



Use of Psychological Training in Eliminating Emotional Situations in Educators

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Abstract

According to the article, a person lives with strong stress at will, and nervous tension accumulates regularly. There are people who absorb everything with their strong upbringing and culture and thereby harm their health. From the point of view of medicine, they can and should start a fight in such situations, from the point of view of culture, it is the opposite. It follows that a person should make the right decision depending on the situation.

Keywords: Stress situations, nervousness, excitement, self-esteem, and “Stress diary”, “Happiness calendar “,” life is difficult now.

INTRODUCTION

Today, a person lives under intense stress without his will, and nervous tension accumulates regularly. Some people get out of this situation easily by shouting at the people around them. There are people who absorb everything with their strong upbringing and culture and thereby harm their health. From the point of view of medicine, they can and should start a fight in such situations, from the point of view of culture, it is the opposite. It follows that a person should make the right decision depending on the situation.

Suppressing emotions is usually the cause of various diseases. Anger, jealousy injures the digestive system, and grief causes diabetes. If a person lives in constant fear of something, his thyroid gland will work hard. Nervous tension, negative emotions can lead to hypertension, heart failure and heart attack.

Today, the health of people who keep their emotions and pain inside is worse than those who immediately vent their anger, that is, they are twice as anxious as those who do not hold back their emotions from heart attacks. they did.

Stress is a state of tension of the organism, a reaction of the organism to the demands placed on it.

Signs of stress:

- ✓ inability to concentrate on something;
- ✓ making mistakes at work;
- ✓ deterioration of memory;
- ✓ there are many cases of fatigue;
- ✓ fast - to speak quickly;
- ✓ inability to concentrate;
- ✓ frequent occurrence of pains (in the head, stomach, back of the body);
- ✓ high sensitivity;



✓ his work does not give him joy;

✓ loss of appetite;

If we feel tension in ourselves, we need to find out the reasons for it.

SCIENTIFIC ESSENCE

Stress has physiological, psychological, personal and medical manifestations. In addition, any stress causes a person to have a high level of emotional deficiency.

As for the physiological manifestations, there is an acceleration of breathing, an acceleration of the heartbeat, paleness or redness of the face, an increase in adrenaline in the blood, and sweating.

Psychological manifestations, in many cases, are characterized by slowing down of the ability to think, inability to gather thoughts, weakening of memory, reduction of sensory functions, and slowing down of decision-making.

Personal manifestations include lack of self-confidence, lack of self-observation, passivity in all actions, lack of creativity, increase in anxiety, fear, excitement, etc.

Medical manifestations are manifested by increased nervousness, shouting, fainting, weakness, headache, insomnia.

Stress is a high point of excitement. Adrenaline is injected into the blood during stress shortage. This helps to create additional strength. At the psychological level, it helps to activate the person. As a result of increased activation, an increase in emotional energy leads to an affective state.

Affect is a kind of mental excitement, a strong and relatively short emotional state. During the period of affect, serious changes in the body occur in the process of movement, in physiological indications, in psychological reactions. Affection develops in desperate conditions, when a person does not find a way out of an unexpected and dangerous event. Affect is based on emotional anger. In this case, the human body becomes stronger. This condition is mostly physical.

ANALYSIS

Our life is made up of real events. But we evaluate these events in our own way. It can be seen from this that it is a subjective assessment. If we do not know how to animate our mood, the life around us will look bad to us; if we change our outlook to an optimistic spirit, we will start to believe in our own strength and see that life is not so bad. It turned out that stress is not always the effect of external conditions, but also depends on our inner world. Every person tries to stop being nervous, because it starts to poison his life. There are several ways to do this.

The first way a person strives to fulfill his intended goal. Because in his imagination, fulfilling this goal is the meaning of life. For this he spends a lot of effort. If the goal is not achieved, it becomes a state of helplessness. Such a situation leads to chronic stress and weakens him as a person.

The second way is optimism when a person faces a number of problems disappears and he begins to live in a state of "waiting for disappointments". It seems to him that the world he created is crumbling. He can't find a place to put himself, he gets angry at everything. According to him, it seems that people around him look down on him. Thus, he does not even know that he is in a state of stress.

The third way is the result of some people impatiently waiting for events that are important to them. In many cases, it is also the reason that a person tries to correct events. For example, in family life, everyone in the house tries to live in his way. As a result of strong actions of some parents or children in this regard, quarrels can lead to a stressful situation. At this time, the nerves are tense all the time.



What is stress like in a person? It is strictly individual, and it is observed that a person is in this state for 2-3 hours a day or for weeks. In this case, the sign "against, possible" attacks the person. Even a quiet, thoughtful person can become aggressive in this situation, be upset with life, and consider himself humiliated. He even starts trying to be alone and not talk to anyone. Japanese psychologists explain this phase as "A person is disgusted by his face." The main thing is that in this phase, a person tries to self-examine and self-manage. In this phase, it is as if a person has been taught if he feels that his personality has been touched, he will act deliberately, because sometimes a person feels the need to punish other people, and this can lead to unpleasant consequences. In the later stages, self-examination weakens and unconscious action emerges. It affects the human psyche and makes him not understand himself. Even what he is saying does not make sense. He doesn't know what happiness is, he can't even remember what he did in this situation later, he's very upset about it. This condition can last several minutes, hours, days, weeks. During this phase, a person spends a lot of energy, but he does not notice it.

The next phase of stress is called "withdrawal". He begins to feel guilty and regrets "what did I do" and even promises himself "this is terrible, I will never do it again". then this situation is returned again and he begins to enter the topic of his stress, that is, he begins to analyze it. Especially from the point of view of women, even small things are not left out. That's why psychologists emphasize that if parents notice conflicts in their children's eyes, they advise them to deal with their problems diligently, because every stress in childhood is automatically stored for a certain period of time and can emerge later.

If you want to learn how to protect yourself from such a situation, take a closer look at the following:

- Calm yourself in a stressful situation. Find a job you deserve and be calm at work;
- Resolve the stressful situation yourself and get out of this situation;
- Manage your stress yourself, don't rush anywhere;
- Behave like an optimist in stress and learn to protect yourself when faced with them, not to run away from them;
- Remove the necessary work for you and exclude the rest;
- Your attention is distracted during stress, do not solve important problems at this time;
- Do not solve problems that cause strong thinking under stress;

As psychologists, we will try to offer you exercises that will suit you. We think that these exercises will leave a good mark on your life. Organize less stressful situations in your life. Take care of your health and don't keep words that make you sad.

"Inner light" exercise. Sit comfortably in a chair and close your eyes. Your thoughts are becoming clearer. Imagine a bright light appearing above your head. This light gradually illuminates your face from the inside with its warm and clear light from top to bottom. Due to the rhythmic movement of the light, the lines around your head and lips are smoothed, and the muscles of your face are relaxed. is being released. The inner light is shaping your new self. A new face that is calm, calm, self-confident, and beginning to feel contentment in its life. End the session with the following words: "I have become a new person!" "I am young and healthy!", "I am calm and restrained!".

RESULTS

Mastering the skills of keeping a "Stress Diary", "Happiness Calendar".



"Stress diary" recording the features of the stress state and analyzing the physiological, emotional and moral levels of one's experiences. It is advisable to regularly fill in the diary and analyze your stress situation.

I.S. Shemet's "Calendar of Joy, Joy" represents the relevance of positive emotional states and achievements. The diary should be kept regularly according to the following instructions:

"In this diary, you should record your daily joys, achievements and successes. Also write down all the less important events. We wish you luck in your daily life.

In fact, we witness that many people are constantly thinking about something and complain about life. Many people do not solve their problems themselves, but leave it in the hands of other people. A simple example is "how are you?" - to the question, some people answer: "so far it's good", some answer: "life is difficult now", "it's not as expected".

Both happiness and unhappiness are in a person's own hands. Everyone creates happiness with their own hands. We are limited to evaluating it as good or bad.

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