



# Psychology of Mental Health and Well-being

## Work/Study-Life Balance

### Stress Management & Coping

## Lesson 4

Department of Psychology and Psychosomatics  
Faculty of Medicine, Masaryk University

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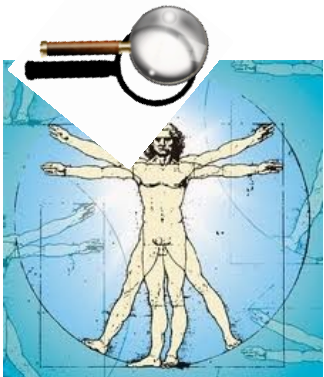
**Masaryk University, Faculty of Medicine**  
**Department of Psychology and Psychosomatics**  
Brno, Czech Republic

[upp.med.muni.cz](http://upp.med.muni.cz)

**Private practice** (counselling, therapy, assessment, coaching)

[www.p-s-y-c-h-o-l-o-g.cz](http://www.p-s-y-c-h-o-l-o-g.cz)

# Practical Use of Relaxation Techniques, Self-Improvement

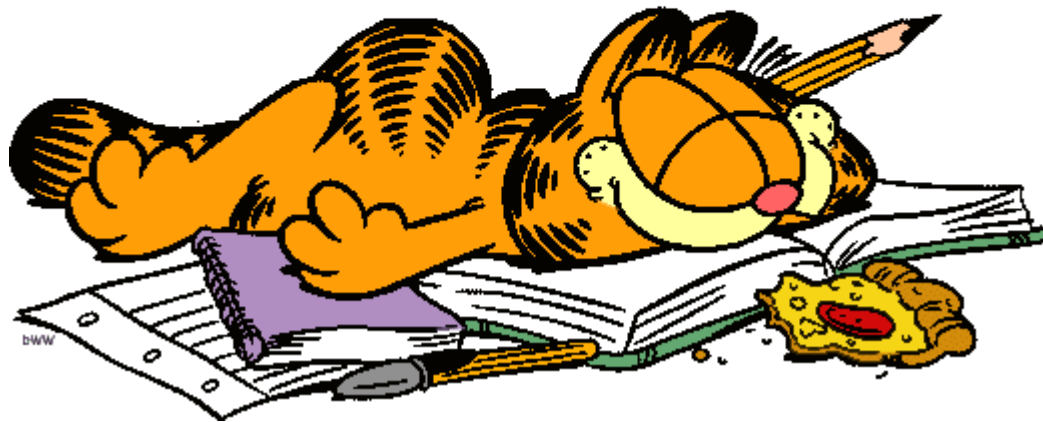


# Take a nap

Just



times per a day.



With closed eyes.



# Focus on Principles

Relaxation? Easy!

**Relaxed Muscles & Comfortable Warmth**

or

**HW**

**Heaviness & Warmth**





# Focus on Principles

Neuroplasticity works for us ...

**IMAGINE!**

**HOW**

How the brain works, talks, thinks

I use it?



# Why to apply ...



CONCENTRATION



RELAXATION



IMAGINATION



MEDITATION

**sleeping, active refreshing**

**efficiency, adaptation, coping**

(with minimum to peak)

**creativity, mental activity**

(planning, time management, social relations, self-reflection, memory ...)

**well-being, work-life-balance**

self-improvement

**health**

(bio-psycho-socio-spiritual homeostasis/balance)



# **Stress and Coping Strategies.**

## **Successful stress management.**





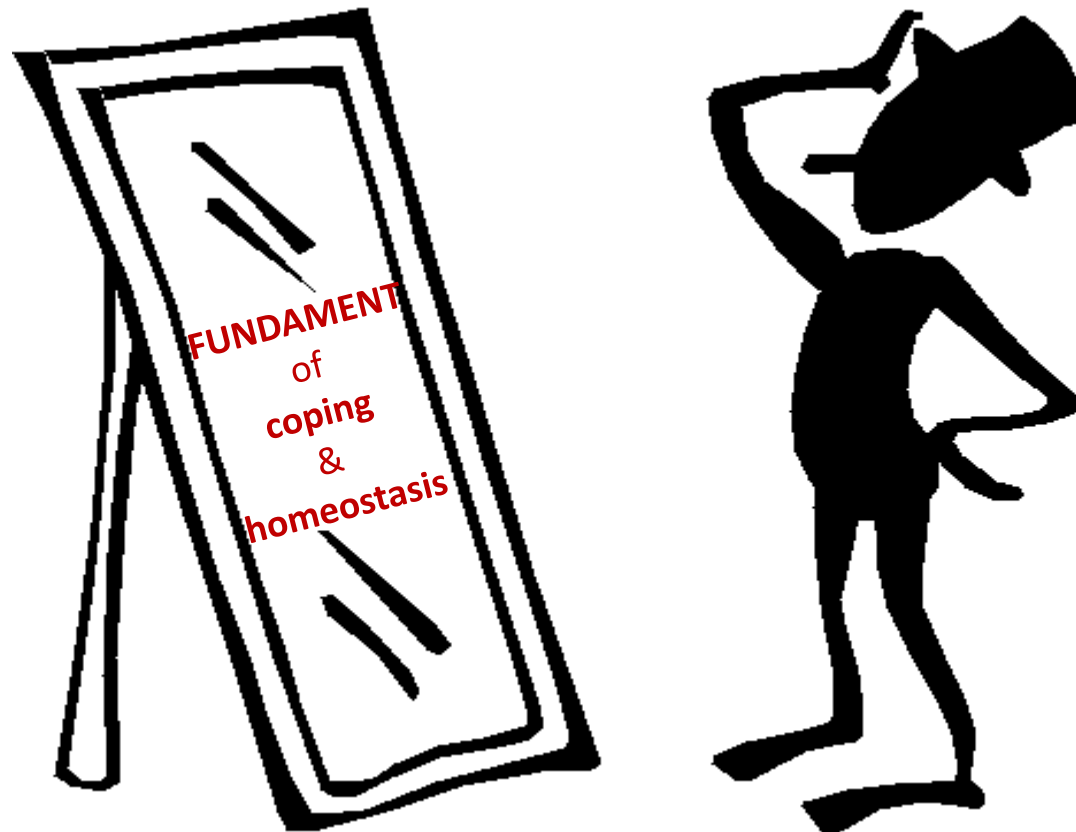
# Focus on Principles

## FEED BACK

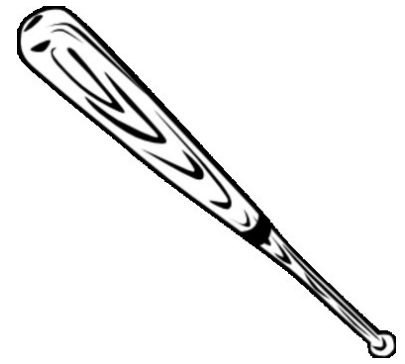
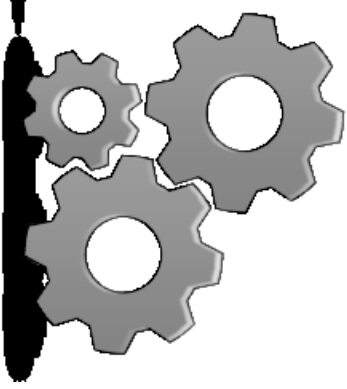




# Self- Reflection



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



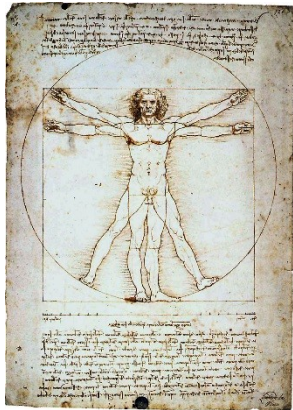
Thoughts

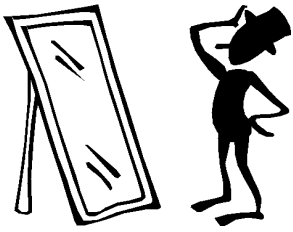
Spiritual  
Meaningful

Intuition

Soma

Emotions





# Simple questions to improve self-reflection:

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

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

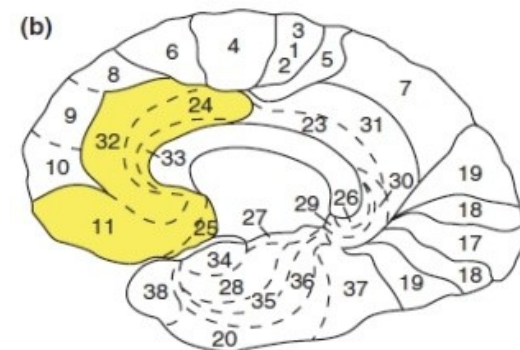
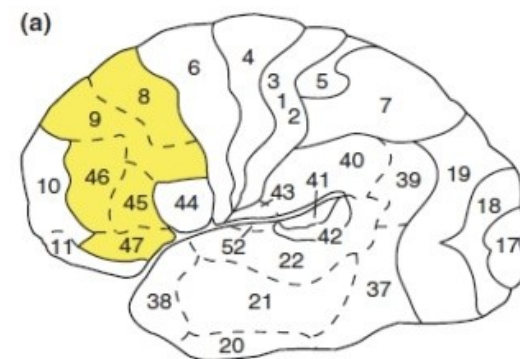


# INTUITION in neuropsychology



António Damasio

## Somatic markers





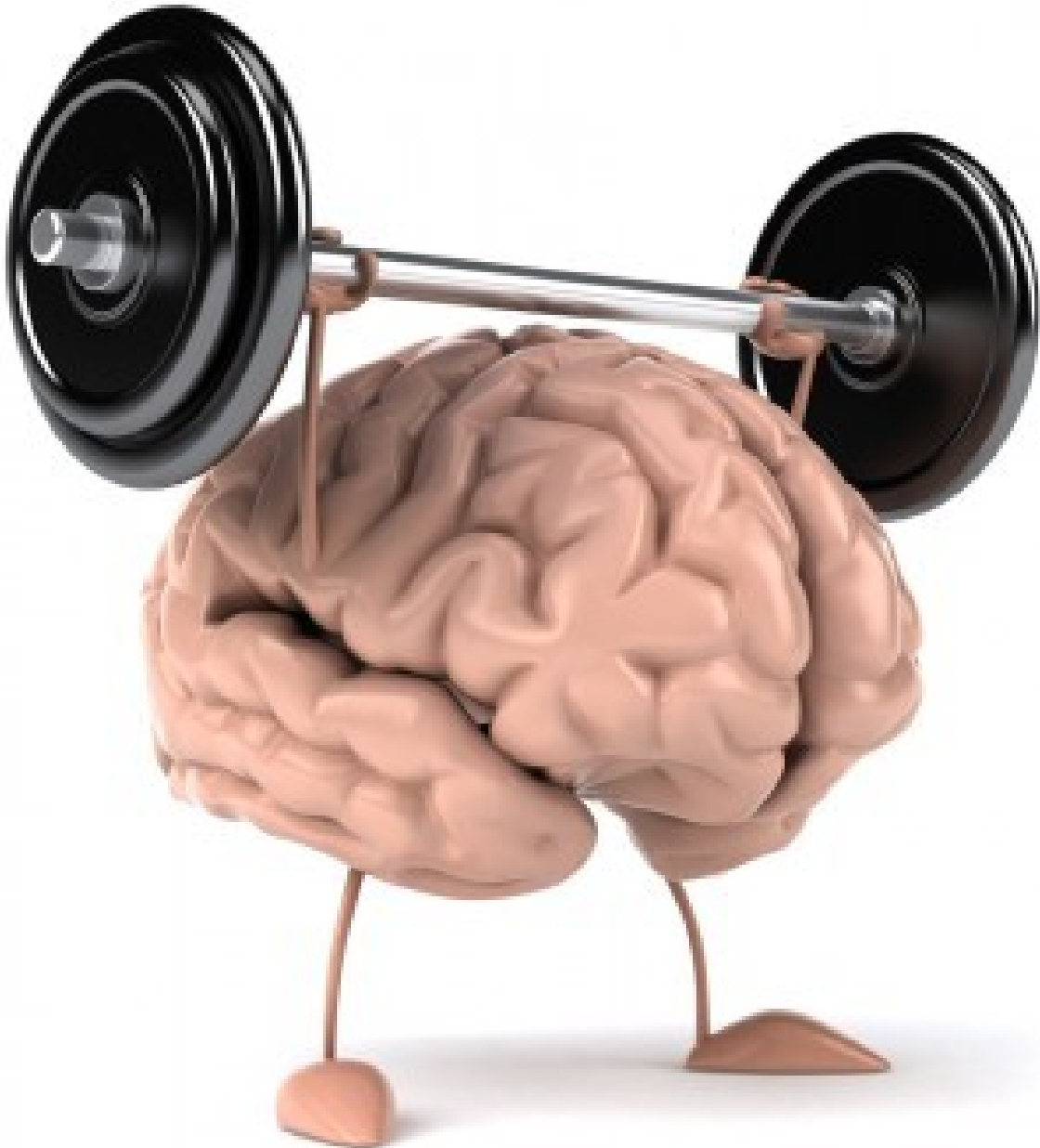
# Focus on Principles

**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**







# PSYCHOSOMATICS

basic information, principals, sources, links

short version





# HISTORICAL OVERVIEW

population of indigenous nations





# Psychosomatic Medicine: History

- ▶ Not very informative:

“As old as medicine”, “since antiquity”

- ▶ More informative:

“counter reformation” against natural science preponderance in late 19<sup>th</sup> century medicine

- ▶ But:

two very different forms of “counter reformation” at the beginning of 20<sup>th</sup> century



# HISTORICAL OVERVIEW



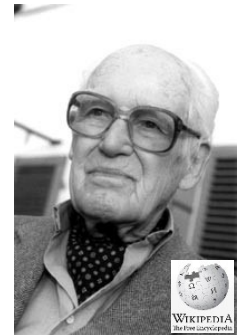
**Sigmund Freud**



**Franz Alexander**



**Thure von Uexküll**

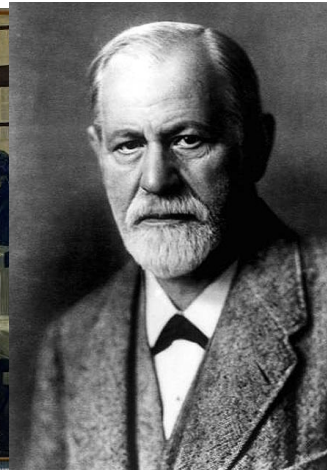


**Psychosomatic Medicine**  
**(journal)**



# Psychosomatic Medicine: History

- ▶ Psychogenetic tradition (Psychoanalysis!)
- ▶ ▶ body as theatre of the soul ("puzzling leap" – "conversion")





# Psychosomatic Medicine: History

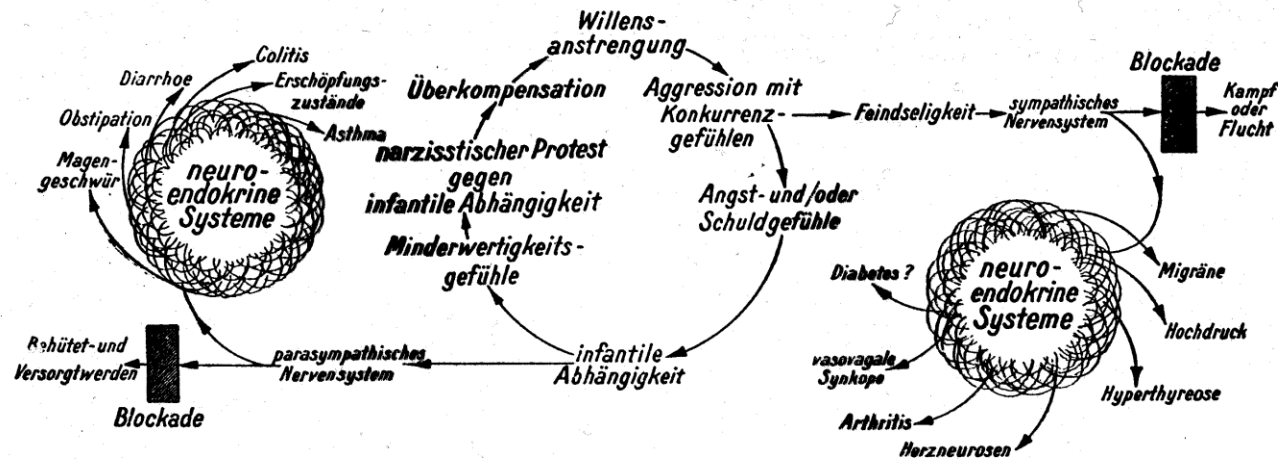
## ▶ Psychogenetic tradition

- ▶▶ e.g. **Franz Alexander**: Psychosomatic Medicine ("The medical value of psychoanalysis"); corrective emotional experience



1891-1964

Abb. 1. Schematische Darstellung des Spezifitätsbegriffs bei der Ätiologie von vegetativen Funktionsstörungen.



Das Schema zeigt die beiden Arten von vegetativen Reaktionen auf emotionale Zustände. Auf der rechten Seite sind diejenigen Zustände dargestellt, die sich entwickeln können, wenn die Abfuhr feindseliger aggressiver Antriebe (Kampf oder Flucht) blockiert und im Oberflächenverhalten vermisst wird; auf der linken Seite erscheinen diejenigen Zustände, die sich entwickeln, wenn die abhängigen hilfesuchenden Strebungen blockiert sind.



# Psychosomatic Medicine: History

- ▶ Psychogenetic tradition
  - ▶▶ **problem:** dualistic approach, less acceptable to patients (“either-or”)  
“Medicine for bodies without souls and for souls without bodies”
  - ▶▶ **advantage:** - clear (psycho-)therapeutic strategies,
    - takes part in development of (psychodynamic) psychotherapies since Freud (insight, new emotional experiences, re-structuring of personality)
    - conceptual basis for psychosomatic specialists and departments



# Psychosomatic Medicine: History

- ▶ Integrative ("holistic") approach
  - ▶▶ from Internal Medicine/ Neurology, with background in biology
  - ▶▶ organism (body and soul) in its interaction with the environment



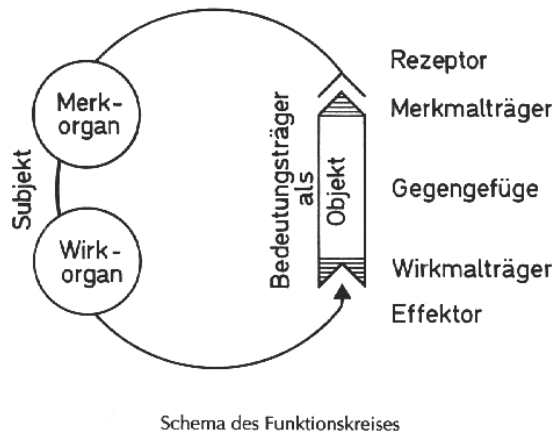
# Psychosomatic Medicine: History

- ▶ **Biology: Jakob von Uexküll**  
"Strolls through the environment of animals and humans"

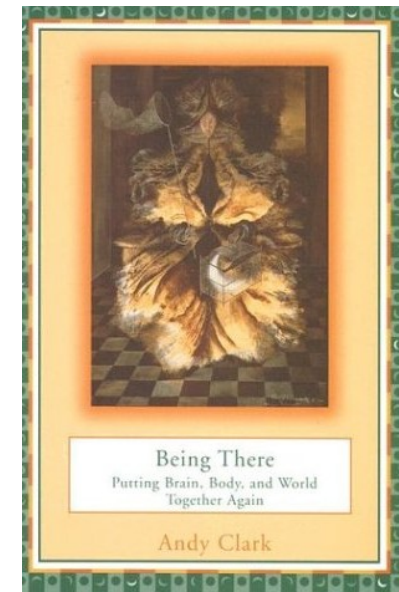


1864-1944

- ▶ "relational" instead of "atomistic" approach
- ▶ meaning of environment for the organism



Jakob von Uexküll 1910





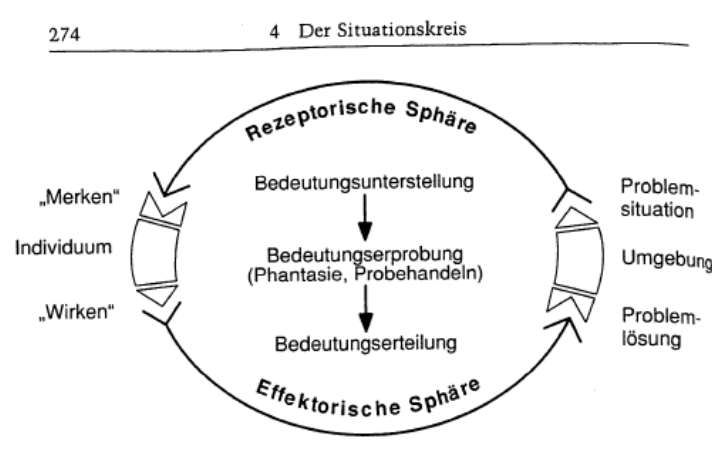


# Psychosomatic Medicine: History



1908 - 2004

## ▶ Psychosomatic Medicine: **Thure von Uexküll**



Thure von Uexküll 1950-70s



## Psychosomatic Medicine today: disorders

- ▶ Primarily concerned with those **bodily distress disorders** which are amenable to psychotherapy
  - ▶▶ somatoform disorders/ functional somatic syndromes
  - ▶▶ somato-psychic disorders including psycho-oncology, psycho-cardiology
  - ▶▶ eating disorders
  - ▶▶ post-traumatic disorders
  
- ▶ **Overlap with psychiatry** concerning
  - ▶▶ Depressive/ anxiety disorders
  - ▶▶ Personality disorders (e.g. Borderline)



## Psychosomatic Medicine today: aspects of aetiological models

- ▶ Disposition – Trigger - Maintenance
- ▶ **Developmental**, i.e. early relationship experiences influence attachment patterns and stress resilience (epigenetics)
- ▶ Symptoms as consequence of developmental deficit and of functional/ intentional adaptation
- ▶ **Interpersonal context** highly relevant for symptom manifestation and maintenance



## Psychosomatic Medicine today: clinical methods as applied here

- ▶ **Disorder-oriented psychotherapy** on psychodynamic basis
  - ▶▶ (bodily) symptom patterns in affective – relational context
  - ▶▶ explanatory model
  - ▶▶ personality factors  
(structural deficits/ mentalization, conflicts, resources)
  
- ▶ **Multi-modal therapy** (day clinic/ in-patients)
  - ▶▶ psychotherapy – single and group
  - ▶▶ body psychotherapy/ physiotherapy
  - ▶▶ art therapy
  - ▶▶ somatic diagnostics and therapy incl. psychopharmacology
  
- ▶ **Consil-Liaison-Psychosomatics**
  - ▶▶ diagnostics, psychoeducation, counseling, team supervision

# Functional Somatic Syndromes

<b>Gastroenterology</b>	Irritable Bowel Syndrome Functional dyspepsia
<b>Cardiology</b>	Atypical chest pain
<b>Neurology</b>	Common Headache Chronic fatigue syndrome
<b>Rheumatology</b>	Fibromyalgia Complex regional pain syndromes (Reflex sympathetic dystrophy)
<b>Gynaecology</b>	Chronic pelvic pain
<b>Orthopaedics</b>	Chronic back pain

# Sidelights: Germ layer

The **ectoderm** generates the outer layer of the embryo, and it forms from the embryo's [epiblast](#). The [ectoderm](#) develops into the surface ectoderm, neural crest, and the neural tube.

**The surface** ectoderm develops into: [epidermis](#), [hair](#), [nails](#), [lens of the eye](#), [sebaceous glands](#), [cornea](#), [tooth enamel](#), the epithelium of the mouth and nose.

**The neural crest** of the ectoderm develops into: [peripheral nervous system](#), [adrenal medulla](#), [melanocytes](#), facial cartilage, [dentin](#) of teeth.

**The neural tube** of the ectoderm develops into: [brain](#), [spinal cord](#), [posterior pituitary](#), [motor neurons](#), [retina](#).

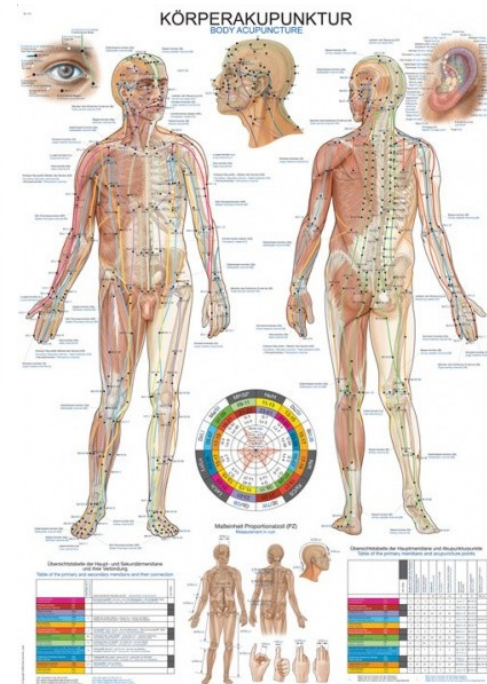
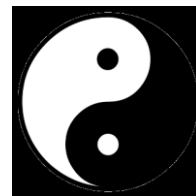
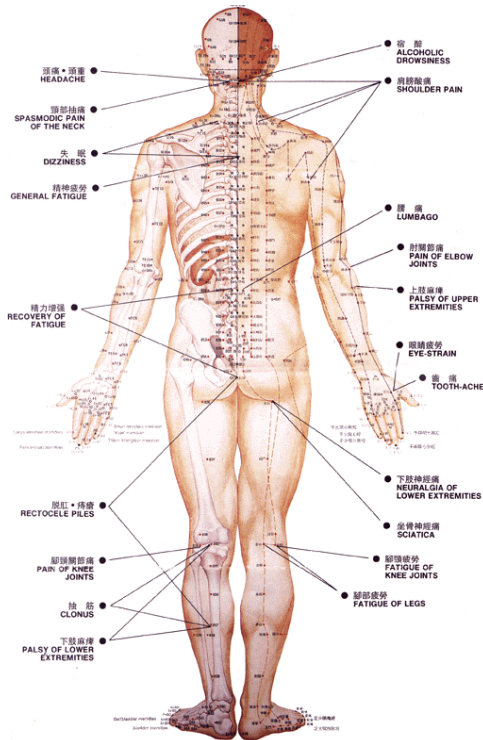


# Sidelights: Acupuncture

... is the stimulation of specific [acupuncture points](#) along the skin of the body involving various methods such as penetration by thin needles or the application of heat, pressure, or laser light...

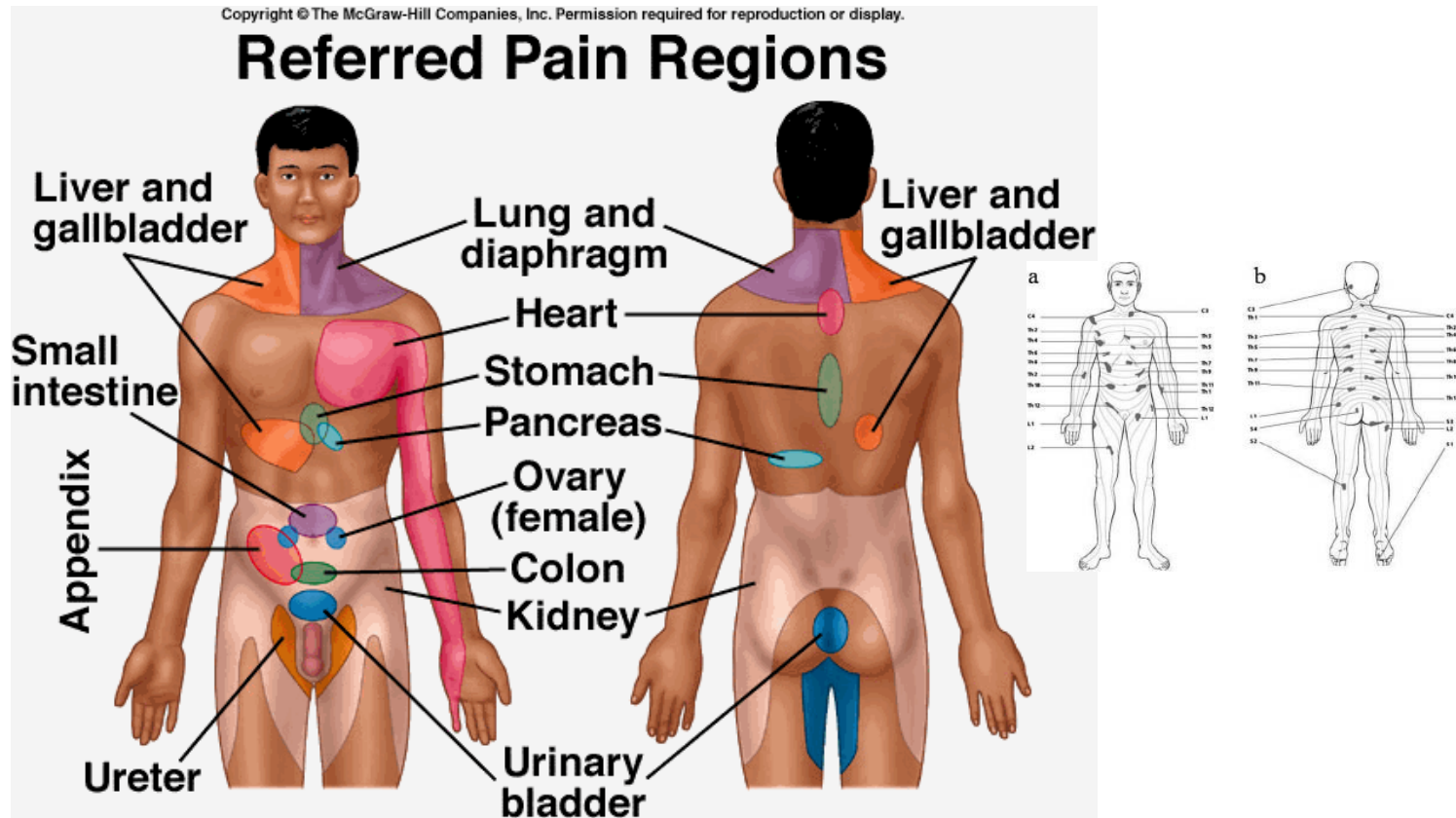


WIKIPEDIA  
The Free Encyclopedia



# Sidelights: Head's zones

- **Referred pain**, also called **reflective pain**, from visceral organs tends to be expressed on the specific area of body surface, called as Head's zone.
- Sympathetic referred pains of viscera appear on the body trunk.

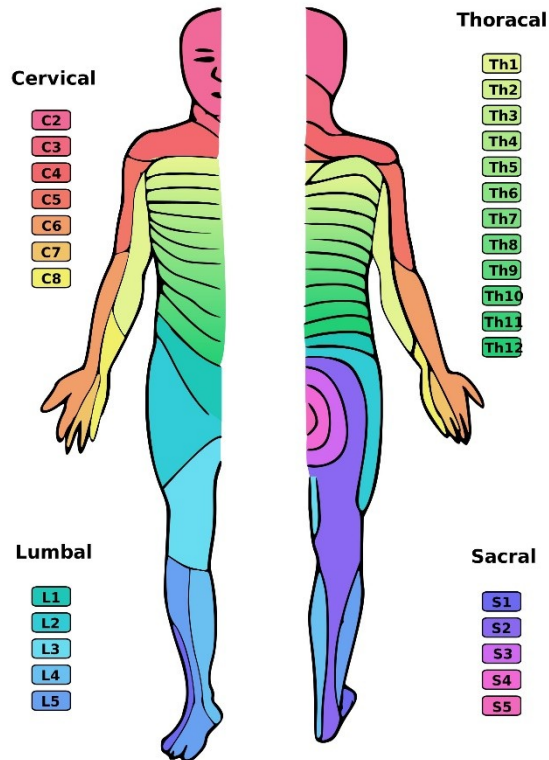
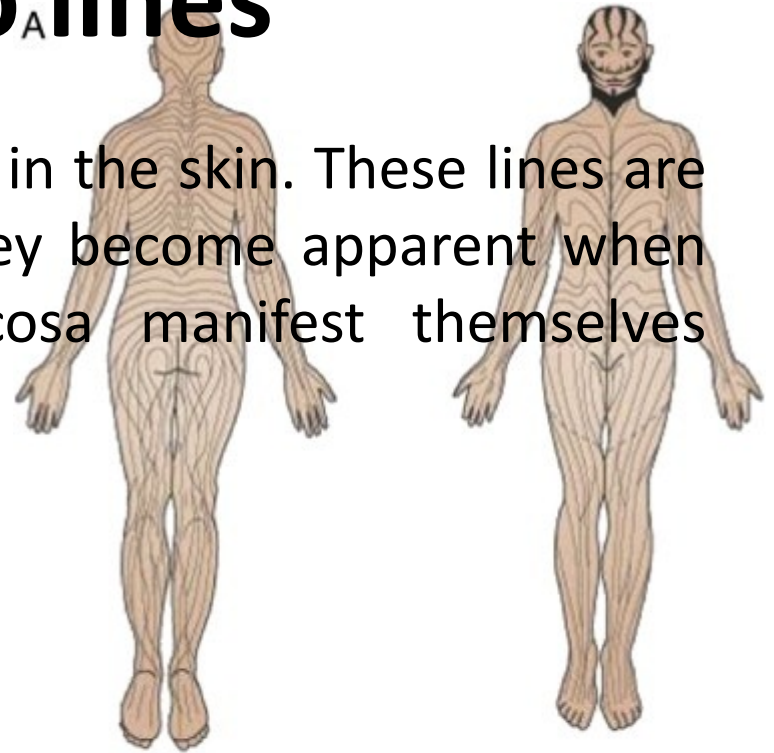




Sidelights:

# Blaschko lines

... are lines of normal cell development in the skin. These lines are **invisible under normal conditions**. They become apparent when some diseases of the skin or mucosa manifest themselves according to these patterns.



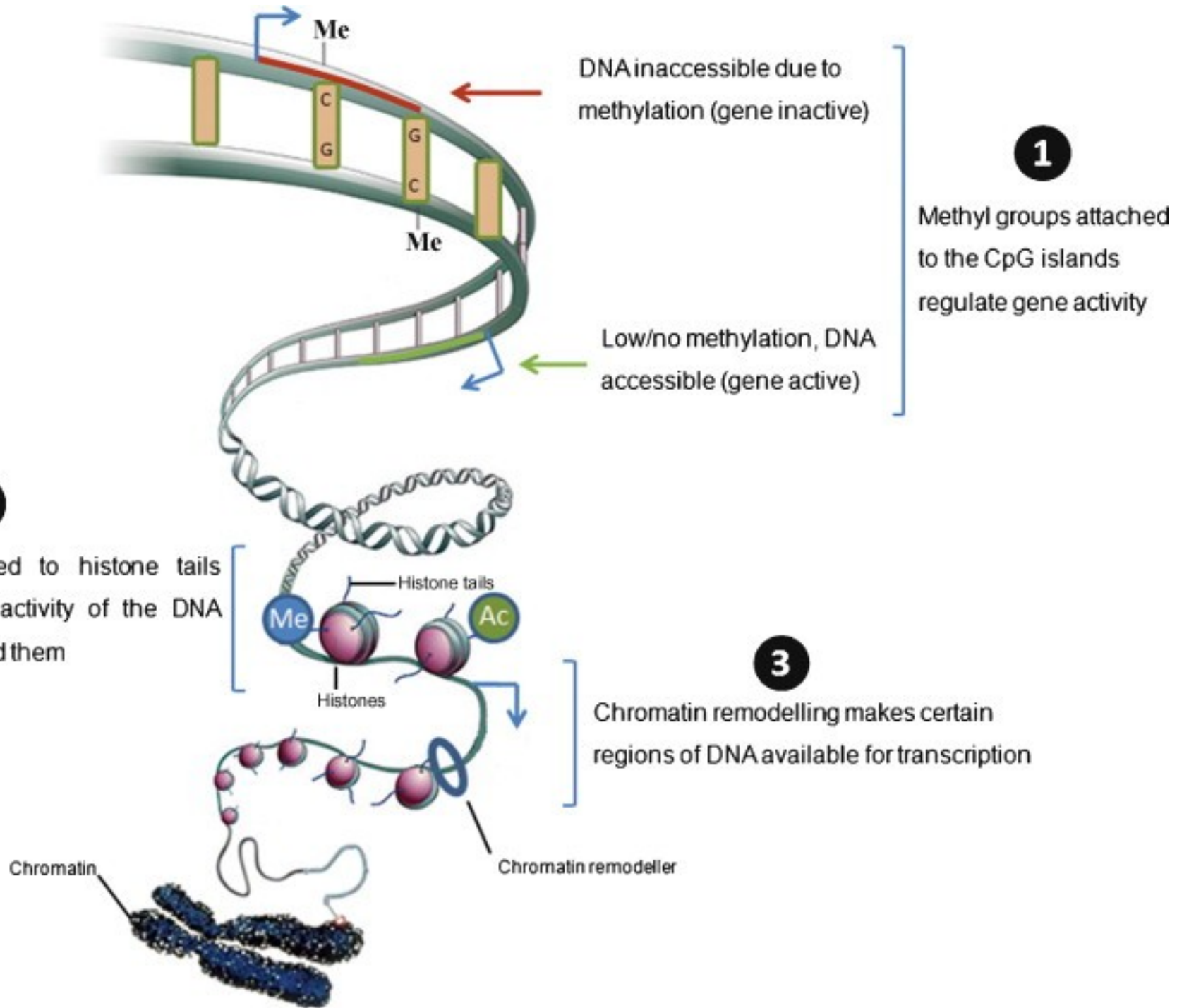


# Harry Potter and the Prisoner of Azkaban

Alfonso Cuarón & J. K. Rowling, Warner Bros. Pictures, 2004



<https://youtu.be/doxxfXqpKYA>



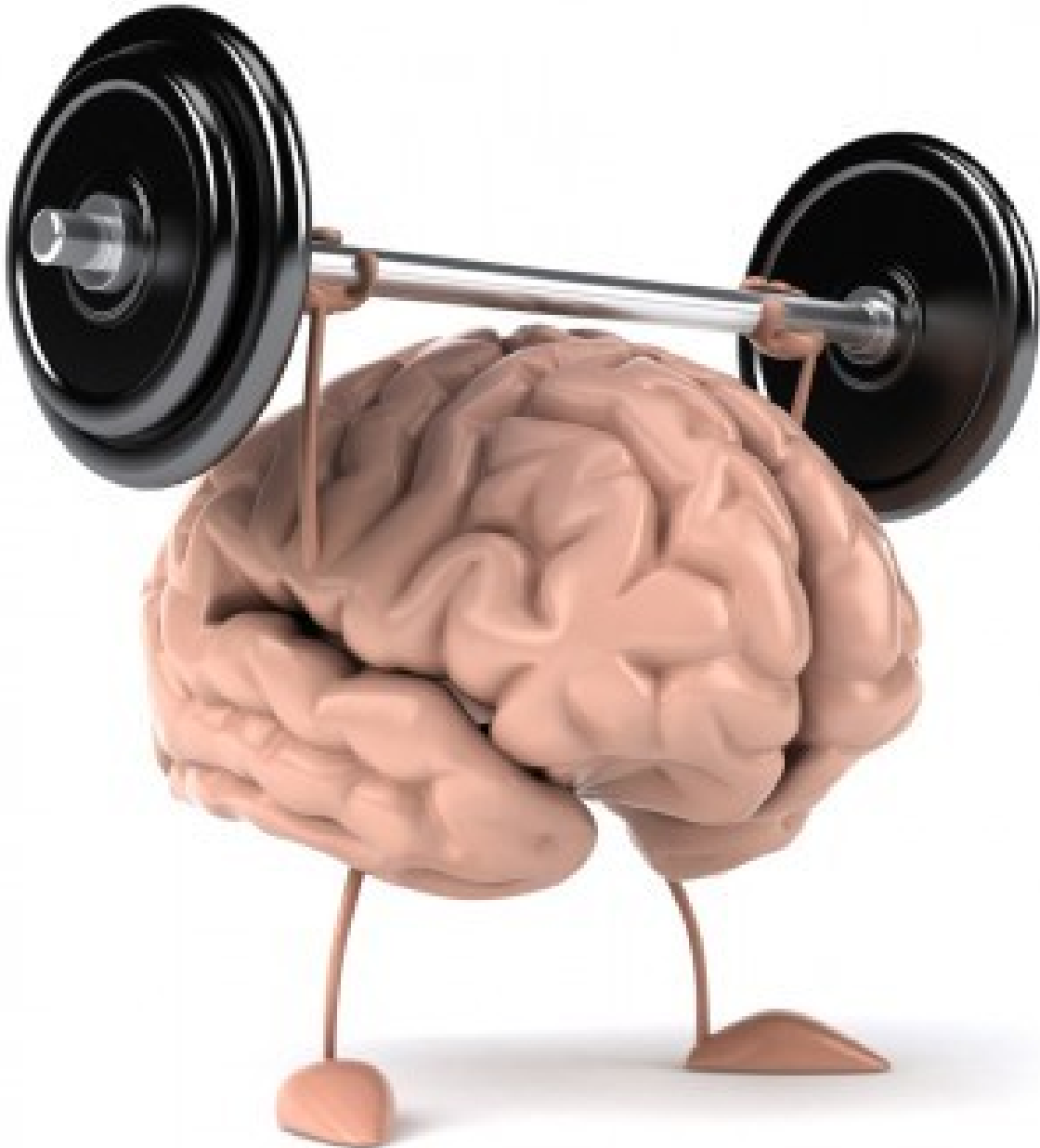
# Video inspiration



**Moshe Szyfat**



**How early life experience is written into DNA**



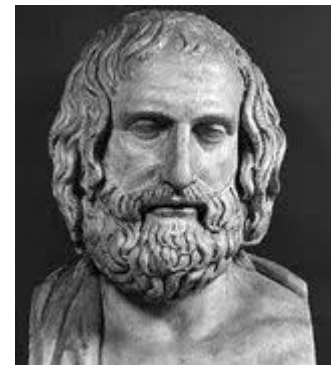
# Self-improvement - tips

**maximal effect with minimal effort**

# 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



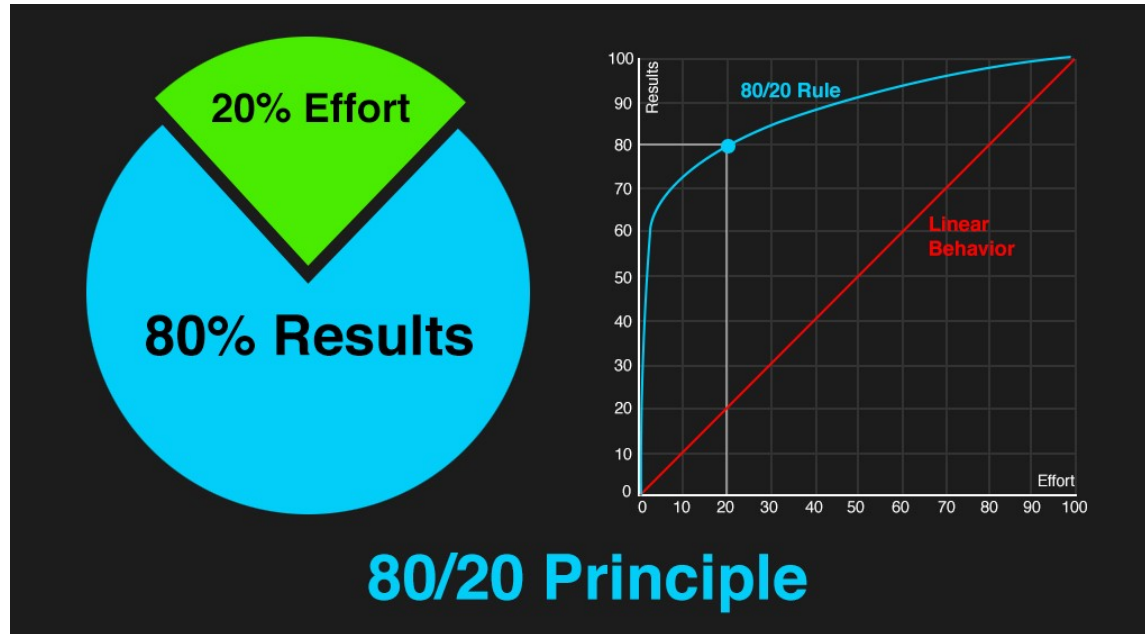
# The Pareto principle

also known as the 80/20 rule, the law of the vital few, or the principle of factor sparsity

Joseph M. Juran



(24/12/1904 – 28/2/2008)



Vilfredo Frederico Damaso Pareto  
(15/7/1848 – 19/8/1923)



# **The Four Agreements**

**(Don Miguel Ruiz)**

**Be impeccable with your word.**

**Don't take anything personally.**

**Don't make assumptions.**

**Always do your best.**



# The 7 Habits of Highly Effective People

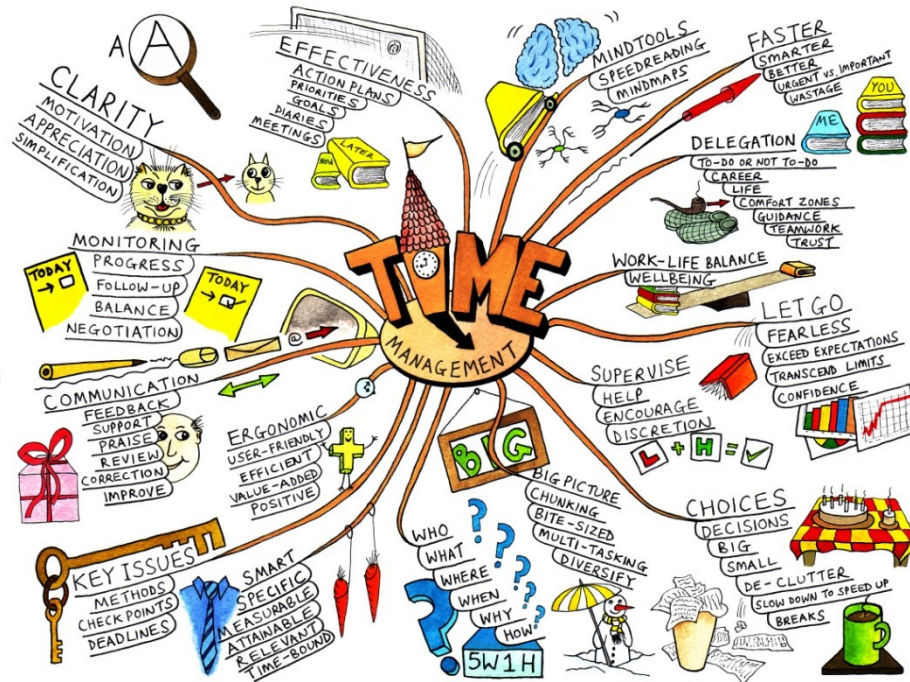
- 1 - Be Proactive
- 2 - Begin with the End in Mind
- 3 - Put First Things First
- 4 - Think Win-Win
- 5 - Seek First to Understand, Then to be Understood
- 6 - Synergize
- 7 - Sharpen the Saw



Stephen R. Covey

# Mind-maps

„When the thinking is visible“



# Belbin Team Roles

**Plant**

**Resource**

**Investigator**

**Co-ordinator**

**Shaper**

**Monitor**

**Evaluator**

**Teamworker**

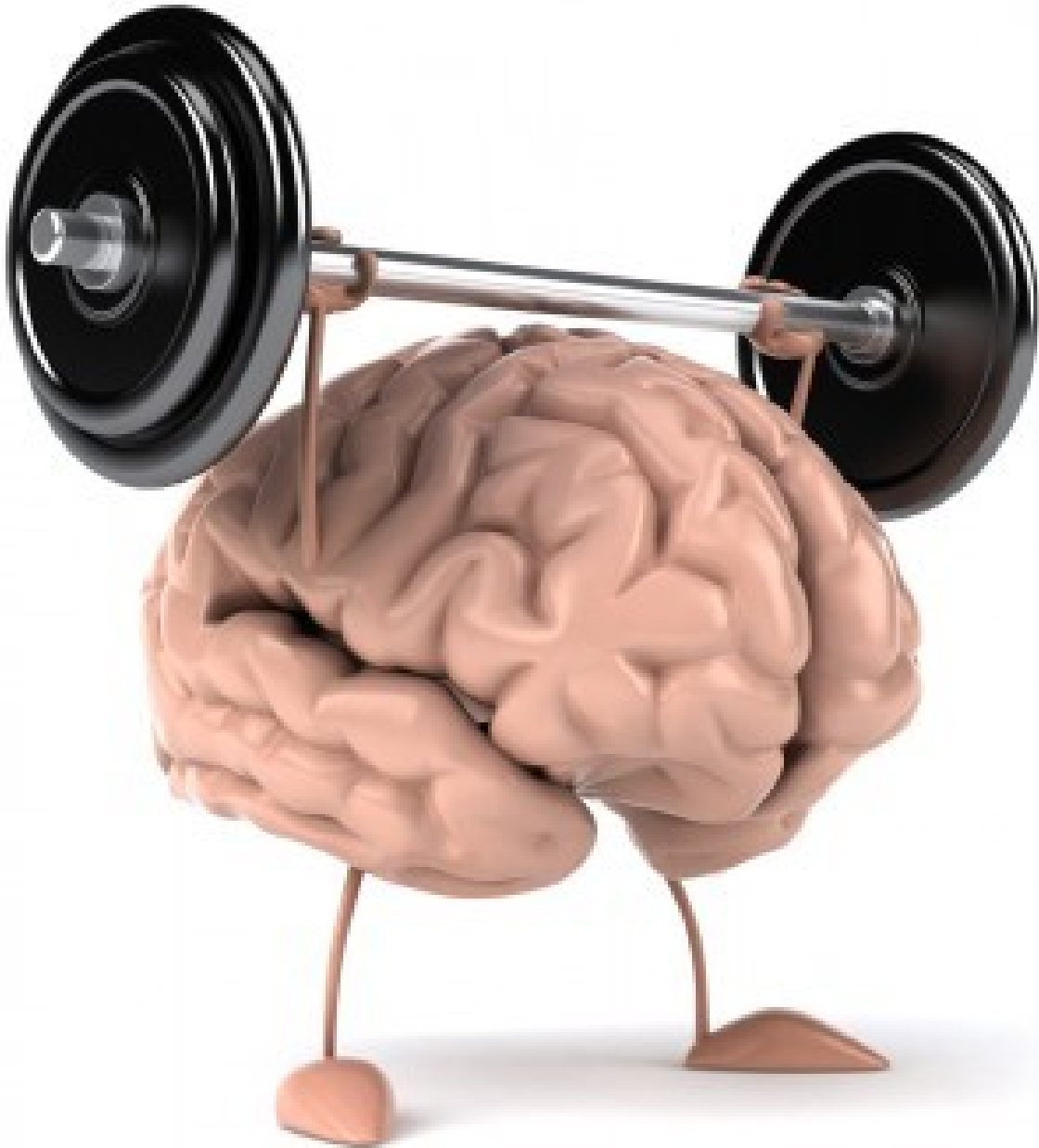
**Implementer**

**Completer**

**Finisher**

**Specialist**







Supplement:

# Burnout

The word "Burnout" is written in a large, bold, black serif font. The letters are superimposed on a circular graphic that depicts a person's silhouette engulfed in flames and smoke, symbolizing burnout. The fire is bright orange and yellow, while the smoke is grey and white.



# PRINCIPLES

**TO BURN OUT**

**CAN ONLY THE ONE**

**Burnout**



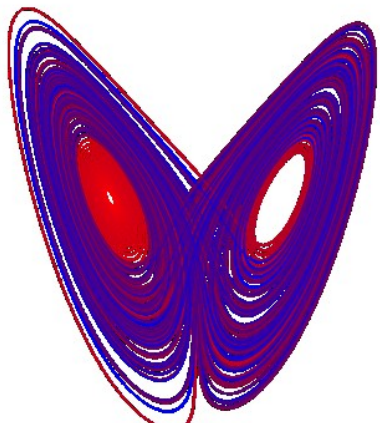
**WHO BURNS!**





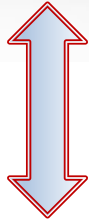


# Butterfly Effect





# FACTS



**Burnout** is a type of **psychological stress**. **Occupational burnout** or **job burnout** is characterized by *exhaustion, lack of enthusiasm and motivation, feelings of ineffectiveness*, and also may have the dimension of *frustration or cynicism*, and as a result *reduced efficacy* within the workplace.

The term burnout in psychology was coined by **Herbert Freudenberger** in his **1974 *Staff burnout***, based on his observation of drug addicts he helped who, with blank looks, stared at cigarettes until they burned out.

More recently the term **brownout** has been used in the business world to describe a less serious version of burnout. It refers to staff who are *disengaged and demotivated in their job role*.

Occupational burnout is typically and particularly found within **human service professions**. Professions with high levels of burnout include *social workers, nurses, teachers, lawyers, engineers, medical practitioners, customer service representatives, and police officers*. One reason why burnout is so prevalent within the human services field is due in part to the high-stress work environment and emotional demands of the job.



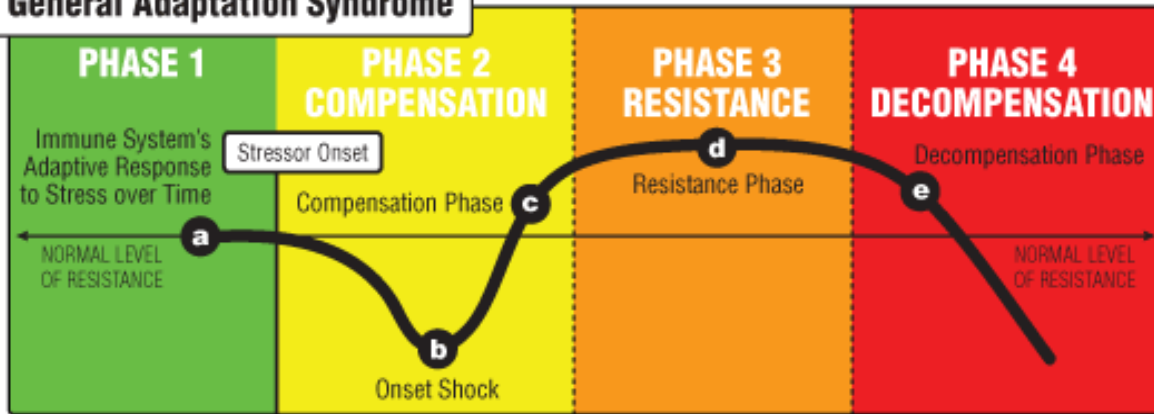
# FACTS



**12-stage model of burnout** developed by psychologists Herbert Freudenberger and Gail North:

- 1.The Compulsion to Prove Oneself:** demonstrating worth obsessively; tends to hit the best employees, those with enthusiasm who accept responsibility readily.
- 2.Working Harder:** an inability to switch off.
- 3.Neglecting Needs:** erratic sleeping, eating disrupted, lack of social interaction.
- 4.Displacement of Conflicts:** problems are dismissed; we may feel threatened, panicky, and jittery.
- 5.Revision of Values:** Values are skewed, friends and family dismissed, hobbies seen as irrelevant. Work is the only focus.
- 6.Denial of Emerging Problems:** intolerance; perceiving collaborators as stupid, lazy, demanding, or undisciplined; social contacts harder; cynicism, aggression; problems are viewed as caused by time pressure and work, not because of life changes.
- 7.Withdrawal:** social life small or nonexistent, need to feel relief from stress, alcohol/drugs.
- 8.Odd Behavioral Changes:** changes in behavior obvious; friends and family concerned.
- 9.Depersonalization:** seeing neither self nor others as valuable, and no longer perceive own needs.
- 10.Inner Emptiness:** feeling empty inside and to overcome this, look for activity such as overeating, sex, alcohol, or drugs; activities are often exaggerated.
- 11.Depression:** feeling lost and unsure, exhausted, future feels bleak and dark.
- 12.Burnout Syndrome:** can include total mental and physical collapse; time for full medical attention.

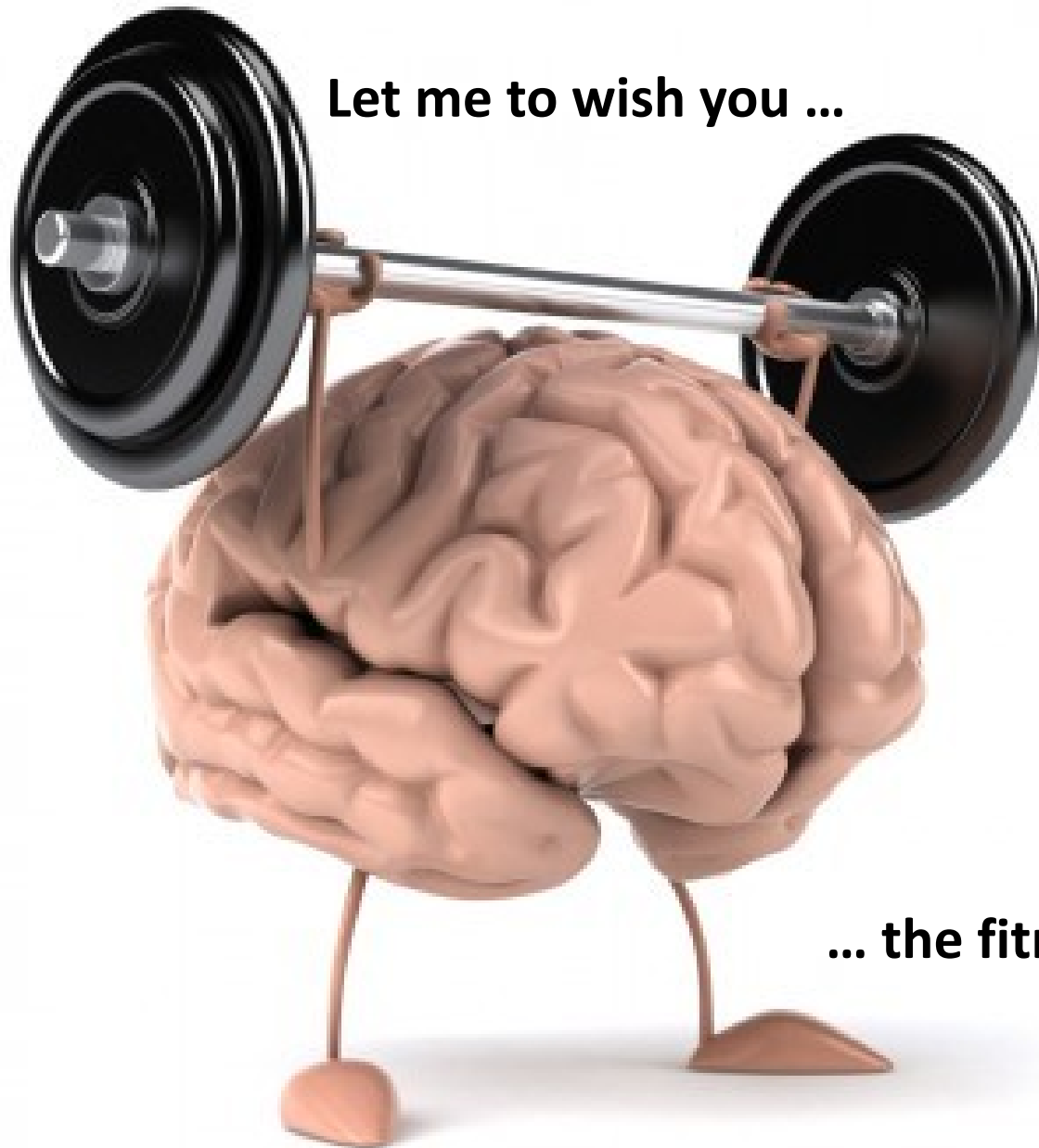
# General Adaptation Syndrome



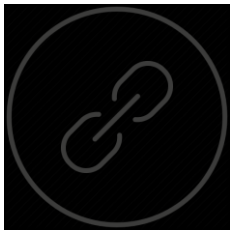
**GAS: See above (slide 19)**



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



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



# References

## Charts & Pictures & Videos

[www.youtube.com](http://www.youtube.com)  
[www.ted.com](http://www.ted.com)  
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# References

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