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Human life is a constant stress, and every day is a continuous struggle for survival. Therefore, it was from time immemorial. Millennia passed, but nothing has changed. The fruit of scientific and technological progress, which seemed to have made it easier for people to exist, caused a dysfunctional ecological situation, natural disasters, economic and military disasters.

People are forced to change their places of residence, refusing the usual climatic conditions, settled life. And the result, as a rule, is deplorable: constant physical and psycho-emotional overload.

The inhabitants of megacities are most susceptible to such overstrain. Indeed, working in such a regime, when there is absolutely no time to think through the moves, losing precious time in traffic jams, eating the charms of public transport, solving everyday problems, people eventually lose their taste of life. Every morning a person makes a desperate attempt to just survive another day. In an effort to live better, solve financial problems, he works at the limit of his abilities (overtime and on weekends), makes business trips (accompanied by a change of time zones), depriving himself of a full rest. After all, they continue to work hard, but in order to preserve and multiply the results achieved.

In the end, irritation and fatigue accumulate. A person takes out a bad mood for others, and, unfortunately, the most intimate and native people suffer most. In such a situation, family conflicts are inevitable. There is a "vicious" circle, which is becoming more difficult day by day. Life is like running with obstacles, and there is almost no room for warm human relationships filled with joy, kindness and love.

People start to get tired so much that they do not even have the strength to go out with the children on a day off, and go in for sports. Disharmony of family and sexual relations, disgusting environmental conditions, stresses lead to a disruption of the flexible but extremely delicate balance of the nervous and immune systems, and against the background of their exhaustion, various diseases and pathological syndromes easily arise.

Many try to relieve tension and fatigue with the help of smoking or alcohol, but from the very beginning, these attempts are doomed to failure. A sedentary lifestyle, irrational

nutrition, depleted of vitamins, a bad habit of eating semi-finished foods and fast foods, caused by a lack of time, inevitably cause not only health problems, but also worsen the appearance. Moreover, this is another additional stress factor, especially for women.

So, just relax. At first glance - what could be easier? However, you can hardly do it. Relaxing completely means disconnecting from the outside world (remove the usual sound of a TV or CD player), get away from your thoughts, and just be alone with the closest person - with yourself.

But, surprisingly - for many this simple enough experiment will end with a complete fiasco - in a few minutes the mind takes on the habitual mental chewing gum and starts chewing the events of the day of the past (then what does not already exist) or making plans for tomorrow (what else is not). What is next? Most likely, it will become boring, and the hand will usually reach out to the evening paper or television console, and in the next second the person will be anywhere, but not "here and now". The eternal flight from oneself will continue. Only where?