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THE WAYS OF IMPROVEMENT THE STRESS RESILIENCE

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Stressors have a great impact on a person's mood, well-being, behavior and health. On the one hand, acute stress reactions can be adaptive, on the other hand, long-term exposure to stressors can disrupt health. The relationship between psychosocial stressors and the development of the disease is influenced by the nature and number of stressors, as well as individual stress resistance, i.e. resources for overcoming stress [1].

Stress is defined as a condition that disrupts the physiological or psychological homeostasis of the body, caused by interaction with certain environmental factors [2].

As a multifaceted state, stress affects almost all aspects of the person's life, while chronic stress can lead to overload of functional systems with long-term damage, that is, cause destructive changes in the body, in particular in the central and peripheral nervous system [3].

Chronic stress is also a risk factor for impaired cognitive functions of the brain, namely information perception, memory, speech, attention, psychomotor function, social intelligence and control functions such as the ability to plan [4].

On the other hand, there are difficulties in determining the degree of influence of stressful factors, especially when the human body is regularly faced with situations that require immediate decision-making or an adequate assessment of actions [5]. Stressful factors contribute to the development of physiological, psychological and behavioral reactions, but the individual organism reacts differently to the action of stressors, which is due to different levels of stress resistance. Some researchers believe that stress resistance depends on the personal qualities of a person, which allow them to adapt more effectively to the circumstances they face [6]. That is, stress resistance is the ability to maintain homeostasis under the influence of stressful factors [2]. It is known that changes in the activity of functional systems under the influence of long-term exposure to stressors are called allostasis, and the biological cost of these changes is known as allostatic load [7], which depends on existing chronic diseases, bad habits and lifestyle, in particular physical activity and nutrition [1]. In turn, allostatic load is associated with stress mediators, such as cortisol, which, with prolonged elevated basal levels, leads to tissue damage, disrupts the psychological and physical functioning of the body, namely, contributes to the development of pathology of the cardiovascular

system, overweight, anxiety, depression, immune system disorders, sleep and other disorders [8].

Therefore, it is necessary and vital important to understand the main factors that improve stress resistance and mechanisms to reduce the destructive effects of stress. The most common among such factors are the following: balanced and conscious eating [9], regular physical activity [10], meditation and deep breathing techniques [11], mental health counseling or other social support [12], practice work-life balance [13], proper sleep hygiene [14].

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