2. Scham – und die Augen der anderen. Verantwortung für unsere Welt. Unterrichtsmaterialien in digitaler und in gedruckter Form. E-learning-academy AG. School-Scout. 2023. S. 1–25. URL: file:///C:/Users/DELL/Downloads/Vorschau_72231_Scham_%E2%80%93_und_die_Augen_der_anderen.pdf M (дата звернення: 30.03.2023).
3. Stephan Marks. Scham – Hüterin der Würde. Systhema. 2020. S. 323–328. URL: https://if-weinheim.de/fileadmin/dateien/systhema/2012/03-2012/Systhema%203_2012%20Marks.pdf (дата звернення: 30.03.2023).

Siriak Victoria,
Speciality Hotel and Restaurant Business,
course II, specialisation Restaurant Service,
Burshtyn Professional College of Trade and Economics
of State University of Trade and Economics,
Burshtyn, Ukraine
Scientific supervisor ***Voikina Natalia,*** *teacher-methodologist,*
Burshtyn Professional College of Trade and Economics of SUTE

THE PSYCHOLOGICAL STATE OF A MAN IN THE CONDITIONS OF WAR AND ISOLATION

> "Just as the greatest physical evil is death, so the greatest moral evil is of course, war" Voltaire [2].

The conditions of war can affect the psychological state of a person very negatively. War is a difficult test for people and can cause anxiety, depression, fear, post-traumatic stress disorder (PTSD) and other psychological problems.

Anxiety and fear are natural responses to threat, and war is a high-risk situation that can cause anxiety and fear in many people. They may feel helpless and impressionable, which can lead to the development of depression and other psychological problems.

Post-traumatic stress disorder (PTSD) is also a serious problem that can be as a result of war. It is a condition that develops after a person has witnessed or experienced a horrific and dangerous event, such as combat. Symptoms of PTSD can include repeatet memories of the event, severe anxiety and fear, feelings of alienation from other people, etc.

Who can get PTSD:

Post-traumatic stress disorder can happen in people who:

lost brothers, relatives or friends in the war;

saw the killed;

shot at people;

were or are under fire;

worried about relatives or friends who are in danger;

felt abandoned, alone and betrayed;

witnessed a terrorist attack;

got captured or were surrounded.

Symptoms of post-traumatic stress disorder:

uncontrolled and constant thoughts about traumatic events, dreams about them;

feeling of constant danger;

excessive excitement;

avoiding references to the trauma;

panic attacks such as a feeling of fear, shallow breathing, nausea, rapid heartbeat, chest pain;

abuse of alcohol, cigarettes or drugs;

troubles in everyday life;

problems in the relationship, distance from the partner;

suicidal thoughts.

inability to express and show emotions: cry, rejoice, sympathize [1].

War conditions can also increase the risk of drug and alcohol use. This can be an attempt to escape the anxiety and stress that people feel, but it can also lead to addiction and other psychological problems.

"The war is not only on the front line. On the front line, it is material, physical, and outside it is psychological. War is a traumatic epidemic" (Mykola Pirogov) [3].

Now let's consider **the stages of grief**, such as: loss, shock, numbness, denial, emotional outbursts, anger, fear, searching for a way out, disorganization, panic, guilt, loneliness, isolation, depression, problems with returning to normal life, new relationships, new ways to live, hope, rethinking, helping others, adapting to loss.

It is important to remember that our states can change. And this is very good, because changing states shows that the psyche is moving, that we are living it.

Isolation can also have a negative effect on a person's mental state. Feelings of loneliness and isolation can lead to depression, anxiety and other psychological problems. It can affect people with health problems, the elderly and children especially hard.

To relieve psychological stress in conditions of war and isolation, such actions as regular conversations with loved ones, carrying out various physical and stress-reducing exercises, ensuring a structured day and regular sleep, carrying out various relaxation practices such as meditation, yoga and others can be useful . It is also possible contact psychological specialists who can help solve psychological problems and provide support in difficult life situations.

If you want to help a person maintain their psychological state in the conditions of war, you may need the following tips:

1.Support: Support from loved ones, friends and co-workers can be extremely helpful. It is important to show the person that he is not alone in his situation.

2. Regular rest: It is important to find time for rest and relaxation to reduce stress levels. This may include doing his favorite activities or simply taking a break from increased activity.

3. A healthy lifestyle: A healthy lifestyle can help reduce the effects of stress. Regular exercise, a healthy diet, and adequate sleep can help maintain good health and reduce stress levels.

4. Seeking psychological support: If a person feels that needs psychological support, it is important to find an experienced psychologist or psychiatrist who can help with understanding and overcoming emotions.

5. Understanding your emotions: It is important to pay attention to your emotions and express them. This will help to understand what situations can cause stress and how to better cope with them.

So, Life goes on despite the war. Our main task is to survive these traumas and come out of it all with post-traumatic growth, not disorder.

References

1. Вікіпедія. URL: https://uk.wikipedia.org/wiki/ % D0 % 9F % D0 % BE % D1 % 81 % D1 % 82 % D1 % 82 % D1 % 80 % D0 % B0 % D0 % B2 % D0 % BC % D0 % B0 % D1 % 82 % D0 % B8 % D1 % 87 % D0 % BD % D0 % B8 % D0 % B9_ % D1 % 81 % D1 % 82 % D1 % 80 % D0 % B5 % D1 % 81 % D0 % BE % D0 % B2 % D0 % B8 % D0 % B9_ % D1 % 80 % D0 % BE % D0 % B7 % D0 % BB % D0 % B0 % D0 % B4

2. Демиденко Г.Г. Історія вчень про право і державу: Навчальний посібник. § 1. Політична програма Вольтера. URL: http:// politics.ellib.org.ua/pages-3920.html

3. Пирогов М. Цитата #4155. URL: https://www.work.ua/ articles/ expert-opinion/2862/