



OVERCOMING STRESSFUL SITUATIONS

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A good quality of life is currently impossible without a sufficient level of stress tolerance, high personal efficiency, and a rational allocation of time and effort. Living under constant work stress, with high information capacity, complicates professional work, because you have to deal with constant stress and lack of time. Many professions require daily, hourly expenditure of mental strength and energy.

Stress is a state of mental tension that occurs in the course of a person's daily activities, often in extremely difficult situations. Depending on the nature of stress, it can have both beneficial and negative effects on a person's emotional background. It is necessary to know that stress is one of the main factors of various types of human diseases. Experience and stress control are the main solutions to many human problems. Under stress, a person may experience a feeling of distraction, discomfort from the feeling that he is irrationally allocating time, despite all efforts. Stressful stress does not mean a balance between the task and the available opportunities, occurring along with conditions such as panic, aggression, depression and others.

Methods of overcoming stressful conditions

Work to eliminate a stressful state. Being in a stressful state for a long time, it is advisable to consult a doctor who can help take measures to restore the body.

Each person has the opportunity to self-regulate, therefore, he can independently influence the phenomena occurring to him, the desired result can be achieved with the help of breathing exercises, manipulations for progressive muscle relaxation, exercises to change unrealistic conclusions.

Usually, a person's breathing is shallow. It does not help to relieve mental and physical stress. Therefore, to relieve discomfort, it is necessary to breathe deeply.

In a state of resentment, aggression, anger, the muscles are tense. Therefore, by reducing muscle activity, it is possible to reduce the level of emotional stress. As a result of relaxation, several phases are distinguished: an attempt to relax; relax and observe it; observing the transition from stress to relaxation; the "Experience" of relaxation. The relaxation process should cover every part of the human body. Active activities such as going to the gym, sauna, and walking in the fresh air can also help.



Inappropriate conclusions can be the source of an adverse experience, which can lead to peak states in emotions and behavior. To achieve victory over stress, it is necessary to transform non-constructive mental attitudes into constructive ones.

In some situations, it is required not to relax, but rather to become more active. There are several methods, such as: massaging the right points, for example, the earlobe; pushing the thumb between the lower lip and chin; massage the nose and third eye. Changing stress, distraction, can also help relieve stress.

Stress is a daily occurrence. Minor stresses are inevitable and harmless. Excessive stress creates problems for a person because it directly and indirectly increases the cost of achieving goals and reduces the quality of life. It is necessary to avoid stressful situations, skillfully allocate time for work and rest. One should not exaggerate the danger and deceive oneself with speculation. There is always a choice, and everyone, first of all, is responsible for their lifestyle, their health and the quality of their life.

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