

## WAYS OF AVOIDING STRESS

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### Abstract:

In the fast rhythm of the modern world, there are many situations that disturb a person's mood and irritate his nerves. Some people are resistant to stress and quickly recover from nervousness. Others, on the contrary, find it difficult to come to their senses. One small unpleasant event can leave a mark for the whole day (or even longer).

**Keywords:** nerves, stress, calm, sleep

Exercises to calm the nerves

However, nervous disorders usually do not appear on their own. Usually, they testify to an unbearable nervous system. Symptoms of nervousness include:

- Inability to sleep well;
- Worrying about everything;
- Excitability, nervousness;
- Imagination;
- Indifference to everything;
- Self-doubt.

### CAUSES OF NERVOUS BREAKDOWN

A source of constant stress

Our nervous system is designed in such a way that it needs "conflicts" from time to time. Short-term anxiety does not cause any problems and usually does not have a negative effect on health. However, external factors that constantly exert pressure are another matter. It is these that lead to neurosis and depression. It can be conflicts with others, dissatisfaction with the economic and social situation, various problems in family, work and personal life.

Improper diet

If the body does not receive enough protein, microelements and vitamins, this can also have a negative effect on the state of the nervous system. The most important element for the nervous system is magnesium. To calm the nerves, it is recommended to eat products with a high concentration of this substance. In addition, to strengthen the nervous system, it is very important to include products with antioxidants such as vitamin C in the diet.

What to do to increase stress resilience

Naturally, all people have individual characteristics. One method is effective for someone, and another is suitable for someone else. It is advisable to try the following methods and choose the most suitable one.

#### Normal sleep

Try to sleep at least 7 hours a day. The optimal duration is definitely 8-9 hours. In today's busy world, it is difficult to find time for a good night's sleep. But even if it is not possible to get enough sleep every day, at least once a week it should be followed.

#### Proper nutrition

Eat foods rich in antioxidants such as vitamin C and micronutrients such as magnesium and potassium. They are abundant in fruits and vegetables, nuts, legumes, and citrus fruits. Dairy products and yogurts rich in amino acids are also useful. It is better to eat often and little than to eat once. Do not abuse coffee and other similar products, which are stimulants of the nervous system.

#### Exercise

Physical activity is always the best for the body it helps to keep it at this level, which also helps not to suffer from excess weight. Physical activity is especially important for office workers. Hormones produced by the body during stress and nervousness are also activated during movement and exercise. At the same time, endorphins - substances called "hormones of happiness" are produced.

#### Walking

It is better to take a walk in quiet, places with a lot of natural scenery - avenues, parks. A walk in the fresh air not only enriches the body with oxygen and encourages useful physical activity, but also allows you to focus on the beauty and diversity of the surroundings from the problems that bother you.

#### Listen to music, nature sounds, watching movies

After a hard day at work, listening to relaxing music is beneficial. Of course, everyone has their favorite music. Calm, quiet music is recommended - classical, oriental or ethnic tunes. The sounds of nature, chirping of birds, the sound of the forest and the sea help many people to relax. You can also watch your favorite comedy.

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