

Silhouettes of trees have a different effect on the nervous system. Arrays of firs, columnar cypresses add solemnity to life. Continuous alternation of large gardens, oak-juniper forests and parks contributes to a constant change of impressions, improves mood and functioning of the whole living organism [3].

Landscape therapy was developed based on the knowledge of how the landscape affects the psyche of any person. This type of therapy can be called one of the most effective methods of strengthening and restoring the human psyche. Landscape therapy includes many beneficial methods, such as: therapeutic effect; prevention of mental illness; rehabilitation of the human body through the use of geographical and cultural landscape.

In landscape therapy, seeing objects is considered a passive process. Aesthetic contemplation of the greatness of nature brings its results when there is an emotional and creative perception of natural effects.

The prolonged impact of objects of artificial landscape on people definitely changes their psycho-emotional status, causes the effect of the so-called color starvation, thirst for space. The surrounding world of the inhabitant of the metropolis consists mostly of artificially made objects factory replicated way, mechanisms. These objects are gradually replacing the impression of a man on the nature [3].

Thus, viewing works of art and architecture, as well as staying in the fresh air helps to relax. However, the maximum effect of such a positive action can also be manifested if the therapy offered to the patient by the landscape corresponds to the structure of his personality, the etiology of experiences and stresses and the nature of pathological changes.

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ECOLOGY OF COMMUNICATION AND INTERPERSONAL RELATIONSHIP

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We cannot exist without society. Society cannot exist without relations and communication. One type of communication is the interpersonal relationships. Here we will consider the stages of formation of these relations and the types of communication from which these relations are formed.

Keywords: relationships, communication, communication, interaction.

In my opinion, communication is one of the most indispensable parts of our lives. After all, during communication we exchange knowledge, emotions and develop contacts between people. And this is what is called interpersonal relationships.

It is not difficult to notice that each person is connected by these or those relations and some interaction with each other. Their distinctive feature is that they arise and are formed on the basis of certain feelings born in people in relation to each other [1].

Interpersonal relationships can occur, for example, in the family, at the university, between friends and so on. That is, between people belonging to the same group, sharing common goals and objectives, having common interests and respecting each other to avoid misunderstandings and conflict in the relationship.

It should be understood that this relationship is not formed immediately, but in stages. One of the most important steps is acquaintance, it will help you to get to know a person and understand whether you have any attraction to him, to evaluate and understand each other. This is followed by a stage of intimacy, or this stage can be called a stage of friendship, namely a stronger relationship. You stop being strangers and start trusting each other. This is followed by a stage of continuation, in other words it can be called a stage of comradeship, in which like(?) your views meet together and you support each other, that is characterized by trust. However, it should be remembered that not all relationships can last very long, or even exist until the end of life. As they say, we lose something old, but in return we gain new.

As for the types of communication from which relationships are formed, they are quite diverse. It can be industrial relations that develop between employees of different organizations. Formal relations are those relations

that can be said to be dictated and envisaged and which are official. As for informal relations, or unofficial ones, which are really manifested in likes and dislikes, authority, common interests, they are freer.

In the words of Antoine de Saint-Exupery, "Communication is the only luxury that a person has", I want to say that this is exactly what we can go crazy without and what we can't buy for any money.

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LINK BETWEEN FOOD AND ECOLOGY

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This paper addresses the issue of healthy nutrition and the impact of food production on the environment.

Keywords: proper nutrition, food production.

We are what we eat. Over time, the trend of healthy eating is gaining more and more popularity, people are trying to more thoroughly approach the choice of food. However, even now far from every "healthy" product can bring benefits to the human body, and in some cases even harm.

Basically, a proper nutrition basket consists of vegetables and fruits. Many may not even think that these products are not entirely useful. Yes, of course, they have many vitamins, useful elements, but in addition to the advantages, there are also disadvantages.

The main source of pollution is soil. Over time, the quality of soil, water has seriously changed due to human activities. Pollution of water and soil leads to the fact that many vegetables and fruits that we eat contain various toxic substances. It is no secret to anyone that new technologies for raising livestock include the addition of various substances to the feed, which are far from always safe for the human body.

As a result, various diseases of the digestive system, impaired absorption of nutrients, decreased body defenses, accelerated aging processes and general toxic effects on the body. In addition, contaminated foods can cause infertility or congenital malformations in children.

It should also be noted that food production is harmful to the environment. Thus, agriculture ranks first in the ranking of greenhouse gas emissions. According to the Food and Agriculture Organization of the United Nations, the level of greenhouse gas emitted by agriculture is increasing every year. Some types of food products in the production process cause great harm to the environment or they are energy and resource intensive.

Beef. Livestock production accounts for about 14,5% of global greenhouse gas emissions, 65% of which comes from beef and dairy cattle. For every kilogram of beef produced, 27 kg of carbon dioxide is emitted. This situation adversely affects the global climate.

Cheese. This product also emits carbon dioxide. First, cheese is produced on the basis of cow's milk, and cows, as is already known, emit methane. Secondly, cheese requires refrigeration and transportation. The multi-stage cheese production process requires significant energy costs. First, the processes of pasteurization, curdling and draining take place, then the most important stages begin: pressing, salting and, finally, ripening. In addition, refrigeration equipment and transportation involved in the production of cheese emit harmful substances into the atmosphere.

White bread. The production of white bread is energy-consuming, since it requires the processing of wheat to clean flour in several successive processes.

The eggs. In the production of one egg, 4,8 kg of carbon dioxide is released. A large part of the emissions comes from the production of chicken feed, the energy consumed by farms and in the preparation of eggs, and bird droppings, which produce nitric oxide.

Eating tasty food, we rarely think that its production has a detrimental effect on nature, so you should pay attention not only to your needs, but also to the environment.