

The scientific novelty of the issue under consideration lies in viewing the culture of foreign-language professional communication as an integrated phenomenon that combines language competence, digital literacy, professional adaptability, and intercultural sensitivity. Within the framework of the modern digital educational environment, such communication appears not as an auxiliary skill, but as one of the key components of the professional training of media students and future specialists in the creative industries.

Thus, the culture of foreign-language professional communication in the digital educational environment is an important indicator of a student's readiness for professional activity in the conditions of a globalized information space. For students in the media sphere, it has practical significance, as it provides access to professional knowledge, international platforms, digital tools, and real communication with a foreign audience. Further study of the practices of forming such a culture in the student environment appears promising, particularly through the integration of foreign-language tasks into media education disciplines, work with digital platforms, preparation of international projects, and development of skills for intercultural content adaptation.

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WHEN GRIEF LIVES IN THE BODY

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КОЛИ В ТІЛІ ЖИВЕ ГОРЕ

We often think of grief as a personal emotional experience and a heavy weight on the heart and mind. However, if anyone has ever been through it, these people know it does not stay there. Grief sinks into our bones, settling in our stomachs, and making itself known in countless physical ways, among which there is a lack of exercise, emotional overeating, ordering takeout, or experiencing the thought of eating just impossible. Another effect of grief is isolation from the beloved, which often leads to malnutrition when people do not eat enough due to loss of appetite. Mealtimes come and go, but food goes untouched because the appetite has vanished. It is a full-body experience. In the early days and weeks after a loss, our bodies often carry the burden of the pain. However, later, an individual might find himself turning to food for comfort, ordering in, reaching for junk food, and perhaps pulling away from friends who would usually encourage a person to take a walk or share a healthy meal. This can lead to weight gain. Grief sends stress hormones, such as cortisol, into overdrive. When the body system is overfilled with these chemicals, it can suppress the immune system. A person in grief can catch every cold that goes around, or cannot shake the flu, or notice skin breaking out, adding insult to injury. For those already at risk, the stress can be even more severe: in the days following a loved one's death, the risk of a heart attack can actually spike. There is even a name for the deep physical impact of a broken heart: stress-induced cardiomyopathy, or "broken-heart syndrome". As C. R Sunstein in his survey in Harvard Health explains, an overflow of stress hormones can temporarily stun the heart muscle, making it pump inefficiently and mimicking the "symptoms of a heart attack, such as chest pain and shortness of breath". It is a shocking reminder that our emotions and our hearts are physically connected.

This flood of stress hormones does not stop there. It can worsen existing conditions like diabetes or heart failure, and it can even lead to high blood pressure in people who have never had it before. It can make blood more prone to clotting. The heart rate may stay elevated for weeks, putting a temporary but real strain on the entire cardiovascular system.

And then come problems with sleep. Sleep can feel like a tempting escape, a brief pause from the pain. However, it is a double-edged sword. When a person cannot sleep at all, the effects are harsh: cognitive fog, memory lapses, physical clumsiness, and puffiness in the face. Sleeping too much, hiding in bed for hours on end, can leave an individual feeling even more lethargic and disconnected from the world.

Anxiety, a close companion to grief, often shows up in physical ways, too. It might be the inability to sit still, constantly tapping feet, or pacing the floor. It could be sweaty palms, a dry mouth, a trembling feeling inside, or that terrifying tightness in the chest and throat that makes it hard to breathe. Even allergies might flare up, a strange but real side effect of a compromised immune system.

Children experience this too, though they might not have the words for it. Their grief often emerges as headaches, mysterious stomachaches, or nightmares that jolt them awake.

The most surprising is that the body does not forget anything. Years later, a memory through a song, a smell, a photograph, can still resemble a punch to the gut. The stomach might grasp, a chill can run down the spine, or a full-blown panic attack can erupt from nowhere, reminding a person that healing is not about forgetting, but about integrating the loss.

The good news is that for most people, the most intense physical symptoms begin to ease within the first few weeks. An individual might start to feel more like himself within a couple of months. While the grief itself does not have a set timeline, studies suggest that the most acute physical effects often resolve within 1 to 2 years. For a small group, about 7% of people, this physical and emotional pain stays in a state known as complicated grief, where it feels impossible to accept the loss or focus on anything else.

So, how can we help our bodies heal while our hearts are breaking? Since so many of these physical effects are tied to stress and neglecting our basic needs, healing often comes down to getting back to basics. It is about trying, as hard as it is, to drink enough water. To get outside, even for a short walk. To eat something nourishing. To reach out to a friend, even when every instinct says to isolate. Making small plans can force us to get up, get out, and reconnect.

Ultimately, healing the body goes hand in hand with healing the mind. That might mean talking to a therapist or grief consultant, leaning on community, or finding relief in quiet practices like journaling or meditation. It is all connected.

It is incredibly hard to know what to say to those who are watching a loved person in grief. In the soul discomfort with silence, it is easy to reach for a banality that we mean well, but that can feel incredibly dismissive to someone in pain. Instead of trying to find the “perfect” words, the most powerful thing you can do is often to show up. Listen without trying to fix. Acknowledge their pain without comparing it to anything else. A quiet, steady presence can be a greater comfort than any well-intentioned phrase.