



## STRESS - WHAT IT IS AND HOW TO DEAL WITH IT.

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***Abstract:** Stress exists in the life of every person, because stress impulses are found in all aspects of human life. Stressful situations occur both at home and at work. Stress is the cause of many diseases, it causes serious damage to human health.*

***Key words:** stress, mind, thought, feeling, intellectual processing, steochondrosis, symptomatic, emotional decay, pessimist.*

**Introduction:** It should be noted that there is also an opinion that stress can have a positive nature. that is, the stress caused by a complex situation can motivate the mobilization of all forces to solve it and open a new stage in human development.

There are many types of stress, and both exhaustion and emotional trauma can lead to serious consequences, even death. In most cases, the main reason for the deterioration of health is being in a constant state of stress due to instability at work, fear of losing a job, difficulties in performing relevant tasks, and strained relations with colleagues.

Stress manifests itself on three levels - mind, thoughts, feelings. First, the information undergoes intellectual processing (conscious and subconscious), then a feeling appears (strong or weak), and finally these processes are consolidated at the physical level.

Relieving muscle tension is known to everyone from childhood: when the fingers are tired, we shake them a little and relax.

Some muscles - tight jaws, tight stomach, back muscles - can be unnecessarily tight. The famous German psychologist Kurt Reich called this condition "muscle cooling". It appears in people who do not know how to relax, that is, they cannot

eliminate stress. Muscle tension reflects certain psychological problems of a person and is a residual symptom resulting from negative emotions and unfulfilled desires.

Stoichondrosis is common due to muscle compression in most cases. As the number of people working sitting in front of the computer increased, the number of patients increased sharply. How we hold our head depends on the work of the whole body. The neck connects two main nerve centers: the brain and the spinal cord. In modern medicine, there is such a formula: "A person is considered alive as long as the brain cells are alive." In this context, the wisdom of the people, which recommends holding the head up, will have a new practical meaning.

Correct posture ensures that all internal organs are in the right position. A person should imagine that a hook is attached to the head, a rope is attached to the hook, and someone is pulling this rope up. Keeping the body upright with this in mind every time you bend over will help.

The more positive the mood, the less stress you will experience, and negative emotions are a guarantee of stress. In fact, we face negative emotions every day. For example, the day begins with the sound of the alarm clock, then the road in public transport, a broken heel, bad weather, etc. And many people accept an angry state, that is, a state of stress, as the law of life.

**Main part:** The human brain does not distinguish real danger from perceived danger, so whenever a situation seems dangerous, it reacts as if it were exposed to real danger. The more hostile the environment, the longer the body is in combat readiness. Chronic stress is the result of being constantly in a situation of total danger.

Our body is strong and resilient, it has great opportunities and abilities to recover, but for this the mind must work clearly and correctly. All the processes that happen in our head, our thoughts, imagination affect our state, this is done in automatic mode, outside of consciousness.

There is a technique called "positive visualization" that helps to get rid of negative emotions. When we remember a pleasant event, for example, a gift from a

loved one, under the influence of such memories, the body remembers the best feelings and begins to feel good about itself.

In most cases, we remember negative events.

For example, even if 2 hours have passed after an unpleasant conversation with the leader, we are still under the influence of this situation, and as a result, the body is also under negative emotions.

Symbols that come to mind when remembering can be used to strengthen and fight stress. At this time, sit comfortably on the seat. Close your eyes, take a deep breath and exhale. Imagine a negative situation that you want to change. Go through it again and remember all the things you noticed.

Now change the situation. Give it another color. Switch to the direction you need and get a positive result.

Take another deep breath. Open your eyes and smile! Never forget one thing, an optimist sees opportunity in every difficulty, a pessimist finds difficulty in every opportunity!

Fighting back: What to do? According to doctors, various negative factors have a negative impact on the health of office workers. These are hypodynamia (lack of muscle activity, reduced muscle contraction force), excessive mental stress, poor nutrition and lack of sleep. As a result, deterioration of physical health (back and neck musculoskeletal pain, deterioration of vision, coronary heart disease, varicose veins) and "Office syndrome" manifested in "emotional collapse" develop. The last symptoms of the disease include the inability to maintain the same level of emotional state, extreme fatigue, indifference to work and communication with colleagues.

In order to evaluate the situation objectively, we should regularly try to better organize work and rest, and periodically try to switch from one activity to another. In other words, stress-causing factors should be reduced as much as possible.

"Symptomatic" methods of combating stress include taking drugs with a limited duration of action. Treatment with drugs that prevent the symptoms of nervousness, anxiety, insomnia, extreme emotionality is already supported in the practice of neurologists. Along with reducing the symptoms of the disease, the drug

also reduces general work efficiency and causes sleep. Only a doctor can recommend a useful and correct tool that is effective in combating stress, maintaining the rhythm of daily life and healthy activity at work.

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**Conclusion:** Moral training in civil protection - inculcating the belief that performing duties related to civil protection is a duty to the country and the people, to understand the need to prepare oneself to conscientiously perform one's duties during times of peace and military operations, to overcome difficulties in such situations, it is training in the spirit of enduring mental difficulties. In difficult conditions, you cannot work by believing that anyone is ready to perform a life-threatening task. There is no such thing as a person who is "not afraid of anything". It's all about the time it takes to overcome confusion, make the right decision, and start moving. It will be much faster for someone who has prepared for an emergency. In the winter without preparation, the inactivity and discomfort remain for a long time, but it aggravates the mental disorder.

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