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The Responsibility of Counselor and Educator in Millennium Era **Proceeding**

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Chromotherapy to reducing stress

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Abstract

Stress can arise as a result of pressure or tension that comes from dissonance between a person and his environment. Stress is an adaptive response to an external situation that results in physical and psychological aberrations. The result, too much stress can threaten a person's ability to face the environment, which ultimately disrupts his daily life. For that needed a therapy that can help in reducing the impact of stress. One of the therapies that can be used is color therapy. Color therapy is one of the non-pharmacological therapy that can reduce stress. Therapy is created because it is based on the assertion that each particular color contains healing energies. The effect of color affects the work of the sympathetic nerves parasympathetic, and improves mood. Color therapy provides an element of relaxation, which from various studies of relaxation can reduce anxiety or anxiety in individuals.

Keywords: Chromotherapy, Stress

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