5 เทคนิคจัดการความเครียด เพื่อสร้าง Mind Immunity

1. Change the attitude and mindset
สร้าง Growth mindset มองความล้มเหลวเป็นโอกาสในการเรียนรู้ พร้อมเปลี่ยนแปลงเพื่อสิ่งที่ดีกว่า

2. Optimistic thinking
ปล่อยวางกับสิ่งที่จบไปแล้ว เมื่อเกิดวิกฤติ พยายามมองหาโอกาส ให้กำลังใจตัวเองเสมอ

3. Self-Esteem
เข้าใจและรู้เท่าทันอารมณ์ตัวเอง เป็นเพื่อนตัวเอง โดยเฉพาะตอนที่ต้องการกำลังใจ

4. Time and Live Management
สร้างสมดุลระหว่างชีวิตการทำงานและชีวิตส่วนตัว เพื่อลดผลกระทบจากการทำงานที่มากเกินไป

Mindimmunity Health

Robert R. Redfield

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