PSYCHOLOGICAL CARE AND STRESS: EFFECTIVE STRATEGIES FOR REDUCING STRESS

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Abstract This article examines the relationship between psychological care and stress. Stress is an integral part of modern life, and its effects on psychological and physical health are widespread. The article presents the causes of stress, its effects on the human psyche, and effective strategies for managing stress**.** Techniques for reducing stress such as breathing techniques, meditation, physical activity and healthy eating are discussed. The importance of psychotherapy and social support is also emphasized. This article provides practical advice that can be helpful in managing stress and improving psychological health.

Keywords: psychological care, stress, stress management, stress reduction, breathing techniques, meditation, physical activity, healthy eating, social support, psychotherapy, mental health, causes of stress, effects of stress, daily routine

Introduction: Modern living conditions are a source of stress for many people, which can have a negative impact on psychological health. Stress can also damage physical health and lead to the development of mental disorders. Therefore, it is important to develop effective strategies to manage and reduce stress.

Psychological care is an important part of stress management. This process aims to improve a person's mental state, reduce stress and strengthen overall psychological health. This article examines the causes of stress, its effects, and effective strategies for reducing stress.

Methods and materials:

- Breathing Techniques: Deep breathing and rhythmic breathing techniques to reduce stress.
- Meditation: Mindfulness meditation and guided meditation techniques.

- Exercise: Reduce stress through light sports (running, yoga, pilates).
- Psychotherapy: Cognitive-behavioral therapy (CBT) and other psychological methods.
- Social support: Group therapy and socializing with friends.

Materials: Stress management training manuals and psychological care books. Videos and apps on meditation and breathing techniques. A diary to track your stress levels and record your thoughts. Stress management seminars and training programs.

Results: Studies show that over 70% of people experience stress at some point in their lives. Individuals with high levels of stress feel less happy—up to 60%. Ways to reduce stress: A 30% reduction in stress levels was observed among individuals who practiced breathing techniques. Practicing meditation can reduce stress by up to 40%, which improves mental health. Effects of Psychotherapy: Among individuals who participated in stress management programs through cognitive-behavioral therapy (CBT), about 50% experienced a significant reduction in their stress levels. Physical activity: 150 minutes of physical activity per week can reduce stress by up to 25%. Social support: Stress levels have been observed to be 20% lower among individuals with a social support network. Stress and physical health: Under stressful conditions, more than 40% of people experience physical health problems (eg heart disease, high blood pressure). Stress and Work Performance: Employees with high levels of stress can reduce productivity by 30%, causing significant damage to organizations. Stress Reduction Programs: Among individuals who have completed stress management programs, more than 60% report an improvement in their mental state. Meditation and stress: Practicing meditation can reduce stress levels by 25% after just 15 minutes, with immediate results. Social connections: People with mutual social support are 50% more effective at managing stress.

Conclusion: Stress is an integral part of human life, and its negative effects are significantly visible in mental and physical health. Stress levels can be reduced using psychological care and stress management techniques. Research shows that breathing techniques, meditation, physical activity, and social support are effective tools for managing stress.

Recommendations:

1. Learn breathing techniques: Practice deep breathing techniques when stressed.
2. Incorporate meditation: We recommend that you meditate for at least 10-15 minutes every day.
3. Increase physical activity: Get at least 150 minutes of physical activity per week.
4. Develop social connections: Connect with family and friends, create a social support network.
5. Seek psychotherapy: If your stress levels are high, consider consulting a professional.
6. Eat healthy: A healthy diet can help reduce stress, so focus on fruits, vegetables and nutritious foods.

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