

Moral racket. How to deal with panic and panickers?

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Moral racket. How to deal with panic and panickers? Every person has acquaintances who fall into panic for anyone. When communicating with them there is a feeling that the film with a bad finale is constantly scrolled in their head. It is obvious that this is a movie with fiction elements, since most of the forecasts in real life simply cannot come true.

Such people exhaust their infinite fears and an incessant panic, convincing that they will not surrender the exam, they will not be afraid on vacation and will not fly on vacation, because they are late for a plane or a fire will happen.

The most unpleasant is a chain reaction (mass psychosis), which often begins in the community, if a panicker falls into it. When several people start to panic, it is not only unpleasant, but also dangerous.

If we are talking about panickers - colleagues, neighbors, etc., - communication can be minimized (most people do it). What to do in a situation where the panicker is your close relative or in panic you fall, Aiif.ru told the doctor of medical sciences, Professor of the Department of Social Psychology of the Moscow State Regional University Olga Ovsynik.

Cards on the table!

Most panickers are not the pessimists at all, as it may seem at first glance. Moreover, they are enjoyable from its "moral recteta". Their behavior is most often a type of manipulation ("Eh, I'll scare all now, they will run out now.")

The second option - a person suggests praise. Saying that he will not succeed, he is waiting for him to praise and convince him.

Often, a person behaves like that, because he lacks attention. After having a "storm in a glass of water," he turns out to be in the foreground and receives what he lacks.

React or not on such a psychological blackmail, to solve you. The main thing is to understand that a person suffers from "Ponaroshka", and not take his behavior to heart.

Originally from childhood

Mostly enough for others (and more dangerous for the Panicer himself) Individual Alarmism (panic),

when a person is panicing quietly, "to herself", trying not to demonstrate his behavior. In such cases, try to define a trigger - provoking the situation that starts this condition from them. Often Alarmism is a consequence of injury coming from childhood. So people behave, who in gentle age collided with betrayal, cruelty, aggression, sudden variance of the fate, and since then they live as a volcano, in constant waiting that he will "wake up and rushing." Sometimes "heating" them can be used independently: increased attention and steady concern. In severe cases, it is wiser to turn to a psychologist who will help to figure out the problem.

Starting with yourself if the panicker is you, and the inner panic is your usual state, more often turn on rationality and look at your fear in the face.

Take a sheet of paper and write what you need to do, if the case you are so afraid, still happens. For example, you suddenly get sick, and there will be no one next to anyone. So, you need to purchase the necessary medicines, learn how to call to the ambulance from the mobile, collect the "alarming suitcase" for the hospital, etc.

If you are afraid of a sudden death, write the will, dispose of your own funerals, put the keys to the apartment, cars and cottages so that they are immediately found. Afraid to go wrong - create a "financial security pillow", pay for overdue accounts and stop spending money on nonsense.

Watch out for your thoughts and your mood. As soon as the growing fear occurs, immediately switch. Take care that you will not give your thoughts "spread around the tree."

And remember that a positive attitude to life can be raised. To do this, there is a simple exercise called "Five Thanks to today's day". Whatever you ruined tomorrow, find, for which you can thank today. It is not difficult. Analyze your day. Nothing that you were afraid yesterday, never happened. And, it means, it is unlikely to happen tomorrow. Record your "Thank you" and reread them before bedtime. When it goes into a habit, gratitude will outpace fear.

It is necessary to remember the difference between a panic and a panic attack and, if disgraced to contact a doctor.