



WAYS TO PROVIDE PSYCHOLOGICAL HELP TO GET OUT OF DEPRESSION

Khakimova Sarvinoz Sharifjan's Qizi

Student of pedagogy and psychology

Email address: sarvinozhakimova122@gmail.com

Article history:		Abstract:
Received:	11 th January 2024	In this article, instructions were given about the situations of depression that a person may encounter during his life, the consequences of stress, how to provide psychological help to people to get rid of depression and how to create a psychological environment.
Accepted:	7 th March 2024	
Keywords: People, society, consciousness, depression, depression, stress, suicide, psychological support, psychological environment.		

Today, in the era of rapid development of modern technology, due to the large amount of information received in people's minds, they often experience severe fatigue, stress, depression, and anxiety. This situation sometimes leads to suicide, the most dangerous negative (bad) situation due to boredom with life, loss of interest, family disputes and separations. Many people get stressed and depressed and find it very difficult to get rid of it. Because stress is a companion that accompanies almost every person living in life. Stress is a state of overexcitement, overexertion, nervousness that occurs as a result of strong impressions in humans and animals. A specific neurohormonal reaction developed in the body to various impressions. This concept was first introduced into science by G. Selye, who said that stress, along with harming the body, has beneficial aspects as well. Increased stress causes the body to weaken, weaken, and lose the ability to solve problems. A lot has been said and written about depression, sadness... We all know that sadness is bad, it causes many diseases. But despite this, many do not want to let go of their resentment. Everyone has their own reasons for being sad. It can be different: big and huge, deep or hidden. Such negative conditions in a person gradually increase:

- anxiety
- depression
- stress
- such as suicide.

All this is caused by strong nervousness and constant depression. Among people, especially in people with choleric and melancholic temperament, the tendency is observed a lot. Because they choleric type people, get nervous quickly. Choleric - the temperament is characterized by rapid and strong emotions, great affect, irritability, inexhaustible enthusiasm, more mobility, clear gestures and rich facial expressions. They are impatient and hasty, irritable, impatient, stubborn, aggressive and quarrelsome. Belongs to people of choleric type. We got rid of only their negative aspects. And now, people with Melancholic temperament! Melancholic - the temperament is characterized by a relatively low variety of emotions and their slow appearance: outwardly, emotions are almost not noticeable: a Melancholic person is not bothered by much, but the feeling when they do occur, it is usually deep, persistent, and quite intense. A person from Melancholic is often in a sad mood. They are shy and shy, lose themselves in new situations, do not believe in their own strength and capabilities, love solitude, lose themselves in failures, he likes to be alone, gets tired quickly, his speech is weak when he speaks, sometimes he whispers. He can't help but get used to the character of his interlocutor, he is impressionable, he can even cry, he is demanding of himself and those around him, he is prone to suspicion, pettiness, he is impressionable and quickly absorbed in speech, and he gets upset too quickly.

It can be seen from such characteristics that they take too much of what is coming from around them and cannot tell their feelings to anyone. As a result, it is very easy for them to get depressed.

DISCUSSION AND RESULTS: Life is a battlefield. Only the winners can reach the final destination. Only the strong will win, only the strong-willed will not stop. Tell me, in whose life there will be no disappointments? Whose life consists only of happy moments until the end? It is very difficult for us to answer this question. We can't just look at it lightly. Because this life is not all about ease. It is worth saying that President Shavkat Mirziyoyev said, "Ensuring the rights and freedoms and legal interests of minors and young people, as well as the legal interests of people, preserving their life and dignity, and their spiritual, intellectual, physical and moral development is the most important issue before us." Because a strong country produces strong people. Not only boys but also girls are capable of strength and willpower. There are many consequences that cause a person's weakness. But these conditions in a person first lead to depression, stress and then depression. What is depression? Depression is a mental illness in which a person feels hopeless about life and people it can cause insecurity, depression, loneliness, stress, constant worry and similar bad feelings. Depression

(lat. depressio - depression, depression) is a period of stagnation that begins as a result of stress and after it. Depression is a lack of will, happiness is a will, depression is an illness, health is happiness, depression is crying, happiness is a smile. Forming health is knowledge, thinking about illness is just a collection of knowledge that your brain knows. How to complain about illness and run from doctor to doctor without being able to overcome the pain is a set of specific goals and needs created by the brain. Depression is a disease characterized by a sudden drop in mood, numbness of thoughts, and loss of desire for any action. Long-term depression has a negative impact on work, relationships with others, and can lead to the development of serious diseases. Depression reduces the quality of life, so it is necessary to get out of it as soon as possible. A person faces many depressions during his life. These are different from each other. That is, we are referring to cases of depression. Here are some tips on how to do this:

1. Sleep on time. Lack of sleep and rest can make depression worse. Therefore, it is necessary to ensure at least 8 hours of sleep a day. You need to go to sleep before 11:00 PM for complete rest. The bedroom should be quiet and dark. It is also important to pay attention to the air temperature in the room.

2. Take a break. The rhythm of modern man's life is more like a race, they work more and get less. Those who are depressed should rest more. Meditations based on deep breathing and visualization of beautiful images help very well.

3. Change the situation. Often, to get out of depression, it is enough to change the environment: it is necessary to change the position of furniture at home, go on a trip, visit the theater and exhibitions, create a new lifestyle.

4. Change the environment. Society has a great influence on a person. Communication with depressed, unhappy people leads to depression. Therefore, try to communicate with active, cheerful and happy people. new to meet interesting people, you can go to some training sessions, join hobby clubs.

5. Increase physical activity. Psychological state is directly related to physical activity. Moderate exercise improves mood. You can start it with regular exercise and small jogging, going to the gym, dancing or yoga are even better. It not only provides physical activity, but also allows you to change the situation and environment. How to get out of depression?

Do you know what is the most asked question to psychologists? This is "How to get out of depression?" the question. It is wrong to say that all those who ask such questions are depressed. Some people simply mistake bad mood or sadness for depression. However, if not treated in time, depression can go from mild to suicidal. Rest If your depression is caused by exhaustion, rest without paying attention to anything. The main symptoms of depression: Low or no self-esteem;

- Getting stuck on one idea;
- Depression and hopelessness;
- Loss of the meaning of life and lack of goals;
- Reluctance to do something;
- Seeking justice;
- Losing one's own "I";
- Dependence on something or someone.

CONCLUSION: In life, a person can get out of any situation. For this, he must have a strong desire. In some situations, people get so depressed that they get tired of everything, lose interest in anything, and some even lock themselves in a dark room. But this is not a solution, that is, it is not the path of a perfect human being. We must grow up to be strong people in a strong society. We should not stop working for this. Anyway, this is fate, God is kind! believe that if one door closes, a thousand and one doors will open. May this be your motivation throughout your life. Because you are strong! Here is a quote from the famous philosopher Socrates: There are two disasters of the mind. One is grieving over the past, the second is to worry about the future work. If a person is very sleepy from the first, then he suffers from insomnia." it is permissible to think of sentences like

REFERENCES:

1. Shavkat Mirziyoyev -"Milliy taraqqiyot yo'limizni qati'yat bilan davom ettirib, yangi bosqichga ko'taramiz".Toshkent- O'zbekiston 2017.
2. Z.T.Nishonova, N.G.Kamilova, D.U.Abdullayeva, M.X.Xolnazarova"Rivojlanish psixologiyasi", "Pedagogik psixologiya" –
3. M. X. XOLNAZAROVA "Xulqi og'ishgan bolalar psixologiyasi"
4. R. A. MAVLONOVA "Tarbiyaviy ishlar metodikasi".
5. Nodira Egamberdiyeva" Ijtimoiy pedagogika".
6. B.A.Sodiqov, L.S.Qo'chqorov va Sh.Q.Qurbonov. " Bolalar va o'smirlar fiziologiyasi va gigiyenasi", Toshkent- 2005;