

# Socod Lagu Hayo

## Maskaxda

Cibaadeysigu ma aha kaliya in aanad dhaqaaq sameyn. Dadka qaarkood dhaqaaqa ayaa waxtar u leh si ay uga sii warqabaan jidhkooda iyo maskaxdooda, iyo waliba daqiiqada hadda la joogo. Dooro jid, waxa la doorbidaa dibadda, halkaaso ad ku socon kartid joogsi la'aan ugu yaraan 10 daqiiqadood. Wakhtiga ugu talagal kaliya socod, ma aha inad tagtid meel ama muraad qabsatid.

Ka-hor inta aanad bilaabin socodkaaga, istaag dhaqaaq la'aan dhawr daqiiqadood, adiga oo u fiirsanaya neefsashadaada. U fiirso sida dhammaan jidhkaagu dareemayo.

Marka ad bilawdid socodkaaga, si buuxda ugu fiirso dhaqaaqyada iyo dareenada jidhkaaga.

U fiirso sida ad u sidid jidhkaaga—dareenada cagahaaga, lugaha, cududdada, laabta iyo madaxa.

Marka ad la xidhiidhid dareenada jidhkaaga, bilaw inad indhahaaga u furtid muuqaalada agagaarkaaga.

Haddii ay ku jeediyaan fikrado kale, ku laabo inad u fiirsatid dhaqaaqyada cagahaaga, neefsashadaada, ama dareenada kale ee jidhkaaga.

Marka ad dhammeysid, u fiirso sida ad dreemaysid.

