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THE FIRST STEP OF THE ALTERNATIVE APPROACH IN WELLNESS PRACTICES IN CONDITIONS OF TRANSITION TO REMOTE MODE

At the present time, the relevance of Health remains very high. Health is inextricably linked with the person himself throughout life. Remote activity on some sides negatively affects Health. A person communicates less live with other people. At the same time, the general time is spent in frozen poses: sitting at the table, half -head in bed, lying in bed.

It turns out that a person wins the time that he had previously spent on the road to and from work, and simultaneously loses movement, physical efforts spent on walking. For example, standing in a crowded minibus, bus, trolley, tram activates the work of some muscles, especially given the abrupt type of vehicle movement. Preservation of equilibrium requires muscle work.

Being to work, a person is in contact with the environment, in particular, microorganisms of other people. This launches the work of the immune system, and with a healthy lifestyle, regular minimal training can be healthy. On the other hand, if the human body is weak, then personal contact can be the cause of the disease, especially in the spring-autumn periods.

When a person is at home most of the time, many systems are atrophy, the immune system ceases to work properly. The lack of contact with other people's microorganisms does not affect the body well, not to mention the amorphousness of a motionless lifestyle. Sometimes it comes to the point that a person does not even leave the house, but orders food to the house.

The next consequence of the transition to remote mode is the psychological factor. Modern life is distinguished by an accelerated “globalized” rhythm, as a result of which the load on the psychological state has significantly increased. More and more efforts are spent on the emotional aspect of perception of reality.

This situation directly affects health, because now a person is required to be in a good shape of almost 24 \ 7. It should be almost always online, ready for activity. In our XXI century, it is very difficult to “hide” from work, study interaction. Such cataclysms as a COVID-19, the terrible war in Ukraine transferred many industries to the remote plane.

The most important terrible consequence is the transfer of a working stressful atmosphere to the house. Since many do not have the opportunity to have penthouses so that each Family member has a personal work place, quarrels may occur. Previously, the work of most people was strictly separated from their home. Of course, many people discussed working aspects in the Family circle. Sometime people had to take work materials to the house, finish something. But there was a feeling that work was somewhere far away, not here. The house was a refuge from the external. And we must say, not only with a physical, but also by a psychological refuge.

Due to the transfer of work activities to the house, the emphasis of working time as a phenomenon has shifted. We can observe the slow gradual erasing of the working hours face.

The development of technology, the emergence of gadgets, the Internet greatly reduced the psychic independence of a person in his own housing space. Now it is difficult to abstract from work. Everyone involved in the workflow has a mobile phone with the Internet. At any moment, a change in the situation in the world is possible, any local changes, as a result of which a person can get a phone call or a message in messenger with a call to do something at any second, convert something to work. This is a subconscious expectation, the feeling that a person can always get in touch, gnaws a soul. Do not answer a working call or message means not to meet the criteria of a good employee. It means that the work at any moment invades personal life, which can be destructive. In addition, people in the family are forced to constantly be next to each other, to interact much more often, than before. So, it may come to a Family collapse.

Given the above, we do not need to be radicalized and become against global changes. We offer this way:

- recognition of changes as a fact: this is not good; this is not bad;
- awareness of the need to maintain and strengthen Health;
- development of workouts and training programs, food, clear sleep schedule;

– constant, daily adherence to programs.

It must be soberly understood that in the modern world, Health is a decisive composite. No one else will take care of Health. Therefore, all efforts must be applied personally.

To improve lifestyle, increase longevity and resistance to diseases, we need to grasp our understanding of Health. All definitions of Health can be divided into three varieties: according to the first it is important the general well-being, according to the second it is the absence of diseases, the third remarks the ability to perform social roles [3, p. 26].

The first thing we should do is to set a stable sleep schedule. A person should sleep enough hours. An important positive consequence is that the body will begin to get up without an alarm clock every morning.

The second question is related to nutrition. You need to develop a clear food program, alternate dishes, consume a lot of vegetables and fruits. It is necessary to realize the increase in the number of pharmacies in any area of cities. This is due to the fact that someone wants to make a helpless creature out of a person, that in every possible way depends on the pills. It is one thing when a person is forced to maintain Health due to the acute phase of the disease. It's quite another matter if a person is quite healthy, but advertising propaganda inspired him that he had something wrong with the psyche, the mind and as a result, he began to imagine any diseases, allergies, and so on. Or if a person runs to a pharmacy for many sprays, tablets to fight against a conventional cold.

Modern promoting is designed to lack time in humans. It is easier to offer a magic pill. It may be inspired that by drinking it, for example, anxiety will go away. This is not a healthy situation.

Unfortunately, there is radicalism regarding so many things in society. On the one hand, we are offered to poison our body for the sake of a second as if a psychological effect and get dependency. On the other hand, there are charlatans and scammers who invite to their “courses” to detect superpowers in themselves, etc. As a result, a person who is accustomed to trust science is automatically inclined to unbelief in other methods of Health support. A believer, on the contrary, sees a global conspiracy in science. The lack of clear explanatory work leads to ignorance of both of them.

The root of healing, strengthening and supporting Health is in the person himself. From the moment a person is aware of the power hidden in him – he is invincible. It combines the hidden power of Faith and knowledge of modern Science. There is a key in this balance. No intermediary is needed between him and Health.

For comparison, we take a few concepts. In Indian practices, there is the concept of “Prana” प्राण (prāṇá). If to delve into the word etymology, it will

become clear that it consists of प्र- (pra-) “towards, forwards, pro-” and अन् (an), the latter from Proto-Indo-European *h₂enh₁- “to breathe” [1]. Understanding Prana concerns its understanding as vital energy in the body (which is not identical to physical strength), the source of all forces, movement and even thinking. In the human body, Prana manifests itself in the form of breathing [2, p. 514].

If we compare with the practices of other traditions, it can be found the correspondence of Chinese Qi energy. In both cases, this is the energy that covers the universe, everything. If to go further in the reasoning, we can assume that both options correspond to some divine energy in some beliefs and religions of the world.

Realizing this similarity, we can conclude that such a concept did not appear at once in one head. On the contrary, such options indicate a community of thinking, which means that we can choose any of the options and believe in it, draw power for healing.

The fact that such concepts exist among different peoples, are used in practices for more than one thousand years, is cut off the likelihood that a certain invisible concept is the fruit of a sick imagination of a certain charlatan. It is important to say that modern Science begins to get to the knowledge of antiquity. In particular, in quantum mechanics, the concept of “measurement” is interpreted as the decomposition of the (abstract) space of the system states of the observable operator’s own subspace. This resembles the logic of the existence of a certain energy that runs in the universe as if disparate, although in the past it could be a whole phenomenon, when compared with the theory of a large explosion.

We can extract a healing component from anywhere in the world at any time, for some excellent energy is both next to us and inside us. This awareness is the first step towards restoring strength, strengthening Health. The second step is in the creation of a holistic philosophical and training system. The Spirit and Body are connected together, therefore the methodology that combines the philosophical approach (explains the basic concepts, gives reason to why it is important not to quit care, etc.) and a practical approach (specific programs, tables, schemes for quick visual perception and execution) is the most effective.

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