

## MODERN METHODS OF OVERCOMING STRESS AND ANXIETY

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**Abstract:** *stress is a 100% normal body response, as is anxiety. There is even a structure in the brain that directly bursts with electrical activity during fear - this is an almond-shaped body (1). There is corticoliberin (2) that increases dramatically at a time of fear, in fact, he is responsible for this feeling.*

*Moderate fear and anxiety improve brain function! You come up with creative solutions to a problem, your memory seeks to remember the reason for this fear, so that then you do not get into it. In the end, on alarm, we could learn several dozen tickets on the exam in half the night. We have an improved reaction and more strength. So fear and anxiety are definitely not evil! Only here is the line, when anxiety is too high, when a hungry beast does not run after you, there is no war, you are in conditional safety, but every new thought is more depressing than the previous one and how the turbine accelerates the pulse. There are different tests for assessing the alarm level, for example: anxiety test To assess the level of anxiety, there are different tests, for example: the Spielberg anxiety test. Quite clearly and understandably: they scored conditional 40 points, and the norm is up to 50, which means in general all OK! The problem is that such tests are generalized. A person can parachute and climb, but have sociophobia. That is, in one rather bold, and how to tell something in people, so immediately IQ minus 30 points and pulse + 100. On average, he will be normal. So just think about what's going on with you.*

**Keywords:** *stress, anxiety, phenibut, sport, fear.*

## СОВРЕМЕННЫЕ МЕТОДЫ ПРЕОДОЛЕНИЯ СТРЕССА И ТРЕВОГИ

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**Аннотация:** *страх — это 100% нормальная реакция организма, как и тревога. В мозгу даже есть структура, которая прямо взрывается электрической активностью при страхе — это тело миндалевидной формы (1). Есть кортиколиберин (2), который резко возрастает в момент страха, собственно, он и отвечает за это чувство. Умеренный страх и тревога улучшают работу мозга! Вы придумываете творческие решения проблемы, ваша память стремится вспомнить причину этого страха, чтобы потом вы в нее не влезли. В итоге по тревоге мы смогли выучить несколько десятков билетов на экзамен за полночи. У нас улучшилась реакция и большие сил. Так что страх и тревога точно не зло! Только вот черта, когда тревога слишком высока, когда за тобой не бежит голодный зверь, войны нет, ты в условной безопасности, но каждая новая мысль угнетает предыдущую и как турбина разгоняет пульс. Для оценки уровня тревожности существуют разные тесты, например: тест тревожности Spielbergera. Достаточно четко и понятно: набрали условные 40 баллов, а норма до 50, значит в целом все ОК! Проблема в том, что такие тесты являются обобщенными. Человек может прыгать с парашютом, но страдает социофобией. То есть в одном довольно смел, а как на людях что-то рассказывать, так сразу IQ минус 30 баллов и пульс +100. В среднем он будет в норме. Так что просто подумайте о том, что с вами происходит.*

**Ключевые слова:** *стресс, тревога, фенибут, спорт, страх.*

**Relevance:** Consider what methods will help us to dull this feeling.

Cognitive behavioral therapy (CBT)

Each person has developed automatisms in behavior. Some are useful, some are destructive. For example, some kind of aerophobia. You probably know that the chance of dying in an accident is significantly higher than during flights, but it is difficult for a person with pathological fear of aircraft to understand this. He will rather drive unstrapped than fly somewhere, which is doubly dumber. His brain will resist even iron arguments in every way. Or, for example, the reliable fact that obesity leads to depression and will kill you faster from some kind of heart attack (unless among the elderly - a small amount of excess weight does not harm - , but people are not afraid of it! There are even bodypositive movements, although it is also possible to create a drug repository for harm to the body (a bottle of vodka a week will take even a little less years of life than obesity). What are people afraid of? Darkness, well or 20-30% of adults are afraid to receive treatment through needles.

### Breath

Taking a breath, we turn on the sympathetic nervous system, accelerating the heart rhythm a little. And when we exhale, the parasympathetic nervous system turns on and the vagus nerve is activated, slowing down the processes in the body (which is why many types of meditation emphasize elongated exhalation. Meditation, by the way, also works for anxiety.

During inhalation, the interval between two heart strokes is shorter than during exhalation. With anxiety or fear, we usually breathe more often than we only add fuel to the fire. To dull the alarm, try exhaling 2-3 times longer than inhaling for at least a minute. The same way helps to sleep faster.

### Anxiolytics

The main group of substances that simply destroy anxiety is anxiolytics or tranquilizers. One of the most powerful substances in this group is phenazepam. It should be taken only on the recommendation of the doctor, since it can be easily put on if you drink more than a week, in some cases. By the way, he is often appointed precisely during panic attacks. That is, if a person is panicked, then at that moment phenazepam works well. And since real panic attacks do not occur every day, but rather once every few months, addiction is technically impossible. I repeat, if you have a serious anxiety - go to the doctor, perhaps there is not only anxiety, but for example, mixed anxiety and depressive disorder, then the treatment is selected differently, along with antidepressants.

A lighter drug, but also with less addictive potential - Tofisopam. It is called a daytime anxiolytic. As a rule, anxiolytics often have overlapping effects in the form of slowing down reaction or drowsiness, so they are extremely dangerous for drivers. However, the tofisopam is dominated by the anti-alarm effect and you will not become a brake. Phenazepam and tofisopam data do not have international studies, but this does not tell us that they are not effective.

### Phenibut

In recent years, research has emerged that phenibut, which some consider to be a placebo - can form a dependence on GABA type. In the USA, 22 cases of the development of psychosis after withdrawal of phenibut are described. This is not a lot if you figure out how many people used it at all. Here you can recall CBT: people are not afraid to drink and smoke, killing their brains, bodies and shortening their lives, but 22 cases of psychosis from phenibut are horror! But I still assume that the standard protocols for treatment with phenibut, when taken 1-2 months, will be revised in the future towards small courses of 1-2 weeks or rare appointments, 1 time a week at 500 mg, for example, it will be safer (19).

Due to the effect on GABA-B receptors, phenibut can both improve mood and reduce anxiety. Which will also indirectly help to think better, especially in "nervous" conditions. Therefore, this nootrope-anxiolytic is important to mention.

### Stress and anxiety

Corticosteroids and the famous cortisol are more related to stress and prolonged stress, but at the moment they can dull a sense of fear.

Here we have 2 groups of people with sociophobia, one gave a placebo, the second - 25 mg of cortisone. Then everyone was given a stress test, namely to make an unprepared speech to the audience and still solve simple arithmetic problems in their minds. A good task for sociophobes, this is definitely a way out of the comfort zone. As you can see, fear was lower in the cortisone group.

Stress and fear are different feelings! You can do intensive training in 10 minutes, get the production of stress hormones, but this does not mean that you will suddenly grow anxiety and fear. It turns out even vice versa, increased stress reduces fear. Therefore, stress is not so evil. Things get bad when there's a lot of stress. That is, when you sleep poorly, there is less and less money, conflicts arise in the family, at work, then some spider will not frighten you much. But the body will wear out faster. If you think that you have no particular stress in life, then to reduce anxiety, options with sports, a bath or stand for a minute under a cold shower can be considered good. If stress is also anxiety, then meditation and deep sleep are perhaps the best non-drug options.

Well, very briefly on such substances that help to forget traumatic events, that is, substances that reduce anxiety, through the "erasure" of negative experiences. There is a major publication on this topic. Research again focuses on the GABA system, but there are other interesting points. For example, activation of 5-HT<sub>2A</sub> serotonin receptors reduces the electrical activity of the amygdala, a person simultaneously reduces anxiety and depression, but the problem is that agonists of this receptor often banned things that cause hallucinations.

### Conclusion:

- Fear is a normal process. Excessive fear and anxiety should be treated with a doctor. You can take the Spielberg test to understand your anxiety level.

- Anti-anxiety substances + CBT, today is the standard for treating anxiety and fear.

- With mild anxiety, try to focus on taking a long breath. And if there is no strong background stress, then training will be able to dull fear. Of the substances, let be: phenibut, tofisopam or GABA.

- Of course, the hormone plays a huge role. This article focused on bringing yourself to a stable state, when there is simply no strong anxiety, and confidence is already above the normal state.

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