



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

Lesson 2

Topic:

Some specific **coping** (healthy) **strategies**, information associated with the im/possibility of **self-regulation and mind control...** and some more inspirations to your **everyday life routine**.

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

Recommended videos:

"Self-regulation" videos/links

How your "working memory" makes sense of the world (9:17; Peter Doolittle for TEDGlobal 2013)
https://www.ted.com/talks/peter_doolittle_how_your_working_memory_makes_sense_of_the_world

Easy experiments to realize, how the brain&mind works
<https://www.exploratorium.edu/snacks/hole-in-your-hand>
<https://www.exploratorium.edu/snacks/blind-spot>
http://www.sciencemadesimple.co.uk/activity-blogs/confuse_your_legs
<https://www.youtube.com/watch?v=kzo45hWXRWU>

Additional videos:

Your brain hallucinates your conscious reality (16:53; Anil Seth for TED2017)
https://www.ted.com/talks/anil_seth_your_brain_hallucinates_your_conscious_reality

Technology that knows what you're feeling (12:35; Poppy Crum for TED2018)
https://www.ted.com/talks/poppy_crum_technology_that_knows_what_you_re_feeling

The most important principles of keeping your health would be characterized ("in a nutshell") due to acronym **DrEaMS** (**Drink&Eat&Move&Sleep/SocialLife/SexLife**). You would find some inspiration at the following links ...

"Coping (healthy) strategies" video/links:

The benefits of a good night's sleep (5:45; Shai Marcu for TED-Ed)
https://www.ted.com/talks/shai_marcu_the_benefits_of_a_good_night_s_sleep

Sleep is your superpower (19:10; Matt Walker for TED2019)
https://www.ted.com/talks/matt_walker_sleep_is_your_superpower

Isometric exercises

<https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/isometric-exercises/faq-20058186>
<https://www.healthline.com/health/fitness-exercise/isometric-exercises>

The brain-changing benefits of exercise (12:55; Wendy Suzuki for TEDWomen 2017)
https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise

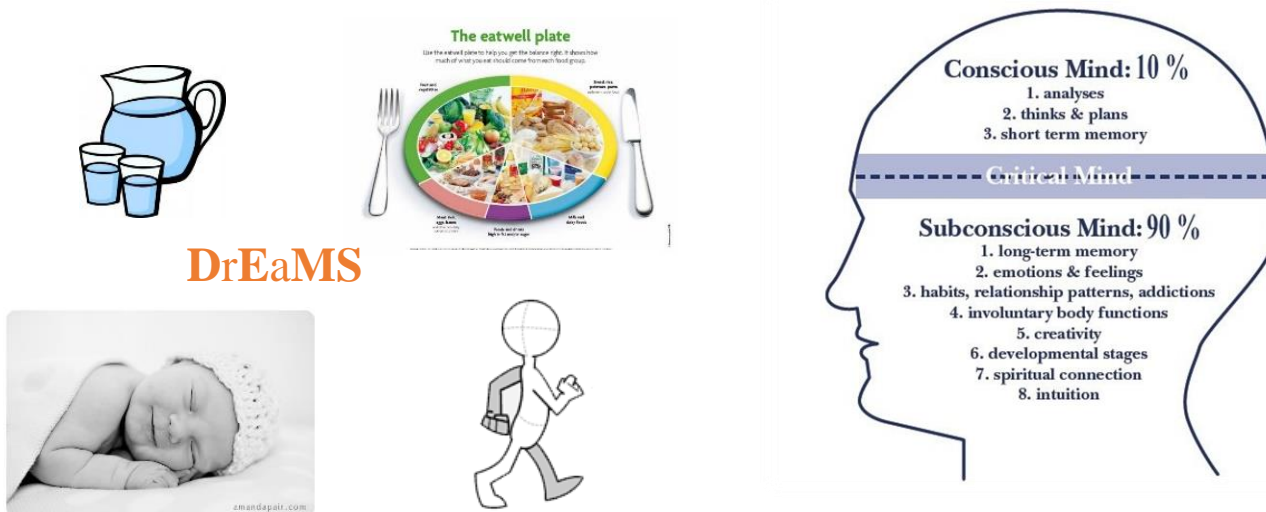
If you are more interested you would watch these (additional) videos:

How our microbes make us who we are (17:16; Rob Knight for TED2014)
https://www.ted.com/talks/rob_knight_how_our_microbes_make_us_who_we_are

Why noise is bad for your health — and what you can do about it (9:57; Mathias Basner for TEDMED 2018)
https://www.ted.com/talks/mathias_basner_why_noise_is_bad_for_your_health_and_what_you_can_do_about_it

Short summary of the most important principles:

- A) The **power of consciousness is (very) limited**. More important – in context of the stress and dealing with the stress – is body response. If I am able to change my attitude (perception of the stress) I would facilitate & simplify the stress response. So first, I have to "split" the role of the body and the role of the mind in the stress response (acute/chronic) and respect, that **the role of my body is prior**.
- B) If I do understand the principles of the stress (neurohumoral response, consequences ...), it's easier to keep it as challenge ... and it (implicitly) contains the solution. Therefore we (= knowledge, that the stress is regulated primarily by the body and the mind would "control" just the attitude to the stress) can **regulate the intensity & duration** of the stress. Not "directly", but due to the understanding of the (unconscious) principles and focusing on these principles (rather than on the stress itself).
- C) The most important principles of keeping the health are based on **DrEaMS** (Drink & Eat & Move & Sleep). The 'S' letter would mean 'social life' and 'sexual life' too.



If you **want to know more** you would continue to these links:

3+1 F: Fight Flight Freeze & Face
<https://www.youtube.com/watch?v=jEHwB1PG-Q>

Homeostasis vs. Allostasis
<https://mcb.berkeley.edu/courses/mcb135k/lecture32-Homestasisallostasis.pdf>

Neuroplasticity – principle: Use it or lose it!
<https://1url.cz/@neuroplasticity>