

SITUATIONS, FACTORS, EFFECTS OF LIFESTYLE AND THEIR EFFECTIVE SOLUTIONS CAUSING STRESS AND DEPRESSION

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Annotation: This article analyzes stressful situations in human life and their impact and offers solutions based on these problems. real-life examples have been cited as the main problem of people in the modern world today is stress.

Keywords: Stress, depression, mood swings and insomnia, fatigue symptoms, good and constant calm

Stress is a psychological problem that can manifest itself in many ways; some of them are even just related to our bodies. In this section, you will find the most common symptoms that appear when this state of mind persists over time. It is important to keep in mind that most of these symptoms feed on each other. For example, lack of sleep can increase the feeling of tiredness and fatigue or increased nervousness. Therefore, it is usually necessary to carry out interventions in different areas at the same time. The main reason for the feeling of stress is the confidence that you do not have the necessary resources to cope with a particular situation. When someone thinks they need to reach standards that they consider incompetent, the problem starts to get worse. However, there are many other factors that affect its appearance or invisibility. Probably the most obvious sign of stress is the difficulty of maintaining a good mood for a long time. A person who experiences this is often prone to anger, resentment, or resentment; And any small deviation from what you want it to happen can provoke your anger. Unfortunately, many times a person does not realize that they are doing it on their own. However, those around him they can feel perfect. One of the most common symptoms among stressed people is insomnia. Due to excessive psychological and physical stress, these people suddenly have great difficulty sleeping. They shake frequently and turn for a long time, waking up several times a night. Often, people who suffer from stress feel extremely tired during the day, which makes it difficult for them to perform their daily tasks. Although in part this lack of energy is explained by insomnia, often it is not the only factor behind it. This symptom affects everyone differently. For some, stress always increases the urge to eat and the consumption of sugary or fatty foods. For others, the effect is the opposite: they lose their appetite and have difficulty eating as usual. Because of this, some stressed individuals gain too much weight out of control, while others lose in the same way. In general, any sudden change in body composition can be a sign of this problem. The effects of this pathology are not only mental but also physical. Numerous studies show that stress (especially chronic stress) can cause or exacerbate headaches. In fact, some statistics show that up to 67% of migraines can be caused by this psychological problem. zi stressed individuals gain a lot of weight out of control, while others lose in the same way. In general, any sudden change in body composition can be a sign of this problem. The effects of this pathology are not only mental but also physical. Numerous studies show that stress (especially chronic stress) can cause or exacerbate headaches. In fact, some statistics show that up to 67% of migraines can be caused by this psychological problem. zi stressed individuals gain a lot of weight out of control, while others lose in the same way. In general, any sudden change in body composition can be a sign of this problem. The effects of this pathology are not only mental but also physical. Numerous studies show that stress (especially chronic stress) can cause or exacerbate headaches. In fact, some statistics show that up to 67% of migraines can be caused by this psychological problem. but also physical. Numerous studies show that stress (especially chronic stress) can cause or exacerbate headaches. In fact, some statistics show that up to 67% of migraines can be caused by this psychological problem. but also physical. Numerous studies show that stress (especially chronic stress) can cause or exacerbate headaches. In fact, some statistics show that up to 67% of migraines can be caused by this psychological problem. but also physical. Numerous studies show that stress (especially chronic stress) can cause or exacerbate headaches. In fact, some statistics show that up to 67% of migraines can be caused by this psychological problem.

One of the most common pains in stressed people is back pain. Some researchers believe that the cause of the increase in physical discomfort is due to the neurotransmitter cortisol, which is released into the bloodstream during stress. Digestive problems, difficulty going to the toilet, or colds and flu can also occur; and many other diseases are exacerbated during severe stress. The most commonly accepted reason for this is the weakening of immunity, although in many cases there may be other factors that interfere. Finally, chronic stress is closely related to any mental problem, but especially depression and anxiety disorders (e.g., general anxiety or obsessive-compulsive disorder). This is especially true if it lasts more than two to three months, corresponds to. When a person shows signs of depression or anxiety during high blood pressure, these psychological problems may simply be a side effect of the stress they are experiencing.

As mentioned above, the main cause of stress seems to be believing that you don't have the resources you need to cope with a particular situation. When this happens, the person begins to experience the first symptoms; If the problem is not solved, they tend to get worse over time. However, there are many other factors that make a stress episode more or less likely. They are usually divided into three types: biological, psychological, and social. The most important among biological substances is genetic vulnerability to stress. It appears that some people develop this pathology more frequently from birth than others. However, depending on their life experiences and studies, they may or may not suffer from this. Psychological factors include coping strategies (how a person overcomes difficulties), their ways of thinking, and their emotional intelligence abilities. Fortunately, all of them can be changed with a little preparation. Finally, social factors are related to his support of the person closest to him; Most importantly, your relationship with your family and friends, whether they help you in difficult situations or not.

One of the most widely used approaches in the treatment of stress (especially in countries such as the United States) is medications designed to reduce anxiety. These medications eliminate the most acute symptoms of stress episodes, allowing the person to deal more effectively with the situation that is bothering them. However, psychotropic drugs often cause an addictive problem and can lead to serious problems if used unsupervised. In addition, a person may feel very well while taking medication, so he or she decides not to address the underlying problem, which makes it worse. In general, psychological medications should be used not only as an adjunct to other approaches, but also as the only means of treating stress. Finally, many people who suffer from constant stress can benefit greatly from changing the way they think and manage it. Cognitive - treatments such as behavior or acceptance and commitment have been shown to be very effective in this regard. Thus, when a person with high stress receives therapy, they can usually address their concerns more effectively, thereby reducing unpleasant symptoms. In combination with a good lifestyle and in some cases medication, stress can often be relieved. Cognitive - treatments such as behavior or acceptance and commitment have been shown to be very effective in this regard. Thus, when a person with high stress receives therapy, they can usually address their concerns more effectively, thereby reducing unpleasant symptoms. In combination with a good lifestyle and in some cases medication, stress can often be relieved. Cognitive - treatments such as behavior or acceptance and commitment have been shown to be very effective in this regard. Thus, when a person with high stress receives therapy, they can usually address their concerns more effectively, thereby reducing unpleasant symptoms. In combination with a good lifestyle and in some cases medication, stress can often be relieved.

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