

Sirikorn Phothijak. (2022, March), stress reduction in a simple way that you may have overlooked : Chewajit : 24 (563) : 10

Dr Kevin Zapman, clinical psychologist and director of The Kentucky Center for Anxiety and Related Disorders, Kentucky, USA, describes how to reduce stress:

- Focus on controllable factors. Problems or uncontrollable factors should be put to rest.
- After waking up, write down what needs to be done. By prioritizing and doing what you can.
- Set up a day off for yourself without doing anything at least 1 day/week.
- Exercise at least 20 minutes a day continuously and stretch before and after exercise.

body for another 10-15 minutes

- Write down at least one good story and thing that makes you smile or laugh every day.
- Doing crafts because it uses all 5 senses and meditation at the same time.
- Practicing yoga in a position with your head down, such as Downward-Facing Dog, will cause the blood to flow. at the brain more
- Refuse to be Doing reluctance won't help you feel good. But it will always have the opposite effect.
- Soak or take a warm bath. Helps to remove dead cells Recommended to take a shower or soak in warm water for 10 minutes and then take a shower. At the end of the evening, 5 minutes will make you feel refreshed.
- Use a perfume or massage oil mixed with your favorite herbal oil, such as lavender, chamomile.
- Go to bed and wake up at the same time. If you can do it continuously for 3 months, you won't need an alarm clock again.

Finally, make time for family, friends, and loved ones to spend as much quality time with them as possible. as possible Take a break from work to go back to work and do it again.

