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MENTAL SELF-REGULATION AS A MEANS OF PRESERVING AND RESTORING PERSONAL WELL-BEING AT THE TIME OF MODERN CONDITIONS OF MARTIAL LAW

Numerous transformations determining the development of modern society are reflected in various spheres of human life activities. It is common knowledge that an individual's well-being depends on a number of factors, the leading one being health, which is a rather complex and multifaceted phenomenon, which, according to WHO recommendations, is defined as a state of complete physical, mental and social well-being hence not only the absence of illnesses or disorders. In turn, a person's health depends on many factors. Thus, one of the destructive factors affecting one's health and well-being is being in stressful, tense situations (especially for a long time or permanently), which is one of the signs that society is in crisis. A person faces various stressors at different stages of one's life, which could affect his/her well-being, hinder the self-actualization. In modern conditions of martial law, the very act of living becomes an exceptionally potent stressogenic factor, imposing extraordinary demands

on both the body and the individual as a whole. In our opinion, one of the effective ways to preserve individual well-being can be mental self-regulation as a system of tools helping to effectively resist various negative factors, regulate one's physical and mental condition, properly utilize inner resources.

The purpose of the paper is to analyze the features of mental self-regulation as a method of preserving individual well-being of modern conditions of martial law.

The paper established that the inability to control one's emotions and feelings, adapt to new requirements and conditions are significant obstacles to success intentions, causing the emergence and development of various neuropsychiatric and psychosomatic disorders and diseases. Mental self-regulation is considered one of the effective solutions involving individual's ability to control one's own psycho-emotional state using several methods, including imaginary images, words, actions. It should be noted that effective mental self-regulation prevents the accumulation of overexertion, helps to restore health and strength, stabilizes psycho-emotional background, enhances control over one's emotions and behavior in general, reduces the risk of traumatic factors causing adverse effects, improves mood and mental performance.

The most basic and accessible tools of mental self-regulation are methods of positive thinking; observing something beautiful; viewing photos; caring for plants and animals; walking in the fresh air in parks or woods; listening to one's favorite music, engaging in moderate physical activity, etc. Following aspects should be considered when using mental self-regulation: first, it is a precaution against negative emotional states; secondly, it reduces the intensity of already existing destructive conditions.

Analysis of existing methods and techniques of mental self-regulation indicates their diversity, so for their more convenient use, experts often divide them into different groups or classify according to different criteria. The majority of mental self-regulation methods are performed at voluntary and conscious levels. Techniques of mental self-regulation can be divided into two groups: psychophysiological and psychological. Psychophysiological methods of mental self-regulation are based on the relationship of mental and physiological functions, and therefore involve influencing the emotional

state through the arbitrary control of one's own breathing, movements, usage of temperature stimuli and more. Accordingly, the following are distinguished: muscular techniques, characterized by reduction of muscle tension leading to calmness, relaxation, while the increase of such tension – to the activation of nervous system and mobilization of human inner resources; breathing techniques based on the relationship of emotional state with the type of breathing (calming or mobilizing); techniques based on the use of temperature stimuli are based on the notion that low temperatures invigorate and empower the human body, while warm – soothe and relieve stress.

The essence of psychological techniques of mental self-regulation is the interaction between emotions and mental, cognitive and volitional processes, along with interaction with different emotions. According to the type of mental process being used as a leader in the process of exercising the necessary self-influence, we can distinguish volitional, rational, mnemonic and other techniques based on imagination and attention, emotional stress and behavioral techniques. Thus, volitional methods of self-regulation are based on volitional effort and are aimed at overcoming difficulties on the way to achieving the goal. Rational techniques involve reducing stress effects by logical thinking, appeals to reason. Imagination-based techniques aimed at reducing psycho-emotional stress by activating the imagination and creating the right images through self-suggestion, modeling the future situation, using the right image, and so on. Mnemonic techniques involve purposeful activation of the necessary positive memories and experiences in the memory. Techniques based on switching attention involve the development of an ability to switch attention from something unpleasant to pleasant or neutral things or actions. Emotional stress techniques include those methods aimed at causing a person to feel eustress. Most of these techniques are based on the activation of individual's creative potential, which involves production of creative objects, creative communication with nature, engagement in various kinds of arts, travel, search for inspiration in everyday life. Behavioral techniques include self-regulation methods improving the psycho-emotional state due to the implementation of certain forms of behavioral activity through a person's awareness of what brings her/him anxiety and excitement.

Given the variety of the above-mentioned methods of mental self-regulation, it is important to consider person's age, current state of health and individual psychological characteristics before applying these techniques.

Thus, we can conclude that mental self-regulation is one of the effective means of preserving the individual's well-being, which will certainly contribute to its harmonious functioning. Comprehensive mastery of mental self-regulation techniques will reduce the manifestation of destructive psycho-emotional states and feelings that may arise in individuals as a result of the action of various stressors typical for a life in modern conditions of martial law.