

**M U N I**  
**M E D**

**DrEaMS**

**the crucial preventive strategy in coping**

Pavel Humpolíček

# Learning Outcomes

- Student understands coping strategies in context of DrEaMS.
- Student is able to distinguish efficient behavioral coping strategies.
- Student knows basal characteristics of each behavioral strategy of coping (in context of DrEaMS)
- Student can apply efficient coping strategies.

# Content of the presentation

- Basal concepts of behavioral coping: DrEaMS
- Neurofysiologisk baggrund af coping / dealing with stress
- Crucial influence of sleeping at psychosomatic health

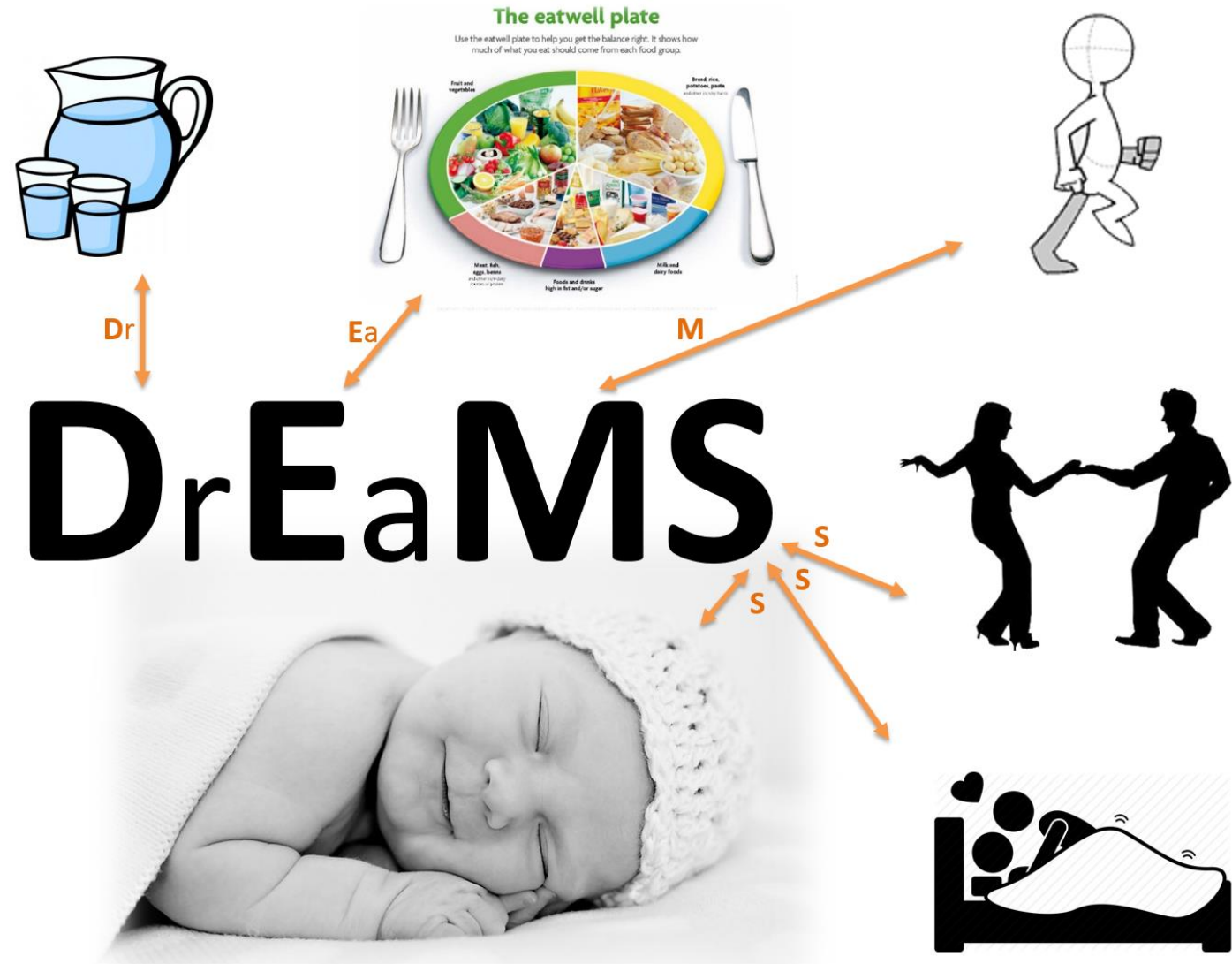
# Study materials



M U N I  
M E D

# Crucial activities

- Drink
- Eat
- Move
- Sleep
- Social & Sexual life



# Drinking



individual daily need

best is water

(non carbonated, non sparkling)

mostly between

2 & 3,5 liters per a day

Verification:

pure/clear/transparent **colour of urine**

**in the afternoon (2-5 p.m.)**

# Eating



**A varied diet with plenty of nutrients:**  
carbohydrates, proteins, fats;  
**vitamins, minerals and enzymes;**  
roughage/fiber

semínka a ořechy / seeds & nuts



Brown flax seeds



Pistachios

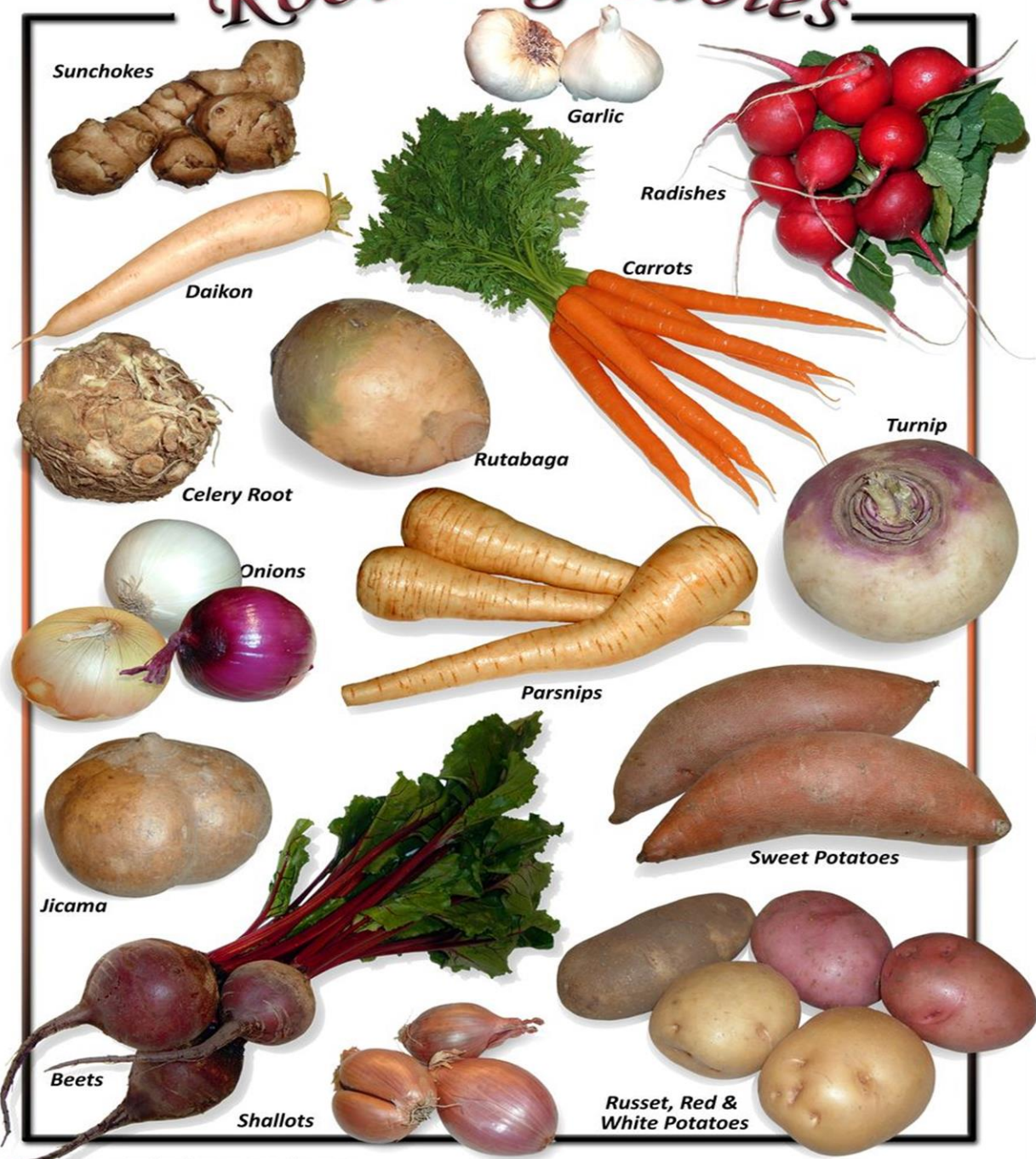


Hazelnuts



Golden flax seeds

# Root Vegetables



Sunchokes

Garlic

Radishes

Carrots

Daikon

Celery Root

Rutabaga

Turnip

Onions

Parsnips

Sweet Potatoes

Jicama

Beets

Shallots

Russet, Red & White Potatoes



Light Red Bean



Mix Bean



Mung Bean



Soy Bean

luštěniny / legumes



# MICROBIOME

Rob Knight:

## How our microbes make us who we are

[www.ted.com/talks/rob\\_knight\\_how\\_our\\_microbes\\_make\\_us\\_who\\_we\\_are](http://www.ted.com/talks/rob_knight_how_our_microbes_make_us_who_we_are)

**TED** Ideas worth spreading



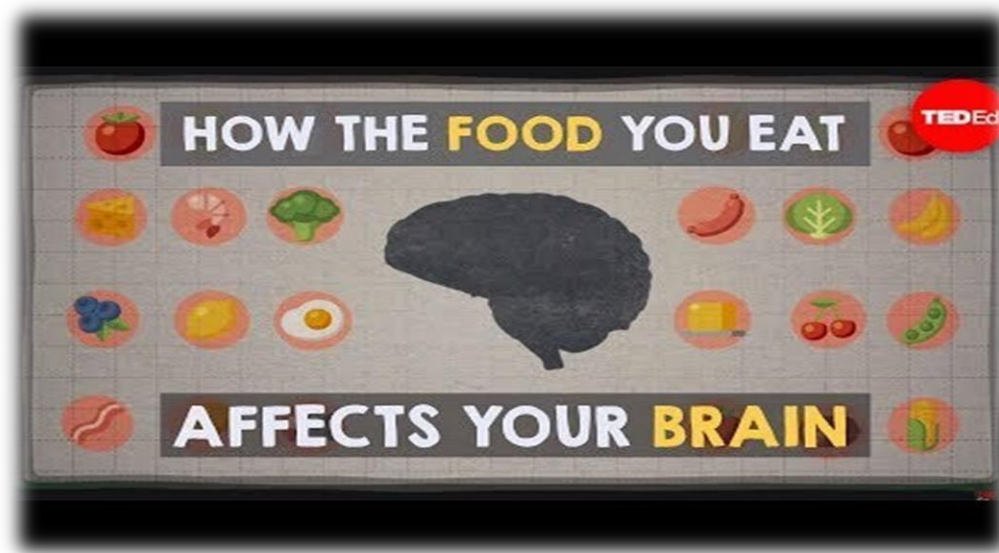
# FOOD & BRAIN

Mia Nacamulli:

## How the food you eat affects your brain

[https://www.ted.com/talks/mia\\_nacamulli\\_how\\_the\\_food\\_you\\_eat\\_affects\\_your\\_brain](https://www.ted.com/talks/mia_nacamulli_how_the_food_you_eat_affects_your_brain)

**TEDEd**



# Moving

to „move“, exercise, walk  
at least twice per a week (between 25 & 45 minutes)  
in „stayer“ way (long durance in low intensity)

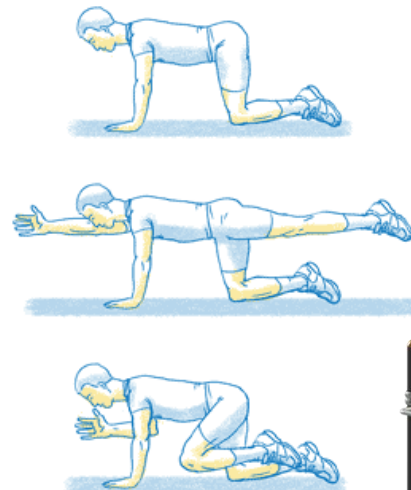
Verification, body reaction:  
(best more than 25 minutes)

**miled sweating**  
**increased heart rate**  
**inability to speak fluently**





WALKING



BALANCE  
&  
ISOMETRIC EXERCISE

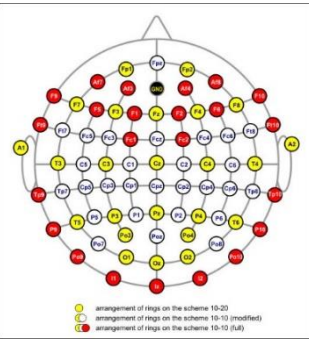
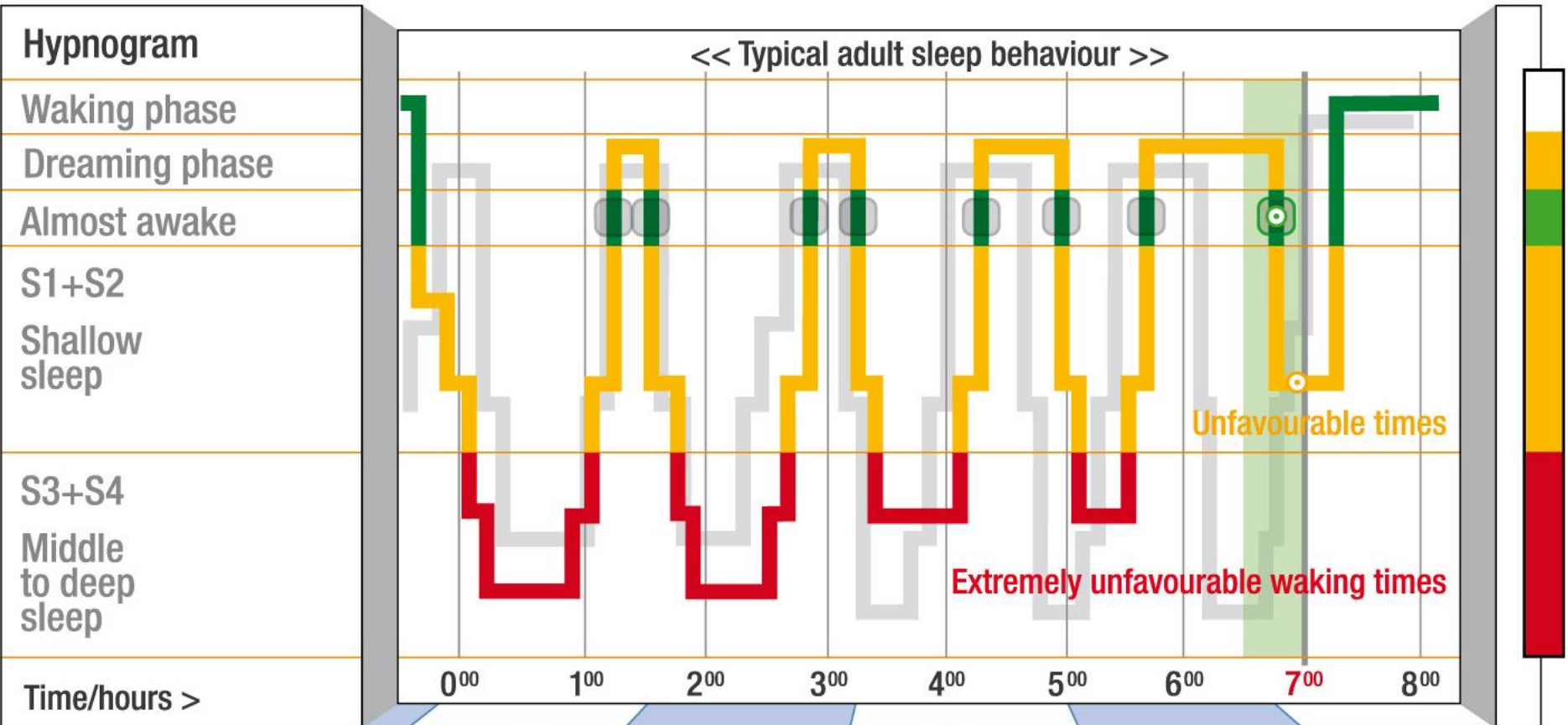


# Sleeping

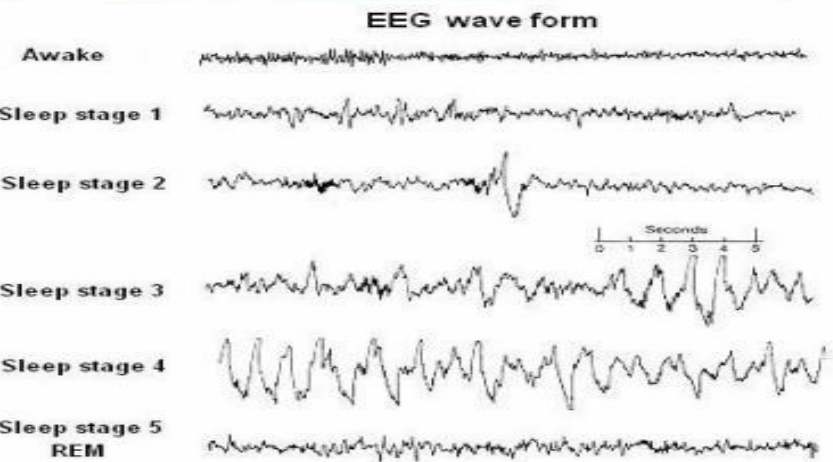
individual daily need

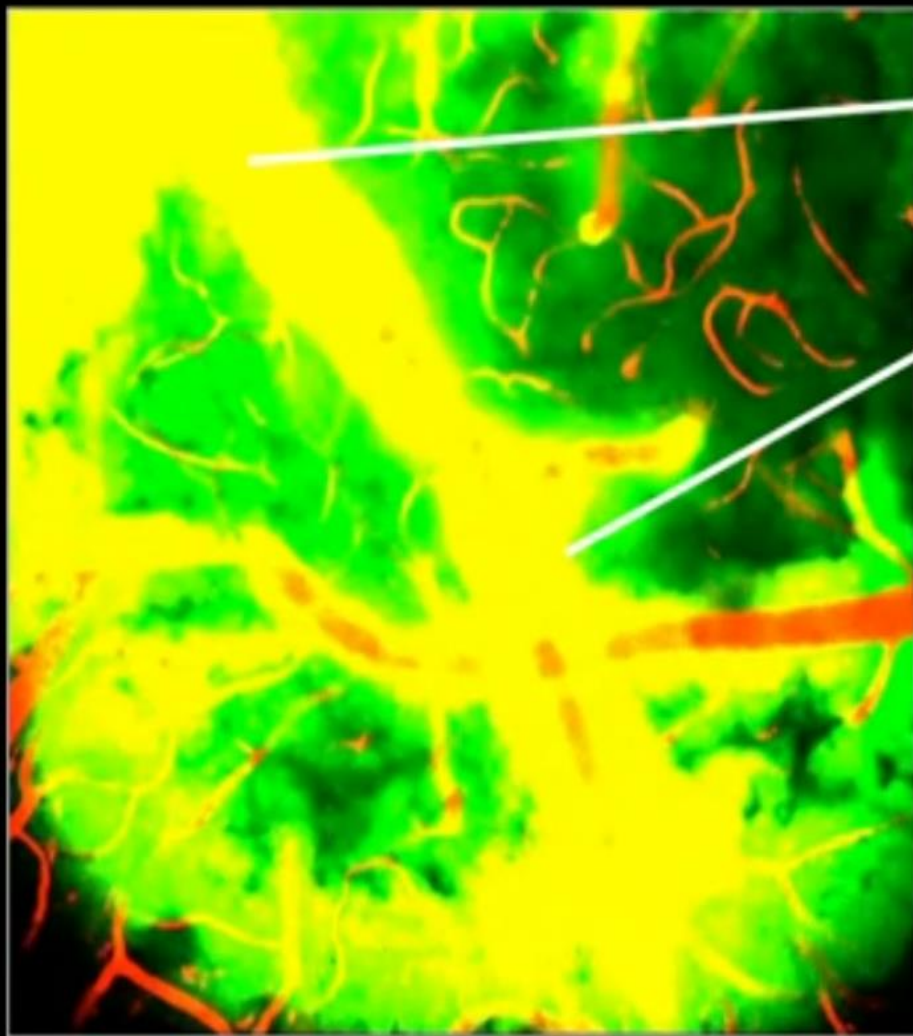
mostly **7,5 +/- 1,5** hours per a day





- Optimal waking time
- Set waking time 7a
- Sleepcycles

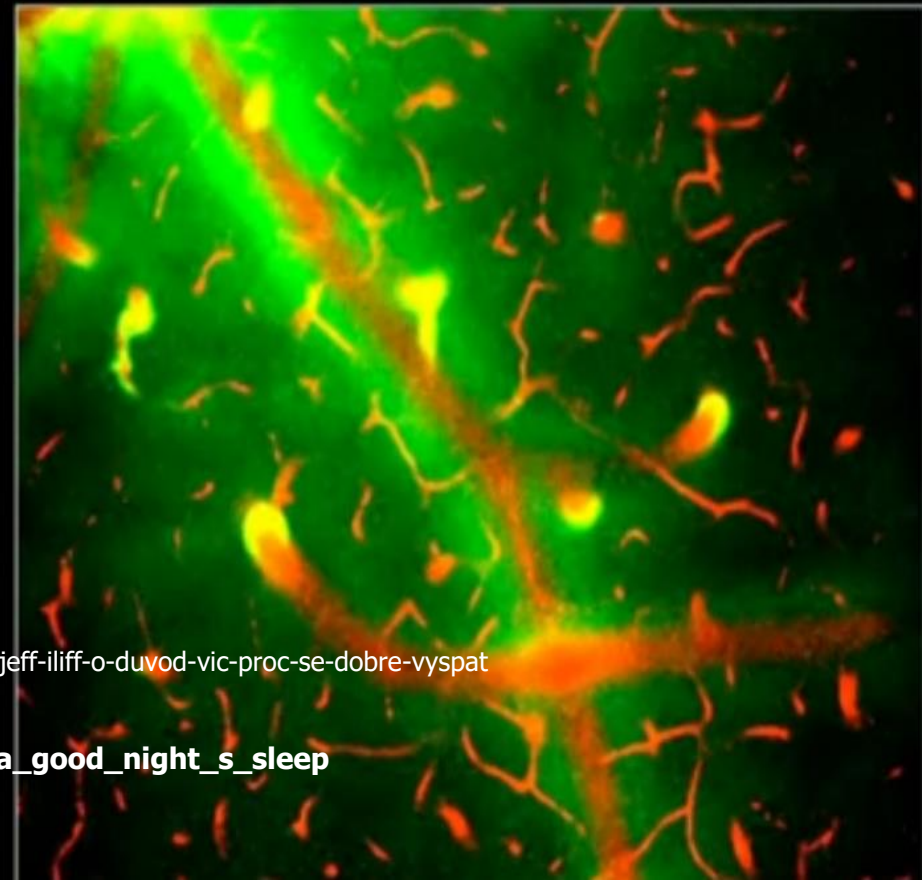




Blood Vessels

Cerebrospinal Fluid  
(CSF)

... and inside the brain



Imaging at the brain surface

<http://psychologon.cz/component/content/article/20-psychologon-recherche/425-jeff-iliff-o-duvod-vic-proc-se-dobre-vyspat>

[http://www.ted.com/talks/jeff\\_iliff\\_one\\_more\\_reason\\_to\\_get\\_a\\_good\\_night\\_s\\_sleep](http://www.ted.com/talks/jeff_iliff_one_more_reason_to_get_a_good_night_s_sleep)

# Matt Walker

Sleep scientist, Professor of Psychiatry at Harvard Medical School



[www.ted.com/speakers/matthew\\_walker](http://www.ted.com/speakers/matthew_walker)



# Take home message

- Basic **behavioral habits** (of physician and patient) are crucial in preventing and managing stress.

# References

## Charts & Pictures & Videos

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