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Mental Stress Education: The Changes in The Life and Conditions of Patients

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ABSTRACT

The goal of this study was to look at the issues of anticipating and reducing stress caused by changes in a person's life (patient). This study looked at patient narratives as one of the most effective types of psychotherapeutic work with adults, especially work geared at masculine development. We paid specific attention to the issues with signal metaphors and psychological transformation triggers. The research technique was based on a theoretical understanding of the issues of anticipating and reducing the stress of life changes (patient). The key findings of this study revealed that the patient overcome liminality or estrangement from himself and the world. In a person's life, a metaphor serves as both a signal and a trigger for change. Then, its use, in one way or another, discloses zones that are vulnerable to change and encourages change. Metaphors can be found in a variety of archetypal frameworks as well as specific role model metaphors. They allow you to assess the patient's internal movement toward the achievement of a specific motivation or intention, encourage upward and/or slow down downward goals, and understand how the patient perceives external changes and how he reacts to change stress.

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1. INTRODUCTION

Two main topics become hot issues in daily life. The topics are stress and change. Stress and change are unavoidable parts of life. By anticipating and understanding the pressures of change, they can be smoothed out and changed. Analyzing life situations and narratives is one method for studying the predecessors of change and transformation (Ely & Meyerson, 2000). This is especially true when interacting with patients who are mentally and physically unwell.

When dealing with narratives, it's important to pay special attention to combining diachronic and synchronous analysis: shifting patterns of behavior and the essence of participants' activities at various phases of their lives, in various worlds and times. In this framework, metaphors - signifying worlds and times, as well as completed or nascent transitions between worlds and times - should be given special attention. Metaphors serve as strong signals and transformation catalysts. Each metaphor is a seed or designation of intention that the heroes follow on their road to happiness and the resolution of the dilemma, to themselves, to each other, and God.

The goal of this study was to look at the issues of anticipating and reducing stress caused by changes in a person's life (patient). A theoretical understanding of the challenges of anticipating and limiting the stress of changes in a person's life was used as the research technique for the patient.

2. METHODS

This study investigated the issues of anticipating and reducing stress caused by changes in a person's life (patient). A theoretical understanding of the challenges of anticipating and limiting the stress of changes in a person's life was used as the research technique for the patient.

3. RESULTS AND DISCUSSION

3.1. Changes in Derivational Search and Understanding

The patient overcomes estrangement from himself and the world, liminality, on the route to resolution. He learns to recognize and accept changes in himself and the world, as well as the right to change. Recognizing oneself and other patients in a specific narrative, recognizing themselves and each other as heroes of the tale, and their self-awareness and understanding of others are all processes that can run in tandem. The condition is semantic resonance, which occurs when a person studies a narrative in his or her inner world and searches for similar material between the composing narrative and his or her lifeworld.

When the image of the fragment of the world resonates with a fragment of a fairytale world, a semantic (semantic) resonance occurs, causing it to be "unpacked," resulting in a new, more productive, and correct understanding of what is going on. "Transderivational search" - the search for a metaphor, story/narrative, or script that corresponds to the patient's current condition and pieces of their stress of change experience (fabulous or relational).

A metaphorical language that integrates a person's value relationship to himself and the world becomes necessary to overcome the non-constructive self-defense methods associated with this process, to make the structure-schemes and processes-strategies for understanding oneself and the world developed during previous professional and general life experiences, a metaphorical language that integrates the value relationship of a person to himself and the

world (Cacciari, 2008; Hoang & Boers, 2018)). In the process of understanding what is going on and interacting with another person, as well as techniques to transform this relationship into real life. Metaphors become markers and catalysts of change throughout time: nothing can sometimes act as powerfully as a metaphor used and/or captured by those who communicate. Furthermore, her comprehension entails the dismantling of the polylogue of "weak" and "strong" voices (Pekar, 2010; Feldman & Gellert, 2006).

Each of the different comprehension techniques - based on strong and/or weak signals or voices - functions as a collection of ways to comprehend yourself, another person, and the world. In general, markers and triggers of change can be the patient's and/or his relationship system's very intense, explicit, connected, and expressed values and goals. Furthermore, they are generated in the form of notions with more or less predetermined societal and personal meanings.

They can be weak and concealed, including those connected with implicitly present but not exhibited system qualities up to a certain point. They take the form of metaphors and emerge through conversation with the therapist and other people. The fact that even minor changes in the parameters cause disproportionately large changes in the behavior of the entire system distinguishes these supersensitive zones, which are commonly referred to as "chaos borders".

3.2. Between Worlds: Changes at the Intersection of Spaces and Times

It is impossible to find "pure chaos" in the surrounding world, just as finding ultimate order is difficult. Instead of a finite complex adaptive system surrounded by chaos, researchers now face an unlimited complex heterogeneous, and adaptable environment that resembles an endless "patchwork quilt". There is "relatively pure" chaos, defined as complete uncertainty, in which the ordering forces do not act or act differently, including in the direction of growing chaos.

The "boundaries of chaos" can also be referred to as "boundaries of orders," as they are found at the intersections of flaps, as well as the intersections and interactions of orderliness and homeostatic stability zones. There is a conflict and interaction between two (or more) neighboring orders at these intersections. At the same time, the "points" of personal or social reality that they contain are under the conflicting influence of two or more homeostatic systems. This produces a unique "tension" in them, similar to the tension that exists when two hostile countries cross a border. One order is diametrically opposed to the other. When two orders come into contact, tension builds, and exaggerated sensitivity to even trivial events ("provocations") develops.

Nonlinear, recursive properties exist here, as pointed out by one of the inventors of the theory of complex systems, Ed. Lorenz: their hypersensitivity in specific areas, aiming for "abnormal attractors" rather than "logically explainable". These zones, which obey the specified Ed. Lorenz butterfly effect can be described as bordering or shimmering. The butterfly effect is a feature of some chaotic systems in which a little change in one part of the system can have massive and unforeseen implications elsewhere and at a later time.

The general features of regions of the order include adaptability, sustainability, the desire for expansion as the development of accessible space, and sensitivity to life cycle phases, the duration of which varies depending on the scale and content of the structure. It typically includes the following phases: the emergence of "key ideas," the "core," rapid development and capture of new areas as a result of adaptation to a wide range of conditions (phase of active expansion), defense against competing structures, and collision with changing external conditions and decay.

Maladaptation, instability/variability, life cycle instability, and the potential to promote or hinder the spread of "zones of order" are all common characteristics of "flickering zones" or "areas of collision of orders." Areas of order actively clash in the border zones or "seams" between the "flaps" of social reality, and unique qualities of "flickering zones" emerge. For example, cognitive structures' "hypersensitivity" to their perimeter, this periphery's "sensitivity to difficulties," and thus the entire "flap" —the conceptions, concepts, percentages, and (re)constructions of social phenomena and objects by them (Bakurova, 2015; Van, 2012).

The presence of "flickering zones" is indicated by metaphors. They can denote the same bits of reality - the same "flickering zones" - as formal ideas can. Furthermore, they each have a separate "indicator value," reflecting the significance of the tension between concepts and concepts in the "between" zone. The following are the general signs of "indicator value" and metaphor separation: A metaphor is transmitted socially when it is repeated in numerous situations by different individuals; the metaphor is not repeated literally, but modified with the preservation of meaning; the metaphor is not repeated literally, but modified with the preservation of meaning.

However, in addition to the artificial metaphors established by individuals, there are natural metaphors produced by a stream of socially significant events, pointing to "flickering zones" whose presence has yet to be discovered and which manifest as "odd coincidences." synchronisms as manifestations of the collective unconscious. The plots of events are metaphorically identical (Hilborn, 2004; Khlebnikova, 2013; Van, 2012). "Irony of Fate" and "jokers" in practice events are not connected both in space and time with each other. It is synchronisms as manifestations of the collective unconscious. The collective unconscious indicates the formation of "flickering zones" of social reality, in which major events occur through synchronicity of seemingly unconnected events.

3.3. The process for identifying Change Markers and Reality Transformation

From the perspective of understanding the essence of development difficulties and the productive transformation of reality, borderline or flickering zones are most effective and productive: influences can be produced with more or less purposeful directing of events and facts that have metaphorical significance. Methods of raising their "indicator value" can be used to raise the likelihood and intensity of the desired effect of interventions in these zones. We rely on the use of a language or event metaphor repeatedly, its change while maintaining the essence, and the widespread usage of language - artificial or event - natural metaphors in social space. We use "sowing" as an example, which is defined as the repetitive application of event and language metaphors along the "target" "flickering zone."

The limitations of the cybernetic approach to the analysis of complex social systems are examined by certain scholars. Other researchers began modeling and studying complex social systems in the 1960s ("system dynamics" - the study and prediction of complex systems using computer simulation methods based on cybernetic schematizations), revealing the presence of "sensitive points" in these systems, which are the preferred targets for complex system interventions. These objectives enable you to change the behavior and condition of huge and complex systems with minimal loss of strength and resources.

Some researchers coined the phrase "leverage points," which is translated as "sensitive points" in complex systems, to describe places where even minor changes might result in significant changes throughout the system. They felt that people intuitively know where sensitive spots are located, but either ignore them or try to pressurize them in ways that are not beneficial to the individual or group, resulting in intuitional errors. As a result, other

researchers labeled these points as "counter-intuitive": everyday life and intuition suggest wrong actions, which leads to a systemic deterioration of the problem. In terms of the metacognitive approach, we're talking about how using everyday heuristics without considering the regions in which they're used frequently leads to errors (Minigalieva, 1999).

Others referred to weak signals as "indications of major shifts" (Harris & zeisler, 2002). They revealed one of the forecasting methodologies, which is based on the portrayal of social reality as a complex adaptive system in which "weak signals" appear and the development of "weak signal amplifiers" to aid in their understanding. The cultural fringe is the richest source of weak signals: 1) inter-traditional, multidisciplinary; 2) kitsch and simulated, pseudo-art and pseudoscience; 3) non-traditional, cultural, anti-science, and anti-art That is, story therapy has the most significant psychological potential among other types of psychotherapy since it is rejected and banned, peculiar and rare, empty of price - useless and priceless, as well as fantastic and fabulous.

A targeted search for weak signals near the chaos's edge is the initial step in their search, according to the hypothesis of "amplification of weak signals." The second step is to decipher weak signals, which should not be done using approaches that are designed to decipher big trends: statistics and sorting are ineffective in this case. The "weak signal amplifier" - which helps to filter out weak signals from noise by their ability to induce changes in a complex adaptive system is an intermediate process for comprehending them.

The future, on the other hand, manifests itself in a succession of weak signals dispersed among the "flickering zones." Unlike noise, a weak signal combines (sometimes odd and incomprehensible) a lot of cognitively relevant components that are useless to "filter through" individually and assess their potential logically and sequentially. As a result, E. Mindell's "fishing" and "breadcrumb road" are more productive: merely waiting for a "weak signal" without the purpose of typologizing it and creating a space/study of its self-realization area. The "integrating impression" in terms of understanding tactics and strategies is closest to him. All of the picture's "crumbs" are significant.

They are all moved to the "central figure" from the "background - peripheral." They all locate their gestalt: the location where the gestalt is meant to be gained. Furthermore, it is vital to determine the perspective that aids in the search for weak signals to employ the weak signal amplifier and other approaches for working with metaphors that serve as indications (markers) of change. If this isn't possible, simply accept the concept of the necessity to develop "sensitivity to problems/signals," as well as "active listening," which includes:

- (i) Inconsistencies in the "psychological texture," errors, and holes (gaps) in a complex system and their manifestations;
- (ii) "Information leaks," blocks - resistances, and facades - interaction barriers;
- (iii) Recurring and ignored zones, concepts and concepts, etc.;
- (iv) Ordinary and unusual forms and contents of interaction;
- (v) Discovering both problems and methods of solving problems in the functioning and development of the system.

Instability zones (also known as "flicker zones") are the chaotic borders that appear at the intersection of two stable zones. Control signals from many stable zones encounter non-linear interactions at certain places, resulting in "quasi-chaos." The mechanism is extremely sensitive and changeable at these locations. Areas of stability are zones of "cognitive flicker," conflict, and the transition of diverse meanings, whereas areas of sustainability are areas of established and self-sustaining collective representations (values) of oneself and the world.

To discover weak signals, look for significant items/events along the edges - seams and joints - stable places marked by unusual and asymmetric, strange coincidences and repetitions.

Some reports apply the concept of "early warning signals" of critical transitions to catastrophe theory models, referring to the point where the system is between two possible equilibrium states, jumping from one to the other under the influence of even minor influences as a bifurcation point, phase, or critical transition point (Scheffer et al., 2009). There are signs, they believe, that we are approaching this time. Reduced system resistance and "critical slowdown" (the system takes a long time to recover from numerous fluctuations and shocks, as opposed to the equilibrium system, which returns to homeostasis and relative isolation almost instantly).

The scale invariance (fractality) of the system structures can be more precisely related to the critical state of a complex system: when the system structures acquire the property of "scale invariance," they become self-similar, the system is in a critical / transition state, and there is a "weak signal." A fractal is a recursive model in which each component repeats the evolution of the overall model and maybe recreated at various scales without significant modifications. The loss of the system's unique spatial and temporal linkages, as well as a general decline in energy, are common indicators that a critical transition or state is coming (Scheffer et al., 2009).

The challenges of life "grab" especially easily and harmoniously in metaphors, the wholeness of diachronic and synchronous, dialectics of life: a person has access to understanding the worth of his experience - both for himself and for people around him. The metaphorical language of the narrative is valuable in psychotherapeutic communication, where the unconscious is almost always involved, for many reasons from Bakurova (2015) and Van (2012) it is more open to analysis and understanding; it is more powerful in terms of psychotherapeutic intervention; it allows the consciousness to relax and activates the awareness that the patient ignores in everyday life; it reveals "weak signals" or markers of change.

For a patient and a psychotherapist, metaphors allow us to comprehend the most complex, incomplete, or ambivalent aspects of problem relationships, including, in the context of archetypes/archetypal structures theory, to form more productive concerning a particular period (stage) of a person's life in one or another community, and more conscious role models that underpin the "paradigm" of understanding oneself and the world based on their analysis.

In technical terms, this entails the application of techniques such as "fishing" and "the trail of their breadcrumbs" [28], as well as the examination and change of archetypal and role structures in a person's relationship to himself and the world. We employ approaches comparable to those developed by us to optimize the processing of TAT, "Self-attitude test," "Rules of the three" test, and other projective techniques to achieve these goals (Harris & Zeisler, 2002; Van, 2012). Furthermore, our stories were built around the concept of "weak" intertext signals (Leskov, 1981) "Weak signals" take on their names in them.

4. CONCLUSION

In a person's life, a metaphor serves as both a signal and a trigger for change: its use, in one way or another, discloses zones that are vulnerable to change and encourages change. Metaphors can be found in a variety of archetypal frameworks as well as specific role model metaphors. They enable you to assess the patient's internal movement toward the achievement of a specific motivation, goal, and/or support upward and/or slow down

downward intentions, as well as understand how the patient perceives external changes and how he reacts to change stress.

5. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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