

STRESS AND DEPRESSION. THEIR PREVENTION.

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Annotation. In the modern world, a lot of information is an integral part of the daily life of every person. We are forced to solve many problems and make important decisions. And the result of this is the internal psychological discomfort that we are used to calling stress or depression. The article covers issues of stress and depression resistance, its prevention.

Keywords: stress, depression, rest, sleep, proper nutrition, sports, water treatments, endurance, stability.

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Stress is the response of the human body to negative emotions and excessive airiness, tension and pressure. Under the influence of this condition, the body begins to produce adrenaline, which makes you look for a way out of a critical situation. This is a temporary condition, but increased stress always causes problems with health. Stress can also cause depression. But many people do not notice these concepts. People associate these two conditions with a feeling of bad mood and frustration, but there is still a significant difference between them. Stress is the response of the human body to negative emotions and excessive airiness, tension and pressure. Under the influence of this condition, the body begins to produce adrenaline, which makes you look for a way out of a critical situation. This is a temporary condition, but increased stress always causes problems with health. Stress can also cause depression.

Depression is a mental illness characterized by three main symptoms:

1. Deterioration of mood, lack of joy in life, chemical imbalance in the brain.
2. Violation of thinking associated with the predominance of negative judgments.
3. Action braking.

Depression is the most common mental illness in the world. Its cause is often a serious negative condition. If stress can be overcome by a person himself, then a person with depression will have to consult a specialist. If the situation is out of control and the depression has fallen into a severe state, then there may also be suicide attempts. In these cases, extensive treatment is required and it will be





necessary to consult a psychotherapist and neurologist. In mild cases, psychological family and individual (counseling) help with a specialist.

Not falling into depression is associated with preventing self-stress. Stress, such as illness, is easier to prevent than to treat. Therefore, stress can be prevented by getting rid of negative emotions, physical and psychological tension in time.

It is important to understand how stress can be prevented, that is, it is necessary to learn to get rid of negative emotions in time and eliminate psychological and physical fatigue. Several methods of effective prevention can be used for this:

Rest. Regular rest occupies a large place in the normal functioning of the body. Even the busiest person should always have time to relax. It is important that not only the body, but also the psyche rest. You can take a walk in the fresh air, read an interesting book, watch an interesting movie, chat with friends. Everyone can find many interesting activities that will calm and cheer him up.

Full sleep. Healthy sleep protects well from stress. A person who is saturated with sleep is resistant to stress. To get enough sleep, you need to get used to lying down at the same time, sitting until late at night, not eating three hours before bed, not consuming tea, coffee, alcohol before bed. You can take a walk for half an hour before going to bed, or at least stand a little near an open window or on the balcony.


Proper nutrition. During Stress, various discomfort occurs in the body. A vitamin diet saturates the body with all the necessary vitamins and minerals. This increases immunity, makes the body more resilient and stress-resistant.

Sport. Playing sports is a great way to deal with stress. Each person can choose a suitable sport based on their interests and physical capabilities. Sports can be replaced by dancing. Dances are especially useful for women, because they not only strengthen the body and develop plastic, but also help to reveal femininity and increase self-confidence.

Water treatments. Water has a beneficial effect on the human body and helps fight stress. Baths with the addition of aromatic oils, regular visits to the pool, bathing in natural water bodies are good for physical and mental health and are simple and effective ways to relax.

By supplementing your life with these stress prevention methods, you will become stress-averted, physically and psychologically energetic, begin to more calmly perceive what is happening, learn to cope with difficulties and problems.





Stress resistance (resilience) is an important factor in maintaining normal performance, communicating effectively with others, and maintaining internal human harmony in difficult, stressful conditions. When studying stress resistance, first of all, it is necessary to define this concept. It should be noted that there are many definitions of stress resistance, which include: emotional stability, psychological stability, personal stability, psychophysiological stability, moral stability, moral-psychological stability, emotional-voluntary stability.

Stability, in a broad sense, should be considered as a function of two variables – the environment and the internal structure of the system. From a psychological point of view, stability reflects the functional characteristics of mental processes of professional importance, the qualities and characteristics of the individual, as well as the degree of compliance of the psychological system of activity with the requirements of certain activities. Stress resistance is a complex and comprehensive personal quality. It combines a complex of abilities and a wide range of phenomena.

V.F.Matveyev defines stress resistance as a set of personal qualities that allow you to withstand important intellectual, volitional and emotional stresses arising from the peculiarities of professional activity, which does not have a detrimental effect on the health of the activity, itself, etc.

In the structure of an individual's stress resistance, psychologists distinguish emotional, volitional, intellectual, motivational, communicative and other components. In addition, all components of stress resistance, as well as mental stability, are in a certain relationship.

An important factor determining the resilience of stress is the individual's resources. In modern psychology, the content of the concept of “resources” is developed within the framework of the development of the theory of psychological stress. V. A. Bodrov defines it as: “resources are the physical and spiritual capabilities of a person, ensuring the mobilization of his methods of behavior (strategies) to prevent or stop stress”.

We consider the development of stress resistance to be a process of accumulating individual resources, for example: knowledge about the phenomenon of stress and ways to overcome it, experience of successfully overcoming stressful situations, models of constructive behavior in stressful conditions, the ability to think positively, the ability to act consciously and rationally. Having these resources helps to reduce the personal importance of stressors for the individual, reducing the likelihood of subjective assessment (subjective perception) of a difficult situation as a threat, and thus helping to prevent stress reactions in many cases.





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