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**Psychology of Mental Health and Well-being**  
**Work/Study-Life Balance & Stress Management**  
(MUNI: aVLLP7X1 & aVLMH011)  
by Pavel Humpolíček

**Lesson 4**

**Topic: Psychosomatics**

**Suggestions:** Watching some short videos and thinking about the mentioned information.

**Short introduction:**

Experiencing psychosomatic phenomena is usually associated with many questions and followed by lots of misunderstandings. I was asking myself, what way is the best to present you - briefly - the main principles, or how to "open you the gate" to this very complex topic.

There are many "blind alleys" directing to mysticism and esoteric; and (unfortunately) it's not easy to (shortly) describe the boundaries between science and esotericism.

Despite the above mentioned I am sure the topic of psychosomatic medicine is very important to be informed, to know "something more" than most of people around. The reason why: It would help you to live long & healthy life!

So, let me suggest you just a few prime sources and - do hope - you'll use these sources to seek for more and valuable ones.

Psychosomatics - **recommended online sources** (for openers):

**Illness: Psychosomatic and Physical** (audio; BCC Radio 4; Suzanne O'Sullivan & Charlie Howard; 43 min.)  
<https://www.bbc.co.uk/programmes/b05xd449>

Article of David Robson (text; BBC Future; **The very real pain of 'imaginary' illnesses**)  
<https://www.bbc.com/future/article/20160407-the-very-real-pain-of-imaginary-illnesses>

**What happens when you have a disease doctors can't diagnose** (video case study; Jennifer Brea for TEDSummit; 17 minutes)  
[https://www.ted.com/talks/jennifer\\_brea\\_what\\_happens\\_when\\_you\\_have\\_a\\_disease\\_doctors\\_can\\_t\\_diagnose](https://www.ted.com/talks/jennifer_brea_what_happens_when_you_have_a_disease_doctors_can_t_diagnose)

And three **full-text books** available via IS.MU (PDF):

<https://is.muni.cz/auth/de/humpolicek/education/psychosomatics>

These books are uploaded **only for your personal use**/purpose & I recommend you to find the content of each book and "follow your curiosity" ;o)

Hope, you'll find out the inspiration to your individual thoughts and gaining the experience.

Feel free to contact me via email ([humpolicek@med.muni.cz](mailto:humpolicek@med.muni.cz)) in case you have any questions or doubts.

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