

LIFE IS BEAUTIFUL WITH THE DESIRE TO LIVE

Today, the world is changing rapidly. Survival challenges and stress, a common experience faced by many people, are one of the most important factors in the deterioration of our physical and emotional health. Factors such as the difficulties and complexities we experience in our daily lives, difficulties in work and personal events, and intense work tempo make it difficult for individuals to cope with stress. In these stressful and difficult situations, I try to be as patient as I can. I want to forget and let the pain pass. I know that the most severe and in stressful moments, the problem is not solved at that moment. After a certain time, the intensity of the stress decreases. In this way I try to cope with logical, psychological stress. I try to make it possible to live a healthy life. With a solid foundation of will to overcome psychological stress, I achieve the goal of taking informed steps in this challenging situation.

Today, the difficulties that people frequently encounter in their lives, the difficulty of survival, financial difficulties, family relationships, open the door to psychological stress. Psychological stress is our emotional and mental reactions to the events we encounter in our lives. This situation creates problems in our inner world and creates a complex problem. At such times, we should definitely get help from an expert, or even try to find solutions to the problems by meeting with a few experts. This is how I overcome the problems. I'm trying to come.

When I am exposed to psychological stress and have difficulty adapting to the events in my daily life, I try to manage the situation. Factors such as work, relationships and financial situation are among the main factors that cause my psychological stress to emerge. In this situation, I try to control myself by realizing that I am stressed. I try to hold on to life by getting help and support from others in situations such as work stress, relationship stress, financial stress and traumatic events.