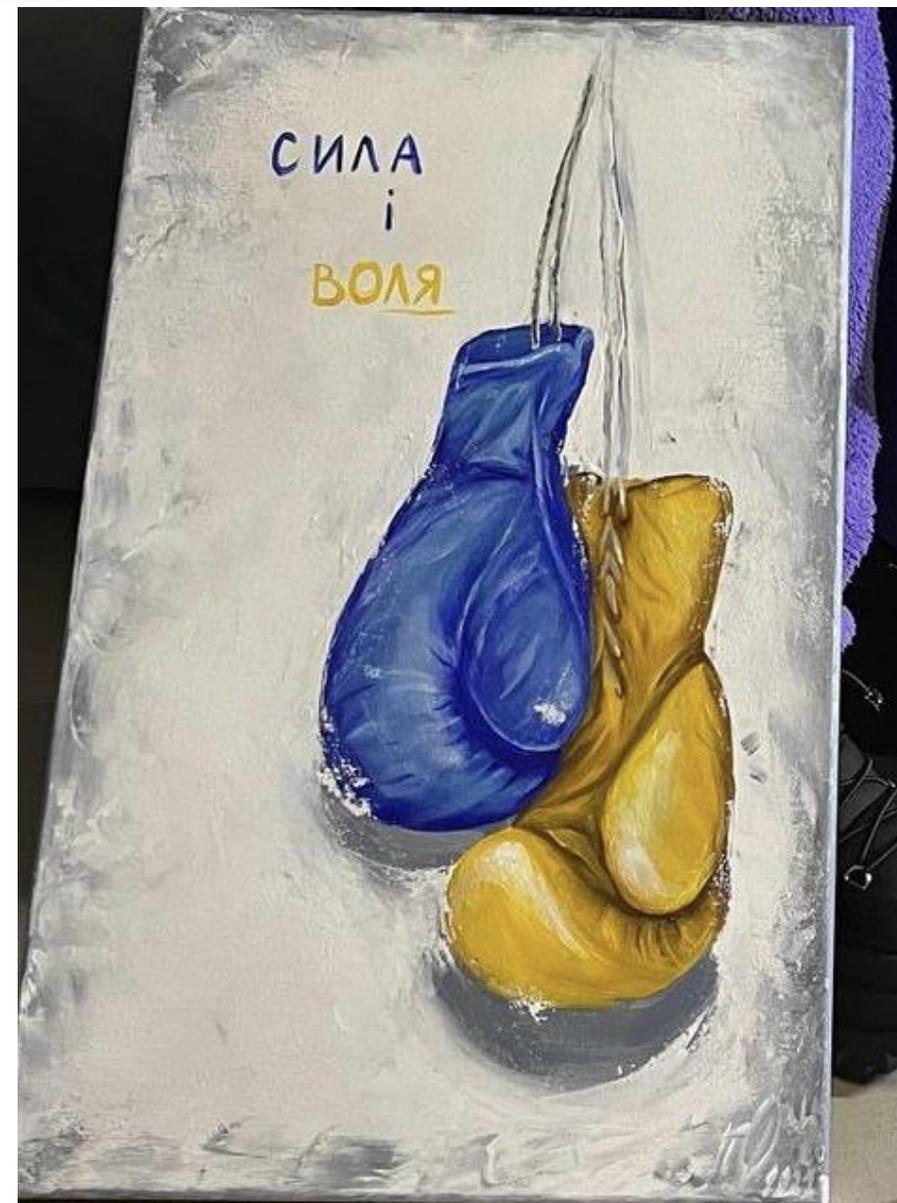




**Психоосвіта як невід'ємна складова терапії  
стресасоційованих розладів у  
постраждалих внаслідок бойових дій**

**професор Кожина Г.М.  
к.мед.н. Ісаєнко С. В.  
Мацюк А.Р.**





**Повномасштабне вторгнення**

**Перебування населення України у поліфакторному стресорному стані**

**Стресасоційовані розлади**

**Тривожні розлади**

**Депресивні розлади**

**ПТСР, розлади  
адаптації**



## Стрес асоційовані розлади воєнного часу

- ✓ Надмірна «токсична» тривога
- ✓ Надмірна, невиправдана лякливість
- ✓ Непереборний страх смерті
- ✓ Занурення в переживання травматичної стресової події

«Тунельне мислення»  
песимістичні думки про майбутнє,  
нав'язливі думки про війну або травматичні події

Саморетравматизація  
румінація як небажане та нездоланне повторне  
переживання події у вигляді нічних жахів та/або  
флешбеків

Надмірна турбота про безпеку в  
ситуаціях, що цього не потребують

Неможливість концентруватися  
на ресурсах «тут і зараз»

Порушення планування  
цілеспрямованої діяльності

Review > J Med Life. 2022 Apr;15(4):436-442. doi: 10.25122/jml-2022-0120

Evaluation of post-traumatic stress disorder (PTSD) and related comorbidities in clinical practice: A systematic review

Ioana Anamaria Mureşanu<sup>1,2</sup>, Diana Alecsandra Grad<sup>1,3</sup>, Dafin Stefan-Andrada Dobran<sup>1</sup>, Elian Hapca<sup>1,2</sup>, Ştefan Strilciuc<sup>1,2</sup>, Bogdan Ovidiu Popescu<sup>4</sup>, Lăcrămioara Perju-Dumbravă<sup>2</sup>, Răzvan

Affiliations + expand  
PMID: 35646173 PMCID: PMC9126456 DOI: 10.25122/jml-2022-0120

Review > Int J Mol Sci. 2023 Mar 9;24(6):5238. doi: 10.3390/jms24065238

To Predict, Prevent, and Manage Post-Traumatic Stress Disorder (PTSD): A Review of Pathophysiology, Treatment, and Biomarkers

Ghazi I Al Jowfi<sup>1,2,3</sup>, Ziyad T Ahmed<sup>4</sup>, Rick A Reijnders<sup>1,3</sup>, Laurence de Niet<sup>1,3,5</sup>, Lars M T Eijssen<sup>1,3,5</sup>

Affiliations + expand  
PMID: 36982313 PMCID: PMC10049301 DOI: 10.3390/jms24065238

Abstract  
Post-traumatic stress disorder (PTSD) can become a chronic and severely disabling condition. It is characterized by a range of symptoms, including re-experiencing, avoidance, negative alterations in mood and cognition, and hyperarousal.

Review > Harv Rev Psychiatry. 2018 May;Jun;26(3):116-128. doi: 10.1097/HRP.0000000000000185.

Functional Neuroanatomy of Emotion and Its Regulation in PTSD

Jacklynn M Fitzgerald<sup>1</sup>, Julia A DiGangi, K Luan Phan

Affiliations + expand  
PMID: 29734226 PMCID: PMC5944863 DOI: 10.1097/HRP.0000000000000185

Abstract  
Posttraumatic stress disorder (PTSD) is a devastating disorder, linked to profound mental, physical, occupational, and functional impairment. In addition, it is a highly complex disorder, characterized by



## Травмфокусована КПТ

- ✓ Робота з травматичними спогадами
- ✓ Робота над емоціями, пов'язаними з травмою
- ✓ Реструктуризація понять, пов'язаних з травмою
- ✓ Допомога в подоланні поведінки уникнення
- ✓ Підтримка у відновленні адаптації

Посилення психосоціального ресурсу

## Acceptance and Commitment Therapy Терапія прийняття та прихильності

Підтримуюча психотерапія

Тренінги з релаксації

Сімейна терапія

Психоосвіта

How Can I Practice Self-Care?

There are lots of ways to practice self-care. What works for you may not work for someone else. The important thing is to make self-care a priority in your schedule. This could mean blocking off time to workout or spending some time unplugged from technology once in awhile. Here are some ideas for self-care.

- Sleep: Sleep is essential to overall health and is closely linked to academic success. Information on how to get optimal sleep.
- Napping: Napping throughout the day can improve energy levels. Check out UT's Nap Map to identify places on campus that are great for taking naps.
- Exercise: Research shows that exercise can relieve stress, improve your mood, and help you sleep better. More information about exercise.
- Do something you love: Carve out time for your passions and hobbies, whether that's hiking, crafting, dancing, reading for fun, etc. Hobbies can provide you an outlet for managing stress and can increase happiness levels.
- Hang out with friends and family: Research shows that spending time with loved ones is the number one determinant of happiness. Take time to connect with a friend or a family member.
- Practice self-compassion: Self-compassion is treating yourself like you would treat your best friend. Talk to yourself the way you would talk to someone you care about; replace self-critical thoughts with compassionate thoughts. Learn more about how to be kind to yourself.
- Practice mindfulness: Being in the present moment can help to reduce stress. Practice mindfulness by noticing your five senses: what do you see, hear, taste, feel, and smell right now? CMHC also offers classes on mindfulness.
- Practice gratitude: One simple way to practice gratitude is by writing down 3 things you're grateful for everyday. Remembering to find things, experiences and people in your life that you're grateful can have powerful effects on your mood. Download our gratitude journal here to start a gratitude practice.
- Unplug from technology: Sometimes the best way to recharge is to take a break from technology. Research shows that downtime replenishes the brain's stores of attention and motivation, encourages productivity and creativity, and is essential to both achieve our highest levels of performance and simply form stable memories in everyday life.
- Practice deep breathing: Take five minutes to practice deep breathing. In just those few minutes you can lower your blood pressure and heart rate, thus lowering the physical affects of stress. A guided breathing exercise.
- Journaling: Journaling can have a lot of benefits. Writing can help you process your feelings, ignite creativity centers in the brain, and help you be in the present moment. Take a few minutes each day to journal. For more information about writing as a method of self-care.
- Practice meditation: Taking a few minutes to clear your mind of various stressors can be a great way to practice self-care. Research shows that meditation can improve your focus, immunity, and overall mental well-being. A seated meditation practice.
- Practice yoga: Yoga has pronounced effects on your emotional well-being and can help lower anxiety and stress. UT Rec Sports also offers yoga classes for students.

