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Creating Positive Feeling Sukhumpong Channuwong

This book will give you guidelines to create positive feeling, reduce stress and improve mental health. Many effective techniques for reducing stress such as to eliminate the stressor, adapt to the stressor, create a sense of humor, reframe thinking, manage worry time, keep smiling, and to stay without hatred, greed, anger and revenge are also included.

Creating Positive Feeling: How to Reduce Stress and ...

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stress and improving mental health such as creating positive feelings, changing crisis to opportunity, creating inner peace, reframing thinking, practicing meditation, and following the eight-fold path. According to Buddhism, happiness is very much dependent on mental intelligence, or the wisdom within one's mind, to respond and to react to the

~^~ ~" Buddhist Approaches to Managing Stress and ...

positive thinking towards their organization. Such employees will be committed to their organization, and sacrifice time and effort for the success of the organization. In this matter, Channuwong (2015) found that an organizational commitment is the positive feeling of employees towards the organization; employees who have organizational commitment

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Buddhist teachings present useful ways to cope with stress by calming the mind, controlling negative emotions and feelings through tranquility meditation, and developing wisdom and insight in order to purify the mind to be free from stress and sufferings through insight meditation.

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