



HEALTH PSYCHOLOGY: COPING WITH STRESS AND MAINTAINING MENTAL WELL-BEING

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Abstract: *in the field of Health Psychology, it is important to deal with stress and maintain mental well-being. Modern living conditions, rapid changes, social and economic pressures can cause people to be stressed. Stress, in turn, can negatively affect mental and physical health. Therefore, it is necessary to study the methods of managing stress and maintaining mental well-being.*

Key words: *health, psychology, mental problems, stress, financial difficulties, depression.*

Stress is the process by which the human body responds to the external environment. It can be positive and negative. Positive stress increases motivation in situations such as getting a new job or preparing for an important event and motivates a person to act actively. However, when negative stress persists in the long term, it can harm mental and physical health. The long-term effects of stress can lead to depression, anxiety, insomnia and other mental problems. The first step in managing stress is to identify its causes. Everyone feels stress for different reasons. Work problems, family conflicts, financial difficulties, or health problems can be the main sources of stress. Identifying the causes of stress can help you find ways to solve them. Understanding and paying attention to one's own emotions is also important in managing stress.[1]

One effective way to manage stress is physical activity. Exercise, such as running, swimming, or yoga, can help lower stress levels. Physical activity



produces endorphins in the body, which improves mood and increases mental well-being. Physical activity serves as a good tool to reduce stress, as it helps to focus attention on other things. Also, through physical activity, a person feels strong and healthy, which provides additional motivation in combating stress. Meditation and breathing exercises are also effective ways to manage stress. Meditation helps a person focus on the present, which reduces stress and ensures spiritual peace. Breathing exercises, on the other hand, help calm the body, reduce stress levels and increase mental well-being. Regular use of these techniques leads to effective results in managing stress and maintaining mental health.[2]

Social support also plays an important role in managing stress. Communicating with family and friends, sharing their feelings, helps to reduce stress. Social interactions increase a person's mental well-being and help manage stress. It is also important in providing social support, support and motivation for a person in difficult situations. Interaction and sharing ideas with others increase a person's ability to manage stress. Another important aspect for managing stress is time management. Effective planning of your own time will help reduce stress. Organizing tasks according to their priorities will help save time and reduce stress. Also, setting rest times helps self-recovery and plays an important role in maintaining mental well-being. Managing one's own time can help improve one's quality of life and reduce stress. To maintain mental well-being, it is also important to lead a healthy lifestyle. Healthy eating, adequate sleep, and physical activity are important in maintaining mental health. A healthy lifestyle can help reduce stress and increase mental well-being. A healthy diet will provide the body with the necessary vitamins and minerals, which will improve mental health.[3]

It is also important to develop personal strategies in dealing with Stress and maintaining mental well-being. Each person's methods of dealing with stress can be different. Finding self-appropriate methods leads to effective stress management



results. It also requires awareness and attention to one's own feelings. Self-awareness increases a person's ability to deal with stress and helps maintain mental well-being. It is also important to get professional help in managing stress and maintaining mental well-being. Psychologists and psychiatrists can help solve stress problems. They support the development of strategies to improve a person's mental health and manage stress. Getting Professional help will help a person realize their problems and find ways to solve them.[4]

Conclusion:

In general, dealing with stress and maintaining mental well-being are important aspects of Health Psychology. The use of various techniques to manage stress is important in improving mental well-being and maintaining health. It is necessary for everyone to find an individual approach to managing their stress and maintaining their mental well-being. This, in turn, helps to improve the quality of life and strengthen mental health.

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