

THE ROLE OF MEDITATION IN STRESS SITUATIONS

The purpose of this study was to investigate the role of meditation in the fight against stress. Parse the concept of "meditation", its role, essence, purpose, action, positive impacts. Learn the correct meditation techniques and make certain conclusions.

1) Introduction: the negative impact of society per person, a means of psychological protection - meditation.

2) The concept of "meditation" is a self-intelligence process for self-improvement in which a person remains alone with his consciousness.

3) The concept of "stress" is a state of mental tension that arises in the process of activities and difficult conditions. Life becomes a harsh and ruthless school for a person. Occurring on our way of difficulties (from a small problem to a tragic situation), we have emotional reactions of a negative type, accompanied by a range of physiological and psychological shifts.

4) Phases and stress components:

a) The stage of anxiety is a stage that occurs with the appearance of a stimulus that causes stress. The presence of such a stimulus causes a number of physiological changes: the person accelerates breathing, a slightly rises pressure, increases the pulse. Changes and mental functions: an increase in violation, all attention is concentrated on an irritant, there is an increased personal control of the situation. This is based together to mobilize the protective capabilities of the organism and self-regulation mechanisms for protection against stress. If this action is enough, then anxiety and excitement subsist, stress ends. Most stresses are allowed at this stage.

b) Stage of resistance - comes in case of stress, which caused, continues to act. Then the body is protected from stress, spending the "reserve" stock of forces, with a maximum load on all body systems.

c) The stage of exhaustion - if the stimulus continues to act, then there is a decrease in the possibilities of confrontation stress, because human reserves are exhausted. The total resistance of the body is reduced. Stress "captures" a person and can lead him to illness.

5) The purpose of meditation: to be able to immerse yourself in a state of complete carelessness and alienation from external objects and internal experiences. Medical preparations act only at the level of processes of excitation or braking in our brain, they do not affect the mental processes of perception, adaptation and response. Meditation gives power and energy to change its emotional reactions. Thanks to this technique, it is easy to adapt to constant changes and overcome stress voltage. Meditation opens an internal source of peace.

6) History of the emergence and development of meditation: meditation in Indian and Buddhist yoga, development received in the spiritual exercises of the Jesuits, in the training of Muslims-Sufires and in some schools of psychoanalysis, aimed at improving the person.

7) Application of meditation: used as healthy people (including sports), so in the treatment of psychological problems and mental illnesses: drug addiction, alcoholism, for removing in patients with anxiety, insomnia and nervous tension.

8) Positive impacts of meditation on the human body:

- a) Stabilizing action on blood pressure level
- b) Reduction of heartbeat and breathing frequency
- c) Reducing the content of stress hormones in the body
- d) Improvement of mental activity
- e) Increased immunity
- f) Stabilization of the activity of brain waves
- g) Energy and vivacity charge
- h) Decrease in stress, anxiety and depression
- i) Reducing fears, phobias, death of death
- j) Improvement of mood, ability to enjoy life
- k) An increase in self-confidence
- l) Improvement of awareness
- m) Improvement of the ability to concentrate
- n) Strengthening emotions control force
- o) Increasing the level of intelligence and organization of thinking

9) The action of meditation during stress: a person who meditates, learns to keep attention to their internal processes, looking at them as if from the side. Gradually, such detachment appears in a conventional state, you are abstract from what happens inside. And you have the opportunity to resist negative emotions.

10) The purpose of meditation is a healthy body and a healthy mind, peace, harmony, balance and happiness. All that is missing in our busy time.

11) Types of meditation: unidirectional and analytical.

12) Meditation technique:

- a) It is best to meditate twice a day, in the morning for 15-20 minutes and in the evening the same;
- b) It is better to meditate in a home and quiet setting, you should not distract;
- c) Do not recommend practicing in such a room where you sleep, in this case there is a great probability that you will fall asleep during the session, because your brain is accustomed to falling asleep in this room;
- d) It is not necessary to sit in Lotus's posture, most importantly, so that the back was straightforward, and you were convenient (the level of the back position is needed to breathe, and the air was better passed through your lungs, it is also necessary to save consciousness);

e) Close your eyes. Try to relax your body completely. Prompt your attention to tense areas of the body. As long as you watch breathing, you can not think about something at the same time.

13) Reaching a good concentration on breathing (Mantra), you will be able to observe thoughts from the side, by how they come and go, as they sail past you as clouds.

14) Tips for those who want to start meditating:

- a) Do not wait for instant outcome
- b) During the session, it is not necessary to strain and climb leather away to stop thinking,
- c) It is better not to meditate before bedtime.
- d) Pay attention to how much you feel in those days when you meditate.
- e) It is better not to fall asleep during the session
- f) You should not eat a lot to and immediately after the session.
- g) Can first be worse.

15) Conclusion: in meditation, we are constantly opening what we are. This may be quite frightening or somewhat boring, but for a certain time it disappears. We are entering a certain natural rhythm and open our minds and the heart that are based on our nature.

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