

SOCIO-PSYCHOLOGICAL FACTORS OF THE FORMATION OF STABILITY TO STRESSFUL SITUATIONS IN FUTURE EDUCATORS

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Annotation: this article highlights the theoretical foundations of the individual self-management process, the individual's self-management capabilities in the case of Stress, and ways out of stressful situations. As well as the socio-psychological factors of the formation of stability to stressful situations in future educators, as well as the intensity of experiencing professional stress cognitive assessment of professional and unprofessional stressors. Individual psychological characteristics, including personal qualities, factors of self-expression, motivational structure, talk about the ways and principles of overcoming the professional stress of future educators.

Key words: Stress, personality, management, motivational, ability, mind, cognitive process, psychic trait, thinking, upbringing, teaching methods, Information Communication Technology.

Introduction. World-class experts point out that stress has become a “disease of the century” today. After all, the fact that an individual falls into a state of stress has a serious negative impact not only on his activities, but also on his mental and physical health. According to bjsst, stress is the cause of 65% of existing diseases. According to the American Association of psychologists, it has been argued that “stress is a major harm to the health of students, and if young people do not learn healthy ways to manage current stresses, it can seriously affect their health”. Therefore, it is considered relevant to study that a person's exposure to a state of stress has a serious negative impact not only on his activities, but also on his mental and physical health.

There are many scientific approaches to the study of personality behavior in stressful situations. Foreign and Russian psychologists R.Lazarus, L.Murphy, S.Folkman, D.Amirhan, N.Sirota, D.A.Leontyev, Ye.I.Rasskazova, B.B.Researchers such as velichkovsky have analyzed the ideas that in stressful situations it is necessary to have stability to stress, which is necessary so as not to bring down or spoil the activity of an individual, the mood of work, the stability of an individual to stress – it is a skill to manage their own emotions, to capture themselves and to overcome difficulties

Training program” stress management model”

We all experience stress in our lives. Learning how stress affects your body due to the fact that most health problems cause or affect stress and effective ways to manage stress is doing something stressful for you, not for you.

Effective stress management can be done in a variety of ways. The best stress management plans usually include stress relievers that relieve stress physically and mentally, and help develop healthy and skillful skills.

Using fast shortening. Sometimes the stress enhancement technique can work in minutes to calm the body's stress effects. These styles offer a "quick fix" that will help you feel calm right now, and that will help in many ways. You may be less likely to worry about others out of frustration that can keep your relationship healthier.

For example, reducing rapid stress, such as breathing exercises, may not cause you to resist future stresses or reduce the stresses that have occurred, but they can help calm the body's physiology after stress is relieved.

Developing stress-relieving habits, some techniques are less convenient to use when you are in a stressful situation. But if you practice them regularly, they can help you manage stress by reacting stress less and being able to regain stress quickly and easily.

Long-term healthy habits, such as exercise or regular meditation, can help you resist stress if you make them a regular part of your life. Communication skills and other lifestyle skills can be changed to manage stress and how we are affected by "mubham" or "motivating" things from "angry".

Eliminate stressors as best you can . You may not be able to completely eliminate the stress in your life or even be the biggest stressors, but there are places where you can reduce it and raise it to the level of control. The stress that you can cut leads to a reduction in your overall stress load. For example, even stopping a toxic relationship can help you overcome other difficulties because you feel less.

Stress management methods are important when you have chronic stress

Discover many different stress management techniques and then choosing a mixture that suits your needs can be the main strategy for effective stress relief.

Healthy lifestyle to avoid stress

Add this healthy lifestyle to things that relieve stress

We all experience stress. It comes in all aspects of life and is not always a bad thing in itself. Stress can be the cause of hard work, it can accompany interesting phenomena, and it will not be without life. Stress can even be good for us, especially since it is not at serious levels. As with many areas of life in stress, Stress Management consists of dealing with stress on different fronts.

Part of a strong stress relief plan requires a search for ways to calm down at a fast pace, so it can manage stress in a more efficient way, as it prevents the negative

effects of chronic stress. Another important way to relieve stress is to maintain a healthy lifestyle.

A healthy lifestyle can usually help you get rid of your stress exposure, allowing you to eliminate or even reverse the negative effects of chronic stress. Learning a healthy lifestyle usually brings additional benefits, such as endorphin noise, reducing frustration, or longevity. Many healthy lifestyles discussed here can help reduce stress in normal situations, ensuring that in the long run you are still protected from stress that you have not experienced maintaining a healthy lifestyle is more difficult than using the stress relief method only once, and the benefits from maintaining a healthy lifestyle are more than the values needed to maintain it.

The increased health and health you see, as well as the decrease in stress, make you want to change these changes faster and can be your great sources of constant enthusiasm.

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