



The Process of Mental Recovery in Adolescents

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Annotation: The abstract of the topic of the process of mental recovery in adolescents is likely to focus on the difficulties that adolescents face in getting rid of mental health problems, such as depression, anxiety and trauma can. In addition, it can highlight the role of technology and social media in shaping adolescents' mental health and recovery expectations.

Keywords: mental recovery, adolescence, health problems, social pressure, stress, psychotic disorders

For adolescents, mental recovery is very important because it plays an important role in shaping their long-term mental and emotional well-being. Adolescence is an important stage in development, and mental health problems can have a significant impact on their life and future. Dealing with mental recovery allows adolescents to overcome vital stressors, increase resilience, improve emotional regulation and self-esteem, and fight healthily helps to develop mechanisms. It can also improve their academic performance, prevent social isolation and long-term mental it can reduce the risk of developing health problems. Therefore, investing in mental recovery can promote healthy development and promote the development of adolescents it is essential to improve the overall quality of life. Mental health problems are common among adolescents around the world. According to the World Health Organization (WHO), up to one in six years of age, between the ages of 10 and 19, mental health disorders observed. Mental health disorders in adolescents range from anxiety, depression, eating disorders, self-harm, and substance abuse may depend on different conditions. The results of the study show that mental health problems are often not diagnosed and cases are often not treated, which can lead to further complications in later life. Adolescent mental health issues can be attributed to a variety of factors, including genetic predisposition, environmental factors, academic or social pressure stressors can occur for reasons such as trauma or a history of violence. With increased awareness, early detection, prevention, and treatment, mental health problems in adolescents can be effectively managed, which is common leads to an improvement in well-being. Mental recovery is not a linear process, and stages can vary depending on the individual's condition. However, there are some general stages common to many adolescents. These stages include:

1. Awareness: adolescents become aware of their mental health issues and their impact on their lives and relationships.
2. Acceptance: adolescents begin to recognize the existence of their problems and accept that their struggles with mental health are an important part of their story.
3. Preparation: adolescents begin to prepare themselves mentally and emotionally to change their behavior and thought processes.



4. Movement: adolescents seek help and help, change their lifestyle, with therapy or medication and other recovery methods begins to act.

5. Maintenance: adolescents continue to use healthy habits, regularly to engage in therapy or medication on the basis and any by developing strategies to overcome failures, one's own works on maintaining progress.

6. Growth: personal as adolescents continue to work on mental health they experience growth, a sense of self-awareness and resilience. Different stages of mental recovery in adolescents include patience, perseverance and consistency requires. Although it is difficult, going through these stages will make positive changes too to stimulate and improve the overall quality of life for adolescents important. A variety of mental ones that can have a significant impact on adolescent life can experience diseases. These disorders include can take:

1. Anxiety disorder: adolescent general anxiety disorder, social anxiety experience anxiety disorders such as disorders, compulsive disorder and panic disorder can forgive.

2. Mood disorders: depression in adolescents, bipolar disorder, and mood disorders such as seasonal affective disorder can develop.

3. Eating disorders: anorexia nervosa in adolescents, bulimia nervosa and eating disorders such as overeating disorders can develop.

4. Psychotic disorders: adolescent schizophrenia, schizoaffective disorder, and short can experience psychotic disorders such as psychotic disorder.

5. Personality disorders: adolescent borderline personality disorder, antisocial personality disorders such as personality disorders and narcissistic personality disorders can develop.

6. Substance use disorders: drugs in adolescents substance use disorders, including drug and alcoholism can develop.

7. Post-traumatic stress disorder: adolescents physical or sexual traumatic experiences such as abuse, neglect, or exposure to violence can experience post-traumatic stress disorder due to.

These mental health disorders are based on their severity and duration may vary and in time to improve results for adolescents it is very important to seek help and treatment. Early intervention and search for help managing symptoms, increasing endurance and long-term complications helps to reduce the risk. There is no single approach to therapy and treatment for adolescents, because every a person can have his own experience, preferences and needs. However, some common therapies and treatments available to adolescents consists of:

1. Cognitive-behavioral therapy (CBT): mental health to adolescents identify negative thoughts and behaviors that contribute to their problems and a form of psychotherapy that helps to change.

2. Family therapy: communication, relationship and problem solving within a family unit works to improve performance.

3. Dialectical behavioural therapy: skills for adolescents to manage overpowering histuys and improve interpersonal relationships type of therapy that uses teaching.

4. Medicines: mental by balancing chemicals in the brain helps alleviate the symptoms of health disorders.

5. Interpersonal therapy: improving interpersonal relationships and interpersonal short-term therapy aimed at conflict resolution.

6. Trauma therapy: signs of post-traumatic stress disorder and trauma specifically designed to address other mental health issues related to out.



7. Art therapy: art such as drawing, drawing, or acting to teenagers creative, which helps to manifest itself through various forms of his works process.

8. Exercise and physical activity: studies have shown, regular exercise improves mood, reduces anxiety, and depression relieves symptoms.

9. Caution-based therapy: more to teens than they are now helping to stay informed and manage the symptoms of anxiety and depression gives.

Best therapy tailored to the individual needs of adolescents or a mental health professional who can help identify treatments it is very important to work with. Went through the restoration process and is now flourishing teenagers have many successes. Here are two inspiring examples:

1. Demi Lovato: popular singer and actress Demi Lovato from adolescence since bipolar disorder, fighting self-harm and addiction spoke very openly and openly about him. Demi mental after treatment and therapy became a health advocate and help with mental health problems continues to talk about the importance of asking.

2. Michael Phelps: famous Olympic swimmer Michael Phelps is also depressed and very loud about his struggle with suicidal ideas spoke. After being diagnosed with depression, Michael received therapy, medication and help decided to ask. Michael now challenges mental health from his platform to increase awareness and reduce stigma around these conditions uses. These inspirational individuals have successfully gone through the recovery process and here are a few examples of many teenagers who are stronger and more resilient. Right from support, early intervention and effective therapy and treatment methods with the use of adolescents to get rid of mental health problems and happy and can lead a successful life. Mental recovery of adolescents in their general well-being and long-term very important for its development. Adolescence is an important period in a person's life and spiritual health problems have a significant impact on his life and future can show. Dealing with mental recovery brings adolescent resilience to increase, improve emotional regulation and self-esteem, healthy promotes the development of coping mechanisms and healthy development. Seeking help and support in the recovery process will prevent social isolation, improves academic performance and long-term mental health reduces the risk of developing problems. The first of the mental health of adolescents to put in place, to work towards recovery, and from available resources and support encouraging use can lead to positive results and increase overall quality of life can. For any teenager struggling with mental health problems, you can it is important to know that you are not alone. Seeking help and recovery it is the first step on its way and it will take a lot of courage to seek help. Remember keep in mind that mental health problems are common and help there is no shame in asking. Your parents, teacher, counselor, or mental health professional whether you talk to him, the main thing is to talk and ask for help. The path to spiritual recovery is easy it may not be, but it is the support that will help you along the way it is very important to have a network and resources. Parents, family and friends are also on the way to spiritual recovery of adolescents can play a decisive role in support. Open communication encourage, empathize and provide practical support for mental health and there can be a long way to strengthen well-being. Remember that mental health is just as important as physical health and help and asking for help is not a weakness, but a sign of strength. Don't be afraid to ask for help, because there is hope and recovery is possible.

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