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Distress Approach in the Digital Era

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Individuals must continuously interact to exchange the products necessary for them and their loved ones, as they cannot produce everything. Their cooperation can be delightful or not, influencing the personal inner world. Joyful collaborative work advances their well-being and creativity, while deceptive interactions lead to emotional suffering. Prolonged suffering in their hearts and minds alters their health.

Improper communication determines disturbed inner life and can lead to type 2 diabetes, metabolic abnormalities, arterial hypertension, depression, and even tumors or brain hemorrhage. In the digital era, AI helps ameliorate and prevent the undesired effects of inappropriate interactions between individuals.

The illusion of perfection in a person ultimately leads to disappointment sooner or later, as human perfection is unattainable. Experiencing upset and possibly facing disruption from others is inevitable—human imperfection is a universal trait.

Minor daily work deficiencies, including slight communication inadvertence, are common for everyone. However, exceeding tolerance limits for unsafe interactions among individuals can lead to their disorders, which are more or less clinically expressive, depending on individual vulnerability, time exposure, and word and thought energy sent and received from all players in a relationship. The degree of distress varies among individuals, and its effects can range from minor to significant clinical manifestations of bodily systems impacted by it.

Additionally, time slowly undermines everything; human work capacity diminishes as people age, requiring support from their loved ones, friends, or community members. A lack of mental and/or physical strength results in a feeling of dependency on others—another disheartening thought about needing assistance.

Ameliorating their suffering has evolved in the digital age. Telemedicine—a new trend in the healthcare industry—prevents burnout, saves time and travel expenses, provides home comfort for applying knowledge in practice, and revitalizes and pleases them with their work.

IT advancements benefit home care and institutional supervision of individuals in need. An interdisciplinary team connected online can quickly adjust the medication therapy plans and monitor the patient's condition, making the approach more effective.

Virtual and real-world interaction skills positively and negatively impact providers and end users.

Communication skills are key in managing individual disorders. Providers' verbal and nonverbal interaction with their collaborators, partners, and the end users facilitates or impedes adherence to the therapy plan and finally influences clinical outcomes.

The provider's kindness and friendly attitude benefit the end users, determining optimistic and constructive thinking that improves the individual's evolution with the disorder. Pleased end users discuss their provider fulfillment with their loved ones, family members, and community members, which extends their enjoyment to others, amplifies good feelings in society, and finally increases the provider's good reputation, return on investment, business stability and growth, creativity, work efficiency, finances, and personal health and well-being.

Positive emotions created by providers for end users act as medicine. Favorable emotions can reinforce them, while adverse, harmful feelings diminish the abovementioned elements.

The service price offered by the providers significantly impacts the buyers. Disproportionate prices of offerings that are not accessible to clients disappoint them and their families, and they frequently must look to other offerings. That creates frustration, making them more vulnerable. By contrast, volunteering makes needy people think differently when possible: it fosters encouragement, increases hope for better outcomes, and aids recovery. Their devotion to the provider is acknowledged.

Some people experience distress caused by medical conditions or just thinking about the transition to another life form. In challenging times, a team must provide both material and emotional support to prevent individual burnout caused by the continuous care of loved ones or others in distress. Providers and end-users must use IT advancements for instruction and relaxation in the digital age. This way, patients can go away in peace, and their relatives and caregivers will retain their best memories of them over time.

Stakeholders may participate in supportive programs for both providers and end-users.

The provider's service quality to their clients influences their feelings and lives. Kindheartedness is an essential service.

When our generosity complements our offerings, we can be a small light in the darkness for those suffering.