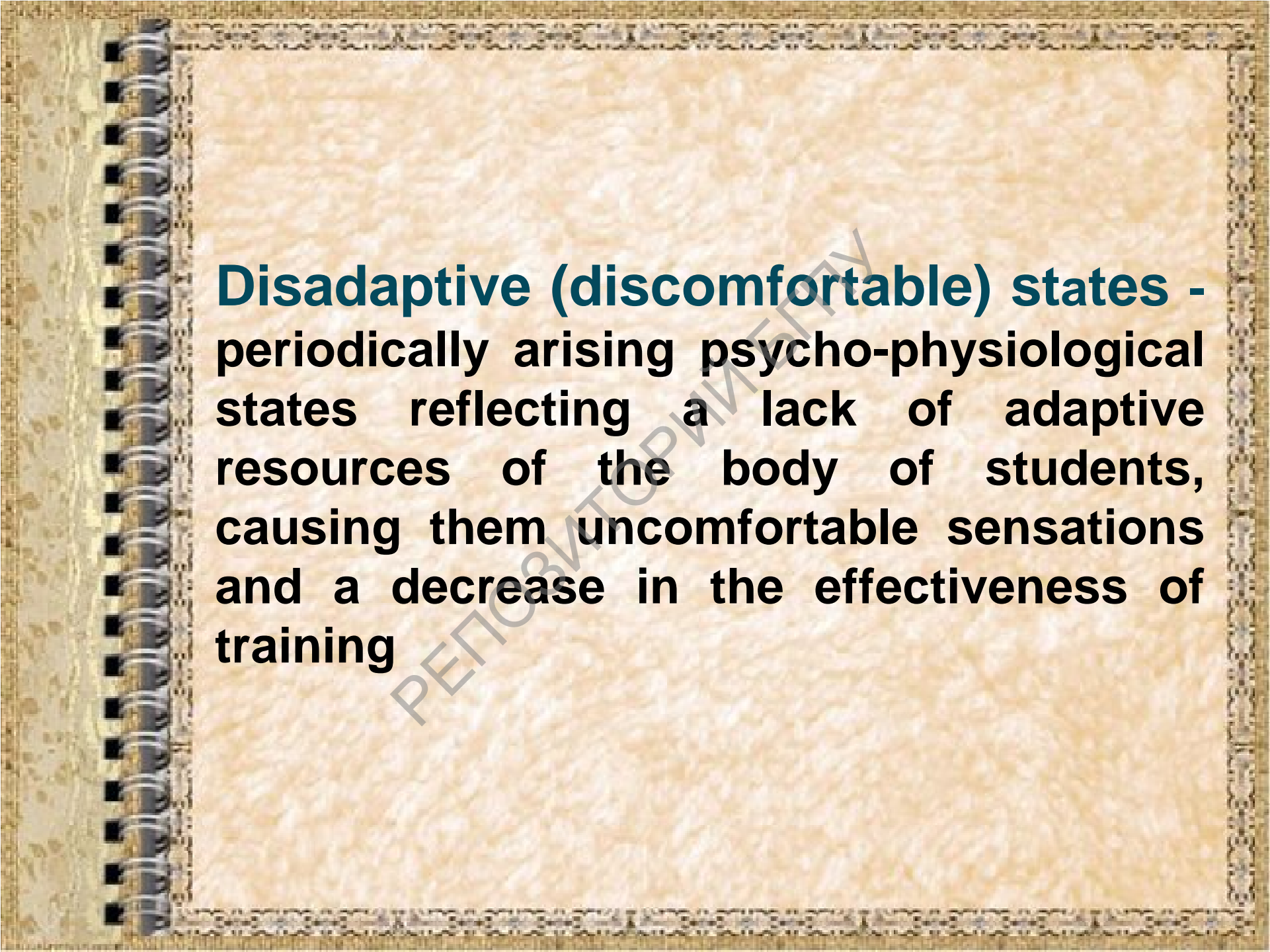




**Glossary
of topic
Discomfort states**


*Teacher of department
of Correction-developing technologies
Parshonok E.V.*

A spiral-bound notebook with a light beige, textured cover and a silver metal spiral binding on the left side. The notebook is open to a blank page with a faint, repeating pattern of the word 'PEFCO' diagonally across it. The text is centered on the page.

Disadaptive (discomfortable) states - periodically arising psycho-physiological states reflecting a lack of adaptive resources of the body of students, causing them uncomfortable sensations and a decrease in the effectiveness of training

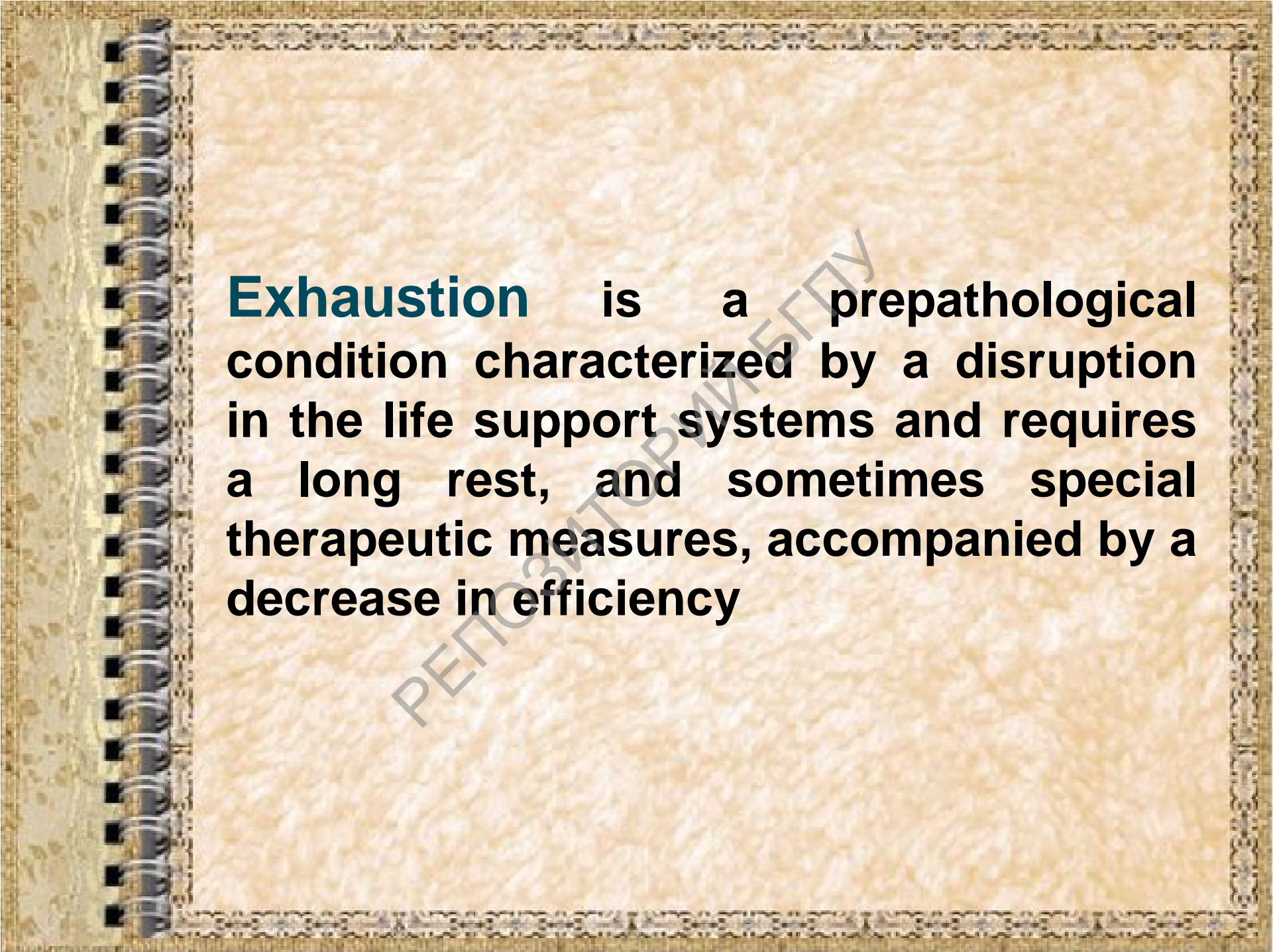
The state of somatic discomfort is a child's condition characterized by indeterminate or quite specific sensations of pain from certain organs or systems of organs

The state of physical discomfort is a child's condition, manifested in disturbing muscular sensations in different parts of the body, in the impossibility of assuming a static posture that would be comfortable

A spiral-bound notebook with a light brown, textured cover and a white page. The spiral binding is on the left side. The page contains two paragraphs of text. A faint watermark "Курсовый проект" is visible diagonally across the page.

Stress is a condition caused by excessive mental and physical stresses or the effects of traumatic stimuli

Fatigue is a temporary deterioration in the functional state of the human body resulting from work, expressed in nonspecific changes in physiological functions



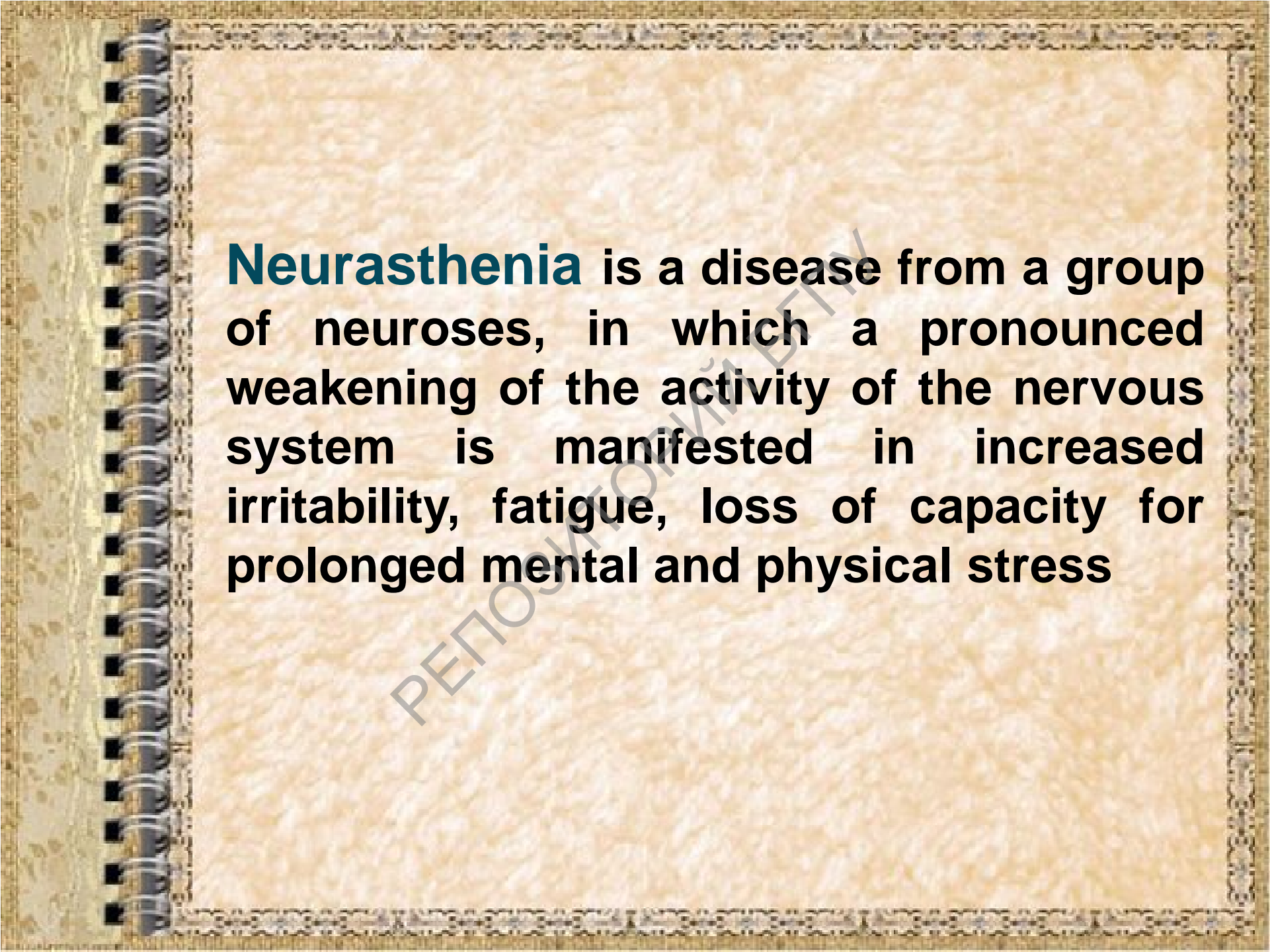
Exhaustion is a prepathological condition characterized by a disruption in the life support systems and requires a long rest, and sometimes special therapeutic measures, accompanied by a decrease in efficiency

Efficiency is the ability of a person to perform labor activity for a given time with a given efficiency and quality

Emotional discomfort is a negative emotional state of a person, internal and external observed and arising as a response to the presence of a set of discomforts that are unfavorable for a person's normal life activity

Neuroses are borderline states that arise under the influence of traumatic situations

Hysteria - the pathological state of the human psyche, characterized by increased suggestibility, the weakness of conscious regulation of behavior



Neurasthenia is a disease from a group of neuroses, in which a pronounced weakening of the activity of the nervous system is manifested in increased irritability, fatigue, loss of capacity for prolonged mental and physical stress

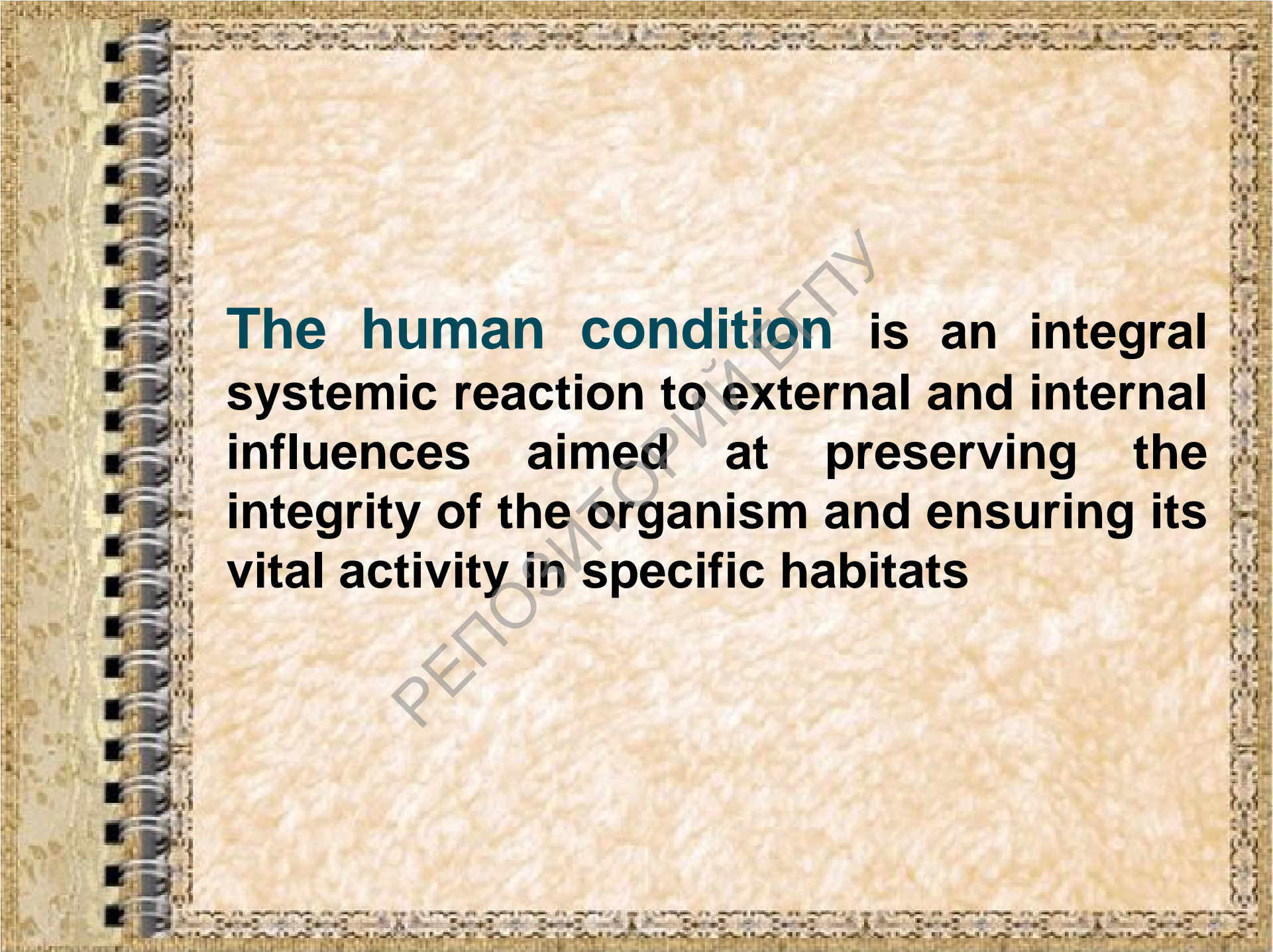
Obsessive states - thoughts, doubts, fears, impressions, actions that a person has against his will

Anxiety is an individual psychological feature consisting in an increased inclination to experience anxiety in a variety of life situations, including those that do not predispose to it

A spiral-bound notebook with a light brown, textured cover and a silver metal spiral binding on the left side. The pages are a light cream color with a faint, repeating pattern of the words 'ДОШКОЛЬНИК' (Preschooler) in a light blue font, oriented diagonally. The text is printed on the pages.

The health-saving space of the school is the territory of observing the principles of health-saving pedagogy

Health-saving technologies in the school are system-organized activities directed at teachers, doctors and other school specialists, protecting students' health and their own from the adverse effects of factors related to the educational process and stay in school



The human condition is an integral systemic reaction to external and internal influences aimed at preserving the integrity of the organism and ensuring its vital activity in specific habitats



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