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СОҒЛОМ ФИКРЛАШ СОҒЛОМ ТУРМУШИНИНГ АСОСИЙ СИФАТИДИР

ЗДОРОВОЕ МЫШЛЕНИЕ - ГЛАВНОЕ КАЧЕСТВО ЗДОРОВОЙ ЖИЗНИ

HEALTHY THINKING IS THE MAIN QUALITY OF A HEALTHY LIFE

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Аннотация

Ушбу мақолада саломатлик бу табиатнинг берган энг катта ва бетакрор тухфаси эканлиги ҳақидаги маълумотлар баён этилган. Шунингдек соғлом одам аввало ўз ҳаётини, турмуш тарзини тўғри баҳолай олиши, инсонни ўз орзу мақсадларига, интишлари ва муваффақиятларига эришишида уни тўғри фикрлаши, ўз фаолиятини тўғри ташкил эта билиши муҳимлиги, руҳий саломатлик орқали жисмоний саломатликни сақлаш ва бошқариш йўллари ифодаланган. Шахс томонидан саломатликни психологик нуқтаи назаридан бошқариш механизмлари кўрсатиб берилган.

Калит сўзлар: руҳий саломатлик, соғлом турмуш тарзи, суицидал ҳатти-ҳаракатлар, онг ости фаоллашуви, девиант ҳуққ, одам, организм, муайян ритм, кўникма, саломатлик, меъёрлар, туриш, чиникиш, дам олиш.

Аннотация

В этой статье информация о том, что здоровье - это величайший и уникальный дар, который дарит эта природа, а также о том, что здоровый человек, прежде всего, может правильно оценивать свою жизнь, образ жизни и так далее окружающих людей. Человеку важно правильно мыслить в достижении целей своей мечты, стремлений и достижений, уметь правильно организовывать свою деятельность. Через психическое здоровье выражаются способы поддержания и управления физическим здоровьем. Управление здоровьем с психологической точки зрения индивидом проявляется в механизме.

Ключевые слова: психическое здоровье, здоровый образ жизни, суицидальное поведение, подсознание, девиантное поведение, человек, организм, определенный ритм, навык, здоровье, нормы, выдержка, характер, отдых.

**Annotation**

This article contains information that health is the greatest and unique gift that this nature gives, as well as that a healthy person, first of all, can correctly assess his life, lifestyle and so on of people around him. It is important for a person to think correctly in achieving the goals of his dreams, aspirations and achievements, to be able to organize his activities correctly. Through mental health, ways of maintaining and managing physical health are expressed. Health management from a psychological point of view by an individual is manifested in a mechanism.

Keywords: mental health, healthy lifestyle, suicidal behavior, subconscious, deviant behavior, person, organism, certain rhythm, skill, health, norms, endurance, character, rest.

Introduction

Health is the greatest and most unique gift that nature has given. A healthy person will first be able to correctly assess his life, lifestyle, and will encourage those around him to do the same. It is important for a person to think correctly, to be able to properly organize his activities in order to achieve his dream goals, aspirations and successes. It requires a great volitional effort from a person, work on oneself and control. A healthy lifestyle and mental health should become a natural and organic need of a person, which should be adhered to in a conscious, voluntary way throughout his life.

Mental health implies not only the hygiene of the body-body, but also the spiritual sphere, psychogigiena associated with healthy thinking in relation to moral norms, self-education. Therefore, the child should be taught a healthy lifestyle from an early age. In them, it is necessary first of all to form a healthy and long-lived adaptation. Human health depends on its lifestyle in more than 50 percent of cases, 20 percent on hereditary factors, 20 percent on ecology, that is, on environmental influences,

It turns out that 10 percent – depends on the effectiveness of medical care. Lifestyle is usually understood as the norms of stable behavior and behavior that have become a habit, associated with the satisfaction of the material and spiritual needs of people. He, in turn, ensures that a person gets used to maintaining health in certain norms, tempering, relaxation and rational organization of behavior through the body's possession of certain rhythms and skills.

Literature Review

As a person lives, he is faced with the extreme of imitating, mastering social experiences in a certain period of his life. But this process of imitation does not always have the power to direct the formation of positive behavioral skills, reflecting a positive content-essence. In many cases, negative vices, unhealthy lifestyles are simply dressing up in a seemingly mimic process. One of such manifestations is the imposition of Rubies on tobacco products and alcohol.

According to the types of psychological personality, people prone to the consumption of alcohol and drugs for a variety of fun correspond to representatives of the most passive type and those of a weak-willed, indecisive nature.

Weak-willed guys and girls first drink little by little just for "timeability", and then they themselves do not even notice that such a time has become entangled in the agony of sympathy. This then creates a spiritual dependence.



In Psychological Science, people are divided mainly into two Categories – Categories "A" and "B".

In the first categories, the feeling of responsibility is so strong that the desire for purpose and luck in them, for success, has become the meaning of their life, they are self-respecting people. Those in Category " A " are extremely workaholics, those who can always keep themselves busy for something, they usually do not know how to relax, that is, often break the habit of restoring health in free time, resting on the nerves.

And the second-category " B " is different: they are pressure, restrained, you will not see any rush, they will not take on themselves too much responsibility, nor additional tasks. But when it comes to rest, they are very adept, like to sleep restlessly.

Types " B " deliberately take vacations and love to relax on a carefully developed schedule in it, which also attracts family members to work, with this trait, which also advances them. When you need to do something, you start in a Hurry, Slowly, with restraint, do it without getting confused, are resistant to difficulties and worries, take on various mash-mashas in life with pressure too.

Representatives of both categories have an opportunity, a reserve to preserve their health on their own, what they have in common is that both clearly imagine their path in life, the general requirement is that their finances should be rich. Because a mentally healthy person always makes clear decisions, these decisions usually do not contradict the norms of society, the rules of morality that many admit. In general, it is worth once again noting the direct dependence of the spirituality and moral image of a person on his health. After all, every behavior, work and behavior of a spiritually pure person will not contradict anyone's interests

The idea that physical health can also be maintained and controlled through mental health is not new, it attracted the attention of psychologist and psychiatrist specialists as early as the beginning of the 20th century. Scientists have noted that a healthy person, unlike a patient, can control the total mental processes, States and abilities in himself.

Research Methodology

The management of health by a person from a psychological point of view includes the following stages: setting a goal-a deadline, analyzing the available information and information contained in him, making independent decisions, ensuring and controlling its implementation. At each individual stage, such specific processes occur that ultimately ensure health. For example, it is extremely important for a person to be able to put specific life goals for himself, to have clear ideas about what profession he will have in the future, to realize that he will accidentally find his place in life not because of some position, but because of his own efforts, life aspirations, and the health of a person.

Analysis and Results

Above all, the following can be attributed to factors that threaten psychological health:

- wrong choice of life goals;
- pala-partiality of lifestyle;
- low intellectual capacity;



low handling culture;
not doing the activity you like.

All this actually comes from the characteristics of social factors that directly depend on our personality, rather than physiological, biological processes in our organism from the point of view of origin.

Promoting a healthy lifestyle should first start with proper thinking. Since we do not have the right to think, to react correctly to our own life, to grieve for our future in tomorrow, this situation is not corrected by our actions under the control of others. Constant physical activity not only pushes a person to strength enthusiasm, but also forms self-confidence. In a family environment, when a parent himself, as an example, brings up his child with a healthy lifestyle and common sense, this value becomes an integral part of his life for the child. The issue of being physically and mentally ready to live a healthy life today is one of the issues that are given importance within the framework of Public Policy.

Conclusion/Recommendations

Those who can objectively assess their capabilities and overcome various difficulties in life by their will, physical labor and the ability to draw the right conclusions, through spiritual self-control, have a high level of resilience to various diseases. When the mental state in a person is solid, the opportunity to control his physical condition, to be able to use it effectively expands.

In this sense, we must also pay attention to the formation of spiritual maturity, a culture of being able to correctly plan a lifestyle in them, at the same time as the upbringing of the heirs of tomorrow.

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