

# Culture and health promotion

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## Korean Cultural Group: Relaxation for with Psychosocial Illnesses Korean Cultural Group: Relaxation for with Psychosocial Illnesses

Amongst the Koreans, the issue of mental illness receives a lot of stigmatization in the society. When dealing with people from this cultural group, it is always essential to work on establishing the right interaction module that will work best amongst the clients (Forsman, Nordmyr & Wahlbeck, 2011). The best way is to get the best people working towards the realization of a better society. In meeting these needs, it is important to look at the cultural attributes of the Koreans, which involves taking yoga and relaxation mediations seriously for the sake of dealing with mental illness and related problems (Thuné-Boyle, Iliffe, Cerga-Pashoja, Lowery & Warner, 2012). By adapting a cultural stance, it becomes quite easy to work on a strategy that will boost the health of these individuals. Worrying and anxiety have been noted amongst the Koreans, and the use of new adaptations to deal with the issues will be an ideal means of generating the required health outcomes. The first generation is at risk as they risk their all for the sake of their children, and do not have a chance to take care of themselves, and these disadvantages them a great deal (Min, Lee & Lee, 2013).

In the modern medical outlook, the health practitioners are working towards making their interactions ideal for the sake of working on their provisions. In this case, the use of the cognitive-behavioral approach is suitable in working with such norms and cultural attributes. It is imperative for people to accept change and assistance when they desire it the most (Min, Lee & Lee, 2013). It is always critical to generate the right atmosphere for the realization of these beliefs while at the same time assisting the Koreans in adapting to

their new environment without neglecting their ideals (Forsman, Nordmyr & Wahlbeck, 2011).

#### References

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