

Sawirid la Hagayo

Khiyaalkaaga ku Jimci Sawirid la Hagayo

Tallaabo 1



RAADSO MEEL DEGAN OO RAAXO LEH

halkaasoo ad ku cibaadeysan kartid iyada
oo aan wax ku jeedin.

Tallaabo 2

XIDH
INDHAHAAGA &
XOOG U NEEFSO
ILLAA AD
DEGANAAN KA
DAREENTID.



Tallaabo 3



MARLEE MEEL FARXAD LEH IMAGINE YOUR HAPPY PLACE

Waxay noqon kartaa meel dhab ama malo
ah halkaasoo ad ku dareentid deganaan iyo
nabad.

Tallaabo 4



ADD THE DETAILS

KU DAR FAAHFAAHINTA

Maxaad maqashaa, dareentaa, aragtaad
oo urisaa?

Tallaabo 5



Xejiso

AWSOME FEELING

DAREENKAN FIICAN

Ku soo laabo meeshan
markasta oo ad u baahan tahay
inad nafistid.

**change
to Chill**TM

by Allina Health