

Methods of Preventing and Eliminating Stress

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Abstract: This article examines the concept of stress from the perspective of psychology, its causes, and its negative impact on the human psyche. It also analyzes effective psychological methods of preventing and eliminating stress. The article substantiates the importance of the cognitive-behavioral approach, relaxation methods, emotional self-regulation, social support, and a healthy lifestyle in reducing stress. The research results include practical recommendations aimed at increasing stress resistance and ensuring psychological stability.

Keywords: Stress, psychological stability, stress prevention, stress elimination, relaxation, emotional control, cognitive-behavioral approach.

Introduction: As every person grows and develops on the path of life, they strive to reach the peak of perfection and success. At the foundation of this peak stand, first of all, the human body and organism. In it, the mind, heart, and all thoughts and feelings characteristic and appropriate to them are united. For their harmonious interaction, all organs of the organism must function fully. Human health is very important for warning against and overcoming life crises and distress.

Modern people, unwillingly, live in a state of strong stress, and nervous tension regularly accumulates in them. According to scientific research, stress is considered one of the main factors that negatively affect the human organism and psyche. The concept of "stress," introduced by the Canadian scientist Hans Selye, is defined as the organism's adaptive response to external or internal pressures. According to the World Health Organization, prolonged stress leads to depression, anxiety, cardiovascular diseases, and decreased immunity. Therefore, the study of psychological mechanisms for preventing and eliminating stress is relevant from both theoretical and practical perspectives.

From the point of view of psychology, stress is an emotional and physiological state that occurs when the demands of the environment exceed a person's capabilities. Stressors are divided into external factors,

such as social pressure, working conditions, and financial problems, and internal factors, such as self-doubt, negative thinking, and high demands on oneself. The American psychologist R. Lazarus associates stress with a person's subjective appraisal of an event. That is, the same situation causes different stress reactions in different people. Long-term stress causes the following psychological problems:

- ✓ decreased attention and memory;
- ✓ emotional instability;
- ✓ states of aggression or apathy;
- ✓ sleep disorders;
- ✓ depressive states.

Constant stress causes an increase in the hormone cortisol, which negatively affects brain activity and the decision-making process.

METHODS

The main psychological approaches to preventing and eliminating stress are as follows:

Cognitive-Behavioral Approach

This approach is one of the most effective methods in stress management. A person's stereotypes of negative thinking and incorrect decision-making are identified and replaced with positive, constructive thoughts. For example, the thought "I cannot do this" is replaced with "I will solve this situation step by step." In this way, the

level of stress decreases and mental stability increases. The cognitive-behavioral approach can be applied through individual counseling, trainings, or group sessions.

Time Management

Stress often arises as a result of improper time management. Scientific studies show that effective planning of tasks, setting priorities, and dividing time into segments reduce stress by 30–40%. To apply this method, it is important to prepare a daily or weekly work plan, distinguish important and urgent tasks, and set breaks.

Healthy Lifestyle

Physical activity, proper nutrition, and sufficient sleep are natural means of protection against stress. For example, doing light physical exercises for 30 minutes every day, balanced nutrition, and 7–8 hours of sleep reduce the level of stress hormones (cortisol). Regular walks in nature, drinking water, and giving up harmful habits also help reduce stress.

Relaxation Techniques

These methods are aimed at calming the nervous system. Deep breathing exercises, muscle relaxation (progressive muscle relaxation), visualization, and meditation significantly reduce stress levels. For example, muscle relaxation exercises are performed as follows: focusing attention on each muscle group, tensing them for 5–10 seconds, and then relaxing them. When these methods are used regularly, emotional stability increases.

Emotional Self-Regulation

Recognizing emotions, naming them, and managing them are important in reducing stress. For example, when a person feels anger, anxiety, or fear, they regulate these emotions by writing them down on paper, breathing deeply, or taking a short break. Emotional regulation improves the quality of decision-making in stressful situations and prevents negative reactions.

Social Support

Communication with family, friends, and work colleagues reduces stress and stabilizes the mental state. Social support ensures that a person feels understood and valued. For example, discussing problems with close people, receiving advice, or resting together reduces stress.

Psychological Counseling and Psychotherapy

In cases of severe stress, traumatic situations, or constant anxiety, working with a psychologist or psychotherapist is recommended. Through psychotherapy, a person replaces negative thoughts

with constructive thinking, increases stress resistance, and strengthens psychological stability. Individual or group sessions effectively reduce stress.

Additional Methods

- ✓ mindfulness and meditation practices;
- ✓ positive visualization;
- ✓ short breaks and breathing exercises

help restore energy during the working day.

RESULTS

The research results showed that the duration, intensity, and personal perception of stress have a significant impact on a person's psychological and physiological state. Prolonged stress not only reduces mental stability but also harms physical health.

Physiological manifestations: The intensification of stress is manifested through the following physiological signs:

inability to concentrate and quick distraction;

decreased memory and recall ability;

constant fatigue, weakness, and decreased energy level;

muscle pain, headache, discomfort in the stomach and back muscles;

rapid breathing, increased heartbeat;

sweating, paleness or redness of the face, trembling, and other physiological reactions related to stress.

These signs hinder a person's daily activities, reduce work efficiency, and weaken the body's immune system. Studies show that long-term stress increases the level of cortisol and other stress hormones, negatively affecting decision-making and problem-solving processes in the brain.

Psychological manifestations: The psychological impact of stress is manifested through the following conditions:

slowing of thought and inability to concentrate;

difficulty in making decisions and an incorrect approach to problems;

decreased self-observation and self-assessment;

weakness, passivity, and decreased creative activity;

increased fear, excitement, and emotional instability;

uncertainty in communication with the social environment, nervousness, and quick distraction.

DISCUSSION

Effective coping with stress is associated with identifying the factors that cause stress and applying appropriate strategies to them. The research results show that relaxation techniques, the cognitive-

behavioral approach, a healthy lifestyle, and social support are the most effective means of reducing stress. Relaxation exercises, such as deep breathing and muscle relaxation, calm the nervous system and reduce physiological stress reactions that occur as an immediate response. At the same time, the cognitive-behavioral approach regulates a person's emotional state by identifying negative thinking stereotypes and replacing them with positive thoughts, significantly reducing the level of stress.

A healthy lifestyle, including physical activity, proper nutrition, and sufficient sleep, reduces the negative effects of stress and strengthens the body's natural defense mechanisms. At the same time, social support and communication with relatives and friends allow a person to maintain psychological stability and ease emotional burdens. Personal experience and scientific research show that when a person is able to manage their emotions, their stress resistance increases and psychological stability is strengthened. This means that stress management is not only a mechanism for solving problems, but also an integral part of personal development and mental health. From this point of view, stress management strategies must be adapted to individual characteristics, living environment, and social context.

In addition, the research results show that prolonged and intense stress conditions significantly affect a person's creative activity, decision-making ability, and social relationships. Early identification of stress and the application of appropriate psychological strategies are important for maintaining efficiency, mental stability, and health in a person's daily life.

Another aspect to be discussed is that stress management requires an individual and collective approach. That is, along with personal relaxation and cognitive-behavioral exercises, psychological counseling, group sessions, and social support systems are more effective in reducing the negative effects of stress. Therefore, stress prevention and management should include comprehensive strategies and harmonize individual and social resources.

The results show that regular practical exercises and psychological education on stress management increase a person's psychological resilience, improve social adaptation, and strengthen mental stability. Therefore, coping with stress is a relevant and necessary direction in ensuring personal and public health.

CONCLUSION

Stress is a factor that has a serious negative impact on the human psyche, and its prevention and elimination are important in maintaining psychological stability and

strengthening mental health. The research results show that stress significantly affects a person's physiological and psychological functions, including concentration, memory, decision-making, and emotional stability. Prolonged stress is also dangerous to health and can lead to cardiovascular diseases, decreased immunity, and depressive conditions. The following main psychological strategies play an important role in managing stress and reducing its negative impact:

Cognitive-behavioral approach – identifying a person's negative thinking stereotypes and replacing them with positive thoughts significantly reduces the level of stress, regulates the emotional state, and improves decision-making ability.

Relaxation methods – deep breathing, muscle relaxation, meditation, and mindfulness exercises reduce stress and calm the nervous system.

Healthy lifestyle – regular physical activity, proper nutrition, sufficient sleep, and healthy daily habits serve as natural protection against stress.

Social support – social assistance received from relatives, friends, and society reduces the negative effects of stress and increases psychological stability.

Stress management also requires an individual and collective approach. This is carried out by increasing a person's self-regulation ability, developing emotional intelligence, and effectively using social resources. The study showed that regularly performing psychological exercises, applying relaxation techniques, and maintaining a healthy lifestyle increase a person's resistance to stress, strengthen psychological stability, and contribute to success in daily life.

As a result, stress management is of central importance not only in personal development but also in ensuring mental and physical health. By using the scientific achievements of psychology, the practical implementation of effective anti-stress strategies makes it possible to increase a person's psychological resilience and lead a healthy and productive life. Therefore, strategies for preventing and eliminating stress are an integral part of personal development, strengthening mental health, and ensuring social well-being.

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