

One of the greatest obstacles that prevents us from being successful in our careers as expected. It is not knowing yourself well enough what your strengths and weaknesses are. And the most dangerous thing is not knowing what “blind spots” you may have.

The following are examples of behaviors or habits that psychologists agree can cause damage to oneself. and destroy relationships with others

Uncompromisingly Ambitious : Always wanting to win or be "right" no matter the cost. Prefer to compete instead of cooperate Often exaggerates oneself. and is arrogant, viewing people as friends or enemies

Have unreasonable goals : Set goals that are unattainable compared to the effort required to complete the task.

Fight hard without relenting : Force yourself to work hard. Losing power is not worth it. Make the body incapacitated

Push others: Push others too hard : Likes to manage small matters and tends to be in control. instead of delegating power Use a merciless method. and not sensitive to emotions that may harm others

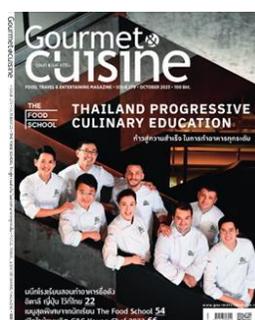
Hungry for Power : Seeks power for personal gain. Instead of doing it for the common good without caring about other people's views

Insatiable need for recognition : Addiction to fame and glory. Often taking credit for other people's efforts Endlessly seeking future victory.

Obsessed with appearance : Always wanting to look good in the eyes of others. Ready to exchange with every cost Too concerned with one's image in society, trapped in material extravagance.

Want to appear perfect : Resentful of rejection or criticism even if it is reasonable. Often blames others for their own mistakes. Unable to accept mistakes or personal weaknesses.

Behavior mentioned above Destroys happiness and progress in working and living How can we know our own shortcomings? It helps to be open-minded enough to listen to others' feedback. and diligently review and consider oneself impartially Including being willing to continuously develop and improve oneself. For a new, brighter walking path



Nusengiam. (2023, October), What kind of mattress should I choose? : Kitchen & Home : 18 (206) : 64-65

It is said that we should sleep at least 6-8 hours so that the body and mind can rest and recharge fully. Therefore, we should choose a mattress that is perfectly suited to our body and preferences. So what kind of mattress should I choose?

Preliminary factors Age is one thing that should be taken into account. What kind of mattress should you choose for children, adults, the elderly, including matters of Body weight and budget So that we can choose a mattress to meet our needs. At the right price

Size of the mattress Should be chosen to suit the size of the space and usage, starting with a size of 3.5 feet suitable for sleeping 1 person, a size of 5 feet suitable for sleeping 1-2 people, and a large size 6 feet suitable for sleeping 2 people with ease.

Type of mattress Each type of mattress has properties. and give different sleeping sensations. Let's talk about 3 types that most people like to use. They are easy to find and buy. There are many price ranges to choose from.

Spring mattresses are suitable for people who like a soft, bouncy feel. With a flexible spring Supports our weight and body well. The pocket spring mattress Even if the person next to you Move your body back and forth. We were still able to sleep soundly all night. Because each spring has separate functions. In addition, spring mattresses are breathable. Answers the question of softness Sleep and feel cool.

Latex mattresses such as real rubber mattresses Compression and hybrid latex mattresses. The advantage of latex mattresses is that they are soft but firm. Does not collapse easily, suitable for people with back pain, the elderly, as well as people with allergies because it does not retain dust and moisture. For real latex mattresses, they are strong, durable, long-lasting, flexible and more natural than compacted ones. As for the hybrid model, it is a good option for those who want a healthy mattress. There are many types available in the market, with the top still being made of rubber. The bottom is strong and supports weight well.

Memory foam mattresses are soft and popularly used in the medical field. For post-surgery patients or paralysis patients The advantage is that it supports weight and distributes pressure well. Highly flexible When sleeping, it reduces body aches, back pain, shoulder pain, but there are no ventilation holes. Sleeping may not be as cool and comfortable as spring and rubber mattresses.

Softness: Choosing the best mattress is to try it yourself. Sometimes mattresses are expensive. It may not be the best mattress for us. It depends on each person's preferences, sleep, and body. There are also levels of softness to choose from. From standard, medium to quite tight. Now that you've gotten to this point, you probably have to try (sleeping) yourself first. Before deciding to buy

