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RESEARCH OF PERSONALITY SELF-REGULATION METHODS IN PANIC ATTACKS

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Relevance: In modern realities, the number of people who get stuck in an elevator has increased. This is due to planned and emergency power outages, which often do not correspond to schedules. Fear and anxiety before a ride in an elevator most often arise as a result of a negative experience or uncertainty when exactly the lights will be turned on and the elevator will move again. A panic attack most often occurs in a confined space - it is an anxiety disorder that is manifested by an attack of growing anxiety and fear in combination with physical symptoms. An elevator car is a fairly safe place in emergency situations, but not all people can keep calm and act calmly in complete darkness and a closed space.

Objective: To identify leading methods to help overcome anxiety and panic attacks in a confined space.

Materials and methods: Such outstanding psychologists as O. Bayer, K. Holzberg, I. Malkina-Pikh, V. Nazarevich, P. Smith and others have developed a number of methods of self-regulation of the emotional state aimed at overcoming panic attacks.

Results: In the American Classification of Mental Disorders, the term "Panic Disorder" appeared in the 20th century. From 4 to 25% of the Earth's population suffer from anxiety disorders, including panic attacks. The main symptoms of a panic attack are a feeling of terror, danger and anxiety, headache with possible dizziness, weakness in the body, fear of death. Specialists recommend drug therapy to overcome the relevant disorder, but not in critical cases. In emergency situations, self-regulation is possible using the following methods: relaxation; anti-stress breathing; soothing breathing; autogenic training and visualization of the resource state.

Conclusions: In the event of a panic attack, when a person is stuck in an elevator, the most effective techniques are: breathing exercises - "Square breathing", "Relaxing breathing", inhaling to the count of 1-2-3-4, holding the breath for 4 seconds and slow

exhalation to the count of 1-2-3-4, repeat for 3-5 minutes; physical exercises - "Feeling your own body" it is important to put your feet on the floor and try to feel your body in contact with the environment, starting from the toes to the head, "Butterfly wings" hugging technique, you should cross your arms over your chest and start light alternate tapping on your shoulders, A "body scan" is to focus on every cell of the body and feel how all the organs are functioning.

It is extremely useful to have an emergency backpack with food, water, a flashlight and a first aid kit. The initiative is relevant when neighbors equip the elevator cabin with everything they need, and you can also place a folding chair, a first-aid kit, and a portable charger in the elevator.

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