

# “How To Solve a Very Difficult Problem ”

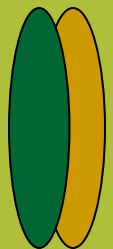
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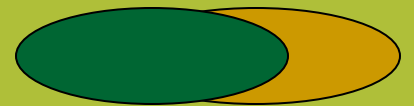
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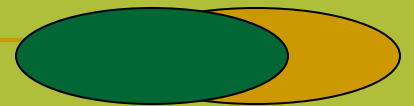
# PROBLEM

Is a part of human existence normally. A problem usually bring some positive or negative effect for someone who have through it. Without problem life can't be said to be life, because nothing occur in life dynamically. At all times a problem prosecute human to learn more patient during process of splitting-up the problem. It's process that can make somebody become more adult to manage their life.



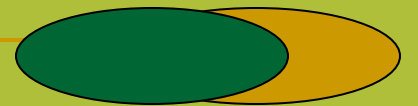
# Problem is Challenge ..!!

- If we consider that problem is a burden, so we will avoid it. The other way if we consider a problem as challenge, maybe we will be motivated to be up against. A problem is one of presents that we can take with all happiness, with incisively opinion in order that we will see a succeed prep inside the problem.



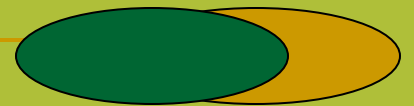
# Causal Factor uprising a problem

- ❖ Negative Thinking
- ❖ Anger
- ❖ Carelessness
- ❖ Phobia



# Negative Thinking

- Is the way of thinking that abound with apriori attitude, prejudice , entrust, that generally no reasonable. Negative thinking can be describe as our way in seeing problem by neglecting rationality, logic, fact or relevant information.

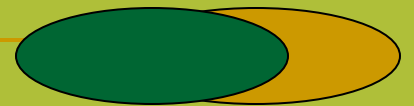


# Anger

- Is the spill version of emotion that usually followed by egoism, annoyed, hatred, disappointed and blaming another people. With those anger then somebody who had been through that will easily losing their self control and senses. Anger always brought negative effect on the people around her/him. This is obviously trigger problems.

# Carelessness

- It is a symbol of one's immaturity. Carelessness appear if someone feel hard to learn from their experiences, reluctant to listen an advise from the competent one. The impact of this carelessness can rise a problem to one's self and others.

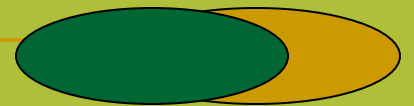


# Phobia

- Exaggerate fear or usually called phobia. This occur when someone feel afraid of something and it can be a serious chronic illness. Phobia can be caused of traumatic particular event. And surely it can be an obstacle of someone in exploring themselves.

# Tips in Dealing Problems

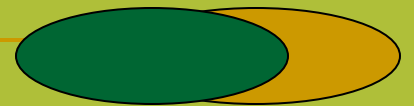
1. You should try to solve the problem by your self
2. Face it and do not run from it. Solve instead of forget
3. Ask someone who has more experience
4. Apply the modeling method toward people who had succeed in dealing with the problem
5. Try to stay calm and think as wise as you can
6. Never try to decide something before you can calm yourself





# “ INSOMNIA “

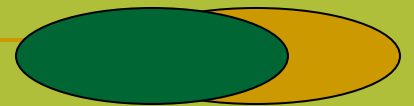
- Usually it happen when someone always feel tired and exhausted all day long and it happens continuously (more than 10 days) when someone feel suddenly awake in the middle of the night and could not back to sleep. Often, the sufferer wake up early from they should be and never able to get sleep again.



# 3 Types of INSOMNIA

- Sleep Onset Insomnia
- Sleep Maintenance Insomnia
- Sleep Awakening Insomnia

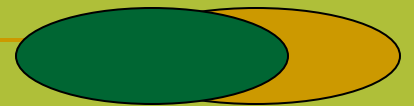
“This abnormal sleeplessness would not be a serious problem if this occur not more than 10 days”



To deal with insomnia we can use relaxation technique and subconscious programming. The most important thing for us is that we have to keep the balancing of brainwave frequency so that we can be in a relax condition as often as we want and become meditative, when it's time to get sleep we won't be bothered in reducing our brainwave frequency into delta frequency.

# Tips in Dealing INSOMNIA

1. Drink the warm milk before you get sleep
2. Drink herbal tea if necessary
3. Clean up your bed and pour aromatherapy into it
4. Wash your feet and face
5. Do relaxation for a while by reading something fun
6. Drink lettuce juice if necessary it will help you out of insomnia because it contains some sort of chemical that can cause sleepy called lectucarium
7. Rub a lotion with lavender scent, which is based on the research (lavender) could rise up the activity of brainwave for about 1 alpha and makes our body feel relax.



*“ Learn, Try and Get the Manifestation !!! “*



**Thank you**

