

PSYCHOHYGIENA

5. JÍDLO A SPÁNEK



Ve dvojici/trojici proberte:

1. Jak se Vám dělalo cvičení z minulého semináře? (já výrok)

2. Jakou další jednou věcí/činností jste se minulý týden postarali o svou duševní hygienu? (i drobnost)

JÁ VÝROK

Řeknu nebo napíšu okomentování konkrétního momentu:

- Cítím (doplním pocit), když/protože (doplním okolnost).
Potřeboval/a bych (doplním potřebu).

SPÁNEK

JÍDLO



Ve skupinkách:

- Jaká jídla a pití vnímáte, že u vás mají vliv na duševní pohodu?

	krátkodobě	dlouhodobě
pozitivní		
negativní		

- Jak se dá využít stravování k péči o duševní hygienu?

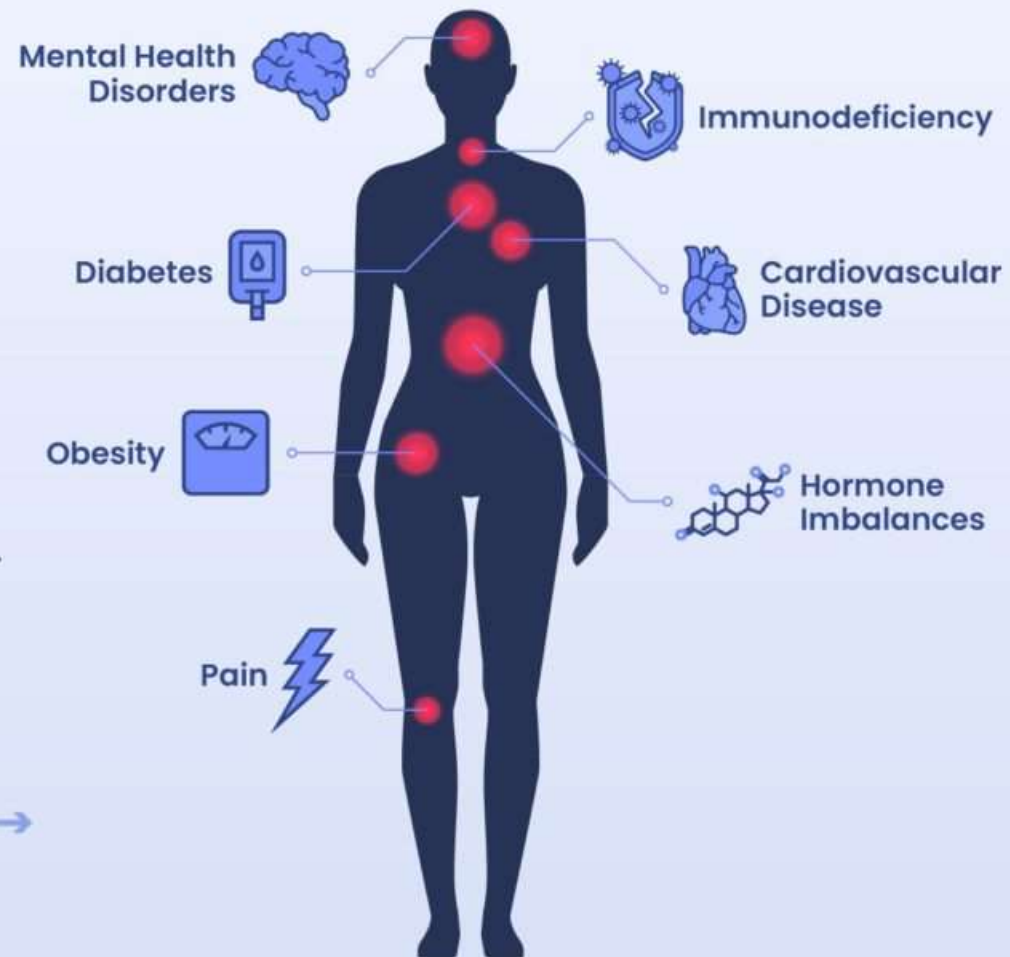

A close-up photograph of a person's face, partially obscured by a white sheet. The person's eyes are closed, and their mouth is slightly open. The lighting is soft, creating a calm and serene atmosphere. The word "SPÁNEK" is overlaid in the center of the image in a bold, black, sans-serif font.

SPÁNEK

Sleep plays a significant role in **almost every system of the body.**

Insufficient sleep **increases risks** in all of these systems.

Consequences of sleep deprivation include the following:



10 ways getting **more sleep** affects your mind and body



YOU'LL BE HAPPIER.

People who sleep enough have better moods and fewer problems with depression and anxiety.



YOU'LL LEARN BETTER.

Adults who get enough sleep do better on tests of short-term memory.



YOU'LL SEE BETTER.

The longer you stay awake, the more vision errors you make, ranging from tunnel vision to seeing double to even hallucinations.



YOU'LL BUILD MUSCLE MORE EASILY.

Your body uses most of the night to heal damage done to your cells and tissues when you are awake and more metabolically active.



YOU'LL HAVE HEALTHIER SKIN.

People who get more sleep have skin that recovers quickly and show fewer signs of aging.



YOU'LL SPEAK BETTER.

Staying awake too long can cause slurred speech, repetitive word usage, and a slow, monotonous tone.



YOU'LL HAVE FEWER HEART PROBLEMS.

One large study found that sleeping five hours or less a night was associated with a 45% increased risk for heart attacks.



YOU'RE LESS LIKELY TO ABUSE ALCOHOL.

Researchers believe that disrupted circadian rhythms make adolescents more likely to engage in risky behavior and to develop alcohol use disorders.



YOU'LL HAVE BETTER SEX.

Poor sleep can lead to sexual problems like erectile dysfunction. Sleep increases testosterone levels, which boosts sexual drive for both men and women.



YOU'RE LESS AT RISK FOR CERTAIN CANCERS.

Researchers have found that night workers are more likely to develop colon and breast cancer.

SPÁNEK

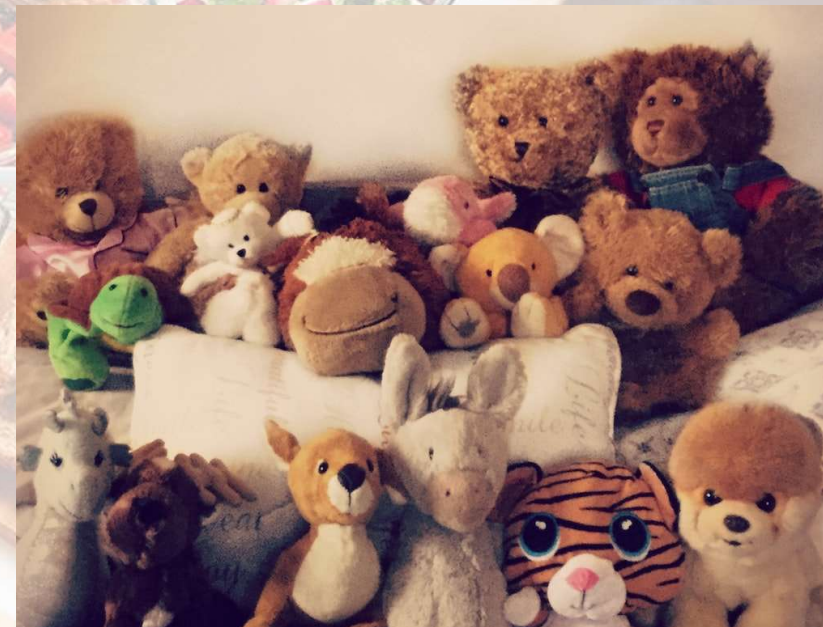
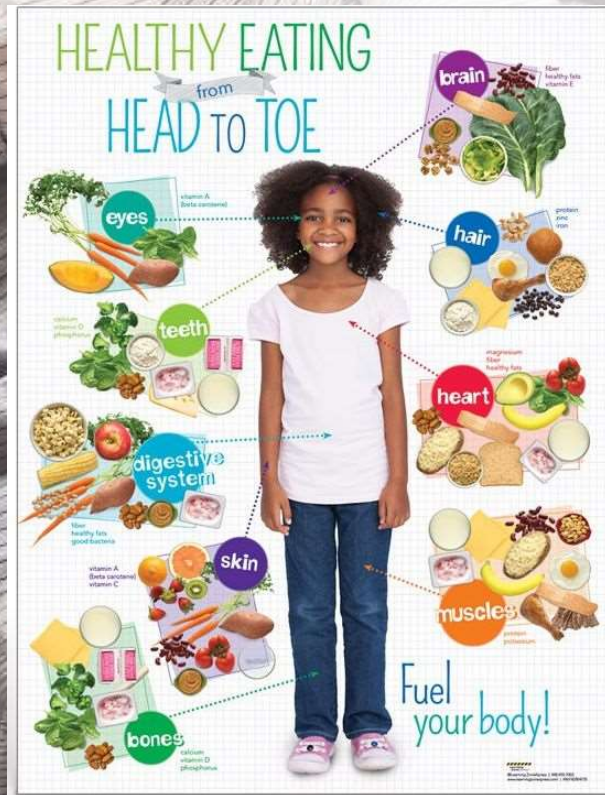
- Místo
- Jídlo, pití
- Pohyb
- Obrazovky
- Emoce, myšlenky
- Před usnutím

RITUÁL PŘED USNUTÍM

- 1.
- 2.
- 3.
- 4.
- 5.

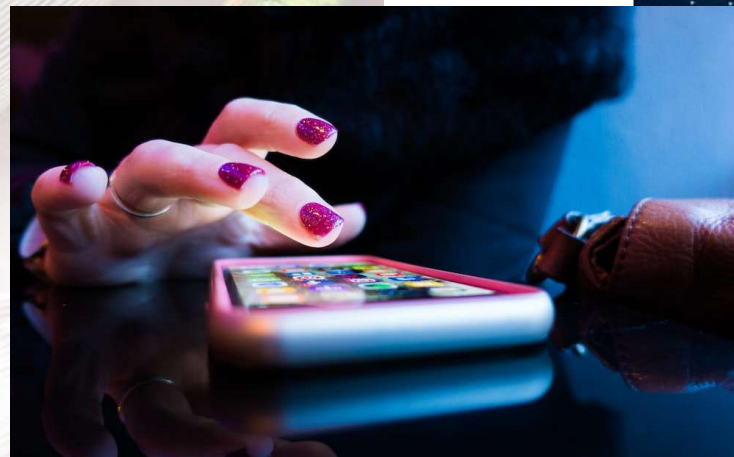
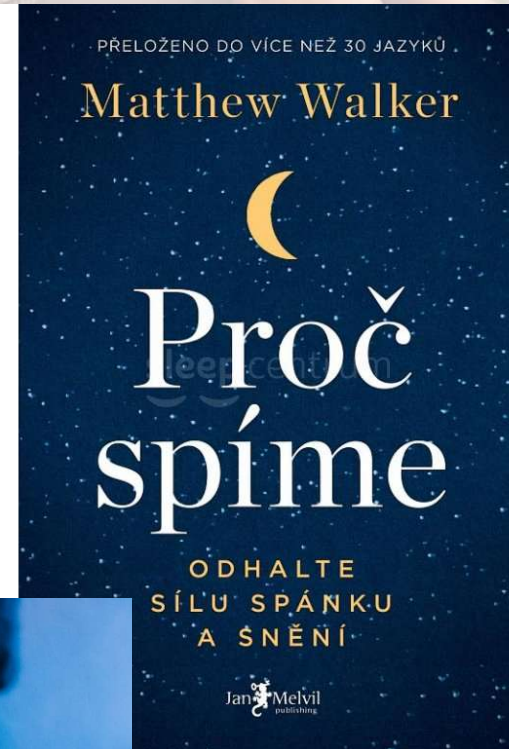
SPÁNEK

JÍDLO



SPÁNEK

JÍDLO



5. JÍDLO, SPÁNEK

Datum	Množství spánku (h):	Co jsem dnes udělal/a pro kvalitnější stravování a spánek:

Co mi sedělo:

Co mi moc nesesedělo:

Co si беру do dalšího života:

Zdroje obrázků:

- <https://www.sleepfoundation.org/sleep-deprivation>
- <https://www.insider.com/how-getting-more-sleep-affects-your-mind-and-body-2016-7>
- <https://www.pexels.com/>
- <https://www.sleepcentrum.cz/doplňky/proc-spime---odhalte-silu-spanku-a-sneni--nove-vydani/>
- <https://cz.pinterest.com/pin/753156737698989301/>
- <https://www.jacarandafm.com/news/news/parents-urged-not-wear-pyjamas-school-run/>