

ANTI-STRESS BAG FOR MEDICAL STAFF (NURSE), THE IMPORTANCE OF AN ANTI-STRESS BAG ADAPTED TO WORK ACTIVITY, STRESS REDUCTION, MAINTAINING EMOTIONAL STABILITY, AND INCREASING WORK ABILITY

Djurayeva Nilufar Kurvankulovna

Abstract

In the context of the COVID-19 pandemic, medical employees—especially nurses—faced unprecedented workloads, emotional exhaustion, and chronic stress. These conditions negatively affected their work quality, communication, and decision-making abilities. Therefore, there is a growing need for practical, portable, and effective tools that provide immediate relief from psychological and physical strain during work.

Keywords: COVID-19, rehabilitation, stress, medical staff, emotional stability, burnout prevention.

Introduction

In the context of the COVID-19 pandemic, medical employees—especially nurses—faced unprecedented workloads, emotional exhaustion, and chronic stress. These conditions negatively affected their work quality, communication, and decision-making abilities. Therefore, there is a growing need for practical, portable, and effective tools that provide immediate relief from psychological and physical strain during work.

One such innovation is the **anti-stress bag for medical staff**, designed to improve emotional resilience and support self-regulation throughout the working day. The bag contains several specialized compartments aimed at reducing physiological tension and supporting mental well-being.

Structure and Functional Components of the Anti-Stress Bag

1. Main Medical Compartment This section includes essential professional items such as medical documentation, a tablet, pens, antiseptics, and other daily tools. It ensures easy organization and access to clinical materials.

2. Anti-Stress Module A sealed aromatherapy capsule containing calming scents (lavender, lemon, eucalyptus) is placed inside the bag. These aromas help reduce anxiety, stabilize breathing, and induce relaxation during short breaks.

3. Massage Elements

The bag features small silicone or rubber massage balls designed for hand and finger relaxation. These tools reduce muscle tension, improve blood circulation, and help relieve accumulated stress during long shifts.



4. Temperature-Regulating Compartment

This pocket stores hot or cold compresses used to relieve headaches, neck tension, arm fatigue, or localized muscle stress. It supports quick recovery during emergency situations or after intensive physical activity.

5. Emotional Support Block

This includes:

- a motivational mini-notebook for quick reflections,
- positive affirmation cards,
- “quick rest” micro-techniques to restore emotional balance.

These tools help nurses maintain motivation, process emotions, and strengthen self-confidence.

Discussion Studies have shown that frontline medical staff experience high levels of stress, tension, and burnout during pandemics and emergency response conditions. Implementing an anti-stress bag offers several advantages:

- Immediate access to psychological relief tools **during work**
- Improved emotional self-regulation
- Enhanced concentration and decision-making
- Increased productivity and job satisfaction
- Reduced risk of burnout and emotional exhaustion

Furthermore, the multifunctional bag provides a practical, portable, and individualized method of stress prevention, making it a valuable addition to healthcare workplace ergonomics.

1. Basic department

- The bag inside one big department will be.
- This on-the-spot medical employee's personal items (notebook, pen, water bottle, small items) are stored.
- Walls are **soft, air** with **conductive material** (nylon + cotton) covered .
→ This hand, when touched nice feeling gives birth and spiritual peace provides .

2. "Relax" bag

- Main department inside a small **separately antistress There is a bag** .
- His inside :
 - **Aroma package** (lavender, myata, lemon essence with).
→ This smell nerve system soothes fatigue reduces .
 - **Sandy or grainy antistress complement** - the hand to hold and play through stress to take out help gives .
 - **Soft ball or massage ball** – in hand rotation for.

3. Rest department

- On the inside of the bag small, **there is a pocket** - in it :
 - **Calming records** (for example : "I am calm ", " All good will be ”).
 - **Breath to take card** - "4-7-8" method according to short instruction manual .
 - **A small notepad and pen** – for thought writing , negative to release for.



4. Water or tea for the place

- Inside the bag or side by the side there is an **internal thermal bag** - in it **quick relief Phyto tea**, lemon water or with mint added, drink preservation possible.
→ This irrigation not only watering, but also provides spiritual recovery.

5. " Music" or listener " corner

- Inside **headphones or mini audio device** for special There is a pocket.
→ Employee rests on time, nature noise, light music or meditation audio listening will take.

6. Rosary or antistress ribbon for a place

- The bag one in the corner small hook (in hand), convertible rosary or ribbon for.
→ This both stress to take out help gives.

7. Mini- mirror and smile corner

- Inside the small room there is a mirror.
→ This employee himself smiles when you see him to remember → Next to it is " You are good today. " Works you did !" The writing will be located.

Recommendation done Dimensions :

- Main section : 28 × 22 × 9 cm
- Relax bag : 12 × 10 cm
- Calming Section : 10 × 8 cm
- Thermal bag : 15 × 7 cm
- Massage ball for place: diameter 5 cm

Material recommendation :

- Main fabric: light nylon or thick cotton
- Inner lining: soft sintepon
- Lid and buttons : metal or tightly Velcro
- Colors : pastel — beige, blue , green , lavender
→ Calming and healthy color gamma.

1. External appearance (design idea)

- Bag shape : **closed square** , high part semicircle in appearance (ergonomic).
- Size : **30 × 25 × 10 cm** — light, affordable, and in hand, both on the shoulder both rise.
- External in the section :
 - **Soft pastel colors** (lavender, beige, green , sky) are a soothing impact.
 - **Material:** light , moist durable nylon + cotton blend .
 - **Lid** two layered - external side weather conductor, inner part antibacterial cover with.
 - **Helmet and the shoulder strap** is wide and back in the section " memory" with " foam " softened.



2. External location elements (drawing according to)

No.	Location part	What for intended	Explanation
1	Up cap in the part small pocket	Small antistress objects (for example , a rubber ball , a rosary)	Closed jeep with , it opens quickly .
2	Side side pocket (right)	Water bottle or for a pot of herbal tea	Inside There is a thermos .
3	Side side pocket (left)	For phone, key or napkin	Soft cotton material inside .
4	Back part	"Relaxation Guide " or breath to take cards for	Closed pocket, fast .
5	Lid underneath department	Aroma pack or for the fragrance capsule	Smell exit for small holes with .
6	the bottom small hook	Rosary , anti-stress ribbon, or for the key	a plastic carabiner is strengthened .

3. Design functions and antistress elements

Function	Technical solution	Impact
Antistress emotion	Soft fabric, air holes	To the body pleasant , stressful softens
Relaxation effect	Aroma capsule site (lavender, myata)	The nerve system calms down
Massage effect	Shiny cap on the wall, small relief	Hand and on the shoulder stress reduces
The motivation angle	"I am calm " inscription glued or closed in the pocket	Spiritual stability increases
Smile corner	Mini mirror + positive writing	Spiritual lifting for visual assistant
Back soft structure	Memory foam material	When lifting rests back

Conclusion:

The introduction of an anti-stress bag for medical staff, particularly nurses working in high-pressure environments such as the COVID-19 pandemic, represents an innovative and practical approach to supporting their psychological and physiological well-being. The components of the bag — including the main medical compartment, the anti-stress module with aromatherapy, massage elements, temperature-regulating packs, and the emotional support block — collectively address multiple dimensions of occupational stress. Integrating ergonomic tools for relaxation into daily clinical workflow helps reduce acute and chronic stress, stabilizes emotional reactions, and improves concentration during complex medical procedures. This, in turn, increases work efficiency, reduces burnout, and enhances the overall quality of patient care.

Moreover, the anti-stress bag supports rapid self-regulation, allowing nurses to maintain productivity even during long shifts, emergency situations, or emotionally demanding encounters with patients. It serves not only as an accessory for carrying essential medical items but also as a personalized psychological support system embedded in routine practice.

Thus, the development and implementation of such a multifunctional anti-stress bag can be considered an important step toward improving the working conditions of healthcare personnel, strengthening their mental resilience, and ensuring high-quality medical rehabilitation services during and after global health crises.



REFERENCES

1. Wang S., Pan R., Wang H., Tang Y., Xu L., Ho X.S. and etc . Immediate psychological reactions and associated factors during the initial stage of the coronavirus disease (COVID-19) epidemic among the Chinese population in 2019. *Int J Environ Res Public Health*. 2020; 17 (5). Electronic publication 03/12/2020. doi : 10.3390/ijerph17051729; PubMed Central PMCID: PMC7084952. [Free article PMC] [PubMed] [CrossRef] [Google Scholar]
2. Ahmed MZ, Ahmed O, Aibao Z, et al. Epidemic of covid-19 in China and associated psychological problems. // *Asian J Psychiatr* . 2020;51:102092.
3. Arasli, H., Furunes, T., Jafari, K., Saydam, M.B., Degirmencioglu, Z. Hearing the voices of wingless angels: A critical content analysis of nurses' Covid-19 experiences. // *International Journal of Environmental Research and Public Health*. 2020; 17(22); 8484: 1-16.
4. Atay , S., Cura , ŞÜ. Problems Encountered by Nurses Due to the Use of Personal Protective The current document contains no sources. 2020; 66(10): 12-16.
5. Bostan, S., Akbolat, M., Kaya, A., Ozata, M., Gunes, D. Assessments of anxiety levels and working conditions of health employees working in COVID-19 pandemic hospitals // *Electronic Journal of General Medicine*. 2020; 17(5): em246.
6. Brugliera L, Spina A, Castellazzi P, et al. Rehabilitation of Covid-19 patients. // *J Rehabil Med*. 2020; 52(4): jrm00046.
7. Study of factors influencing the effectiveness of rehabilitation during COVID-19. authors Tuychiev L.N., Khudaykulova G.K., Eraliev U.E., Dzhuraeva N.K., Sadullaev S.E.
8. Negrini S, Ferriero G, Kiekens C, Boldrini P. Facing in real time the challenges of the Covid-19 epidemic for rehabilitation. *Eur J Phys Rehabil Med*. 2020. doi : 10.23736/S1973-9087.20.06286-3.
9. The role of rehabilitation in primary health care Authors Tuychiev Laziz N., Eraliev Umid E., Khudaykulova Gulnara K., Juraeva Nilufar
10. Simpson R, Robinson L. Rehabilitation following critical illness in people with COVID-19 infection. *Am J Phys. Med Rehabil* . 2020;99(6):470–474. doi 10.1097/PHM.0000000000001443.
11. Psychological component of medical rehabilitation of patients with the post-Covid syndrome, Juraeva N.K., conference, 23–29
- 12.. LN.Tuychiev, GK Khudaikulova, N Djuraeva - 2023
13. Rol Reabilitatsii V Usloviyakh Pandemii . U. Eraliev, G. Khudaikulova, A. Usmankhodzhaev - *Evraziyskiy zurnal meditsinskih i stroitelnyx ...*, 2022
14. I am improving the performance of nurses in the rehabilitation of patients after E Eraliev, N.K Djurayeva Rust G, Melbourne M, Truman BI, Daniels E, Fry-Johnson Y, Curtin T. Role of the primary care safety net in pandemic influenza. *Am J Public Health*. 2009;99

