

The highest functions of nervous system

Psychological and social aspects of brain activity

II

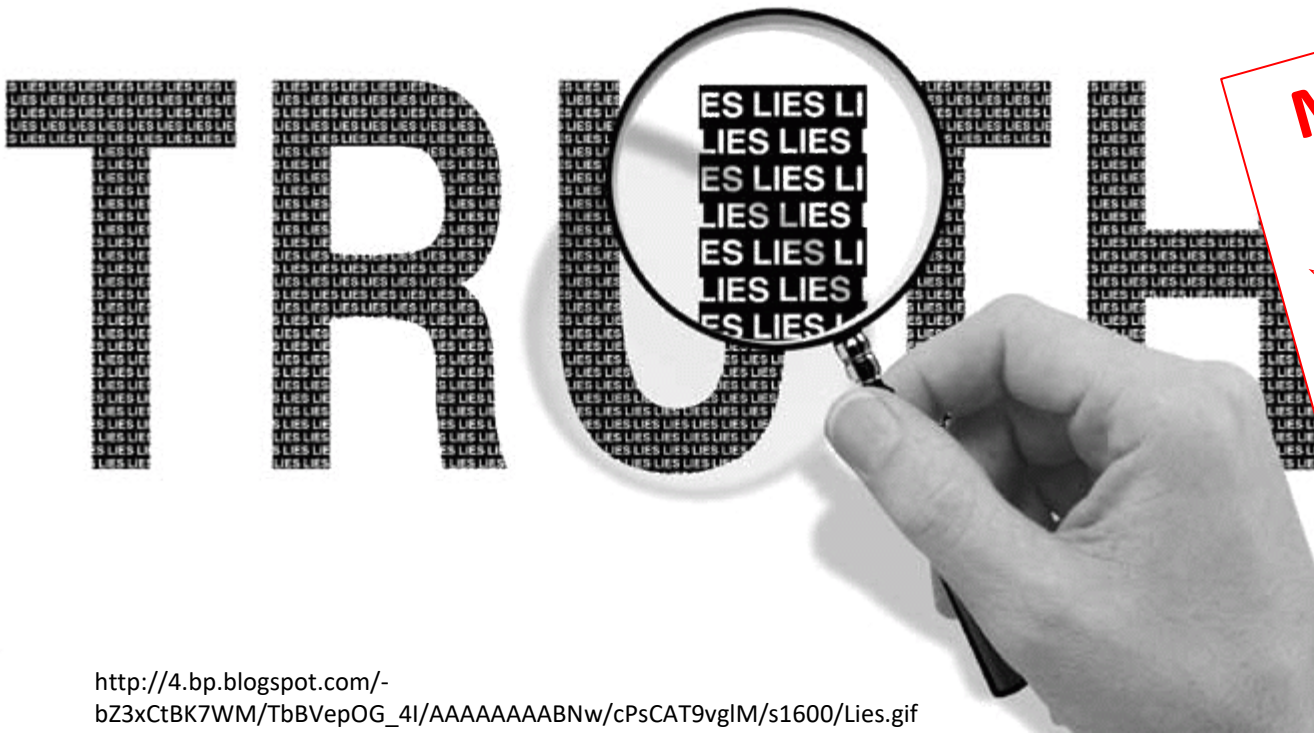
The conflict between the limbic system and the neocortex



Rationalization

✓The problem with effective control of the neocortex

- defense mechanism in which controversial behaviors or feelings are justified and explained in a seemingly rational or logical manner to avoid the true explanation, and are made consciously tolerable—or even admirable and superior—by plausible means (wikipedia)



MANIPULATION

- Selfmanipulation
- Manipulation of others
- ✓ Intentional
- ✓ Unintentional

Awareness / Mindfulness

✓The problem with effective control of the neocortex

<http://cognitivetherapyonline.com/cbt4panic/wp-content/uploads/2011/03/past-future.gif>



Mind Full, or Mindful?



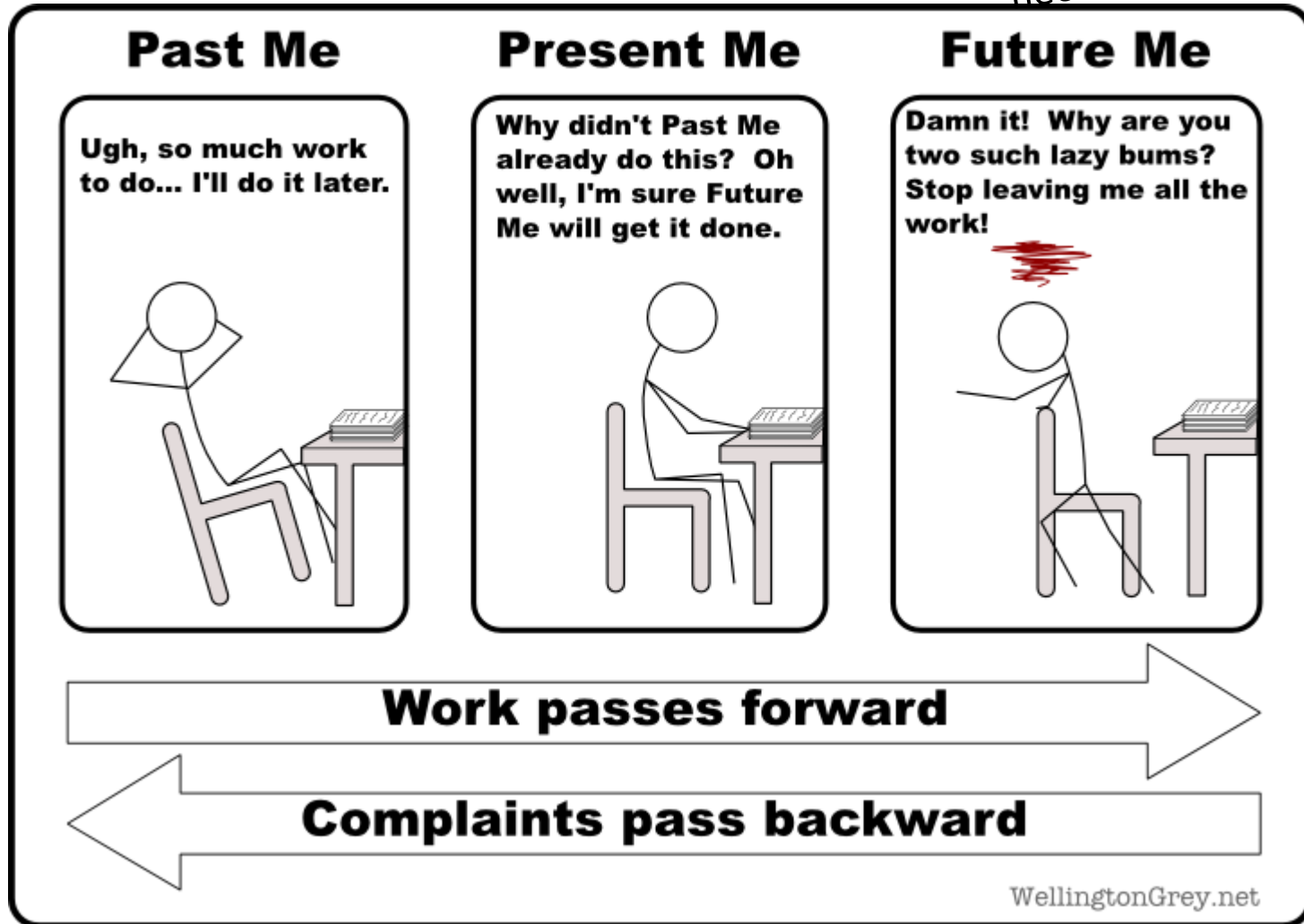
https://stuffthingsandopinions.files.wordpress.com/2015/12/15655214702_05c357fe29_o_d.jpg

„When you are hungry, eat; when you are tired, sleep“

Zen Buddhist quote

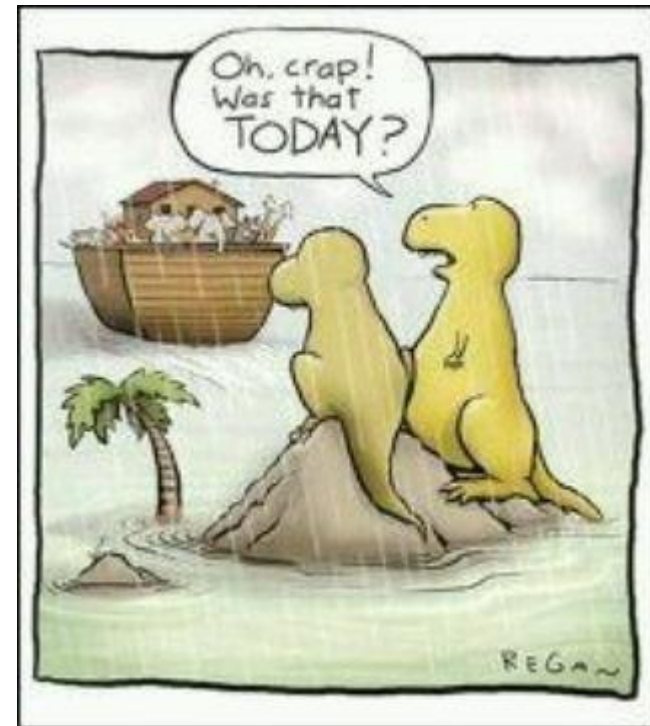
Awareness / Mindfulness

- ✓ The problem with effective control of the neocortex
- ✓ The conflict between the limbic system and the neocortex



Procrastination

- Putting off an action to later time
- It is not a laziness!



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Procrastination

- Putting

- It is

According to Joseph Ferrari, a professor of psychology at DePaul University,

20% of people may be "chronic procrastinators"

75% of university students consider themselves to be chronic procrastinators

95% of habitual procrastinators want to reduce it, or reduce its impact upon their lives

REGAN

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Procrastination

A critical role of the limbic system

Physiologically, it's a struggle between two parts of the brain:

Prefrontal cortex:
controls problem solving and planning

Limbic system:
craves immediate gratification



Why is procrastination such a bad idea?

It can ...

... hurt your health: Chronic procrastinators suffer more illnesses, get less exercise, sleep less and drink more alcohol than non-procrastinators.

... stress you out: The resulting deadline crunch (or a missed deadline) takes a toll on both you and those around you.

... lead to lower salaries and a higher risk of unemployment: No one gets ahead by dropping deadlines.

Why do people procrastinate?



Fear of failure: You won't settle for anything less than perfection.



Skill deficit: You don't know how to complete the task.



Lack of interest or motivation: The task is simply too boring.

Risk factors

- Intelligence
 - A higher intelligence is associated with a better skill of rationalization



✓ Fatigue
✓ Hunger
✓ Other stressors

Risk factors

- Intelligence
 - A higher intelligence is associated with a better skill of rationalization
- A task has low meaning
 - Why to do it?
- A task is boring
 - I do not like it
- A task is difficult
 - How to start?
- A task is frustrating
 - I cannot move on...



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✓ Hunger
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- Bad organization
 - I have to do it in a different way
- Lacking in rewards(mainly intrinsic)
 - It does not bring me anything

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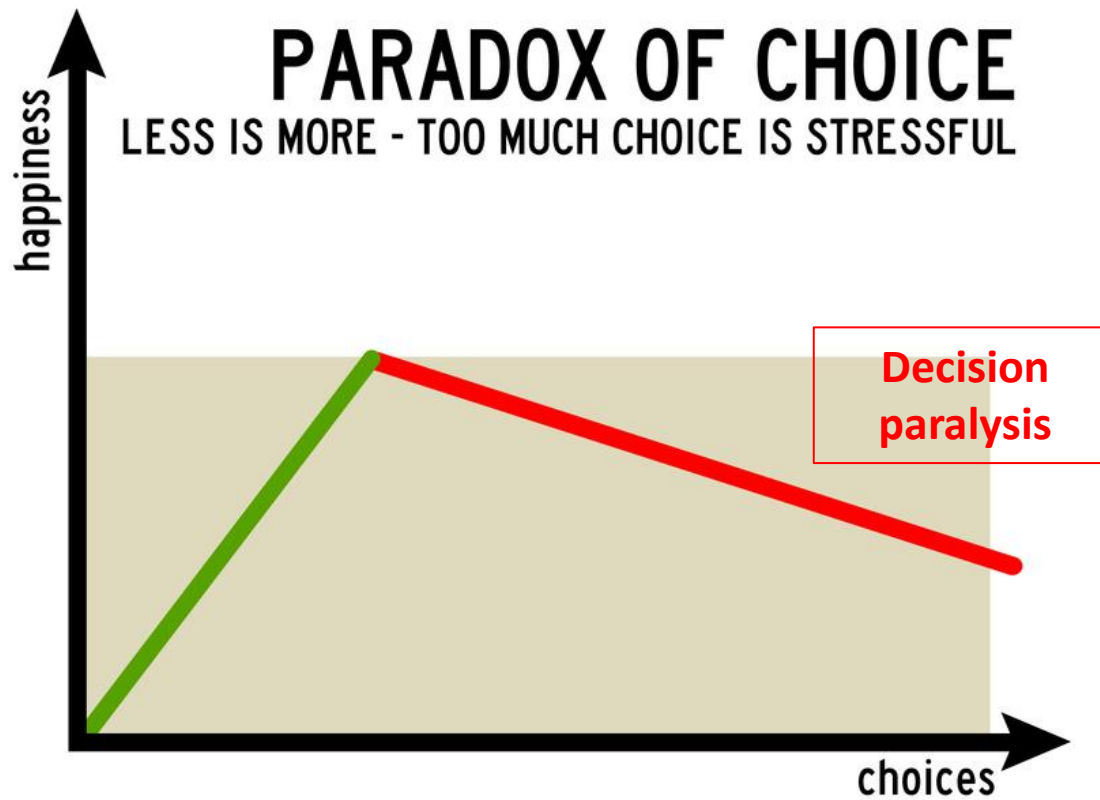


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➤ **Decision paralysis**
➤ **Distraction**



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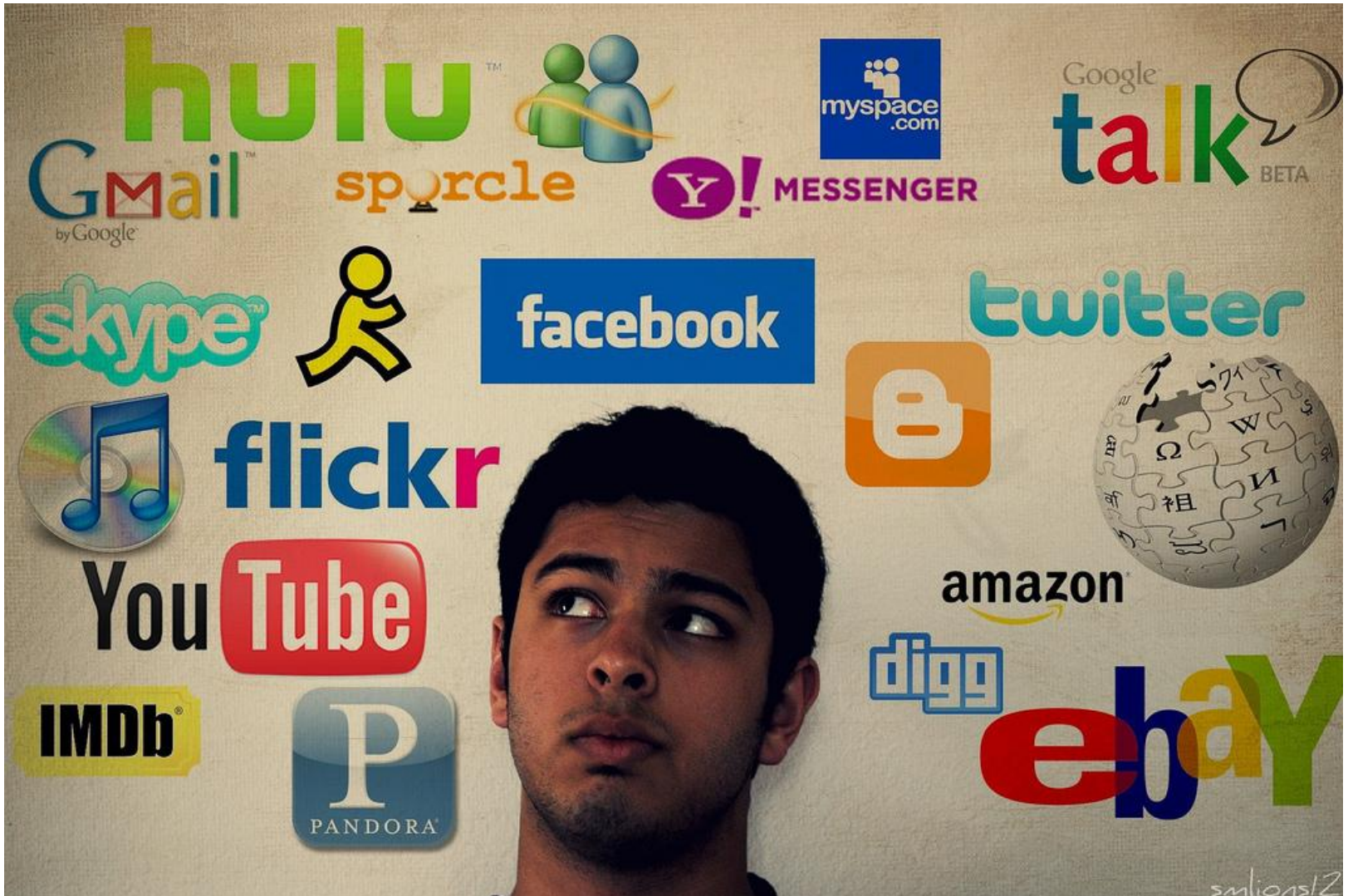


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<https://kristenleoneblog.wordpress.com/2016/04/03/decision-paralysis>

Distraction



Procrastination

DAREDEVIL

You like to live dangerously, only starting work when the deadline is looming.

You think you show grace under pressure, but the end result is rushed work that's full of errors.

TIPS

Get organised

Set yourself tighter deadlines and use the adrenaline rush productively while managing your team - self-regulate with penalties for not meeting these targets.

OSTRICH

You like to stick your head in the sand and ignore the tasks at hand - avoiding having to make decisions.

If you don't make a decision, then you don't risk failing or being judged.

TIPS

Self-talk confidently

Notice how you are talking to yourself when procrastinating. Think positively - instead of "I can't", say "I will".

CHICKEN

With so many choices, how are you supposed to decide? By the time you've made up your mind, it's too late.

You feel like you may as well put it off and let someone else choose.

TIPS

Swiss-cheese the big tasks

Handle the biggest tasks first by breaking them down into smaller manageable ones. Devote small amounts of time and achieve as much as you can in each to boost your momentum.

SELF-SABOTEUR

You're your own worst enemy, putting obstacles in your path to stop yourself working.

That way, you can say it's not your fault - rewarding yourself for a job left undone.

TIPS

Plan for obstacles

List potential obstacles to getting things done ahead of time, and plan countermeasures, e.g., "Whenever I check Facebook, I take a short break."

PERFECTIONIST

You'll settle for nothing less than perfection - which is essentially impossible.

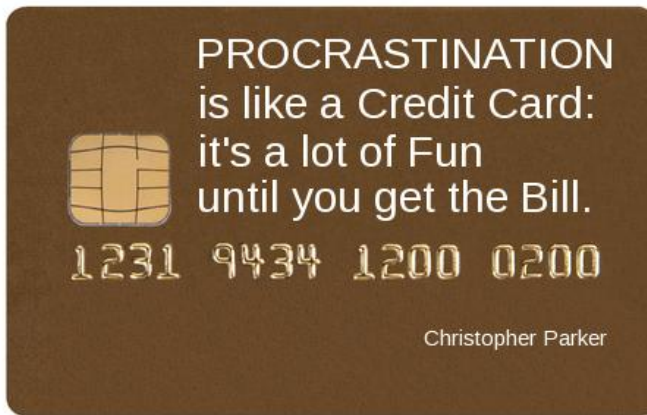
You're ruled by what others think of you, delaying work until you can be sure other people won't criticise it.

TIPS

Keep it real

Set yourself reasonable targets that you know you can manage and do your best to meet them. Perfection is impossible, but you can learn from mistakes.

http://howtobehappy.guru/wp-content/uploads/2015/08/imagedit_7_5046245303.jpg



Procrastination

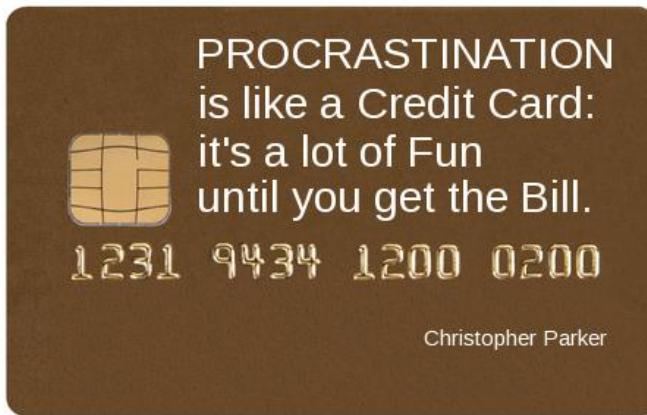
A critical role of the limbic system



SOURCES: <http://serendip.brynmawr.edu/bb/neuro/neuro02/web1/jmaryasis.html>
http://www.mindtools.com/pages/article/newHTE_91.htm
<http://www.marccandangel.com/2010/11/22/7-common-causes-and-proven-cures-for-procrastination/>



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Procrastination

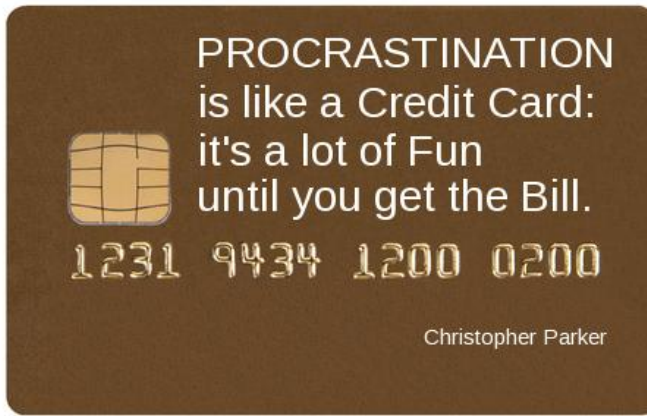
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SOURCES: <http://serendip.brynmawr.edu/bb/neuro/neuro02/web1/jmaryasis.html>
http://www.mindtools.com/pages/article/newHTE_91.htm
<http://www.marccandangel.com/2010/11/22/7-common-causes-and-proven-cures-for-procrastination/>



http://howtobehappy.guru/wp-content/uploads/2015/08/imagedit_7_5046245303.jpg



Procrastination

A critical role of the limbic system



Procrastination

11 THINGS BY DR. TRAVIS BRADBERRY ULTRA-PRODUCTIVE PEOPLE DO DIFFERENTLY

01 THEY NEVER TOUCH THINGS TWICE

02 THEY GET READY FOR TOMORROW BEFORE THEY LEAVE THE OFFICE

03 THEY EAT FROGS

04 THEY FIGHT THE TYRANNY OF THE URGENT

05 THEY STICK TO THE SCHEDULE DURING MEETINGS

06 THEY SAY NO

07 THEY ONLY CHECK E-MAIL AT DESIGNATED TIMES

08 THEY DON'T MULTITASK

09 THEY GO OFF THE GRID

10 THEY DELEGATE

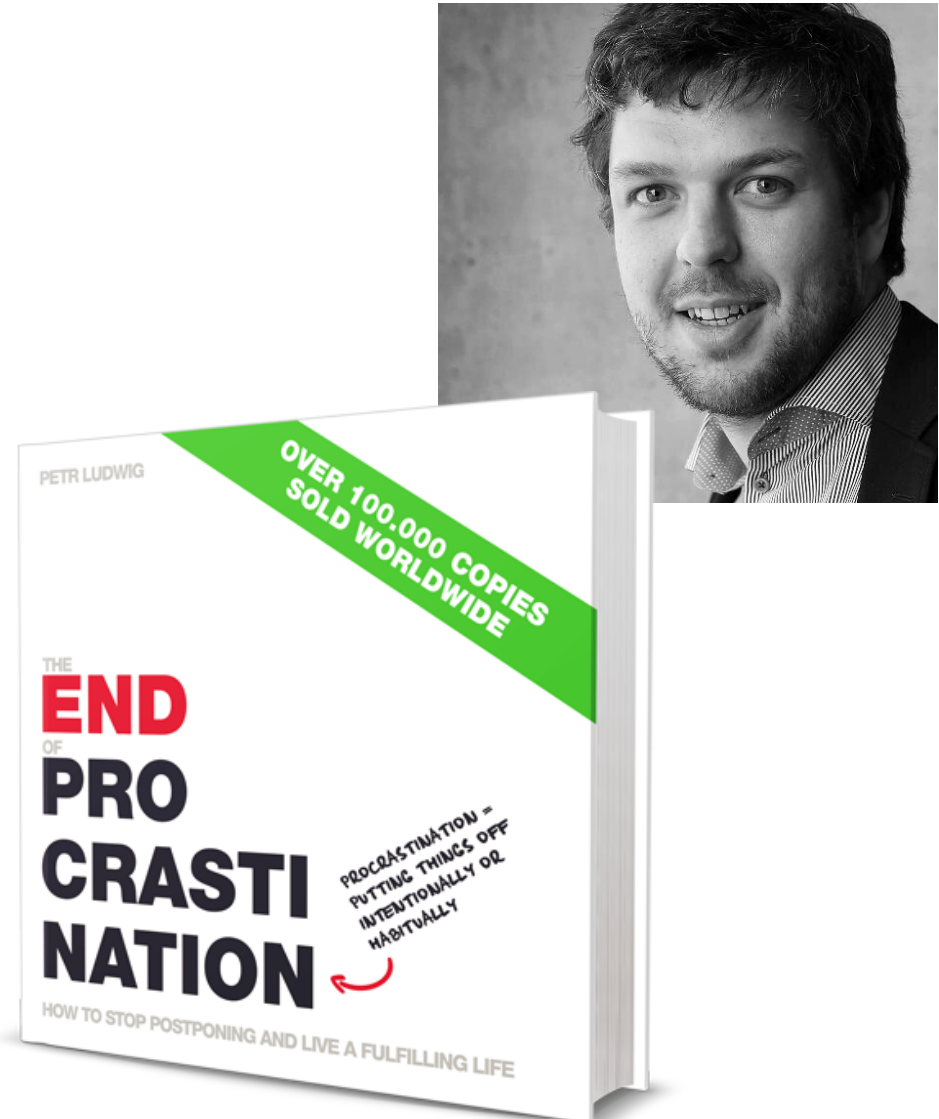
11 THEY PUT TECHNOLOGY TO WORK FOR THEM

E

Procrastination



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- Tom Peters, bestselling author of *In Search of Excellence*

Stephen R. Covey

Stephen Covey – Quadrant system

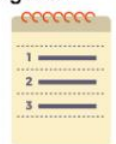
	Urgent	Not Urgent								
Important	Quad I <table border="1"><thead><tr><th>Activities</th><th>Results</th></tr></thead><tbody><tr><td><ul style="list-style-type: none">• Crisis• Pressing Problems• Deadline Driven</td><td><ul style="list-style-type: none">• Stress• Burn-out• Crisis management• Always putting out fires</td></tr></tbody></table>	Activities	Results	<ul style="list-style-type: none">• Crisis• Pressing Problems• Deadline Driven	<ul style="list-style-type: none">• Stress• Burn-out• Crisis management• Always putting out fires	Quad II <table border="1"><thead><tr><th>Activities</th><th>Results</th></tr></thead><tbody><tr><td><ul style="list-style-type: none">• Prevention, capability improvement• Relationship building• Recognizing new opportunities• Planning, recreation</td><td><ul style="list-style-type: none">• Vision, perspective• Balance• Discipline• Control• Few crisis</td></tr></tbody></table>	Activities	Results	<ul style="list-style-type: none">• Prevention, capability improvement• Relationship building• Recognizing new opportunities• Planning, recreation	<ul style="list-style-type: none">• Vision, perspective• Balance• Discipline• Control• Few crisis
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Procrastination



Brain Hacks for beating procrastination

1. Focus on the PROCESS not the Product.
Tips: When studying, avoid thinking about how many pages you have to write or problems to solve as that brings on the pain that leads to procrastination. Rather, calmly put the effort into doing the work. No need to grasp or finish everything in one session.
2. Distractions will happen, so accept them and train yourself to move past them quickly.
Tips: Find a quiet space, use noise-cancelling headphones.
3. Plan: Write down 3-6 tasks you want to accomplish.
Tips: Do it the night before, so your mind starts working on them while you sleep. Plan your breaks and quitting time too. It's okay if you did not finish all tasks if you gave it your best.
4. Trust in your new system and yourself.
Tips: Get support when you get stressed out or overwhelmed. Seek out friends who are successful, teachers, school counselors and ask for help.



5. Use The POMODORO Technique



START

SET A TIMER TO 25 MINUTES. Let everyone (Fam, BF, GF etc.) know what you are doing, so they don't interrupt or get upset if you don't respond to them.



CONTINUE

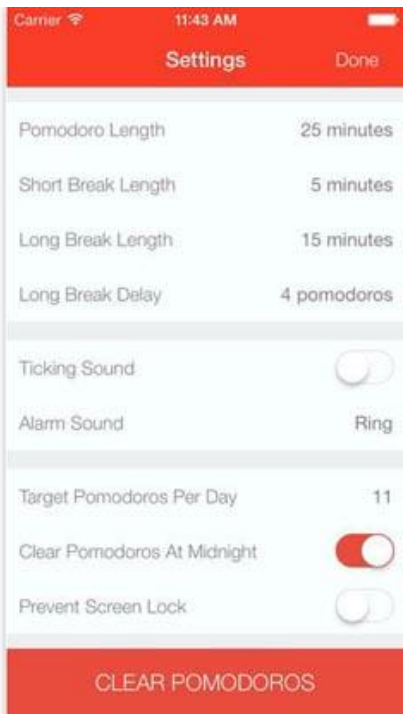
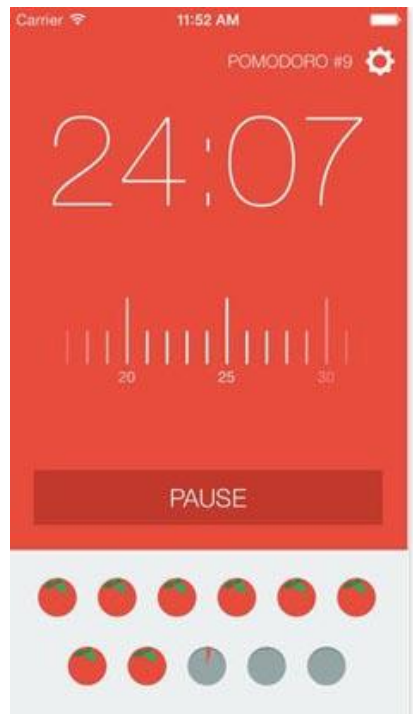
FOCUS ON ONE TASK. Study. Write. Do math. Whatever. **NO INTERRUPTIONS.** No social media, gaming, texting etc.



STOP

REWARD YOURSELF. After successfully completing 25 minutes of hardcore awesomeness (studying, working etc.) do something you enjoy for 5 minutes and repeat the process.

YOU CAN BEAT PROCRASTINATION!



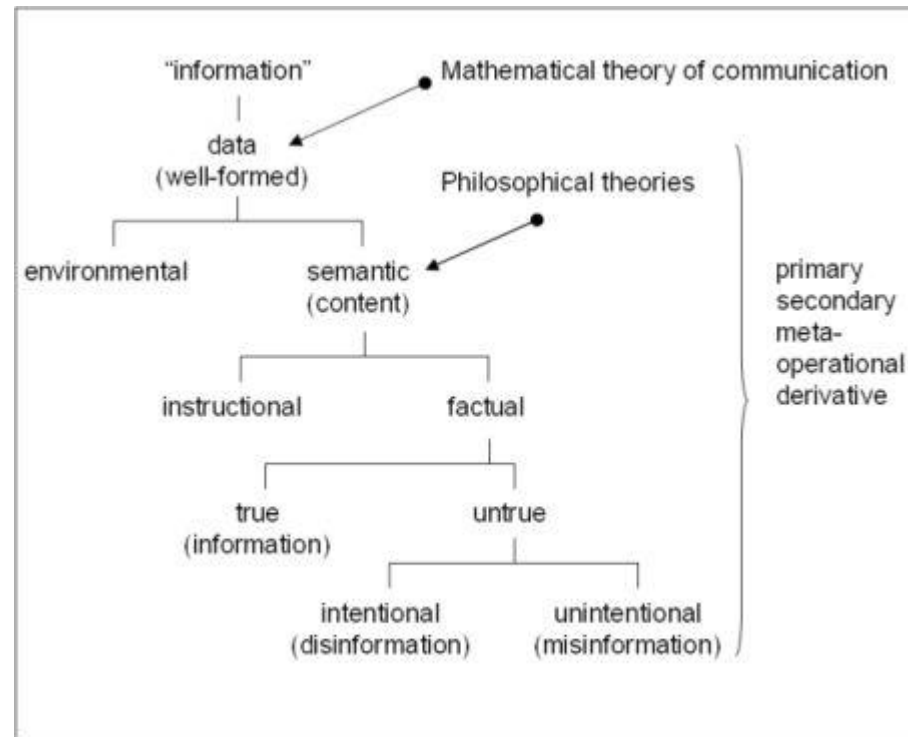
Manipulation

✓The problem with effective control of the neocortex

- Intentional vs unintentional
- Selfmanipulation
 - Mostly unintentional
 - Defensive mechanism

„ Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? „

Matthew 7:4



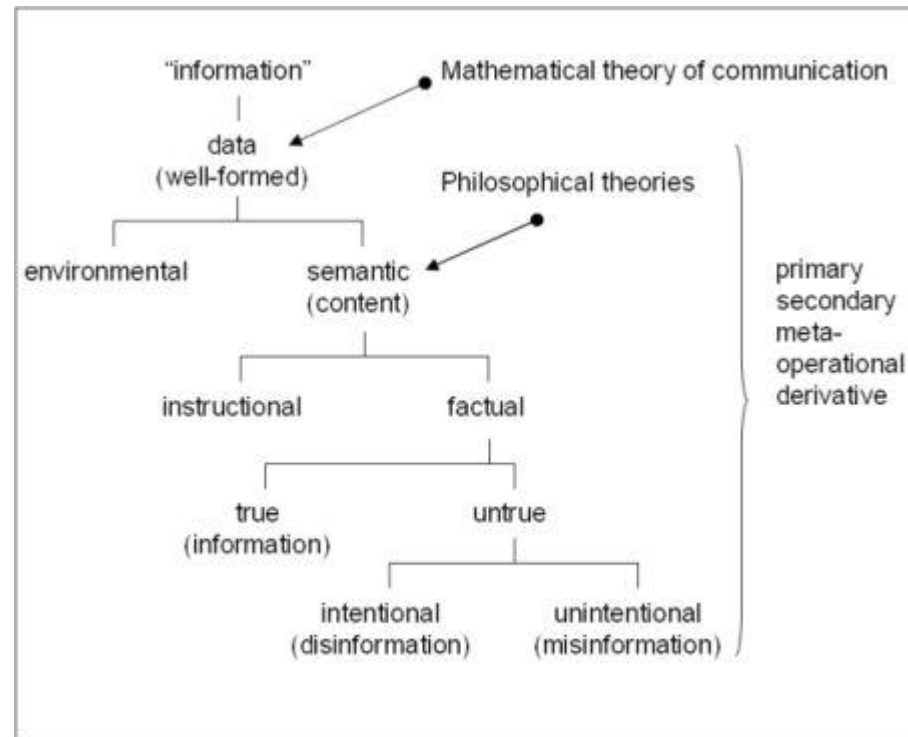
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- Manipulation of others
 - Mostly intentional
 - Offensive mechanism
 - ✓ To defense myself
 - ✓ To obtain some advantage

„ Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? „

Matthew 7:4



Manipulation

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ACTUAL BURGER

- MOST ATTRACTIVE ANGLE
- WITH CHEESE
- SLIGHTLY FLUFFED UP



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ACTUAL TACO

- MOST ATTRACTIVE ANGLE



Manipulation



Manipulation

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Playing on emotions /
feelings of unhappiness
- the limbic system

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Pseudorational
(it is believable) –
neocortex



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Manipulation and propaganda



Propaganda

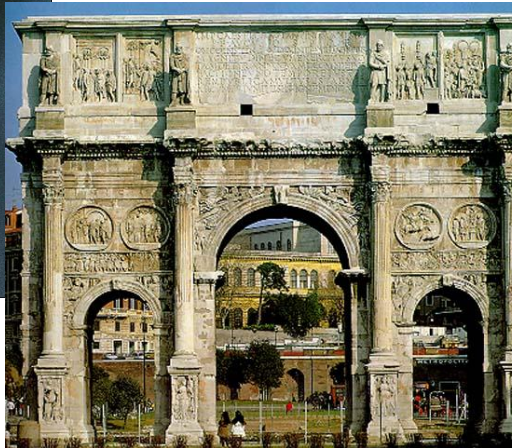
- Manipulation / propaganda is as old as mankind itself, and sometimes it may seem absurd



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Propaganda

- Historical resources have propagandistic character
- History is written by winners
- Subjective / engaged view vs. pure propaganda



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Propaganda

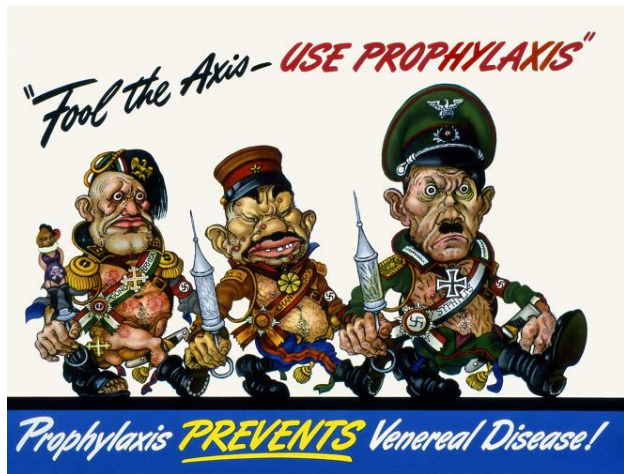


Propaganda



Propaganda tries to provoke intolerance

Propaganda and propaganda



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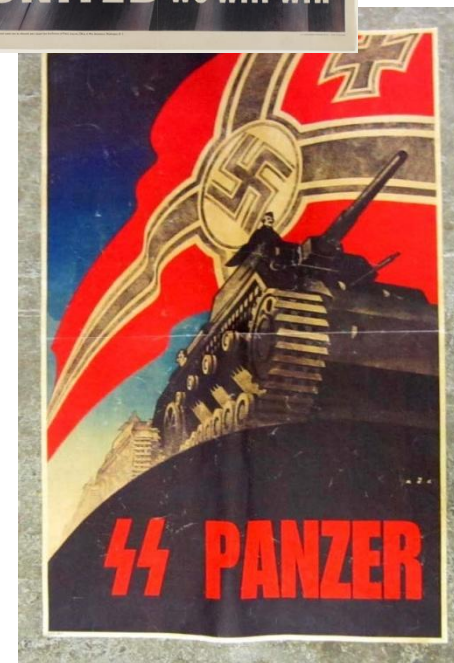
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Propaganda and propaganda

"Fool the Axis - USE PROPHYLAXIS"



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Prophylaxis PREVENTS Venereal Disease

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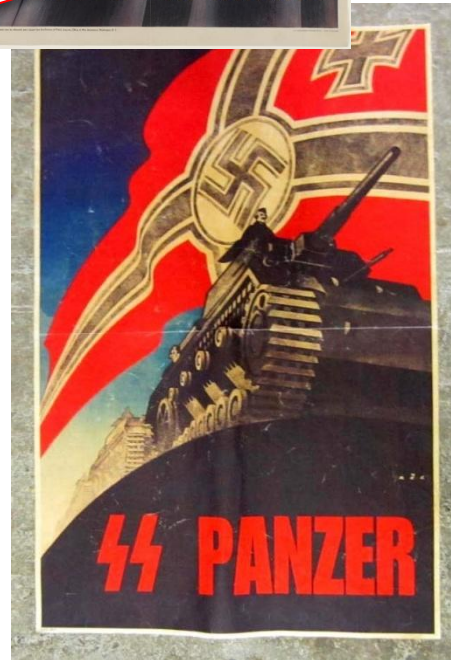
Glorification



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Propaganda and propaganda

"Fool the Axis - USE PROPHYLAXIS"



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Prophylaxis PREVENTS Venereal Dis

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Dehonestation

Glorification

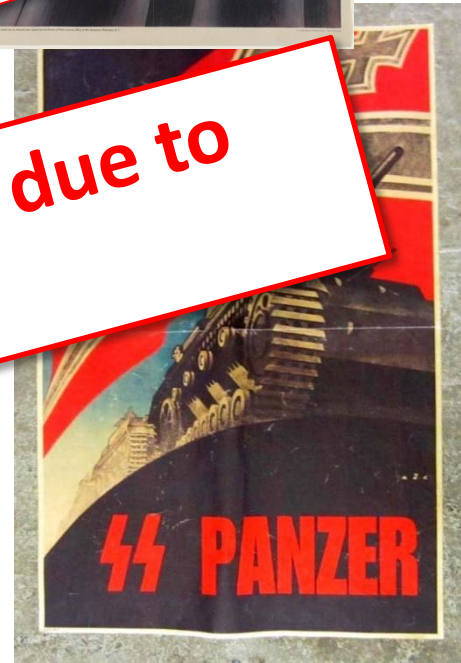
Manipulation is possible due to mentalization



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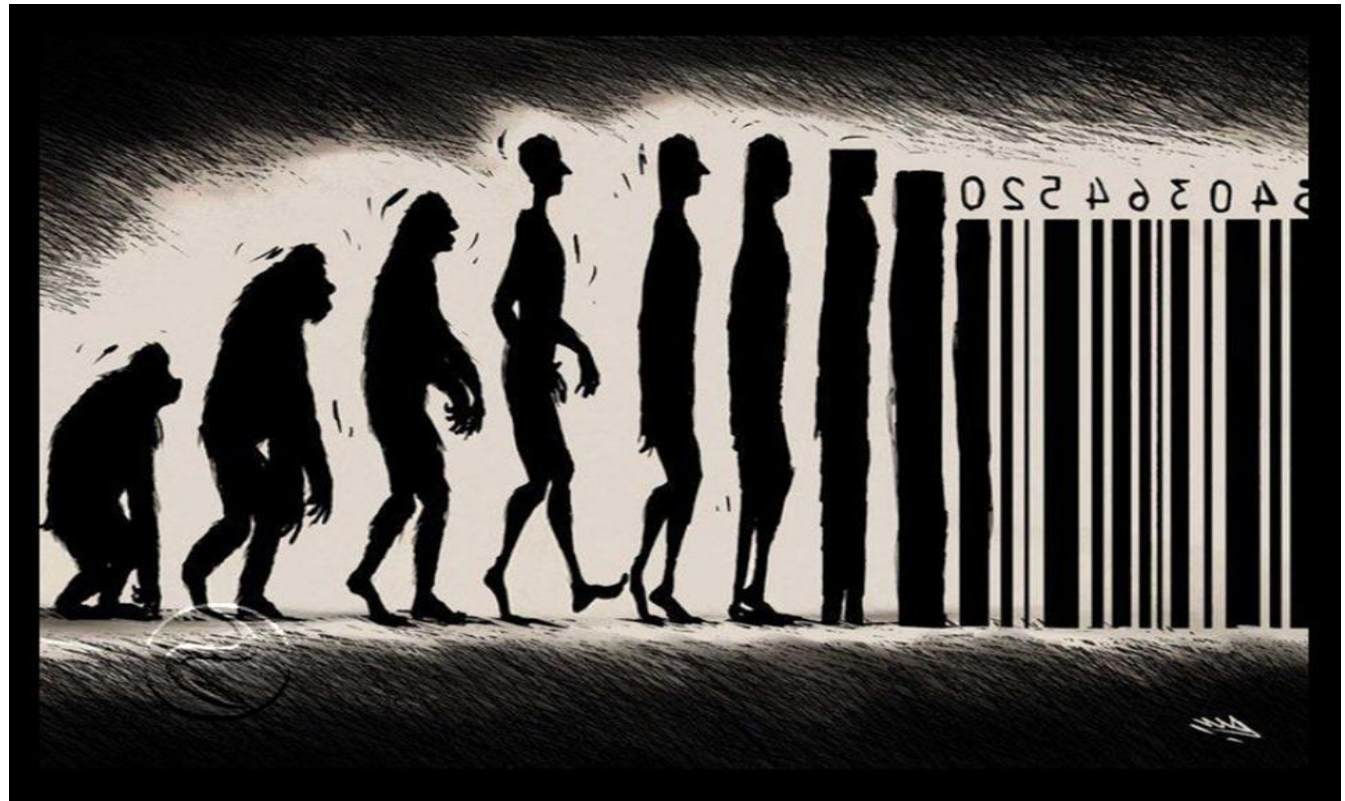
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Dehumanization

- debasement the others' individuality as either an "individual" species or an "individual" object
- Animalistic
- Mechanistic



Mentalization

- the ability to understand the mental state, of oneself or others, that underlies over behavior
- Rationally
- Emotionally



Society



Culture
– the sum of knowledge
✓ Material
✓ Non material/Spiritual

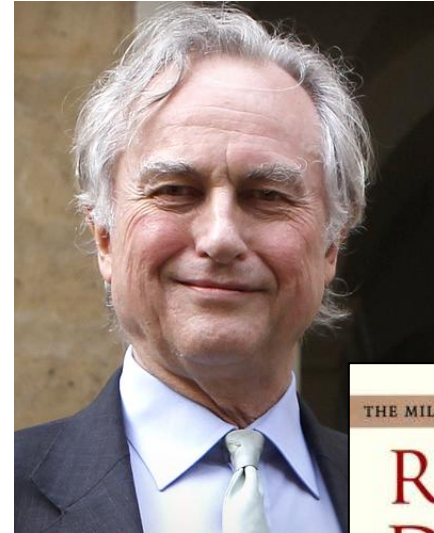
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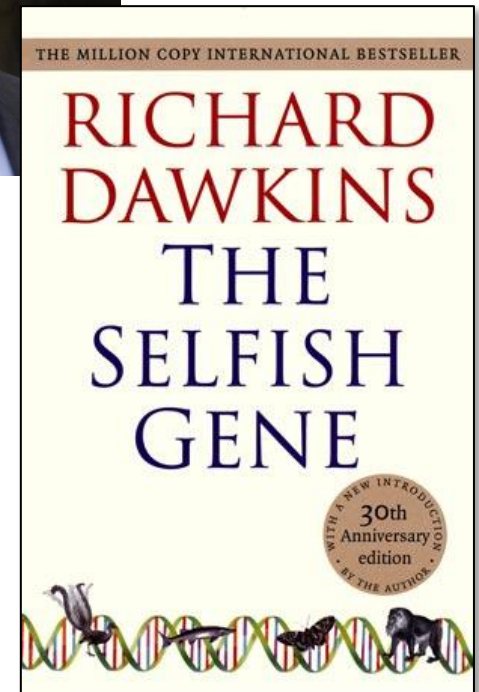
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Memetics

- Evolutionary model of cultural information transfer
- Analogy genetic information transfer



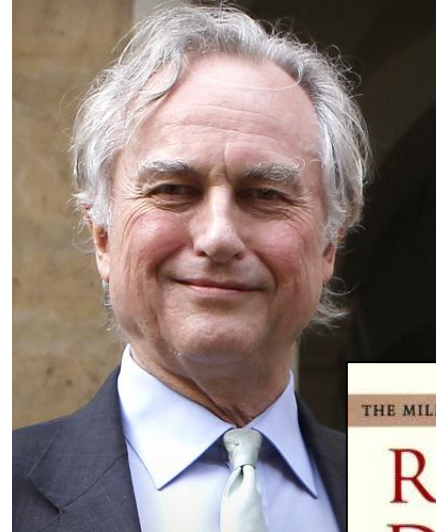
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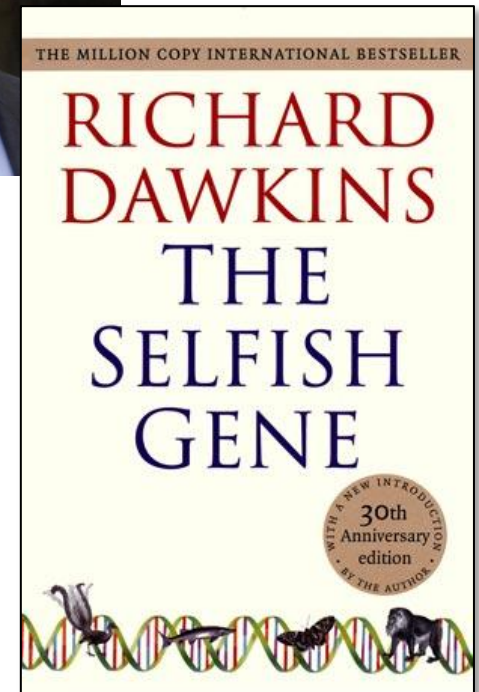
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Memetics

- Evolutionary model of cultural information transfer
- Analogy genetic information transfer
- Mem
 - „unit of cultural information“
- Memetic complex
 - System of values/philosophy/religion



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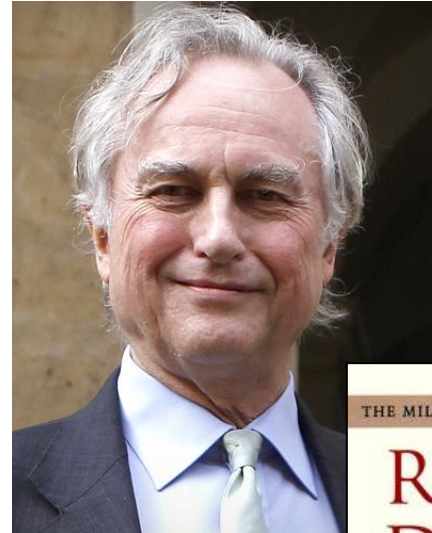


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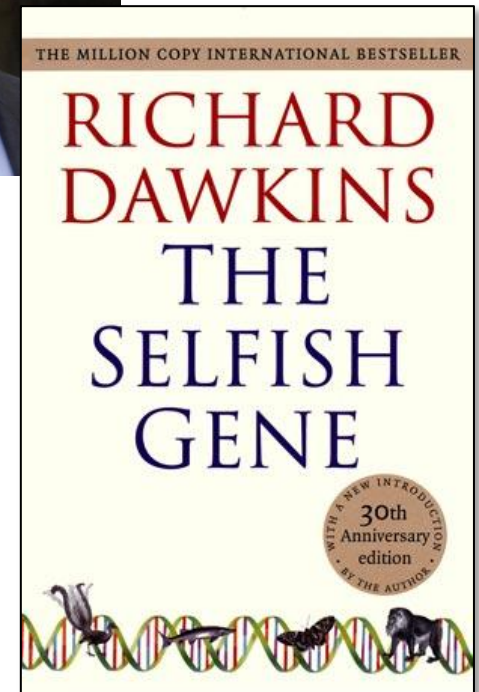
Memetics

- Evolutionary model of cultural information transfer
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Every kind of system of values has to be considered as a memetic complex (philosophy of consume lifestyle, biker or hooligan)



http://media.salon.com/2013/08/richard_dawkins2.jpg



https://geophagus.files.wordpress.com/2009/07/b1.23pb_lg.jpg

Memetics

- Memetic complex has to replicate, otherwise it will become a "dead learning / information"
- Memetic complexes compete each other for „substrate“ (human mind)



<http://cdn2.5wm83b1.maxcdn-edge.com/wp-content/uploads/2014/08/pepsiad2.jpg>



http://4.bp.blogspot.com/_4ryHM8waEOc/S5ZL9uKNi0I/AAAAAAAAA4w/9cYf2Jf7rnc/s400/coke_vs_pepsi.jpg

Society



Culture
– the sum of knowledge
✓ Material
✓ Non material/Spiritual

Memetics may be applied to any part of the culture, eg. on technological processes

Social brain

„The first sign of civilization was a femur that had been broken and then healed... Helping someone else through difficulty is where civilization starts“

Margaret Mead

http://anthropology.si.edu/writteninbone/images/G0500_large.jpg



<http://www.ancient.eu/uploads/images/display-1166.jpg>

Medical doctor

- Treatment strategy
 - Evidence based
 - Rational
 - Reproducibility
 - Knowledge transfer possible

Healer

- Treatment strategy
 - Personal ability based
 - Pseudorational/irrational
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It is possible that people with supernatural abilities exist, but they are in minority and the majority of healers intentionally or unintentionally manipulate their patients

➤ Every phenomenon which cannot be explained rationally is similar to miracle/supernatural phenomenon



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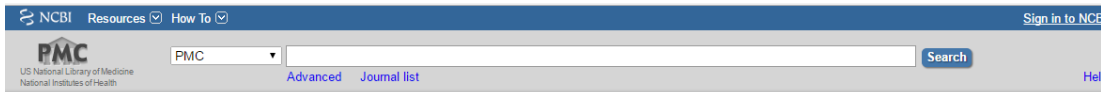


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➤ Even we cannot explain some phenomena we should consider its effect, reproducibility and knowledge transfer possibilities



Journal List > Glob Adv Health Med > v.3(4); 2014 Jul > PMC4104560



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PMCID: PMC4104560

Acupuncture: Past, Present, and Future

[Jason Jishun Hao](#), DOM, MTCM, MBA^{MD} and [Michele Mittelman](#), RN, MPH

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Abstract

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During the past 40 years, acupuncture, a therapeutic technique of oriental medicine, has become more and more popular, evolving into one of the most utilized forms of complementary integrative medicine interventions in the United States. In fact, more than 10 million acupuncture treatments are administered annually in the United States alone. Its rise in popularity, particularly in the West, can be attributed in part to its effectiveness for pain relief and in part to the fact that scientific studies have begun to prove its efficacy.

Key Words: Acupuncture, headache, scalp, central nervous system, pain relief

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[Syst Rev](#) 2014; 3: 142.

Published online 2014 Dec 6. doi: [10.1186/2046-4053-3-142](#)

PMCID: PMC4326322

Randomised placebo-controlled trials of individualised homeopathic treatment: systematic review and meta-analysis

[Robert T Mathie](#),^{MD} [Suzanne M Lloyd](#), [Lynn A Legg](#), [Jürgen Clausen](#), [Sian Moss](#), [Jonathan RT Davidson](#), and [Ian Ford](#)

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Abstract

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Background

A rigorous and focused systematic review and meta-analysis of randomised controlled trials (RCTs) of individualised homeopathic treatment has not previously been undertaken. We tested the hypothesis that the outcome of an individualised homeopathic treatment approach using homeopathic medicines is distinguishable from that of placebos.

Conclusions

Medicines prescribed in individualised homeopathy may have small, specific treatment effects. Findings are consistent with sub-group data available in a previous 'global' systematic review. The low or unclear overall quality of the evidence prompts caution in interpreting the findings. New high-quality RCT research is necessary to enable more decisive interpretation.

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 - Rational
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 - Knowledge transfer possible

Healer

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 - Knowledge transfer impossible

It is possible that people with supernatural abilities exist, but they are in minority and the majority of healers intentionally or unintentionally manipulate their patients

- Approach to patient
 - More rational - explanatory

- Approach to patient
 - More emotional - calming

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Placebo has an effect in approximately 30% of cases and this is associated with anticipation functions of the brain

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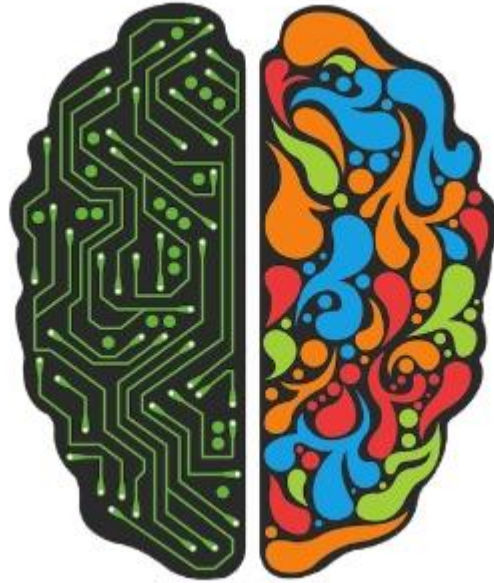
Every illness is a stressor negatively affecting patient's psyche

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An empathic approach is currently considered as the best approach

Empathy

Rationality



Emotionality

