COPING WITH ANXIETY AND STRESS

Adult stress management project

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PREFACE

The progressive growth of scientific knowledge in all spheres of human activity has created new conditions associated with increased demands on the mental capabilities of modern man. The intellectualization of much of this activity limited the vital motor activity. Changes occurred in the conditions of life and activity, which to one degree or another limited the adaptation to the changed environment, as a result of which stress and anxiety increased. The ASM project is motivated by the world situation in the last two years - the COVID-19 pandemic and then the conflict in Ukraine have a great effect on people's lives. Many face challenges that are stressful, overwhelming and evoke strong emotions in adults. Public health actions such as social distancing were necessary to reduce the spread of COVID-19, but they made people feel isolated and lonely and that increased stress and anxiety . ***Stress*** is considered as "A collection of biological and psychological negative effects on the organism...". Stress can be negative (distress) and positive. Most often, stress is seen as negative (distress). ***Anxiety*** is a natural human reaction that indicates that there is some danger. With long-term and systematic experience of anxiety, a person gradually develops a stable state (trait) - **anxiety.** Anxiety is defined as a negative state, and anxiety as a negative character trait. The ASM project aims to build resilience in older adults, which refers to a person's ability to adapt well to disasters, tragedies, threats, emergencies or major sources of stress.

One of the most important factors of negative stress and anxiety is limited physical (motor) activity. With prolonged restriction of movements, the body gradually loses its vitality. Limited physical activity is one of the main factors for the mortality of people in the modern stage of development of civilization.

Positive stress is very useful and serves to develop the personality, to strengthen health. Every human success is related to the experience of positive stress. One of the main factors of the positive impact of stress is motor activity.

Five basic criteria have been identified for the creation of reliable methods for dealing with stress and anxiety. There is a way to assess (self-assessment) the nature of distress and anxiety. When analyzing the main causes of distress and anxiety, ***seven methods of impact were developed*** in two groups: *cognitive* and *physical* . Cognitive *methods* include: positive thinking, problem solving and models for action in future extreme

situations. *Physical methods* include: specialized movements and breathing, regulation of muscle tension and accelerated recovery of vital energies. Depending on the nature of the distress and anxiety, those methods are chosen that are likely to have the greatest effect. The ASM project addresses information about stressors that have affected adults, coping skills and strategies, and coping with crisis situations in general.

First chapter

Stress and anxiety

I.1. Stress.

As a result of the accelerated growth of scientific knowledge about nature, society and man, modern civilization is developing at a great pace. Opportunities have been created for the rapid implementation of new inventions and technologies that further accelerate the pace of information growth. The requirements for the intellectual development of the modern person, who lives under new conditions of an extreme information environment, have also increased. The tension (stress) increased significantly.

There have been significant changes in the conditions of life and activity, which to one degree or another are associated with active adaptation and increased stress.

On the one hand, stress is seen as one of the main causes of illness and death, but on the other hand, very little is said about the positive impact of stress as a major factor in human development.

Stress is one of the most researched phenomena. Over one million articles on stress issues have been published. The concept of stress has had a very large impact on various branches of the human sciences. Many definitions of stress are known, which reveal different sides of it. When examining them, it can be seen that they explain the essence of stress to one degree or another.

The founder of the theory of stress is the Canadian scientist Hans Selye. He sets the stage for a new very relevant and significant problem related to the quality of life of every person.

Hans Selye defines stress as **" *a non-specific response of the organism to any demand placed before it" .*** Stress is a biological process through which the organism tries to adapt to given conditions by mobilizing its energy and reproducing reactions for struggle and survival". The collision of the organism with something new and unknown H. Selie defines as a manifestation of stress. ***In*** 1956, ***H.*** Selye developed the theory of the "general adaptation syndrome" and defined it as ***General adaptation syndrome*** *(General*

Adaptation Syndrome) or physiological stress syndrome . He examines the development of the General a adaptation in three phases :

First phase . ***Alarm stage (alarm reaction)*** . The organism mobilizes its adaptive resources to cope with the stressor. Under its influence, physiological and biochemical changes occur in the body. If the stressor is strong, long-lasting and exceeds coping capabilities, characteristic symptoms appear, predetermining the second phase .

Second phase . ***Resistance reaction (resistance, adaptation).*** During this phase, all available adaptation reserves of the organism are mobilized and used up, maintaining its existence in conditions of increased demand . When stressors act for a long time, a third phase occurs.

Third phase .*Stage of exhaustion (exhaustion).* During this phase, the body receives signals of a discrepancy between the demands of the environment and the possibilities of coping. Exhaustion sets in.

Concept of stress was developed primarily on the basis of the biological changes occurring in the body under stressful influences. It does not affect the role of the psyche in the occurrence of stress .

In the second half of the 20th century, scientists studied the problem of the role of psychogenic irritants as a stressful effect on people. Various theories have been developed about the nature of psychological stress. In one of the leading theories, stress is defined as "a relationship between the person and the environment, where the environment is assessed by the person as challenging or threatening his mental well-being".

There are two types of stress: 1) (physiological (primary signal) and 2) mental (secondary signal). It is indicated that mental stress is determined by the cognitive processes of the individual. The main stress variables are divided into three groups: 1) antecedents variables ; 2) variables of the mediator process and 3) and related variables .

To the first group of variables - preceding variables are included : personal characteristics and environmental conditions . Personality traits are essential. They determine how the person perceives a given stressful situation . Environmental conditions are the effects of environmental factors , which can be supportive, motivating, or stressful.

The second group of variables – variables of the mediation process includes the assessment of the situation as harm , threat and challenge and coping strategies (coping process). In the mediation process, the relationship between the individual and the environment is evaluated as stressful or non- stressful. This assessment includes two stages : *Primary assessment* , where the individual assesses whether a given relationship with the environment is assessed as harm, threat and challenge ; In *secondary appraisal,* the individual judges own resources to deal with the threat. Coping resources are divided

into physical, mental, social and material. It is assumed that the primary and secondary evaluations also change. This change is called revaluation. The mediation process ends with dealing with stress, which leads to a change in the interpersonal relationship - environment.

The third group of variables - output variables reveal the consequences of experienced emotional states and the effects of stress, as well as of its immediate and long-term effects - physical and mental consequences .

After the 70s of the 20th century, the concept of "emotional stress" was introduced , ***which* is** defined as a behavioral reaction of the body , in the formation of which mental processes, motives, relationships, attitudes, determining the direction of emotional reactions, participate . On the one hand, emotional stress is a protective adaptive reaction, mobilizing the body to overcome obstacles . On the other hand, emotional stress appears as a problematic situation that predisposes to its transformation into a pathogenic factor that disrupts normal life functioning and is the cause of various mental disorders .

Emotional stress there are two phases ***: 1) Phase of hope and 2) phase of lost hope*** .

The phase of hope corresponds to the first two stages of physiological stress - reaction of anxiety and reaction of resistance . During this phase, the body can avoid or overcome the resulting negative impacts.

The phase of lost hope is associated with an experience of negative emotions of confusion, chaos, despair, hopelessness, etc.

negative emotional states as the most reliable indicator of experienced emotional stress . They later divided them into three groups of symptoms:

1) *emotional symptoms* – agitation, anxiety, depression, low motivation, anger, lack of job satisfaction;

2) *behavioral symptoms* - lack of concentration, difficulties in making decisions, reduced social relationships, increased consumption of coffee, cigarettes, alcohol and drugs;

3. *somatic (bodily)* - symptoms - fatigue, weakened immune system, joint and muscle pain, headache, high blood pressure .

For a more complete study of stressful situations, it is necessary to identify the sources of stress. The factors that affect the body are defined as "stressors" or ***stress factors*** . Depending on the signs, stress factors are divided into different groups.

Depending on the nature of the activity, they are: 1) psychological; 2) physical and 3) behavioral .

Depending on the strength and duration of the impact, the factors are divided into: 1) strong; 2) acute and 3) chronic .

The strong ones are related to important life events, *the acute ones* are mainly characterized by their negative impact, which occurred in crisis situations , and *the chronic ones* are due to their repetition in everyday life . Prolonged stronger effects of stress factors often lead to professional overload, known as "burnout" , which is associated with three large groups of symptoms: emotional exhaustion, inner distancing and reduced achievement. Stress factors can affect a person positively or negatively.

The concept of "stress" (English stess) has entered the dictionaries of almost all languages. When examining stress, it is necessary to analyze the definitions of its essence in national dictionaries interpreting individual concepts and categories. They are known to give the most accurate and concise definition of stress.

In the Dictionary of foreign words in the Bulgarian language, the concept of *"stress"* is considered as "pressure", "tension" and as "A set of biological and psychological negative effects on the body, gross disturbances that they gradually upset his balance and destroy his health." Stress, viewed as "pressure," expresses exerting pressure, coercion. Pressing is defined as pressure, squeezing, crushing, striving for something. Stress is viewed as strain. Different types of tension are known: muscular (physical), mental, mental, etc. Tension is also defined as effort, tension and is related to the expenditure of vital energies.

Stress is considered as a sum of biological and psychological negative effects on the body. Negative impacts lead to gross disturbances that disrupt the body's adaptation to changing conditions, as a result of which they "destroy health."

In the Bulgarian interpretive dictionary, stress is defined as "a state of tension and a set of protective reactions of the body in response to various impacts such as cold, heat, trauma, experiences, etc.". Stress is a consequence of the various effects of the external environment such as low and high temperature, physical trauma, etc. It is also a consequence of internal (mental) influences such as strong emotional experiences, high mental activity, great willpower, etc. Stress also appears as a complex of protective reactions of the body from external and internal factors (stressors) of impact. In order to maintain the balance of the organism with the environment, a person adapts to the changing conditions, which are determined by the impact factors. In many cases, the impacts are seen as harmful.

Stress has not only a negative impact, but also a positive one. The positive impact of stress is defined as ***" eustress"*** ("good" stress). Good stress has positive effects on the human body and psyche. Improves the body's adaptation. Negative stress, known as ***distress*** , is harmful, it causes a violation of adaptation, negatively affects the human body and psyche and is the cause of a number of diseases.

One of the main negative stressors is ***limited physical activity.*** Human life is a series of successive movements and actions. The complex of related actions make up the corresponding activity, and the actions are made up of specific movements. When performing various movements and actions, a certain effort is put in, which is considered as tension. In both dictionaries, **stress is seen as tension.**

As is known, in the process of performing many activities, a person develops and improves. The very life of man is connected with the performance of many actions. In the process of actions, a person overcomes various ***difficulties*** in which he puts effort to overcome them. Overcoming them is associated with a certain tension, a person puts ***effort.*** It is in the process of effort that he achieves his goals, develops and improves. ***Movement*** is the basic building block of human activity. Physical movements stimulate the work of all systems and organs of the body.

Thousands of cases of individuals are known where, thanks to their strong will and perseverance ***in overcoming a number of difficulties and dangers, they have achieved great success*** . The battle with difficulties and dangers is the secret of success. Therefore, stress is very important for human development and improvement. This stress is **positive (good stress).** Thanks to the strong will, perseverance in pursuit of the goal, in the fight against difficulties and dangers, Jack London from an illiterate youth, practiced various activities, convicted of vagrancy, one day decided to become a great writer. And the battle begins. Gradually, with great effort, he conquered peak after peak of knowledge. And he became one of the most famous writers in America. Leo Tolstoy, one of the great writers in the world, with a colossal work, creates unsurpassed novels for penetrating deeply into the human soul. A. V. Suvorov, this master of military art, mastered the management of troops in battle to perfection. He personally participated in the front ranks with the fighters in hand-to-hand combat with the enemy. There are thousands of people who have walked the difficult path to the top of professional mastery. They made great efforts, they did not give up on the goal, despite the many barriers they overcame on the way to success. Such fighting personalities are found in all human activities such as science, arts, medicine, construction, economics, etc. Therefore, stress has accompanied these people in the battle on the path of their professional growth at the cost of a lot of work and hardship. This is why stress can also be positive (good stress).

Negative stress (distress) is much more common than positive. One of the most important factors of negative stress is limited physical (motor activity). The human organism lives through movement. All organs and systems perform certain movements. When movement is restricted, they become distressed. With prolonged restriction of movements, the body gradually loses its vitality. ***Limited physical activity is one of the main factors for the mortality*** of people in the modern stage of development of

civilization. Physical activity is realized in practice through physical movements and actions. Purposeful physical movements and actions are known as physical activity. Authoritative figures have written about the positive effects of physical movements. The famous French physician Tissot, who lived in the 18th century, based on his wide knowledge and rich experience, said that "in its effect, movement alone can replace any remedy, but all the remedies in the world cannot replace the effect of the movement ". Restricting movements is negative stress, because the body is deprived of vital movement. There is a lot of evidence of the negative impact of limited movement on a person's physical and mental health. This important problem for human life is not given the necessary attention. It has been established that by restricting movement, the load on *the cardiovascular system is reduced* , and the body's oxygen demand is reduced. The accumulation of cholesterol and triglycerides in *the heart* increases , which hinders oxygen processes. Structural changes occur in the blood vessels, blood cloths are formed . Blood circulation is disturbed. *Blood pressure* increases . Conditions are created for the occurrence and development of *atherosclerosis.* The blood supply to the brain is disturbed. The structure and activity of *the food system* is changing . Swelling and anemia of the gums, swelling of the tongue occur. Bad breath and *tartar* deposition appear . Limited physical activity negatively affects *the kidneys* and *the reproductive system* . The functions of the glands with internal secretion are disturbed, changes occur in *the nervous system* and *the psyche.* Vital energies and muscle strength are significantly reduced. Mental activity decreases, cognitive mental processes are inhibited - perception, memory, attention, idea and imagination. Negative emotional experiences of fear, anxiety, restlessness, anxiety, irritability dominate. More hysterical outbursts occur. The structure of sleep is disturbed. *All organs and systems of the body are affected* by limited motor activity .

Bulgaria ranks last in the European Union in terms of physical activity and first in terms of mortality caused by diseases of the cardiovascular system. One of the main reasons is the insufficient knowledge of people in Bulgaria about the importance of physical activity.

One of the main stressogenic factors are the factors of the external environment. Air, soil and water pollution create situations that are experienced as distressing. Every person to one degree or another is excited about the future development of human civilization, is interested in the coming negative changes in the climate of the planet, deepening of political and economic crises, social inequality and worsening of relationships in the social environment.

When summarizing the analyzes of the various perceptions of stress, the conclusion is reached that the negative emotional experiences of fear, anxiety, hatred,

grief, sadness, anger, envy, etc. are one of the main causes of negative stress (distress). The main factor in the formation of one or another emotional experience and mobilization of vital forces is thinking. Most of the time, many people think about various dangers that may happen to them. They often remember experienced unpleasant events, feel sorry for missed opportunities, see more of the negative in people, envy. They are ironic, but very easily offended. These people think negatively and cope very poorly with distress and anxiety.

People who think positively deal with distress and anxiety much more easily. They objectively evaluate situations, they see not only the negative, but more see and think about the positive. These people rarely experience distress and anxiety. A wise man once said, "As you think, so you live." Thinking is destiny'. That is why positive thinking as a higher cognitive mental process is the main factor in dealing with stress and anxiety. The other essential factor that significantly helps to form positive thinking is motor activity.

I.2. Anxiety

Modern civilization is developing at a great pace thanks to science. With the rapid implementation in practice of new inventions, know-how and technologies, civilization develops even more rapidly. Knowledge has increased significantly, with which the requirements for the mental development of modern man have greatly increased. But at the same time his anxiety is increasing.

Back in 1973, French scientists calculated the rate at which the volume of information in civilization had grown. For a unit of information, they accept the beginning of the 1st century AD. By 1973, the information of our civilization had increased 128 times. It is predicted that for the next 70 years (until 2043), the amount of information should grow 128 million times compared to the amount of information 2022 years ago. These figures are alarming, because today and tomorrow, no matter how much one uses modern information technology, one will significantly lag behind the pace of the colossal accumulation of human knowledge. A situation is created to increase ***ignorance,*** which is actually ***ignorance.*** And it is the main factor for the increase of negative tension ***(distress), fear, anxiety.***

One of the most common human experiences is anxiety. Everyone, to one degree or another, has encountered various situations in which there is a danger of serious injury, loss of valuables, even death. These situations cause fear and **anxiety** . A person gets excited, worried when responsible work in dangerous situations is ahead of him. Anxiety is his natural reaction, which indicates that there is some danger. With prolonged and systematic experience of anxiety, a person gradually develops a stable condition -

anxiety. In order to reveal the essence of anxiety, it is necessary to examine the content of anxiety. The basis of anxiety is worry, which is a negative emotional experience. In the Bulgarian interpretive dictionary, anxiety is defined as "1. Strong emotional excitement, anxiety... . 2. Signal of imminent danger...'. Strong emotional excitement is seen as an absence of calmness, of excitement. This also means that excitement expresses a certain tension (stress). In anxiety, the resulting tension is related to the danger that is likely to happen. Many researchers of anxiety define it as **fear.** The difference between fear and anxiety, according to them, is only quantitative. Another part of them consider that there is a certain difference both in terms of their mechanisms and also in their way of implementation. They believe that anxiety is an emotion that arises when a situation is judged to be unfavorable. If the source is not eliminated, anxiety turns into fear. In its content, anxiety is built on fear . Fear is seen as "an unpleasant human emotion that arises when there is real or perceived danger to the individual and manifests as internal tension, anxiety and agitation, sometimes reaching panic." Every person experiences a certain fear that is motivated. However, when the fear is unmotivated in origin, causeless and incomprehensible, this fear is *pathological.* Fear is an important feeling in a person's life because it suppresses or stimulates activity and is of great importance for his personal development, well-being and health. In the past, the problem of fear was not as relevant as it is today. Until recently, only the real, concrete fear of man, animal and natural elements was known. Today, the feeling of fear has possessed the soul of the common man as well as the people of the entire planet. There has been talk of "world fear" and "galactic fear, of 'free-floating' fear that is not linked to a concrete threatening object but to an abstract imagined threatening object. This process has evolved gradually since the new era. Imaginary fear can actually be defined as anxiety. With the advent of Christianity, which is characterized by concern for the fate of the "humiliated and offended", which is a basic concept that evil reigns in the world and every person is constantly exposed to persecution, to various temptations and temptations by evil forces. This hostile picture instills fear and helplessness in the common man. Only faith in Christ gives him hope and security. Christ says, "In the world you will have fear, but be of good cheer, for I have overcome the world."

In the second half of the 19th century, authoritative scientists divided fear into two types: ***specific*** and ***general.*** The particular one fear is associated with a specific person, object, situation, and general is not associated with a specific cause. The second type of fear is known as "free-flowing, floating" fear. This fear expresses fear of something undefined, unclear. To a large extent, it corresponds to anxiety. Other scientists point to two more types of fear. "Fear of nothingness, nonexistence, ***death*** ... and ***fear of life*** , fear of existence, fear that one does not live according to one's spiritual nature." The meaning

of this statement is that a person lives with a false, apparent sense of security, while in reality he is constantly exposed to various dangers. This thought (statement) is too pessimistic and does not correspond to reality. This kind of fear has the symptoms of a neurotic state. In fact, it is not a normal fear.

Fear is accepted as a normal phenomenon that mobilizes the organism and the personality in case of real danger. It signals fight, aggression or defense and flight.

Other authors also divide fear into two types: ***real,*** in the presence of actual danger, and ***fear of conscience*** . The fear that comes from the conscience is actually a fear of oneself. The most common manifestation of this type of fear is worry and anxiety about reacting incorrectly in complex situations.

Interesting are the concepts of the researchers of fear and anxiety, which determine the mental experiences of six important events in a person's life: 1) responsibility, 2) guilt, 3) aggression, 4) illness, 5) life and 6) death. The authors claim that when a person finds himself in extreme situations, the tension rises and exceeds the limits of tolerance, then spontaneous fear appears. When a person experiences an unreasonably large obsessive fear of various objects and phenomena, then he is in a state of a certain ***phobia*** (from Phobia , fear). There are many people who suffer from various phobias. Studies of people with phobic disorders have found that half of them suffer from a fear of heart disease and cancer, and a quarter of sufferers suffer from a fear of disease and hidden spaces. A variety of phobias are known: fear of animals, of people, of death, of open spaces, of darkness, of heights, of water, of lightning, etc.

The experiences of the various fears are in many cases anxieties. All types of fears are related to anxiety to one degree or another. ***Anxiety*** contains in its structure a large "amount" of fear.

A large part of specialists in the field of psychology of emotions consider ***anxiety as an emotion of fear*** . Most authors studying anxiety are of the opinion that it arises as a consequence of an unfamiliar signal, and fear - as a response to a specific danger signal. They do exist though ,some differences between anxiety and fear -Anxiety often occurs before danger occurs, while fear occurs when it happens. Another feature about the differences between anxiety and fear is that anxiety is often unconscious and difficult to explain logically, whereas fear is. One understands the source of the cause of fear. Most often, anxiety causes a general excitation of the organism, and fear limits and paralyzes activity (in case of very great fear). Anxiety is projected into the future, and a past highly stressful experience is also the source of the fear. It is argued that **anxiety** is social in nature and **is more strongly related to thinking,** while **fear** is biological in nature and **is related to emotions.** As you can see, ***anxiety is an experience of fear*** .

In the middle of the 20th century, scientists divided anxiety into two main types: *situational* and *personal* . **Situational anxiety** is a dynamic mental state that occurs in specific situations with varying degrees of extremity. As the extremity of the situations increases, the tension increases and the demands on the activity increase. Anxiety is directly related to the extremity of situations. As the extremity of situations increases, so does the level of anxiety. Major global factors of situations are ***danger*** and ***difficulty.*** Danger is seen as "the possibility or probability of something bad, trouble, unhappiness happening", and difficulty as "limitation of the person's actions in the particular situation". In order to react in extreme situations (situations with a high degree of extremity), one takes risks. Tension and anxiety are high. Difficulty as a global factor of situations is the defined limitations, barriers of actions. To overcome them, a person needs to make an appropriate effort depending on the extremity of the situation. The effectiveness of his actions in these situations is determined by his situational psychophysical readiness. **Situational anxiety** enters the structure of psychophysical readiness and has a negative impact. It is necessary to lower the level of anxiety. When a certain anxiety is systematically experienced, persistent, personal anxiety is formed.

Personality anxiety is a persistent personality trait. It is the negative side of sustained psychophysical readiness and is highly dependent on the danger and difficulty of the situations. Personality anxiety is related to the mental qualities of the personality and affects them negatively. It is formed in the structure of sustained psychophysical readiness in unity with the emotional trait of cowardice. In other words, it can be emphasized that ***anxiety and cowardice as stable personality traits are in unity*** . Personality anxiety is formed as a stable trait and is realized in practice through situational anxiety. Therefore, the primary anxiety that needs to be addressed is situational anxiety.

There are many ***reasons*** for anxiety. They are associated with various dangers that greatly limit the security of human life. People are most worried about their health, the future and the health of their children. One of the reasons for the significant increase in anxiety is ***Covid-19*** . It is the cause of various diseases. People today are worried about the harmful effects of ***pollution,*** the danger of ***a world nuclear war.*** The probability of these fatal situations occurring is small. ***Wise men predict a better future.***

Chapter II

Methodology for dealing with stress and anxiety

II.1. Criteria for assessing stress and anxiety.

In order to create reliable methods for determining states of stress and anxiety, it is necessary to specify basic criteria for their assessment. The determination of the essence of these states is in a specific situation, in the present, now, because the present is the practice, and it, as the sages claim, is the only criteria for revealing the truth. In fact, it is the real factor of existence, of human life. It is known that the past is projected on the present and the future in which is built. One of the most authoritative scientists advises us: "Consider deep within yourself that the present moment is all you have...". ***Anxiety is an experience in the present*** , and ***anxiety is a persistent human trait that manifests itself in the present as worry*** . People who do not have anxiety also experience anxiety when they experience intense one for an extended period of time.

Based on the summation of the authors' different understandings of the signs of stress and anxiety and for convenience in practice, we adopt four main criteria for assessing stress and anxiety:

The main criteria for assessing stress and anxiety are:

1) Significance (positive or negative experiences); 2) Degrees (levels) of experiences and 3) Duration and frequency of experiences of stress and anxiety; 4) Causes of stress and anxiety

First criteria . ***Significance (positive or negative experiences)*** of ***stress and anxiety*** . This criteria is fundamental because it is directly related to the importance of the impact of stress and anxiety on human experiences, activity, health and life.

Positive stress is associated with positive experiences of joy, courage, confidence, security, peace, etc. Mental and physical activity is active and effective. The impact of situational factors is perceived and realized and accurately evaluated. Correct decisions are made and adequate reactions are done. Vital energies increase, Physical strength, speed and endurance improve. Tasks are solved quickly and easily and goals are achieved. Improvement is at hand

Negative stress and anxiety are associated with negative experiences of grief, fear, uncertainty,anxiety, worry, etc. Mental and physical activity is significantly limited, and most often it is not effective. Perception is difficult, situations are difficult to assess and decisions are made, and most of them are incorrect. These negative states are associated with a large expenditure of vital energies. It is very difficult and in many cases the set tasks are not solved and the goals are not achieved. A person starts to get sick. He is not satisfied with life, he suffers. The World Health Organization has found that 90% of the causes of all diseases are psycho-emotional.

As mentioned, stress can be positive and negative. Anxiety is perceived only as a negative experience, but in low degrees it has a certain mobilizing effect.

Second criteria . ***Degrees (levels) of stress and anxiety.***

degrees (levels) of positive stress and ***five grades*** are accepted ***(levels)*** of stress and anxiety as a negative state.

At the first degree (level), the tension is very weak. Experiencing stress and anxiety is very low. In this state, a person most often does not perform physical and mental work, he rests.

At the second degree (level), the tension has increased, the level of stress and anxiety has increased. Activity has increased, mobilization has increased. This level is most favorable for positive stress. In anxiety, it can have a certain mobilizing effect.

At third degree (average level) the voltage is higher. With stress, it becomes positive and negative. With positive stress, the body is mobilized and ready to perform active mental and physical activity. A person is able to overcome various extreme situations. In the negative stress of the third degree, the structure of readiness for action is disturbed. The person makes mistakes. The experience of anxiety in the third degree is negative, oppressive Mental and physical activity is largely limited.

At the fourth degree **(** ***high level*** **)** of the tension in stress it is positive or negative, and in anxiety it is only negative. Under positive stress, the organism is maximally active, has a high psychophysical readiness and overcomes situations with a high degree of extremity. This high level of stress is beneficial for development. It is in this high stress level that complex problems are solved and excellence is achieved. However, there is some danger. If the organism is not prepared to bear great psychophysical loads, then the probability of negative consequences is high. There is a famous Chinese proverb: "He who is very fast..., arrives early." The meaning of the saying is that with the very big rush, the tension is very high for a long time and overwork and exhaustion occur, life's energies are exhausted and it quickly comes to...the end of life. In the fourth degree, negative stress and anxiety strongly affect the human body and psyche. All organs and systems of the body are highly activated. Actions are uncoordinated, consciousness is confused. With a

prolonged experience of distress and anxiety, pathological changes occur, various diseases are caused, most often related to the cardiovascular and respiratory systems, the stomach, the liver. Mental disorders such as depression, etc. also occur.

The fifth degree (very high level) of positive tension (stress) often has a negative effect on a person's psyche and physique. Emotional experiences are very strong and accelerate thought processes, as a result of which a person usually makes incorrect decisions. The fifth degree of negative stress is very harmful. In a very short time, a person's vital energies are exhausted. In many cases, the body's reserves are unlocked, which leads to exhaustion, which in turn - to various mental and physical illnesses. After experiencing a great deal of stress in dealing with dangers and difficulties, it is very possible to develop post-traumatic stress disorder. In fifth-degree anxiety, fear develops into terror or panic, where a person's consciousness is completely blocked, their actions are severely limited or chaotic. This condition is very harmful and it is difficult to predict what the person's behavior will be. In the extreme degree of anxiety for a longer time, most often a person falls into depression and experiences severe mental pain.

Third criteria. ***Duration and frequency of experiencing stress and anxiety***

Experiencing stress and anxiety have different durations. They can last from a few minutes, hours, days to months, and in some cases much longer. The frequency of experiencing stress and anxiety can be very small (1-2 times a day), medium (3-4 times a day) and large (more than 5 times). When determining the duration of the experience of stress and anxiety, their degree should also be taken into account. Short-term stress and anxiety of lower degrees are not harmful to human health. Prolonged high and very high levels of stress and anxiety have a harmful effect on a person's psyche and physique. The consequences are diseases of the cardiovascular and respiratory system, liver, stomach, urinary system, etc. It has a very negative effect on the psyche. Sleep disturbances, fatigue, moodiness and exhaustion occur. Depression is one of the most common illnesses. Other mental disorders are also unlocked. There is a known regularity between the degree of stress and anxiety and their duration. When they are of a higher degree, they last for a shorter time, and when they are of a lower degree, they last for a longer time. This dependence is determined by the psychophysical capabilities of the person to experience mental and physical tension.

The frequency of stress and anxiety experiences is related to their degree and duration. The negative impact of negative experiences is associated with an increase in frequency. More frequent and higher-level negative experiences have the same negative effect as prolonged experiences of stress and anxiety.

Fourth criteria. ***Causes of stress and anxiety.***

The occurrence of stress and worry is a consequence of certain causes, after which they themselves become causes that affect the activity and life of a person with varying force. There are **many reasons** for the occurrence of stress and anxiety, one of the main ones being ***the danger*** of life and health of the person and his loved ones. Other reasons are related to limiting opportunities for professional development, ***uncertainty about the future*** . In this situation, it is very difficult for a person to determine his main goals, he cannot formulate the meaning of life, ***he does not see prospects.*** Although he is not aware of them, he experiences some anxiety and stress. ***The unknown*** is one of the main causes of distress and anxiety. The Nazi criminal Goering committed suicide three hours before his execution, because he could not bear to wait for his sentence. Eichmann - another war criminal, a Nazi, was wanted for 15 years, and when he was captured, when asked by a journalist what he felt when he drowned - despair, pain or remorse, Eichmann answered: "No", but added that he felt a great mental relief , almost joy. For fifteen years he had known that he was wanted, and lived constantly in great anxiety, expecting to be arrested. ***The unknown*** , ***the uncertainty*** are the factors that cause anxiety with a high and very high degree of tension.

One of the main reasons for the occurrence of distress and anxiety, as mentioned in the first chapter, is ***insufficient motor activity*** . There is a lot of evidence about the harmful consequences that limited motor activity has on human life, especially today. There are still people who cannot realize that movement is the basis of life. Again it is seen that ignorance dominates them about the importance of the most important element of life - ***the importance of movement*** **.**

II.2. Determining the nature of stress and anxiety.

Coping with stress and anxiety is carried out with different means and methods of effects. The choice of specific exposures is determined by the nature of the stress and anxiety that a person is currently experiencing or has experienced. The nature of stress and anxiety includes their evaluation according to the main criteria - significance, degree (level), duration and frequency, and causes of stress and anxiety.

In order to form a skill to more accurately determine the nature of stress and anxiety, it is necessary for a person to observe himself (self-observe) and evaluate (self-evaluate) by determining their nature. ***Self-observation and self-assessment*** are basic methods for assessing the state of stress and anxiety. One famous scientist claims that "Self-observation is self-control". Self-observation must be objective, unbiased, without moral judgments and criticisms. On the basis of objective self-observation, a person assesses

(self-evaluates) the nature of stress and anxiety according to the main criteria. **For example:** Peter N. shares: “My experience is negative. I am very tense and anxious. I lost my job today, and I have a big loan to pay. My wife's salary is small, I have two children. It is very difficult to find a job these days."

II.3. Cognitive methods of influence.

Cognitive (mental) means and methods of influence are fundamental. Since ancient times, people have realized that knowledge is the most valuable thing, the basis of life. Knowledge is expressed in words. Ignorance is lack of knowledge, i.e. ignorance. Even more than 5000 years ago, a great spiritual leader and one of the wisest people in the world said that "...ignorance as a calamity floods the whole earth...". He has named ten destructive effects of ignorance as "the stronghold of evil," "the chain of depravity," "the dark prison," "the living death," and others. More than 2,000 years ago, another spiritual leader and king said that "...those who despise wisdom and instruction are wretched...and their race is cursed." Later, more than 1,500 years ago, another Indian sage, the father of Buddhism, pointed out that "...the misery of man is in his ignorance." In the same period of time, another great sage of China wrote, "When words lose their meaning, people lose their freedom." A world-renowned German philosopher, nominated in England as the #1 personality of the 20th century, wrote: "Ignorance is a demonic force, and we fear that it will be the cause of many more tragedies." The main words with which the consequences of the ignorance of these five great persons alone are indicated are calamity, death, misfortune, cursed race, loss of freedom, demonic power, tragedies. If a generalization is made about the evaluation of the word ***"ignorance",*** it can be confidently stated that this demonic phenomenon ***is the greatest enemy of man and of all mankind*** . In this regard, there are countless examples from the history of civilization. It is obvious that all these words are related to ***distress and anxiety*** . Based on complex research, scientists have proven the strong inverse relationship between negative emotions and ignorance. One authority on psychology asserts that "...emotional tension depends on the scarcity of information to achieve the goal." That is why the unknown, the uncertainty, which express a lack of the necessary information for future situations, cause distress and anxiety. The meaning of the various authors' conceptions of ignorance is understood to be that ***ignorance is not only a lack of knowledge (information), but also its rational understanding and use.*** And now, in the presence of information that can be easily studied, there is no discernible trend towards a decrease in anxiety and distress. Today, the modern man of the information age is more tense and anxious. There is information,

but its competent analysis, synthesis, understanding of the essence of fundamental life problems, discovery of new regularities, etc. very limited is man-made. In fact, this is about the insufficient development of the most important mental process of a person - his **thinking** . Thinking and emotional experiences are strongly connected. ***Thinking changes the nature of stress and anxiety.*** Truth is arrived at through the operations of thought. And the most important thing for mental balance is understanding the essence, the truth about events, situations and predicting their development in the future **.** When summarizing the reasons for people's anxiety and the fact that they are very tense, suffer, get sick, are not satisfied with life and are unhappy, the main reason stands out - their limited thinking **.** The limited interest of these people in scientific knowledge about the meaning and purpose of life is the basis for their limited thinking. They are very easily manipulated. Thinking is a process by which the mind develops. In fact, **the mind** is an enduring quality of man, which is realized in practice as thinking. The popular wisdom is very instructive: "Mind reigns, mind enslaves, mind feeds ducks."
Much work is required to overcome the various barriers of ignorance to develop the thinking and elevate the mind.

1. Positive thinking.

The goal of the method is to deal with negative stress (distress) and anxiety by applying positive thinking.

To achieve the goal, **three are the main ones *successively decided* tasks:** 1. Self-assessment of the thoughts that are currently running in the mind; 2. Choosing new positive thoughts; 3. Thinking about new thoughts.

First task. The person finds a peaceful place where he will not be disturbed. Focuses his attention on the thoughts that are currently running through his mind. Make a real, objective self-assessment of your thoughts. What am I thinking about now? Briefly describes them.

Example: Georgi Z. is a 48-year-old economist. His wife is also an economist of 45 years. They have one daughter. The family is very close and lives in complete understanding. The daughter is a third-year student and is a high achiever. For the first time during her studies, she failed the exam in one of the barrier disciplines. Georgi Zh., his wife and daughter are tense and anxious. After analyzing the situation, Georgi Z. determines the nature of his distress and anxiety ***:*** "My condition is negative, with an average degree (level) of tension, I am in this condition for the second day, with a frequency of occurrence of the experience on average about 2- 3 hours. My blood

pressure is up a bit. The main reason for my negative state is my daughter's failure in the barrier exam".

Second task . The person begins to think positively. It reveals opportunities that are related to solving the problem. It is convinced that there is still a benefit from the unpleasant problem that has arisen.

Georgi Z. reasoned that his daughter was deliberately preparing. She is very sorry. Most of the half students who appeared for this exam were cracked. "Therefore," thought the father, "he will appear at the remedial session." Even better, she will study the material she will need in her work. The people have said: All evil is for good. I've been ripped off twice too. I have to calm them down, not to worry."

Third task . The person continues to dwell on the problem and repeat justifying and soothing thoughts. He convinces himself that nothing bad has happened, there is no danger. After repeating the reasoning again, he evaluates his condition according to the main criteria. It again assesses the significance and degree of tension of distress and anxiety. If the condition has changed from negative to positive, and the degree (level) of distress tension and anxiety have decreased, it is most likely that the other two criteria do not count. Then he reassures his wife and daughter. It is possible to repeat the negative experience again . Then the content of the thoughts is repeated and enriched, including more convincing and unifying arguments.

With systematic practice of the method, attention, perception, memory, thinking, ideas and imagination are improved, the will is trained, positive emotions dominate. The effectiveness of the method has been proven as a result of many scientific studies.

2. Problem solving.

Each person, in the process of performing various activities, solved a number of problems of different difficulty. There are also problems that he has not been able to solve. In fact, human life is about constantly solving certain problems. There are various definitions of the term ***"problem*** ". In the Bulgarian Interpretive Dictionary (2004), the concept of ***"problem"*** is defined as: "A complex scientific or social issue that is the subject of research or resolution". This definition does not fully reveal its essence. Each person faces different problems, many of which are not scientific or social. In the Dictionary of Foreign Words in the Bulgarian Language (2007), the concept of ***"problem"*** is defined as: "1. A theoretical or practical question that is awaiting resolution; a scientific or social task whose solution requires research. 2. Unsettled issue, disputed issue'. An unresolved issue as a problem requires resolution, which is determined by objective thinking and

adequate action. Problems can be related to satisfying material and spiritual needs and interests. They are characterized by varying degrees of difficulty. Solving a particular problem is a thought process. Various approaches are known to solve the actual problems that have arisen. The method is performed in 7 steps:

2.1. Awareness of the problem that has arisen

In human activity they arise problems with different difficulty. A part of them are directly related to security and health. Another part has a variable structure. All problems that arise, depending on their difficulty, require a solution. A large part of them is not realized by the person and therefore is not solved, which leads to negative consequences . It is necessary to be aware of the problems that have arisen in order to look for ways to solve them. After realizing the problem, it must be very precisely and clearly defined.

2.2. Defining the core of the problem

Often a person is aware of the various problems, but cannot clearly and accurately determine their nature. The content of the problem, the dangers and the possible consequences of not solving them should be indicated . Accurate definition of individual problems is one of the most difficult tasks in solving them. If there is a lack of sufficient information about the problem, additional information is sought.

2.3. Search for additional information about the problem

When determining the nature of the problem, the reasons for its occurrence and the possible consequences of solving it, it is necessary to search for additional information. Very often people, despite being aware of the problem, due to lack of information make wrong decisions, as a result of which negative consequences occur. That is why this step is essential in solving the various problems. The search for additional information about the essence of the problem is essential for its objective assessment. The additional information obtained gives a greater opportunity to accurately predict the development of the problem and develop an adequate response strategy for its successful resolution.

2.4. Forecasting the probable development of the problem and its impact on the person

The development of the problem and the occurrence of possible negative or positive consequences are predicted. The received information is analyzed, the revealed regularities are summarized and its future development is predicted on this basis. Based on this forecast, strategies are developed to resolve the the problem that occurred.

2.5. Developing strategies for problem solving

Strategizing is one of the most important steps of the problem-solving method . One main and several additional strategies are created to solve a given problem. The goal and tasks are defined very precisely and briefly. Reliable means are chosen and methods

for solving it. The main actions are arranged in accordance with the requirements of the strategies for solving the problem that has arisen .

2.6 . *Implementation of the chosen strategy in practice*

At first, the basic problem-solving strategy is applied. With good organization and accurate execution of the actions at the individual steps of the method, the probability of solving the problem is very high. It is possible that in the process of implementing the chosen strategy, there will be changes to the situations and hence to the structure of the problem. In this situation, one or another additional strategy is applied to solve the changed problem. If it is not resolved even with the additional strategies, which is unlikely, they are developed by new strategies.

2.7. Reporting the effectiveness of solving the problem

The effectiveness for the solution of the specific problem is reported on the basis of the actions performed during the implementation of the individual steps of the method. The adequacy of the implemented strategies for solving the problem is analyzed in detail. When systematically developing strategies for solving various problems, the possibilities for dealing with complex life situations are expanded .

Example: The event takes place in a large city. Elena R. is an engineer aged about 45, married. Her husband is also an engineer in his 50s. A few years ago, he suffered an accident and became ill with diabetes. They have one daughter who has a health problem. The family lives in harmony. Elena's father dies and she takes his death very hard. Only four months later, after a short illness, her husband also passed away. She experiences the second death even harder, she worries a lot about the future and how she will take care of her daughter, since the means for her treatment and living will not be enough. Elena's condition has a very high degree of tension (distress) and anxiety. She is aware of her negative state, which has been going on for a long time. A complex life problem arises, a problem related to survival. After she realizes and precisely defines the problem, she gathers additional information to solve it. It predicts how the problem will develop in the future and what benefits and harms are most likely to occur. Produces one primary and two backup strategies. The main strategy is to provide enough funds for medicine and for a normal life for the daughter and herself. She started working as a cleaner in an establishment. After finishing her working hours as an engineer, she started working as a cleaner. Her work continues late into the night. Elena's mother, although elderly and employed with a very low pension, helps her in looking after her daughter. Constant engagement in work as an engineer and then as a cleaner is about directing attention and thought to ongoing activities. Gradually, the very high tension and anxiety subsided and she managed to cope with the distress and anxiety. And so he solves his life problem.

The effectiveness of the method has been proven in many experimental studies. It has been found that the most common problem with a large number of people is that they cannot fully realize the problem itself. How then to solve the problem when it cannot be fully realized and correctly defined?
The "Troubleshooting" method does not require special training. When learning it, thinking, imagination, and attention develop.

3. Non-standard thinking

On the basis of thinking, people solve various problems that have arisen. They successfully cope with tasks in standard situations where events are predictable, dangers and difficulties are of low degree of extremeness, logical connections and regularities are known. In these situations, thinking is standard. In situations with a high degree of extremity, for which sufficient information is usually lacking, their occurrence and nature cannot always be predicted by standard thinking. In most cases, it is not enough to solve the problems. There is a need to search for non-standard solutions, creative thinking, new ways to deal with the complex problems that have arisen. Therefore, their successful solution requires non-standard, creative thinking. The term **"outside (lateral) thinking"** is recorded in the Oxford English Dictionary. The development of non-standard thinking was based on ***two laws*** in the field of thinking. ***The first law*** states that an idea can never make the most of the available information. There is an opportunity to update the idea with the help of insight. The ***second law*** states that often the evidence is nothing more than a lack of imagination to suggest an alternative explanation. This law is expressed by the thought "Security is only a product of weak imagination". The structural components of non-standard thinking related to ***attitudes of consciousness are divided into six groups:*** 1. Facts, figures and information; 2. Emotions, feelings, hunches and intuition; 3. Prudence, truth, judgment, conformity of facts; 4. Advantages, profits, savings; 5. Research, assumptions, new ideas, alternatives for action; 6. Thinking about thinking itself.

The first attitude reflects the objective style of thinking, the logical attitude of consciousness. The facts and available information are analyzed objectively. Events are judged impartially.

The second attitude is related to the intuitive thinking style and the emotional attitude of consciousness. Emotional experiences in specific situations are evaluated. An

analysis is made of the premonition of the occurrence and development of situations that are likely to occur.

In ***the third attitude,*** the content of the negative attitude of consciousness is analyzed. Real flaws, dangers, mistakes, doubt are examined . Weaknesses are indicated in such a way that there is an opportunity to overcome them.

The fourth attitude expresses a positive style of thinking and a positive attitude of consciousness. The positive sides of the problems that have arisen are analyzed. They are dominated by optimism and hope. The benefits,, merits, profits, advantages in solving the specific tasks are indicated.

The fifth attitude is related to the creative thinking style and the creative attitude of consciousness. Mental activity is aimed at searching for new solutions, alternatives, new ideas. The process of thinking is dominated by the operations of synthesis, comparison, generalization and systematization. A significant role in thinking is occupied by imagination, on the basis of which non-standard solutions are born.

The sixth attitude represents the analytical-synthetic thinking style and the practical attitude of consciousness. This attitude of thinking is related to the control of the thought process. Thinking controls are the thinking process itself. On the basis of systematization as a higher operation of thinking, possibilities for effective solution of complex problems are revealed, arriving at the truth. Correct decisions are made.

Non-standard (lateral) thinking is an important factor in managing human activity in various situations. The effectiveness of responding to different situations is determined by the correct decision which is made, which is a consequence of adequate thinking. The uncertainty of the extremes of the situations require an accurate forecast of their appearance, content and dynamics. Many of the great discoveries were made by great individuals with out-of-the-box thinking. Many of these discoveries changed people's lives and pushed civilization forward. Systematic training of this method positively affects the development of logical and creative thinking, attention, memory, anticipation (forecasting).

4. Models for action in future situations.

Uncertainty, which expresses a person's limited knowledge of situations that are likely to arise in the future, causes some anxiety and tension. These situations are very often perceived as ***extreme situations.*** They are considered as a complex of conditions that require active actions for a certain time. Global factors of situations are ***danger and difficulty,*** and their integral functions are ***risk and effort, respectively.*** A person is afraid because of the danger that worries and stresses him. He also worries about the nature of

the difficulty of the situation and whether he will be able to overcome it. He must react actively by making certain efforts and taking risks. Actions in different situations are mental and physical, i.e. psychophysical. The effectiveness of actions is determined by psychophysical readiness. For the specific situation, it is ***a subjective psychophysical readiness.*** It is possible to form in the mind of a person a certain adequate psychophysical readiness (model) for action before the occurrence of various extreme situations. The scientific basis of the formation of psychophysical readiness is the unity of the psyche and the human body. The interrelationship of the psyche with the movements has been known for a long time. The interrelationship of mental processes with physical movements has also been proven. The effects of these processes on the qualities of the movements were investigated. With the formation of adequate psychophysical readiness for actions in extreme situations, negative stress is transformed into positive stress and significantly reduces anxiety.

The goal of the method is to form an adequate psychophysical readiness for actions in future extreme situations. To achieve the goal, four ***main tasks*** are solved ; 1. Awareness and assessment of the nature of distress and anxiety and determining the extreme situation that is expected to occur in the future; 2. Formation of adequate psychophysical readiness for action in a certain extreme situation, which will most likely occur in the near future; 3. Evaluating the effectiveness of the formation of adequate psychophysical readiness for action in the particular extreme situation. To master the method, several different extreme situations are played mentally and their effectiveness is evaluated.

In the first task, the first assesses are the nature of anxiety and stress. Then he imagines the extreme situation that is likely to happen in the near future (in a few hours, days). The situation is analyzed in detail - when and how does it start? The most critical moments of the situation are determined, related to the possible dangers and difficulties, what harmful consequences can there be?. After the situation is analyzed in detail, it is mentally replayed in the order of its appearance, development and conclusion. When analyzing it and playing it mentally, the person must be confident, maintain self-control.

The second task is related to the formation of adequate psychophysical readiness for adequate actions in the extreme situation that a person expects in the near future. He mentally replays his movements and actions according to the demands of the situation. Then simultaneously and mentally replays his actions in sync with the specific demands of the situation. And finally he plays out the actions as the whole situation unfolds. During the performance, special attention is paid to the experience of confidence, security, determination, etc. Adequate psychophysical readiness for action in the extreme situation is formed.

In the third task, the effectiveness of the formative psychophysical readiness for action in the determined extreme situation is evaluated. In order to master the current method, one needs to mentally play several more different extreme situations and evaluate their effectiveness. If he finds that the necessary readiness to act in extreme situations is not formed, he carefully assesses the reason, which is most often incorrect execution, lack of desire and lack of conviction in the effectiveness of the method.

At first, the method is trained on individual situations with low difficulty, then the number of situations increases and the degree of difficulty increases. In the consciousness of a person it is created by models (readiness) for action in sudden situations with different degrees of extremity . Depending on the extreme situation, the corresponding model is activated (readiness for action). With the systematic implementation of this method, psychophysical readiness is formed to overcome situations of varying degrees of extremity. Attention, thinking, perception, imagination, memory develop. anticipation. Positive emotions dominate that strengthens the will.

It was established that when applying similar methods of influence (ideomotor training), muscle strength increases by 34%, speed of movement by 34%, and accuracy by 17 %.

An example. The situation unfolded at a bus stop around 9 p.m. There are six people at the stop - three women (one about 35 years old and two about 60-65 years old) and three men, two of whom are about 50-55 years old and Theodore G., who is about 65 years old. A young man in his 20s with a good build, visibly angry and displeased with something, arrives and starts insulting and threatening one of the elderly women, who becomes very frightened. The other men and women at the bus stop are worried but do not react. Only Teodor G. intervenes to protect the woman - he makes a remark. The aggressive young man turns to Theodore G. and begins to insult and threaten him. He walks towards him to "smash that jerk." He reaches out to strike him, but Teodor G. reacts very quickly, blocks the blows and, applying a self-defense technique, knocks him to the ground "in a flash". The aggressive young man comes to his senses after feeling sharp pain from the fight key that is applied to to him. After apologizing, Theodore G. releases him. He gets up and quickly runs away, turning several times to see if he is being chased. Teodor G. very quickly formed an adequate psychophysical readiness for action in an extreme situation. Despite his age, he still had training. When he was younger, he practiced wrestling and aikido.

II. 4 . Physical methods of impact.

In considering stress and anxiety in the first chapter, many commonalities between them were noted. ***Stress*** can have a positive and negative impact on a person's psyche and

physique (body). Negative stress is very harmful at high levels of tension, and at low levels it plays an eminently mobilizing role. Positive stress in very high levels can be harmful in some cases. ***Anxiety*** with low degrees (levels) has a mobilizing role, and with high degrees (levels) it has a very negative, harmful effect.

Based on the concept of the interconnectedness and dependence between the mental and physical activity of a person, several methods of influence are presented with a view to dealing with stress and anxiety. It is known that as mental tension increases, so does physical tension. Two main methods related to the most important life processes - breathing and movement - are presented.

5. Specialized movements and breathing.

Movement and breathing are the most important life processes. ***Motion*** is a form of existence of matter and its property. It is a basic element of human activity, which is carried out by means of movements. Man's life is manifested through his activity, which is realized through the expenditure of vital energy.

Respiration is the process by which ***oxygen is provided*** from inhaled air. Oxygen is a vital factor for supplying the body with vital energy when performing various activities. It combines with hemoglobin when it comes into direct contact with the blood and spreads to all the cells of the body. Although breathing is an innate unconditioned reflex, it can be regulated consciously.

Movement and breathing are in unity . As the intensity of the movements increases and the expenditure of energy increases, breathing accelerates. The tension is rising. When movement is restricted, energy expenditure is reduced, breathing is slow and shallow. If the movements are maximally restricted for a long time , as mentioned, various mental and somatic diseases arise. Very often negative emotions are experienced - anxiety, fear, grief, despair.

Several specialized exercises are presented that do not require special training. ***The purpose*** of performing these exercises is to reduce tension and anxiety.

First exercise. The person lies on his back on his own bed. The environment should be calm, quiet, no other people present. The right hand, palm down, is placed on the solar plexus of the abdomen (upper part of the stomach). The left hand, palm down, is placed on top of the right hand. The eyes are closed and the person imagines that he is sitting by the bank of a river and he relaxes the body. He breathes evenly, calmly. In this state, for 4-5 minutes he observes (imagines) the slow movement of the waters of the river. Then he opens his eyes, smiles, slowly gets up and does 2-3 exercises, bending forward and sideways, touching his toes, twists, etc.

Second exercise. In a lying position, as in the first exercise, the hands are placed on the abdomen. The person directs his attention to the phases of breathing - inhalation, retention, exhalation and retention. The duration of inhalation and exhalation is the same. In the phases of holding after inhalation and exhalation, the duration is twice as short as the phases of inhalation and exhalation. The exercise begins with a deep and smooth inhalation, followed by a deep and smooth exhalation. Inhalation and exhalation are continuous. The inhalation and exhalation phases last 4-6 seconds. After 4-5 executions of the exercise with timing in seconds, the person continues to execute it 4-5 more times, counting the numbers from one up - each number corresponding to one second.

Third exercise. In the supine position, as in the first exercise, at first, in the first 20-30 seconds, the person's attention is directed to the phases of breathing, then it is directed to the words that the person begins to say slowly, mentally, during the exhalation phase: "I push out the tension out,'. During the inhalation phase, the person repeats in his mind: "I am calmer, calmer, I am already calm." The exercise is repeated 5-6 times.

Fourth exercise. In a supine position, as in the first exercise, a person breathes evenly, inhaling for 8 seconds and exhaling for 4 seconds. The post-inhalation and post-exhalation hold phases are 2 seconds each. At first, attention is directed to the phases of inhalation, then it is directed to the words that the person begins to speak in his mind when exhaling: "I push the anxiety out, " During the inhalation phase, the person says to himself: "I am charged with calmness and confidence, ." When inhaling and exhaling, the person repeats the corresponding words (verbal formulas) 6-8 times or more.

Fifth exercise: The person moves slowly, mentally counting the steps. Starts with the left foot, each step corresponding to a number: One-left step, two-right step, three-left step, four-right-step, And starts again - one-left step, etc. In the first four steps he inhales, five-left step, six-right step, seven-left step, eight-right step, nine-left step and ten-right step. In the first four steps, inhale deeply, in the fifth and sixth, the breath is held, in the seventh and eighth, exhale deeply, and in the ninth and tenth, the breath is held. The exercise is performed 10-12 times.

Sixth exercise. The exercise is performed after learning the fifth exercise. Again, the fifth exercise is repeated three times. In the sixth exercise, verbal formulas (sentences) of impact are included in the breathing phases as follows: ***During inhalation*** (1,2,3,4 steps) the formula "I am calm, calm"; ***On hold after inhalation*** (5.6 paces) "Calm"; ***When exhaling*** - the "Calm" formula (7-8 steps); ***When holding after exhalation*** - the formula is "Confident, confident" (9-10 steps). The exercise is repeated 6-8 times.

Seventh exercise. The seventh exercise is performed like the sixth, but here the verbal formulas have a different content related to the reduction and transformation of anxiety into a state of confidence and good mood. 1. In the first four steps of inhaling, the

formula is: "I push anxiety out"; 2. When holding the breath after inhalation (5.6 steps), the formula is: "I am calm"; 3. On exhalation (7.8 steps) the formula is: "I am confident"; 4. When holding after exhalation (9,10 steps) the formula is: "Good mood". The exercise is repeated 8-10 times with slow movements.

Eight exercise. One of the most effective means and methods for dealing with negative stress (distress) and anxiety, as well as many other negative experiences, is ***running.*** When running, the respiratory and cardiovascular systems work very intensively. And other organs and systems to varying degrees also work intensively. The body uses a lot of energy. If additional impacts are included when running, its effectiveness will increase. In order to improve the benefit of the impact of running on the psyche and the body when running, along with the inclusion of additional means of impact, the place where the exercises will take place is of great importance. It is advisable to perform them in places where the air is clean.

In ***untrained people,*** the load should be gradual - from fast walking to running at a slow pace. At first, brisk walking takes place with
breathing and counting. Inhale for the first four steps and exhale for the next four steps. After the counting of the steps is mastered, it is recommended to include verbal formulas, repeating the word "calmness" while inhaling. As general endurance improves, slow jogging is recommended. It is most expedient to run at an intensity where the heart rate is around 120-130 beats per minute. At first, the run lasts 2-5 minutes and gradually the time increases. After stopping the run, the heart rate drops. If after nine minutes it has dropped below 100 beats per minute, this indicates that ***the body has recovered*** . Endurance is significantly increased during longer runs. After recovery, vital energies increase. Positive experiences dominate. Age is no barrier to running. Every morning the American Larry Lewis at ***the age of 102 ran 10 km*** and felt very good.

6. Regulation of muscle tension.

The effectiveness of actions in extreme situations is determined by overcoming various difficulties and dangers. A large amount of energy is used up in a short time. It has been proven that 95% of all the energy expended by the body during active physical activity falls on the muscles. In situations where no active actions are required, muscle energy expenditure is 70% of the body's total energy expenditure. Physical activity is carried out by the skeletal muscles, which, when contracting, overcome various resistances and realize certain actions in practice. Depending on the nature of the actions, the muscles exert one or another ***physical effort, which is a function of volitional effort.*** From here follows the statement that muscular tension as physical tension and volitional tension and

as mental tension are in unity and are considered as ***psychophysical tension*** . This staging serves to develop the methods of muscle tension regulation.

Skeletal muscle contraction has a strong effect on tension . The muscles of the face and fingers are very sensitive to it. The conscious impact of individual groups of muscles is related to its increase or decrease. The muscle groups associated with mental tension have been identified . Equations were derived for the relationship of muscle tension strength and specific negative experiences.

6.1. Control of the muscle tension of the fingers

Six double energy channels pass through the fingers: lung - large intestine, heart - small intestine, pericardium – triple heater. These organs are energetically connected to certain emotions: joy-sadness, anxiety-sadness, fear-courage, love-hate. Controlling the tension in the fingers is done by regulating their muscle strength and the strength of the wrists. Two options are available .

In ***the first option,*** the hands are strongly brought forward and stretched in front of the chest, after which the fingers are tightly clenched into a fist and held in this position for 6-8 seconds. Then they are rotated 4-7 times clockwise around a central axis and on the hands , the fingers are opened and the muscles are maximally relaxed, performing 4-5 jerking movements with wrist rotation . Attention is focused on the fingers. The technique is repeated 2-5 times.

In ***the second option,*** at the same time as the muscles of the body are tensed , the fingers are clenched into a fist , inhaling for about 3-5-7 seconds, the air is held for 4-6 seconds. Then the tense muscles of the body slowly relax and the clenched fingers in a fist dissolve by exhaling in a deeply for 5-7 seconds . The technique is repeated 3-5 times. Attention is concentrated in the fingers of the hands .

6.2. Control of the muscle tension of the toes

In the toes pass six double energy channels of the organs stomach - spleen, bladder - kidneys, gall bladder - liver. These organs are energetically connected to the emotional experiences of security-uncertainty, courage-fear, anger-peace. A large part of people work in a sitting position, in which the long-term restriction of the movements of the toes creates conditions for reducing the flow of vital energy and dominating negative emotions. It is necessary to move the toes, which increases the flow of vital energy.

In a comfortable position of the body, the toes are maximally gathered and spread, while at the same time the feet are folded up and stretched down. After 5-10 executions of these movements, the feet are rotated inwards along the axis of the legs 3-6 times .Attention is directed to the toes and execution of the movements. After 5-6 performances,

the toes and feet relax as much as possible . The technique is performed consecutively 5-8 times .

6.3. Regulation of tense facial muscles

When certain mimic muscle of the face are shortened, a corresponding image is formed, which also expresses a certain experience. Contractions of facial muscles are known as expressive facial movements. Depending on the content and strength of the experiences, certain mimic muscles are shortened, as a result of which a certain facial expression is formed. The content of the experience can be revealed by virtue of the expressions of individual areas of the face. The upper facial area mainly expresses cognitive experiences, the middle – the emotional ones, and the lower one – the volitional one. The method is performed in a comfortable position.

During the contraction (contraction) of the muscles of the lower facial area, attention is directed to ***the mouth and beard.*** The mouth opens wide, the tongue sticks out as much as possible and a deep breath is taken. The focus is on the tongue. Remain in this position for 5-8 seconds, then slowly exhale, retract the tongue and close the mouth. Attention is focused on exhalation. Then take a deep breath through the nose, clenching the jaw. The compression force gradually increases with the intake of air. Attention is concentrated on the jaw. It is held for 4-5 seconds and slowly exhaled for 5-8 seconds, with the jaw gradually relaxing. This technique is performed 3-6 times in a row with an interval between individual performances of 5-8 seconds.

When controlling muscle tension in the mid-facial area, the attention is directed to ***the nose.*** With the help of the fingers, the nose is tilted 3-5 times left and right and 2-4 times up and down.

During the contraction of the muscles of the upper facial area, attention is directed to ***the eyebrows and forehead*** . 3-5 wrinkling movements with the forehead and 3-6 wrinkling movements with the eyebrows are made slowly. The techniques are repeated 3-5 times. The number of techniques can be increased.

The techniques of impact by contraction of certain facial muscles can be performed in front of a mirror. Impact efficiency is improved. Different facial expressions can be performed related to different experiences of joy, courage, confidence, wonder. By combining the different techniques, the effectiveness of the effects increases. The positive impact of this method has been proven through scientific research. The benefit of the method is also proven in everyday practice. The muscle tension regulation method can be applied in combination with other methods. This increases the effectiveness of its impact. Depending on the nature of the stress and anxiety, additional exercises may also be included.

7. Accelerated restoration of vital energies

In the process of doing strenuous work, people very often spend more energy, as a result of which ***fatigue occurs.*** Their working capacity decreases. It becomes difficult to concentrate and sustain attention. Thought processes are hindered, as a result of which mistakes are made in assessing situations and often correct decisions are not made. Muscle strength, endurance and speed are significantly reduced. Movement coordination is impaired. Many errors are made when solving mental and motor tasks. The body needs restoration of its vital energies. If they do not fully recover, it is possible that fatigue will develop into ***overtiredness.*** And when overtiredness turns into ***exhaustion*** , the body is in a very difficult state, in which performing elementary movements requires a lot of effort.

Fatigue and overtiredness as a consequence of great tension, during which a lot of energy is expended, are the basis for the emergence of anxiety, fear, sadness, uncertainty, despair, etc. Therefore, anxiety as a negative state is directly related to fatigue, with a decrease in vital energy . ***When vital energies are restored, anxiety is reduced, work capacity is increased*** . Usually people do not pay much attention to restoring their vital energies. They believe that the body naturally restores its energies during sleep and rest. It is true that rest and sleep are the main factors in restoring energies. As is known, the main cause of all diseases is systemic fatigue and overwork, and ***exhaustion is a serious disease*** . The question arises: Is it possible for the vital energies to quickly recover after heavy loads? The answer is: "Yes, it is possible to restore vital energies in an accelerated manner."

It has been established that after intensive loading, the recovery processes last 2-3 days. A few minutes after stopping the load, the recovery reaches 60-80% of the standard working capacity. After that, the recovery continues and goes beyond the standard operating state. This phase is known as the paradoxical phase, ***the " overrecovery phase*** " (the xaltation phase), rapid sleep. In this phase, a person is maximally relaxed, he is in ***a half-asleep state*** . The electromagnetic waves of the brain are in the range of 7 to 14 hertz. These waves are known as ***alpha waves*** . In the awake state, electromagnetic waves (beta waves) are above 14 hertz, for teta level they are from 4 to 7 hertz, and for delta level - from 0 to 4 hertz. ***Accelerated recovery takes place in the alpha level.*** It was found that with complete deprivation of the over-recovery phase (alpha level), fatigue, exhaustion, exhaustion and loss of life ensue.

Various methods are known for restoring vital energies after intense exercise, such as autogenic training, mental self-regulation, mental self-regulation training, hypnosuggestion, psychophysical relaxation, self-suggestion, etc. A method has been created that is easy to implement. Separate elements of the specified methods were used to create it. The method involves sequentially solving three ***main tasks:*** 1. Preparation for

entering the state of the recovery phase (alpha level); 2. Exiting the recovery and mobilization phase; 3. Evaluation of the effect of the application of the method.

In the first task, a person chooses a comfortable place for relaxation, which should be quiet, at an air temperature of 20-23 degrees, without other people, with a comfortable bed on which he can lie on his back (stomach), where he puts his hands to the side and closes his eyes. He should not feel hunger and thirst. His clothes should be comfortable, he should wrap himself in a light blanket. He breathes calmly and rhythmically and says to himself several times: "I am calming down, calming down." I am calmer, calmer. The muscles of the arms, legs, and face are loose, loose...they are loose, loose. The body relaxes, relaxes ... it is relaxed, it weighs. My breathing is calm and rhythmic. My forehead is pleasantly cool, my body is pleasantly warm. I charge myself with vital energies." Verbal formulas (sentences) are spoken slowly, during which the recovery phase (alpha level) is entered. The duration of this phase can be from several to 30 minutes.

The second task is related to exiting the recovery phase and entering the waking state phase, which is done by waking up - alone or with the help of a loved one. Waking up should be very careful, quiet, calm. Bringing from sleep to wakefulness with loud shouts and commands causes great tension, fear, anxiety. anger. After waking up, get up and do several mobilizing breathing exercises. He exhales and inhales deeply. When exhaling, the body relaxes, and when inhaling, it tenses up. These exercises are done several times in order to fully wake up and activate the body. The impact occurs about 15 minutes after waking up.

The third task is solved 15-20 minutes after waking up. The performance of the individual techniques is analyzed. The changes in the mental and physical state are taken into account. With the correct implementation of the method, positive changes will occur. Mental efficiency increases, anxiety disappears. Attention and memory are improved, thinking is sharpened. Positive emotions dominate. Muscle strength and endurance have increased. Vital energy is restored. In many cases, the vital energy is not only restored to the standard level, but also greatly exceeds it.

Many cases are known of the benefit of applying such methods to restore vital energies under various conditions. One of the greatest minds in the world - Leonardo da Vinci - did not sleep, but every four hours he did a special method for charging his body with vital energy for 15 minutes. The German doctor Lindimann decided to cross the Atlantic alone in a small boat. Already at the beginning of the third week, he couldn't stand it, got overtired and gave up. Having mastered the technique of autogenic training, he once again set out to cross the ocean alone. On the 57th day, a hurricane overturned his boat and he spent nine hours in the ocean, clinging to the slippery side of the small boat, tossed

mercilessly by 8-9 meter waves. And ***he survived*** , crossing the Atlantic Ocean with his small boat, because he was able to restore his energies.

Conclusion

Modern man lives in conditions associated with significantly increased demands on his mental activity, which largely limits his motor activity. The disturbed balance between mental and physical activity is the cause of increasing ***distress*** and ***anxiety*** . In the broadest sense, stress is seen as tension. Two types ***of stress*** are known - ***positive*** and ***negative (distress).*** Positive stress is beneficial, negative stress is harmful. The main cause of various diseases is ***distress*** and ***anxiety.*** Anxiety as a stable personality trait is formed and manifested in situations through situational anxiety. ***The assessment*** of the nature of stress and anxiety is done according to certain ***criteria*** . Different types of methods and means are used to limit the negative impact of distress and anxiety on human activity and health. Seven methods have been proposed ***for dealing*** with distress and anxiety, four of which are related to effects on the psyche, and more specifically, on thinking. Three methods are aimed at influencing movements and breathing, regulation of muscle tension and accelerated recovery of vital energies. Depending on the nature of distress and anxiety, specific methods are chosen. Their effectiveness has been proven directly in everyday practice. The methods can be applied in different combinations.