



# TANQIDIY NAZAR, TAHLILY TAFAKKUR VA INNOVATSION G'OYALAR



## METHODS OF STRESS MANAGEMENT

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**Abstract:** *This article discusses the concept of stress, its impact on human psychology and daily life, as well as modern psychological methods of stress management. The causes, types, and consequences of stress are analyzed, and the effectiveness of contemporary approaches such as mindfulness, cognitive-behavioral therapy (CBT), relaxation, autogenic training, and acceptance and commitment therapy (ACT) in improving mental stability is explained.*

**Keywords:** *stress, psychological stability, relaxation, mindfulness, cognitive therapy, mental health.*

### **Introduction**

Today, human life is progressing at a very rapid pace. Work, study, family relationships, technological changes, and the influence of social networks exert strong pressure on the human psyche. As a result, cases of stress are increasing. Stress is a physiological and psychological state that arises as a response of the organism to external or internal factors. Hans Selye defined stress as “the response of the organism to any demand placed upon it.” Psychological research shows that stress management is an important factor for mental health, work productivity, and quality of life. In modern psychology, many scientific approaches to reducing stress have been developed. Among them, mindfulness (focusing attention on the present moment), cognitive-behavioral therapy, relaxation, autogenic training, and ACT (Acceptance and Commitment Therapy) are widely used. This article analyzes the theoretical foundations and practical results of these methods.

### **MAIN PART**

#### **1. The psychological essence of stress.**

Stress is a complex process closely related to physiological, emotional, and cognitive factors. K. Lewin explained stress as a state of mental tension arising from a person's internal conflicts. Lazarus interpreted stress as a subjective state dependent on how a person evaluates an event. There are two types of stress: eustress (positive stress) and distress (negative stress). Eustress motivates a person to act, while distress leads to strong pressure, anxiety, and fatigue. During stress, heart rate increases, breathing intensifies, hormones are released, and the body initiates the “fight or flight” response. If this state lasts for a long time, mental and physical exhaustion occurs. Therefore, studying stress management mechanisms is of great importance for maintaining human health.





## **2. Traditional psychological methods of stress reduction.**

Among traditional psychological methods, relaxation, autogenic training, meditation, and breathing exercises are widely used. For example, Jacobson's progressive muscle relaxation technique creates a sense of calm and rest. Schultz's autogenic training restores internal balance by regulating breathing and heart rate. Such methods teach individuals to become aware of their bodily state and maintain emotional stability.

## **3. Modern psychological approaches to stress management.**

In recent years, modern approaches to stress management have been widely developed in psychology. Mindfulness (conscious attention to the present moment) teaches individuals to observe their thoughts and emotions and accept them without judgment. The MBSR (Mindfulness-Based Stress Reduction) program developed by Jon Kabat-Zinn has been shown to reduce stress levels by 30–40%. Cognitive-behavioral therapy studies the impact of thoughts on stress and aims to replace negative thoughts with positive constructive patterns. This method is also effective in cases of depression and anxiety. Acceptance and Commitment Therapy (ACT) teaches individuals not to suppress their feelings but to accept them and act in accordance with their life values. ACT helps restore inner balance and increase resilience to stress.

## **4. Practical exercises and recommendations in stress management**

To reduce stress, it is recommended to set aside a short time every day for mindful relaxation exercises. For example, focusing on breathing for 5 minutes, listening to the sounds of nature while walking, or simply concentrating the mind on one point can help calm the mind. In addition, positive thinking, developing social interaction, engaging in favorite activities, and maintaining a healthy sleep routine are of great importance in reducing stress.

### **Signs of stress**

#### **Unhealthy eating habits**

When observing a stressed person, you may notice that they are constantly eating or overeating, or not eating at all. The cause of eating disorders is the cortisol hormone, which sends signals to the brain. After that, a person begins to rely on unhealthy junk food.

**Headaches.** Headaches are one of the most common symptoms that appear during stress. Severe stress can even lead to migraines. Managing migraines includes stress management techniques, including medication and lifestyle changes.

**Sleep problems.** A person without stress feels rested after a night's sleep. A stressed person finds it difficult to maintain a proper sleep schedule. Sometimes a person develops stress due to insomnia.

**Depression.** Depression is one of the main consequences of stress. There are many reasons that can make a person sad, such as the loss of a loved one, financial problems, family and relationship issues, and so on. These factors can ultimately lead depression to death.

#### **Smoking / drinking habits**





Cigarettes contain nicotine, which provides temporary relief. A person suffering from stress may fall into a trap and become inclined to smoking or drinking. However, the truth is the opposite. Despite temporary relief from stress, this leads to serious health problems.

Panic and anxiety. Sometimes a stressful situation becomes very uncontrollable and triggers sudden panic and anxiety. Sudden distressing news can be one of the reasons.

Stomach problems. Various studies show that stressed individuals often experience problems related to the digestive system. Stress begins in the brain but affects all parts of the body, including the intestines. This leads to many health problems such as irregular bowel movements, constipation, diarrhea, and others.

### **What are the causes of stress?**

Excessive workload. Everyone wants to grow and flourish in life, but taking on extra work and setting high goals is not always easy, and such conditions lead to stress. According to research, many people are dissatisfied with their work schedules and try to find jobs that are more suitable for their satisfaction.

Financial conditions. Financial problems often cause stress in people. People are willing to work excessively to earn more money. This is something that can never bring satisfaction, and desires grow over time. Therefore, first we must learn to be satisfied with what we have while doing our best. Otherwise, such stress can lead to hypertension, low/high blood pressure, heart attacks, and other serious health problems.

Personal relationships. Some toxic people or misunderstandings can greatly affect our lives. These people may be acquaintances, spouses, certain family members, and others. Sometimes it is difficult to avoid conflicts with others that lead to anger and stress.

Parenting. Parents with one or more children often encounter stressful situations while managing household responsibilities and dealing with children's sweet but famous tantrums. Working to meet life's needs is also important. What parents need to do is maintain a balance between work and personal life and try to spend quality time with their children.

Stress management tips: how can we cope with it?

Below are types of stress management techniques that are considered reliable in eliminating stress.

### **Tips for coping with stress**

Waking up early. You may have heard in motivational videos that successful people wake up early in the morning. In fact, this is a very difficult task, which is why they stand out from the crowd. Successful people develop the habit of waking up early, while enjoying "time for themselves" and achieving their goals. This makes them feel less stressed and tired in the morning. However, to wake up early and without stress, you need to go to bed early.





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**Gratitude and acceptance.** Gratitude is one of the best ways to relieve stress. Gratitude is a way of remembering the good and positive things that have happened in life. For example, if a person feels stress in a certain situation, negative emotions or thoughts in their mind lead to stress. To avoid stress, a person can respond to negative emotions and think about the positive side in any situation. We should try to accept ourselves, our shortcomings, and everything as it is.

**Yoga/exercise.** Whether a person chooses yoga or exercise, it is an effective way to relieve stress. If a person regularly practices yoga or physical exercise, stress is significantly reduced. It takes from 21 days to one month to develop any habit. Physical exercise should be part of the daily routine. This not only relieves stress but also tones the body and improves physical or mental health.

**Avoid overthinking and procrastination.** Overthinking and procrastination are two factors that cause stress. Thinking about things we cannot control is not worth our valuable time. People who overthink soon develop a habit of excessive thinking and mental strain. This leads not only to stress but also to other serious problems such as anxiety or depression.

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