

## PSYCHOLOGICAL PREPARATION OF A PERSON FOR ABNORMAL COLD WEATHER IN EXTREME SITUATIONS.

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**Abstract:** In this article, people are given recommendations on how to act in case of abnormal cold in extreme situations, and a general idea of how to prepare them mentally.

**Keywords:** "Extreme situations", "stressful situation", "anomaly in Greek", "Ustyurt and desert areas", "non-standard conditions", "hypertension", "atherosclerosis of cranial vessels", derivatives of the word "anomaly", "abnormal deviation from the norm", "abnormal cold", "causes of abnormal colds", "prevention of hardening", "causes of colds", "first aid for colds".

Extreme situations can occur at any time when a person is at rest. As a result of psychological experiences related to physical exertion, a person lacks knowledge and extreme abilities. Scientists from the University of Florida have found that obese people experience stress due to excessive alcohol consumption. Experiments show that when a person is under extreme stress, they experience stress. In the same situations, people don't realize that they have nothing to lose, and in extreme situations, they don't know what to do next. However, in such extreme situations, people do not experience stress, so their psychological well-being cannot but affect their well-being. In Uzbekistan, from January 9, 2023, in the period from January 10 to January 15, abnormal heat was observed, the air temperature at night was 12-17 degrees, at night it was 17-22 degrees, in Ustyurt and Cheboksary it was 25-27 degrees. In such extreme situations, abnormal phenomena are possible that can lead to loss of consciousness in children and the elderly. In patients with diseases such as autoimmune diseases, hypertension, atherosclerosis of the lungs, acute renal failure, stroke and myocardial infarction, angina pectoris, high blood pressure, and hypertension. As in patients suffering from bronchial asthma, in particular, the activity of bronchial asthma increases. That is, if you feel depressed, you may experience bronchospasm or angina pectoris.

This abnormal cold is one of the most extreme situations in the world, so people in such cases are not recommended to consume alcohol and tobacco. In extreme situations, employers in the public and private sectors should not allow abnormal working days if they are not ready to work. "Anomaly" translated from English means: norm, general legality, violation of standard norms. A magnetic field is one that represents a magnetic field. Anomalies in the area of territorial magnets are observed in the territory. The cause may be an abnormal state of health and chronic pain in general. At the same time, as is the case with other tribes. There are some that are not relevant to the case.

It is necessary to keep warm the part of the neck where the head and large blood vessels are located. The reason is that the vessels of the neck supply blood to the human brain. Of course,

in any extreme case, a person's psychological preparation is the most important issue. In order for people to develop mental stability or perform assigned tasks, it will be necessary to strengthen their ability to act more actively in extreme situations. For extreme situations, a person's spiritual and mental training are inextricably linked to each other. This is the only process of formation of higher spiritual and spiritual qualities that people experience. In order to prepare mentally, especially for actions in extreme situations, it is advisable to directly influence the human psyche.

Different currents form either an abnormally warm or an abnormally cold layer in different parts of the ocean, through which the atmosphere influences climate change above the sea. This leads to the fact that the winter season can be very changeable, usually rugged and often cold. Turning to history, it can be shown that Uzbekistan was extremely warm in 1941, 1983, 1995, 1997 and 2000. In the republic, it is possible to indicate the years 1995, 1996 and 2000, when a low fat content was observed in the next 10 years. A comparative analysis of the average monthly minimum and maximum air temperature values relative to the two standard periods (1931-60, 1961-90) shows continued warming in Uzbekistan. All living things in nature exist independently, without human involvement, and are always in development. The main reason for the diversity of climatic conditions on earth are astronomical and natural-geographical factors.

The influence of the earth on the change in the direction of movement of air and water as a result of its rotation around its own axis. Not everything that is created by man can develop independently, and after its creation it becomes obsolete and begins to fade. As you know, at the level of his initial development, man is in a harmonious movement with nature and the environment. As a person lives and matures at this time, the number of factors threatening his peaceful existence, health and safety also increases. It is well known that these factors have a negative impact on people's mental state and health. Therefore, in any circumstances, a positive solution to the issues of ensuring the safety of people, not only during mental or physical labor, at their place of residence and in all extreme cases, ensuring labor activity and productivity, taking care of their health is one of the urgent issues.

When exposed to low temperatures, tissue damage is called cold shock. The causes of cold shock vary, and if you stand in place for a long time in dampness, wet shoes, exposure to strong winds, blood loss and fever, it can be cold even at temperatures 3-7°C above zero. Most often, a person hits the ears and nose of his body with cold. When the cold hits, a person cools down first, then it alternates with numbness, which causes pain to disappear, and then any sensitivity. There are four levels of exposure to cold. Of course, there are also recommendations for first aid for colds.

Transfer the cold-affected patient to a warm room, as cool as possible. After all, it is necessary to immediately warm up the affected part of the human body. First of all, it is necessary to warm up the affected part of the body, restore blood circulation in it. It is necessary to massage the body area with cold water with a clean hand soaked in alcohol for some time. Rubbing can be stopped as soon as the sensitivity of the skin is restored. In no case should areas of the body affected by a cold be rubbed with snow, as this increases the effect of cold, and snow particles injure the skin, allowing infection to enter the area where the cold has hit. In such cases, it is

necessary to keep warm with the help of hot baths. The water temperature can be gradually increased from 20°C to 40°C for 20-30 minutes.

In this case, the place where the cold water got should be cleaned of dirt with soap. After bathing and rubbing, it is necessary to dry (wipe) the damaged area, tie a sterile bandage and wrap it warmly. Oils and ointments should not be applied to areas affected by the cold, as this will make their subsequent cleaning much more difficult. After providing first aid to a cold sufferer, it is imperative to take him to a medical facility. There are people in life who act courageously without becoming depressed when dealing with the consequences of emergencies, especially when rescuing people in extreme cases. In any extreme situations, it is necessary to fight for the preservation of one's own life, without losing vigilance.

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