

By the International Day of Combating Musical Service, the sound conducted a study to find out what sounds and habits help the Russians maintain psychological balance. According to the survey, the main way to care about yourself is a dream that 38% of respondents choose. Sports, hot bath and beloved food are also included in the list of popular methods of struggle with stress.

About a third of the respondents prefer to listen to music to improve mood. Among the most "soothing" genres are pop, rock and rap. Also, people turn to classical and electronic music. Among the sounds of nature, the noise of the sea leads, which is associated with the rest of 36% of the survey participants. Also, many find a vacation in the purring of a cat, a cod of firewood or a rustle of wind.

The main causes of anxiety Russians call financial problems, working deadlines and tense relations with loved ones. In difficult times, 25% try to share experiences with relatives, and 22% turn to their favorite food. Another 20% find calm in True-Crime podcasts, and 19% in sports.

As for reading, 24% choose detectives, 18%-love novels with a happy end, and prefer 15% modern prose. Many also read comics, anti -utopias and books on self -development.

Interestingly, 28% of respondents feel most comfortable next to a loved one, and 21% - remaining alone with themselves. Despite this, many postpone useful things: almost a third is not recorded to the doctor, and a quarter does not go in for sports.

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