

## Annotation

**Subject of the thesis:** Psychological conditions of disaster recovery at elevated psycho-emotional stress in their professional activities.

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**Relevance of the research issue:** The fact that professional burnout is the result of internal accumulation of negative emotions without "discharge" or "liberation" from them. Professional burnout leads to the depletion of emotional and energetic and personal resources of the teacher. Interest in the study of the disaster recovery environment at elevated psycho-emotional stress in their professional activities is of particular relevance and importance in connection with the ever increasing stressful nature of the teaching activities

### **Objectives:**

1. To study the issue of mental and emotional burnout in professional activity in general and the problem of mental and emotional burnout teacher in particular Russian and foreign psychology.

2. To identify the main psychological conditions of development of resistance to occupational stress of teachers.

3. To conduct a pilot study the manifestations of the symptoms of mental and emotional burnout among teachers of high school.

4. To develop a program of psychological training in order to develop skills of coping with difficult situations associated with increased psycho-emotional stress in their professional activities.

5. To determine the efficacy of the developed program.

**Theoretical and practical significance of the study** lies in the fact that the work presented, classified and analyzed various approaches to the problem of mental and emotional burnout in the context of professional activity of teachers of high school. The specificity of symptoms of burnout and identified conditions for successful disaster recovery at elevated psycho-emotional stress in the professional work of the teacher.

**Results of the study.** In the process, it was held the theoretical and methodological analysis of the researching topic. A program of psychological training "Program for the formation of psychological conditions of disaster recovery at elevated psycho-emotional stress in professional work" has been developed and put into practice for high school teachers.

**Recommendation.** Research materials may be included in the curriculum content of training courses and retraining of educators; The resulting study data could be used in the training and retraining of teachers in the practice of psychologists of the education system.