



Document type: News letter series
Volume: 1
Issue: 1
Publisher: Human Police Policing Human (Pty) Ltd
CIPC Reg: 2015/426216/07
website: humanpolicepolicinghuman.co.za

Volume 1 | Issue 1
1 March 2019

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How to cope with the South African Economic & Social problems as an ordinary Citizen in the democratic era ©

Problems:

*The question is, who does this?
Human beings or Monsters?*

The answer to both questions is: ***Human beings***, therefore, there is no where to run.

Well known highlights: What happens in South Africa affects everyone's livelihood (infants, physically disable, children, teens, adults, elderly, rich & poor and) from one province to another either way. South Africa is faced with the following problems:

high crime rate, high unemployment rate, religious challenges (priests & prophets), horror of social media, expensive food petrol & diesel, uncertainty of service delivery paid for, violent protests, corruption (rich high-profile officers in country), boyfriends & girlfriends killers, wife & husband killers, infant, children abusers & killers, horror employers & employees, horror schools, hospitals & clinics, abductions, kidnappings, tortured victims of crimes and people dealing with the families members who went through all the above mentioned etc.

In my opinion, "These problems are an indication that South Africa is not a

healthy country and requires salvation, healing and medical remedies for the disturbed psyche of Citizens". Whatever can get it peaceful, safe and secured to live in. The South Africa Citizens might want to consider the following coping mechanism for sanity's sake:

- Try to know more about your human rights and make decisions based on what is due to you and your family without violating other people's rights.
- Hold a close family and parental meeting, to discuss the social and economic status of the country and make a resolution on a way forward as a family for healthy living.
- Make a resolution to change the financial family lifestyle and ensure that you lead the

transformation for the family, so that they cope with the new family social and economic aspects.

- Introduce a family or parental policing culture to your family and close relatives. This may assist you in noticing abnormalities, criminal behavior, victimized behavior in your family members.
- Pay special attention to your family social lifestyle and interests, you may be surprised what you might discover, and this can help you save their lives or vise versa.
- Avoid toxic relationships, from school, workplace, community and other unhealthy social gathering.
- Pay special attention to your family well being (Medicals). This will assist in detecting any abuse or psychological trauma etc.