

**YOGA GYMNASTICS TO REDUCE STRESS ON OFFICE WORKERS IN
THE WORK FROM HOME PERIOD**

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SUMMARY

Background: The impact of this lock down causes many disadvantages such as decreased income, health disorders as well as depression, anxiety, frustration and also stress. The prevalence of stress events in the world is very high with an estimated 350 million inhabitants and is also the number 4 disease in the world. West Java Province recorded about 51,999 people experiencing stress. Stress is already a common problem that almost everyone has experienced during their lifetime but not many have been able to handle it well. There are many ways to deal with stress, one of which is yoga gymnastics. Yoga gymnastics is proven to reduce stress levels because yoga gymnastics covers the whole body in performing its movements. **Purpose:** Knowing the creation of Information Communication and Education (KIE) media about yoga gymnastics to reduce stress on office workers in the work from home. **Method:** The method used using KIE media is a booklet produced as an educational medium about yoga gymnastics to reduce stress on office workers who are required to work from home. **Result:** KIE print media in the form of a booklet entitled, "Yoga Gymnastics to Reduce Stress on Office Workers in the Work From Home Period." **Conclusion:** Media KIE in the form of booklets as a medium of promotion, information and education to office workers who have to work from home about yoga gymnastics in reducing stress.

Keywords: Yoga Gymnastics, Stress, Office Workers