

Impact on the psyche through poetry and soothing music.

The progress of society is moving forward, discoveries, achievements, and the development of humanity. Due to progress in completely different sectors of the life of society, nowadays a person has many new opportunities: to get to know better himself, his society, the world around him, technologies. Due to promoting medicine, many lives can be saved, due to technological progress, people can communicate with each other from anywhere in the world, use various resources, due to promoting in psychology, can teach a person to know themselves better and solve their psychological problems.

Psychology has never stopped at its discoveries, it always develops rapidly. As the technological and information sphere is developing very fast, people's problems are changing at the same time. It means that psychology is developing very fast as well. At the end of 1900-2000 years, people worried about such problems as stress and panic attacks. These problems are considered more difficult now. With the increasing development of the technological sphere, people feel alone, they feel devastation, loss of meaning of life, tension, and anxiety. However, psychology is developing along with other areas, so it can calmly help people. Nowadays psychologists have developed many ways to influence the body and improve human well-being. Now, due to the Internet, a person can communicate with a psychologist, without leaving his comfort zone at his home, at the same time be confident in the confidentiality of conversations. Also, innovation in psychology can be called applications in which a person can keep a mood journal, or recognize the first signs of depression. Also, in the treatment of psychological trauma, modern psychologists use VR glasses, which help a person to see themselves from the outside and conduct psychological counseling for themselves.

Now such therapies are used in which a person can completely relax, surrender to any business, and feel himself naturally. The innovative application I propose, by comparing the problems and experiences of a person, will give out an individual therapy that will help a person express his condition using words and notes. A person drives into a special application a problem that worries him, the program selects for him a number of poems and works that can express his condition and help him understand how to get rid of a particular problem. In any poem invested any emotion, and if you add music to it, which will help you go deeper into yourself, a person will begin to think about the chain of the occurrence of his problems and, in fact, with the help of expressing his thoughts to a psychologist, their solutions.

Such innovation will help people immerse themselves in themselves not in complete silence and depression or alone with a psychologist, but by speaking out their problems, because of which they fell into depression. A person does not have to tell his experiences to a stranger whom he does not trust the first time. The application will help him find himself in the reality that a person himself wants to see, in this case, to represent. The application will give you the opportunity to open up in a new way for yourself, find your "I" with the help of poems that express problems and at the same time with the help of soothing music that helps them to relax. Such an atmosphere will make a person understand what worries him now and what needs to be changed to become happier.

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