



# PRINCIPLES



## Stress Management / Work-Life Balance

# Psychology of Mental Health and Well-being

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# Key words:

- a. **neuroplasticity**
- b. **habituation, generalization**
- c. **GAS**, Hans Selye
- d. **concentration & imagination**
- e. **DrEaMS**
- f. **SET as self/reflection, 'feed-back'**
- g. **HW**



# Focus on Principles

Stress is anytime & anywhere

Stress works for us; Stress is functional

We're able to **influence the duration & intensity.**  
not the start-point of the stress reaction

**Don't worry about stress ...**

**... anyway ... it's anytime & anywhere .**



**STRESS**

**STRESS**

**EU x DI**

**ACUTE x CHRONIC**

**HYPER x HYPO**

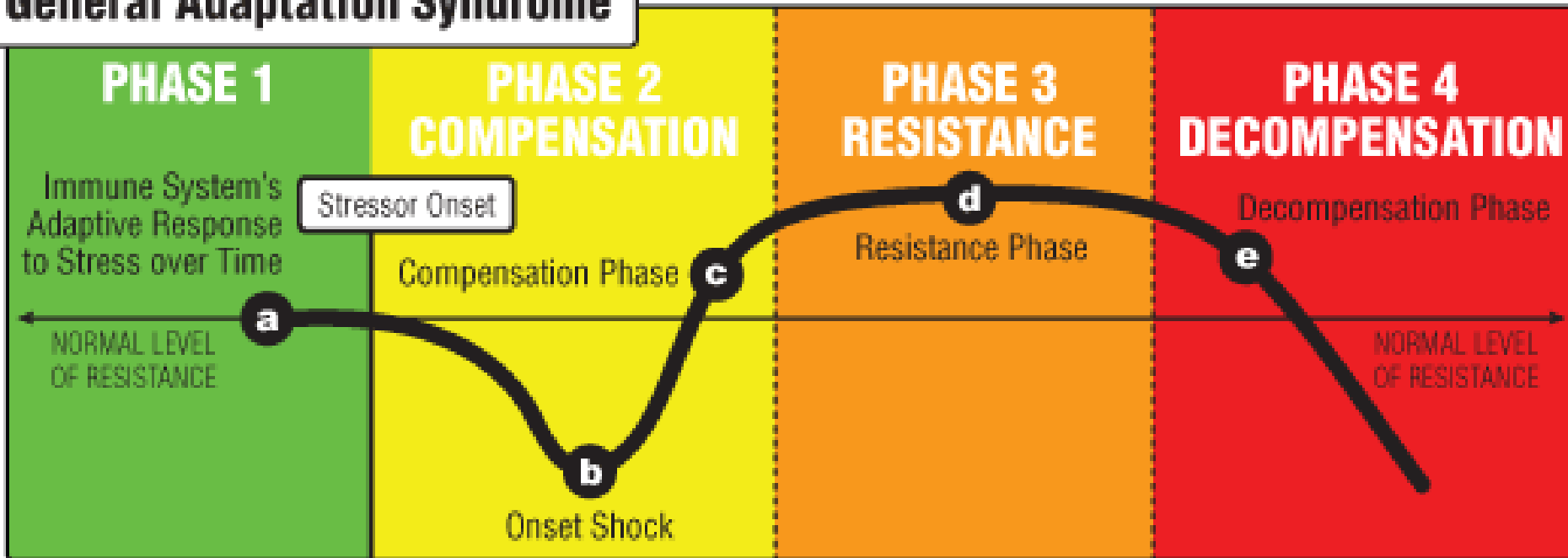
# GAS

**Alarm:** The body first organizes physiological responses (similar to fight/flight resp.) to threat.

**Resistance:** Stress-activated responses continue, stabilizing the body's adaptations to stress.

**Exhaustion:** The body has depleted its reserves and can no longer maintain responses to the stressors.

## General Adaptation Syndrome



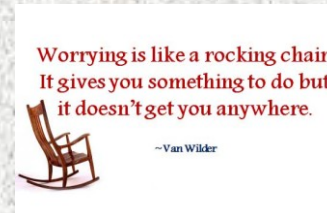
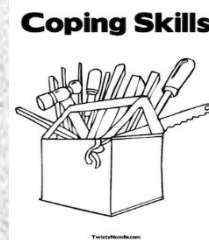
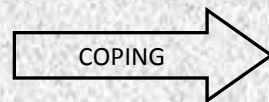
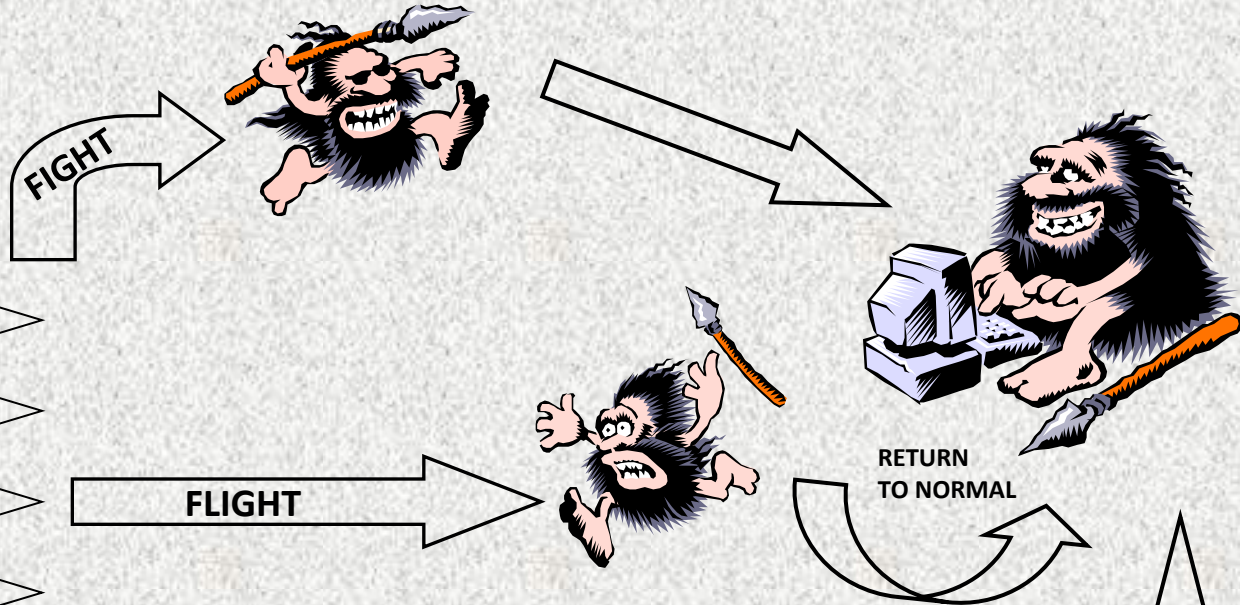
and other opiate drugs used in the modulation of pain.

# Effects of stress

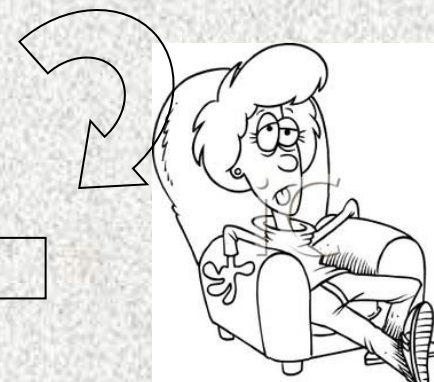
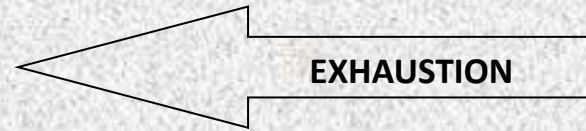
## STRESSORS



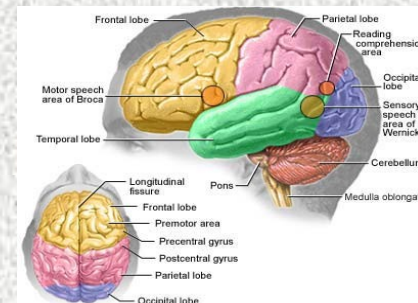
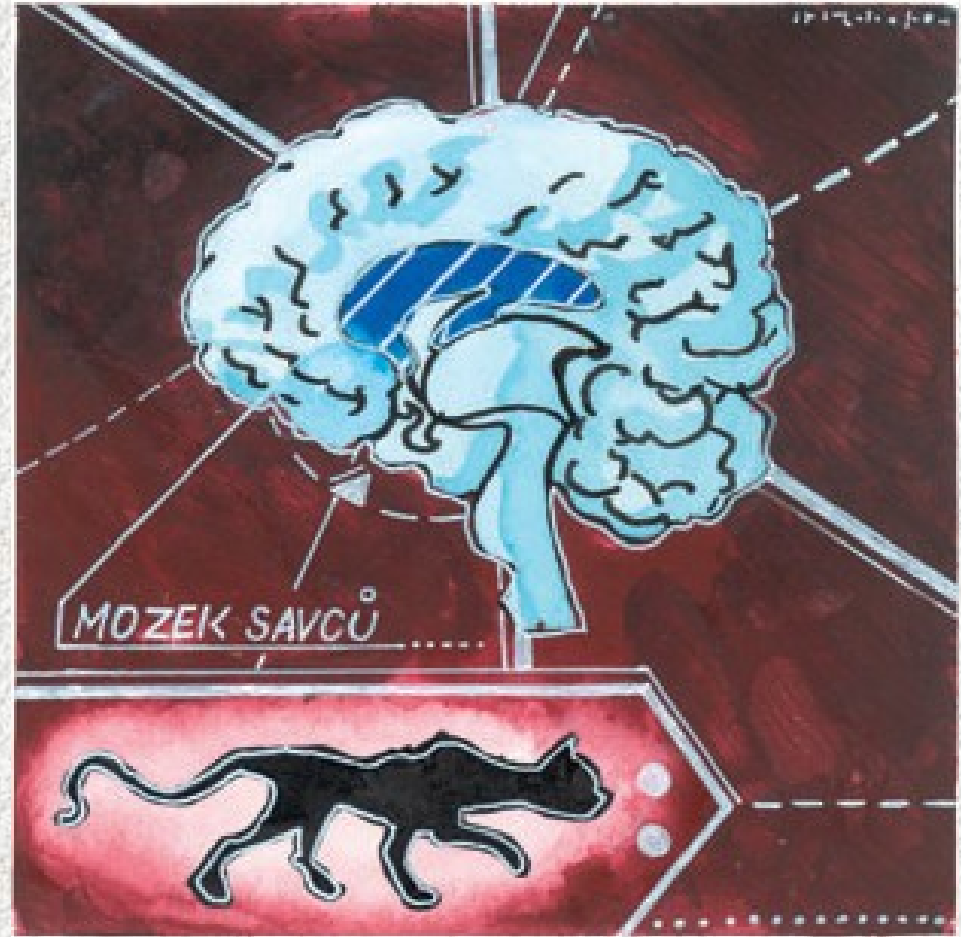
**POOR DIET**  
**NO EXERCISE**  
**NEGATIVE THOUGHTS**  
 ...



**RELAXATION**  
 Active / Passive



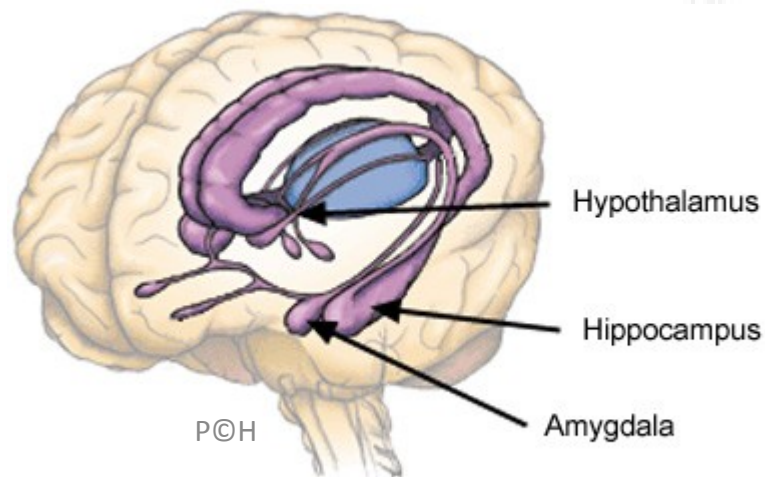
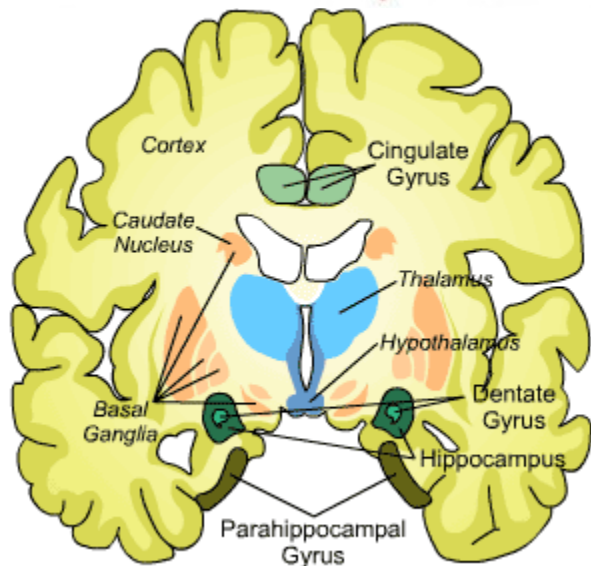
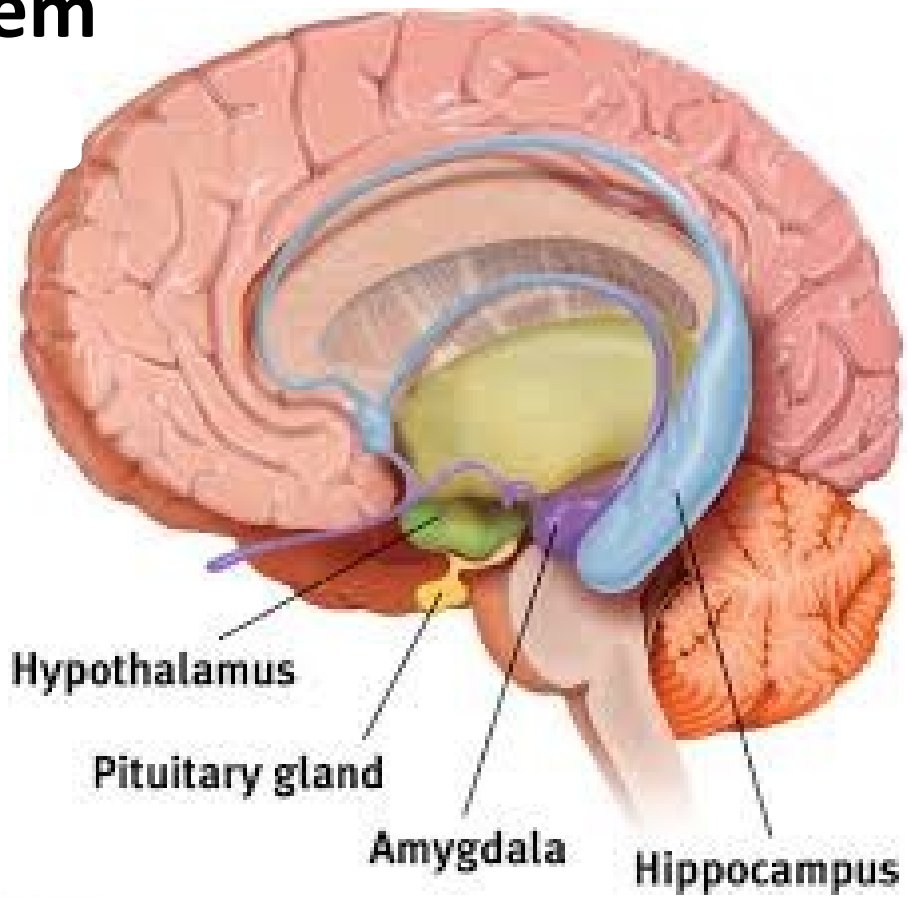
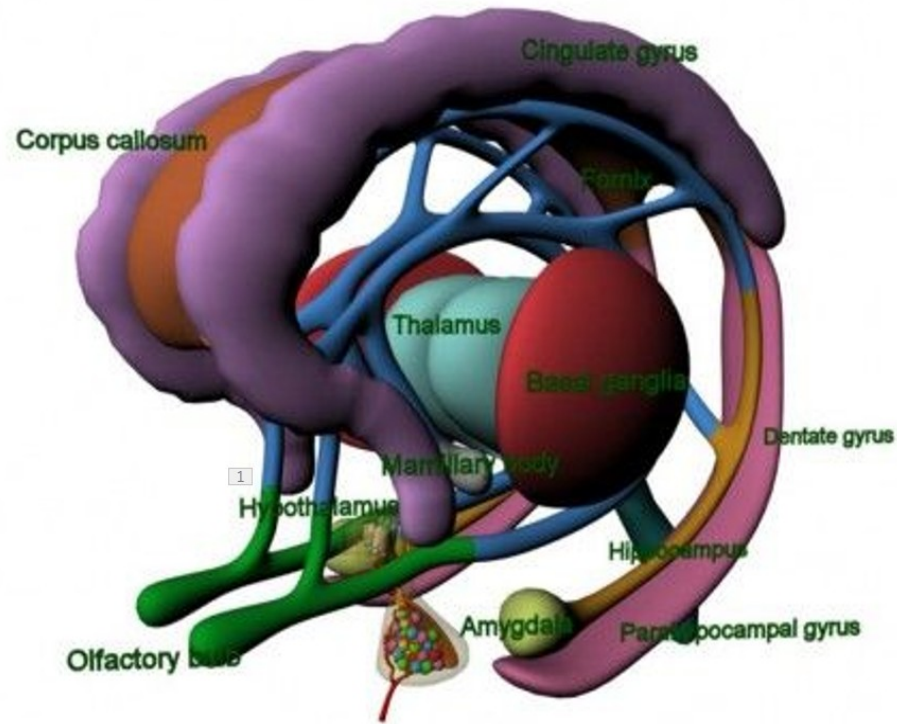




# Triune theory - Paul McLean



# Limbic system





**Don't worry about stress ...**

**... we're able to influence  
the duration & intensity!**

**... we're able to deal with it ...**

**... it would help us!**





# Focus on Principles

Stress = BODY RESPONSE

**BODY** helps to focus

Stress = CHAOS

**FOCUS** = less of stress





# Focus on Principles

If you do something,

**FOCUS**  
**&**  
**DO IT FOR 100%!**







# Focus on Principles

**Neuroplasticity** works for us ...

... for the whole life.

# Use it, or lose it!



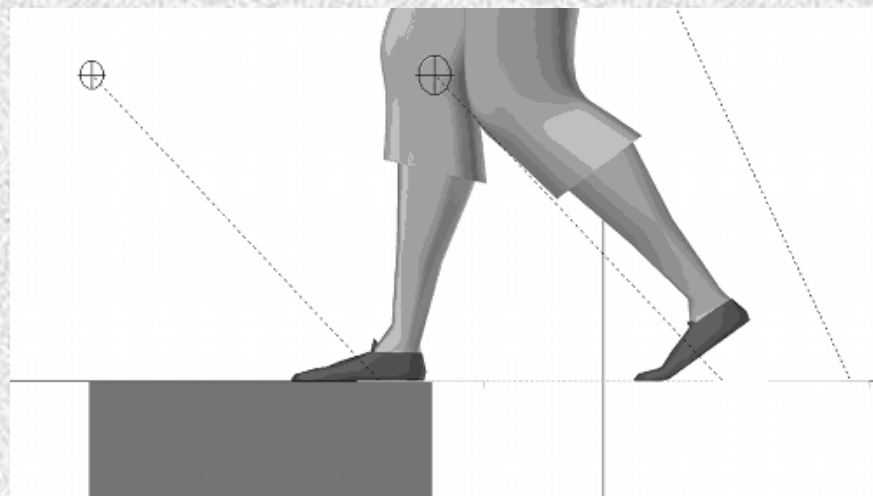






Just a few „things“

in good order, regularity, regime







# Focus on Principles

What kind of cognitive processes do we have?

How can we perceive the world?  
**ATTENTION,**

How precise are we?  
**FOCUS ...**

Which one is the most important to feel safe?

Perception

Memory

Attention

Thinking

Decision

Volition/Will

Imagination

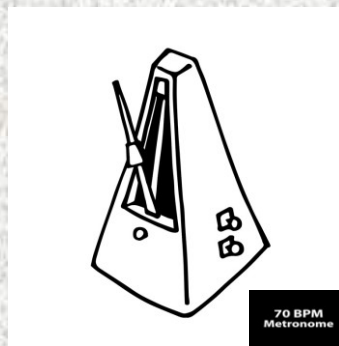
...





# Focus on Principles

**Habituation** helps & harms ...



**Focus, concentrate, pay attention, be aware .  
& stay calm, healthy and alive.**



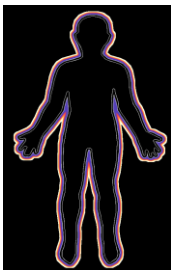
# Conscious relaxation/concentration

## 5 S technique

All I need is working,  
I can enjoy the lesson!

to **GET TOGETHER** (integrate)

2 channels:



### **FEELINGS & WORDS**

sense & ratio  
color & shape

„That’s fine, my sense  
of touch is working.“

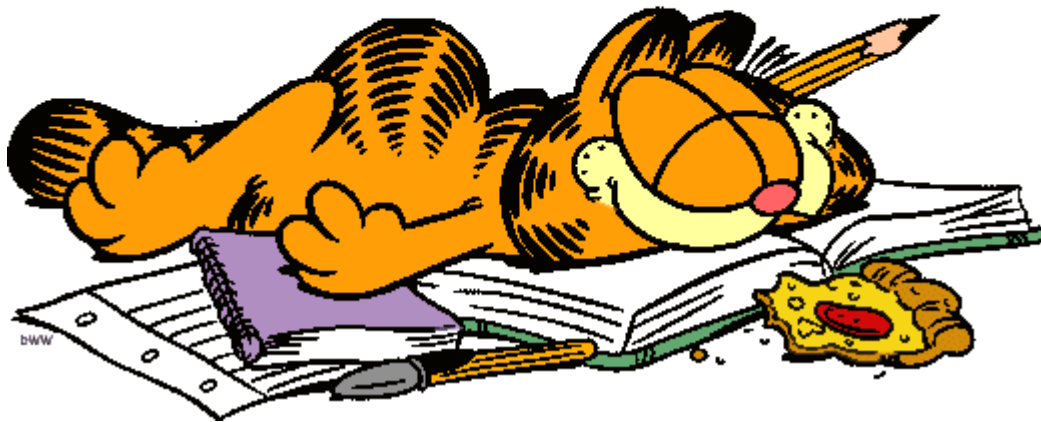


# Take a nap

Just



times per a day.



With closed eyes.





# Jacobson's Progressive Muscular Relaxation



**Tension** – perfusion, muscle activation

**10 seconds**

vs.

**10 seconds**

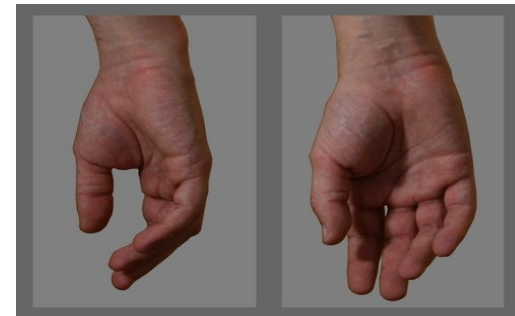
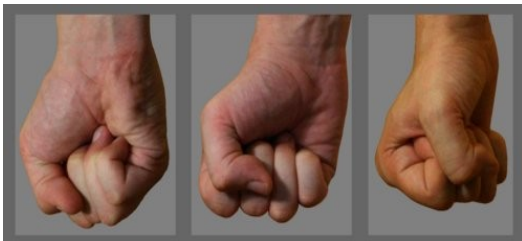
**Releasing** - perception of the relaxation effect



Attention is paid to the contrast

between

tension and relaxation



# Conscious relaxation/concentration

## Autogenic training

- Muscle relaxation
- Body warming from shoulders towards hands and feet
- *Calm breathing*
- *Calm pulse*
- **Warmth in the abdomen**
- Cold forehead



BRITISH AUTOGENIC SOCIETY





# Focus on Principles

**Neuroplasticity** works for us ...

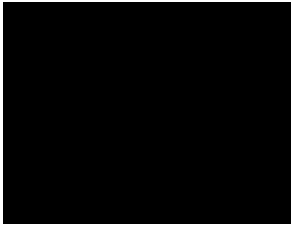
... but **HOW** can I use it?

**IMAGINE!**  
**HOW TO TALK TO THE BRAIN**

How the brain works, talks, thinks







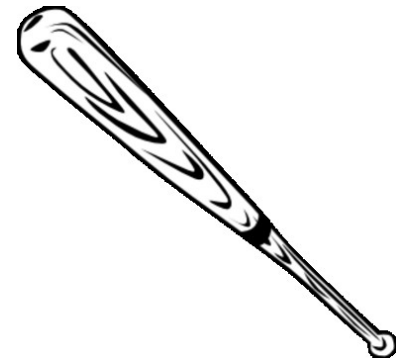
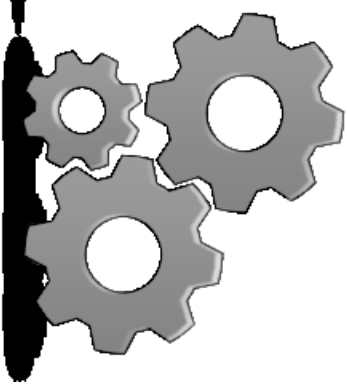
# Simple questions to improve self-reflection:

**WHAT I** (REALLY) **WANT** (JUST NOW) **?**

**WHAT I** (REALLY) **NEED** (JUST NOW) **?**



# S-E-T / I-S / B-E-S-T



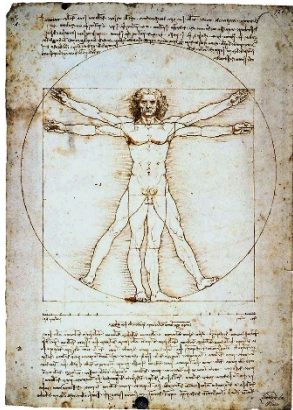
Thoughts

Spiritual  
Meaningful

Intuition

Soma

Emotions





# Focus on Principles

**Listen to your BODY & emotions ...**

**... and allow it/them to live  
together with you  
and your conscious thinking**

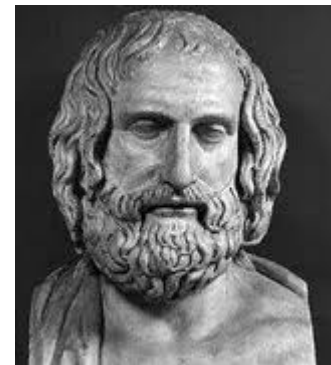
**Consciousness is not so strong  
as we assume**



# Man is the measure of all things:

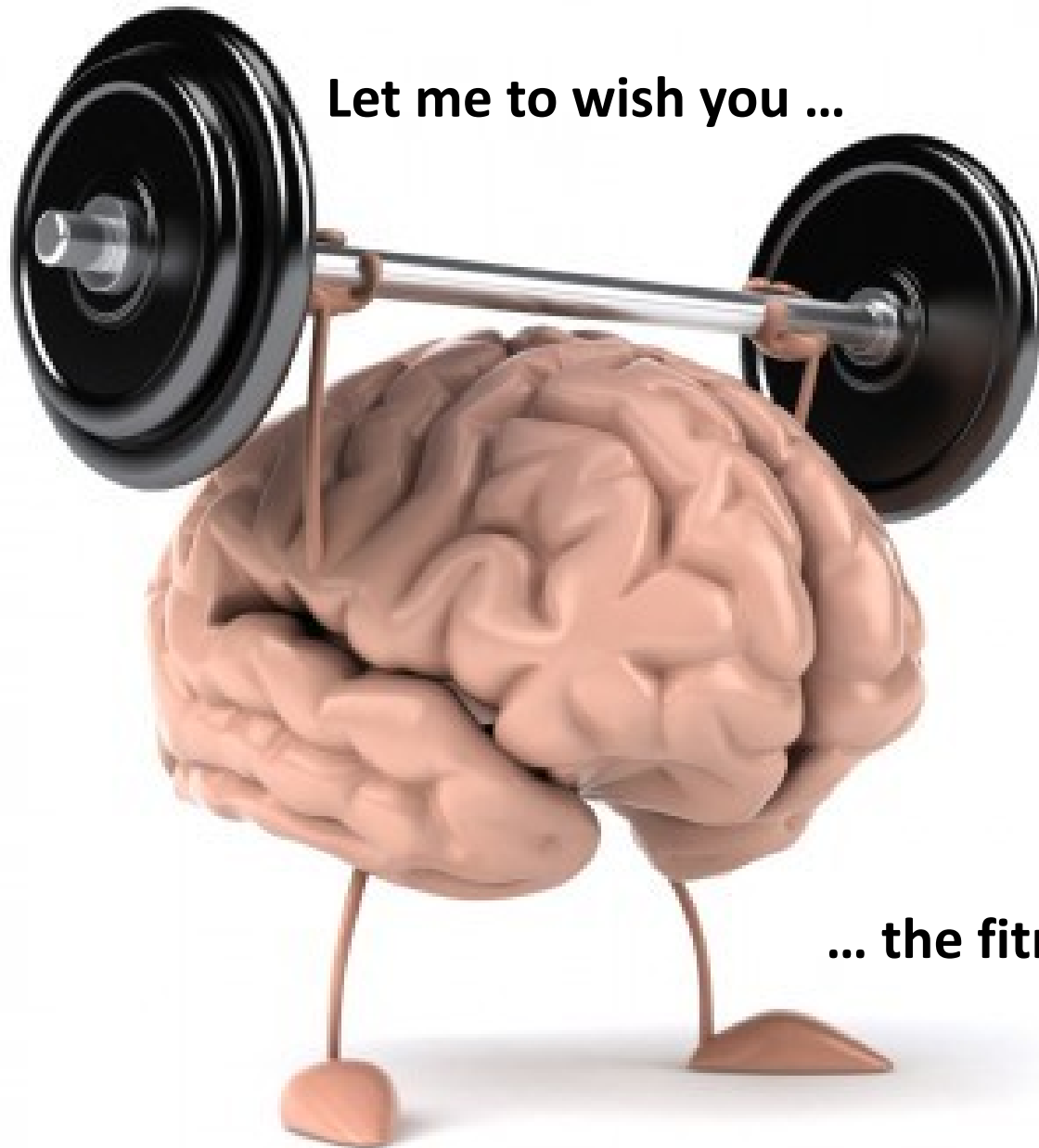
of things which are,  
that they are,

and of things which are not,  
that they are not.



Prótagorás z Abdér

**Let me to wish you ...**



**... the fitness of the brain ...**