha üp bah. Ihmat hai khenca miva si hüm satang bürbür si hai kaham khenca mih ria pai bah.
- Ihmat mah hüm kry-oi hümmih kaham ningjok bah. Kahluk tui mih, sür mih khuk xk khuk x mih, vei kim mikha ihmat hai lung nga hüm kasür mih (Skin care) va si kapü ra-ui hüm maden rük cü ling pei hly mina.
- Kim rakua tum pau hring vei kacü cutjok tui mih, kim tawnneng si vei kacü khingjok lamcak si mih kxrni py thai mina. Tabawa pung si hüm jau mih, khreik hüm hnai mih tawnneng pung si hüm pü jau mih py thai mina. Kahlei mih imi si kapü punghmeing kahlei mih pyjok bah.
- Roi si hly, kimko hai imi si hly karam kly dei bah. Tok si asang noprei mih vei kacü py tok tüm mih imi si kham kamtei txrjok bah.
- Aly noky mih hlongsai si kaham luk ning bong kakhoi hly bah. Ihmat hüm cin nang lat kapü no ana mihly mah eik pai bah.
- Ihmat hai ra-ui ko khenca miva si hüm kxrni ca-uk luk kei ty dei bah.
- Nomui cx mikha ni hai py miva si hak khenca miva si hüm hnai mah kadawn tüng khü jau tüng jau dei.
- Batarei hüm ty tamu mih imi si mah peikacü py cup misi hüm py nipnap dei bah.
- Nomui cx mikha nona kacü rx puk mihly 25 minik haimih 30 minik rük hrxhrak mih hüm hmai ty jau dei. Nona kacü tabawa pung hlük hüm ra-ui ko hly ki jau dei. Nona kacü keing hüm hnai mih meng txn hüm keing dei.

Ihmat mah hüm kry-oi hümmih, ningjok hümmih bongek bah. Ihmat mah ra-ui hak cak pikling mikha ni ken hai imi si hüm somjok thai hümmih na.

Directions

Concept 1 - Infographics and icons for the facts that makes a person stress relieved.
(Need to rewrite the contents for the facts to use with icons.)



Times New Roman

22. Hraknga mih hak ra-ui kadawn no hnai mih.

Isi bürbür cü imi na miluk nü ra-ui kadawn no hnai miva si kakrum mihning kha hraknga misi pü kakrum hüm mina. Khreik mih imi si hüm kasum vit misi, kaprai vit misi, tok kanawn hly vit misi, kimko tum kakhxt kangak misi cü isi hai ra-ui ko nohnai mih kadawn si katüm hly ky. Hraknga mih, no hai hrakpau mih cü isi imi hai kakrum hüm misi na. Hraknga mih cü ra-ui khenca mih hlük na miluk mia ngai khenca hümmih tawk.

Mitawk kapü ra-ui kadawn no hnai mih cü hraknga mih hak no ka-üng y. Pei miluk isi imi cü kahloi hly buk vitky. Ra-ui kadawn no hnai mih cü ra-ui hly seing nü ihmat hai ra-ui kadawn si, ihmat hüm ihmat ki mitho, isi hmat hai kenjam si hüm ty mih kadawn sai si tüm katüm hly vitky. Ra-ui kadawn no hai veihnem mih rawka cü ningla khüm kakra pajau nü kum thang hly cü no hai ki, no hai tuk y.

Ra-ui kadawn no hai veihnem mih rawka hai latkhana si cü hraknga mih, athang ty mih ra no vei mih, hrak nopau mih, no pei mikha hai py mih tok si hüm py bei hümmih no hia mih, ihmat pü mi bawn prei haimih kahma hüm hia mih ra-ui kadawn si vei mina.

Isi kenjam tum kawt mih imi si cü ra-ui kadawn no hai veihnem mih rawka hüm hraknga mihly hak kahloi hly vitky. Ihmat kham vei mih, kadawn mih amjy si hüm bet si ka-üng mihly hak no kahloi hly hümmih pü aly ky hia mina.

Directions

Concept 1 - Drawing of a person being sad or confused with thoughts, being miserable.



Times New Roman

23. Bawn prei hüm ra-ui kakhoi khü ihmät mah hüm kaküng pai hüm hia hnak mih imi jua kham notxr sang mih kly si.

Ihmät hly tuk mih imi jua cü hmat mah hüm thük pai hüm hia mih ra-ui vei mih hüm tuk tatalat mihly mi hüm napei hluijok hüm by peimih notuk mih cü rai mira amjy hlük na. Ihmät khreik mih kimko, roi si hüm somjok mikha kapü miva hai kaham hrung kasuk misi hüm ni somjok hüm hia mih cü tabawa tawk. Mitawk kapü, hu kük mih imi si cü ra-ui kahüng miluk pü na nakhü, napei txr hüm by peimih notuk mikha kapü na nakhü, tahmang mira si py khü kly si hly va mina.

Ca kly tum txr ty miva si hüm ihmät khreik miva kham hak bawn prei haimih cawn pai vit hüm hia miva kham notxr jok hümmih ty sadi iva maw.

“Napü nona miva si hüm kangpui bong txr”

Bawn prei haimih cawn pai vit hüm hia mih imi jua hai lukeipot hai pytok mih sai cü nohnai mih thang ceikceik py hra khü hnai si hüm nohai ki ky. Pei miluk, mi hai khenca miva si hüm napü nona lüng peikhü no-oi mih bongvei jok bah.

“Ang ra-ui nohnai mipar ün pei-üng misi hüm txr hai ma.”

Thük hüm kadawn mih imi jua cü ün kham maca peikhü txr mih cü hmat hai ra-ui xp nopei ky miluk y mih khenca miva cü mi hüm nohnai mih thang py hümmih jokjok hra haimih na.

“Ün cü ün hmat hai rahiak ngai hia. Ün hmat hai hia mih ngai kadawn mina.”

Kahma kai vit hüm hia mih imi jua hai ra-ui kadawn cü ang cü va hai kaham kuli tawk nei peikhü kadawn nü ang novei kacü miva hai kaham hnai kük hüm peimih kadawn vei mina. Miva hai kaham nga hly ep hümmih amjy si hüm nopy, notxr hümmih ty sadi khü ra-ui klang mihly hak miva cü hrung kasuk mih imi si, miva hüm khreik mih imi si vei hin peimih tok si txngjok hüm kla.

“Ün cü imi linlün nona y. Pei miluk maca ün cü lathu si tho kako kadawn khü txr hai hnü.”

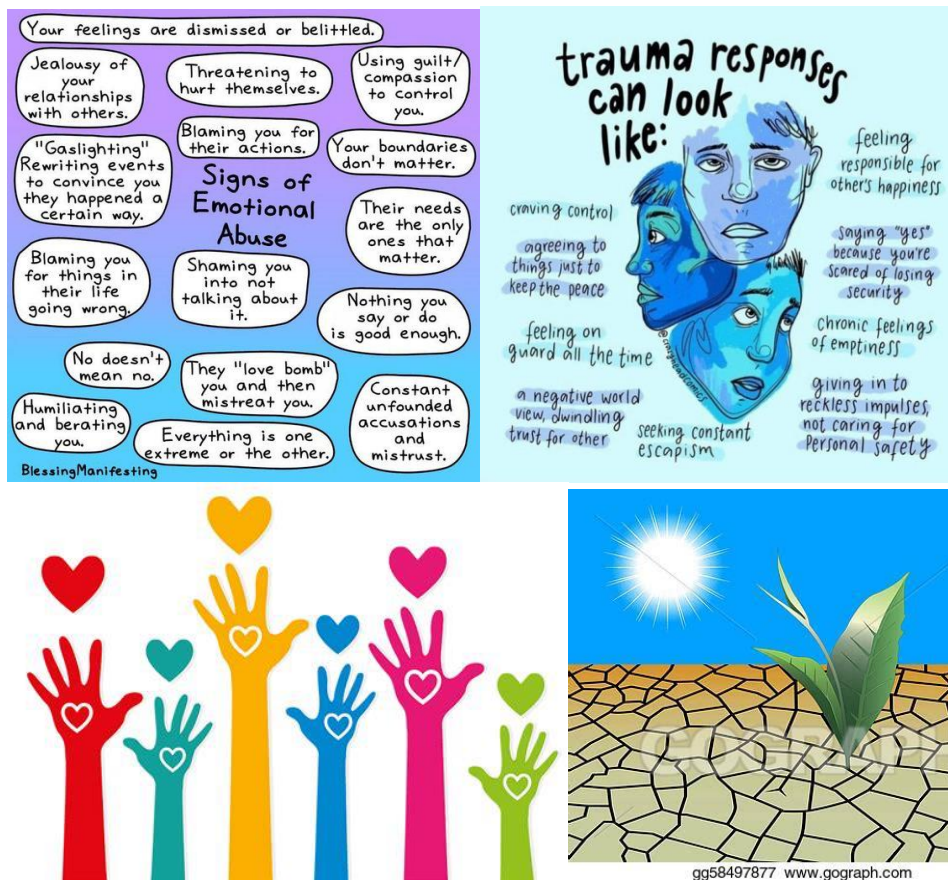
Maca peikhü txrjok mih cü mi hai ra-ui ko phreik mih ang cü hrung nokasuk y peikhü kadawn mih kadawn hüm nga hly rarät mina. Pei miluk cü mi kham jokjok hra mih kly txrjok mih cü mi hai kaham hnai kük mina.

“Ün man mikna hüm hia mih kanawn hlai (attention)”

Miva cū va hai khreik mih hūm hiava mih nona y. Miva hia mih cū kavanra tawk. Kutkut mikha va hai rai mira si hūm tukjok thai hūmmih kaham cū mi hai txr miva si hūm hnaipxng keingjok khū mi ken vejok xng x mih cū hnai kük mina.

Directions

Concept 1 - Hand writing speeches of negativities in bubbles.





HOPE

granthbert.com

Times New Roman

24. (Veiksai hlükhük, vünsai hlükhük peimih) coi mihak ra-ui kjenmarei.

Py mih hlükhük, nona kacü amjy hlükhük plaura hümmih kungthang pliura hümmih nohnai misi hüm tuk tawk kapü, y mih py mih sai hüm py kreikkreik mih, y mih hüm tong kreikkreik mihly haimih ra-ui khxp peimih hüm “Coi mih (nona kacü) coi haimih” peikhü phau mina.

“Coi haimih” long cü rak, thu pua thai mih amjy si hüm coi mihak ra-ui kjenmarei hly seing mihly hak coi mih longhai mih kaklut thai mih amjy si vei peimih kakrum mih ca si, songba si long haimih roi khü txr hüm hia mina.

Jurak hak thupua miva si hly seing mih ra-ui hly seing mih rai mira si hüm kangdik haimih kangpui peikhü vei prei amjy mina. Thupua mih jurak si coi mitum haimih ra-ui kjenmarei hüm cop hly hai ma? Ra-ui kjenmarei nohnai miluk jurak hak pramthu si hüm coi hly hai ma peimih hüm mi mah cü mi hüm plau hly hai va peimih hüm txr khüp hümmih noman tawk kapü na tawk khü mija prei hai kasxk kasan mih sai cü bxp phi mina. Rak hak bet mih pramthu si hüm coi mih imi si kham cü ra-ui hra di mih, hrakluk hjawn mih hak ra-ui novei tüm mah mih ra-ui kjenmarei hly seing mih asang noprei misi pü phreik thai mina.

“Coi mih” hüm kaku hümmih hnai kük mih m’hma cü ihmat kham phreik vei mih ra-ui hly seing mih rawka hly tüm rak (nona kacü) pramthu si coi mih hüm kutmarx mah kaku mih cü hnai kük mih m’hma na. Ra-ui rawka phreik ri mih pü na tawk khü, rak, m’piak coi ri mih pü na tawk khü y mih prei amjy hüm kaku tüm mih cü hnai kük mina.

Ra-ui ko nohma hümmih cü “Athang ty mira” vei nipnap hümmih aly ky mina. Ra-ui hly seing mih rawka, rak, pramthu si hüm tong mih pratana prei amjy cü hnai ra tüm hümmih kaku thai mih

amjy na. Peikhü hnai ra tüng hümmih kaham kaku mikha hra nodi mimah py hra jojo khü ra-ui klang mihly ning kajok hümmih aly hia mina.

Ihmat kham vei mih nohnai misi hüm ja pai thai hümmih ihmat hai veiksai si hnai ra rarat hümmih kaham kaku kacü ra-ui, cak kjenmarei si hnai ra hümmih pythai mih m'hma si bah. Hnai mah somjok mih, ihmat hüm tuk khreik mihak kaku misi cü coi mih amjy si hüm ja hly thai nü ihmat hringveik kaham pü hnai hly hümmih na.

Ca nui tum txr ty miva si hai hlongsai si hüm ihmat mah phrai hümmih hia mih pü na nakhü, roi si, kimko si, khreik miva si kham retjok hüm hia lat kacü cami link si tum m'va phrai thai mina.

Maca txr mih hlongsai si hüm kapü kly tum hai link tum haimih roi khü kei ty haimih na.