

## **Summary**

This work deals with methods of managing stress and traumatic situations. The goal of this work is to highlight the importance of psychohygiene in our lives, as a preparation for difficult life situations. The first part of the work explains the terms stress and trauma and represents methods and types of psychotherapy. The second part of the work is focused on more specific themes such as psychotherapeutic work with body, for example bioenergetic method and yoga. Next the work explains the term psychohygiene and it describes it's most important aspects, usable in daily life. At the end the work hightlights the existence of burn-out syndrome as a very common problem of people in helping professions. This work also includes a survey which is made by a questionnaire, which studied the influence of yoga on ability of managing stress situations. A claim, which could be found in many yoga books that the yoga improve this ability, was confirmed in this survey. As a next part there is also noticed the importance of caring about parents of disabled children. Doctors and other professionals often lay huge demands on them, they are made responsible for working on their child's development, but on the other hand no one cares about their own psychotherapy and maintaining their own mental health and well-being.