



# PRINCIPLES

# Psychology of Mental Health and Well-being

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# Key words:

- a. **neuroplasticity**
- b. **habituation, generalization**
- c. **GAS**, Hans Selye
- d. **concentration & imagination**
- e. **DrEaMS**
- f. **SET as self/reflection, 'feed-back'**
- g. **HW**



**STRESS**

**STRESS**

**EU x DI**

**ACUTE x CHRONIC**

**HYPER x HYPO**

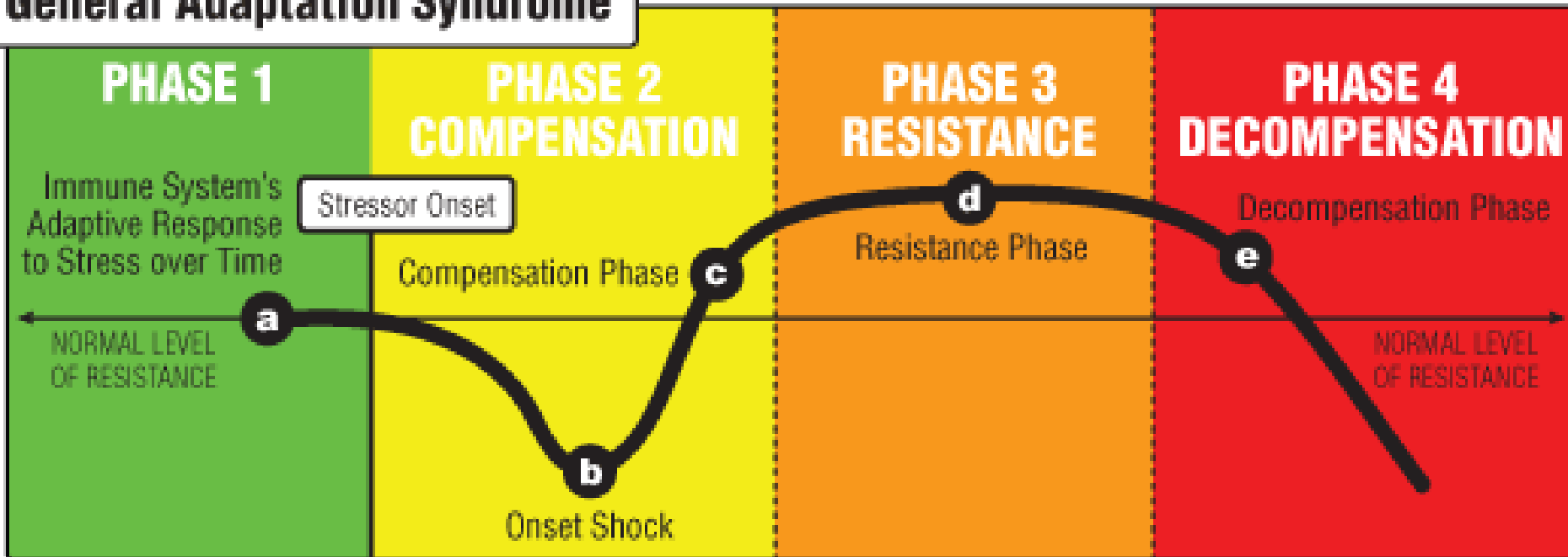
# GAS

**Alarm:** The body first organizes physiological responses (similar to fight/flight resp.) to threat.

**Resistance:** Stress-activated responses continue, stabilizing the body's adaptations to stress.

**Exhaustion:** The body has depleted its reserves and can no longer maintain responses to the stressors.

## General Adaptation Syndrome



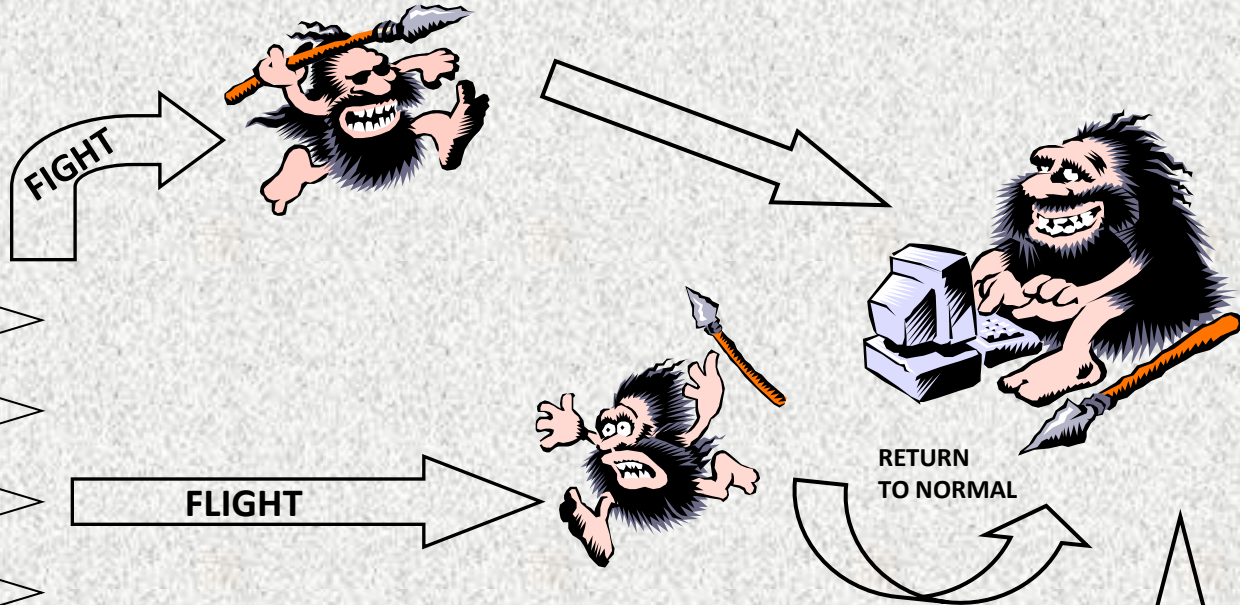
and other opiate drugs used in the modulation of pain.

# Effects of stress

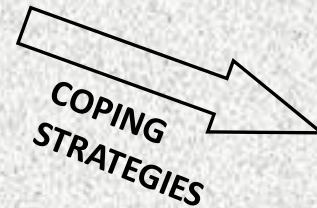
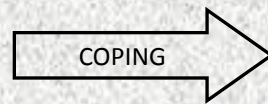
## STRESSORS



POOR DIET  
NO EXERCISE  
NEGATIVE THOUGHTS  
...

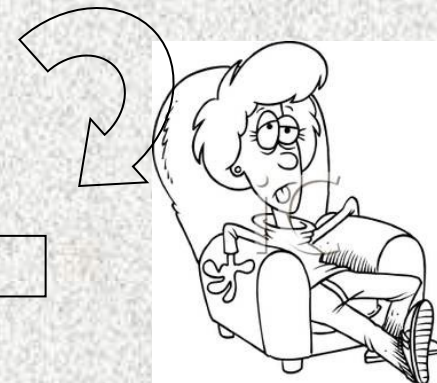
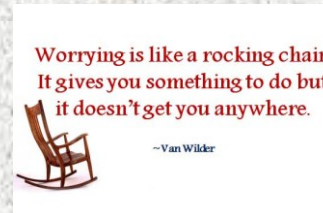


## Coping Skills

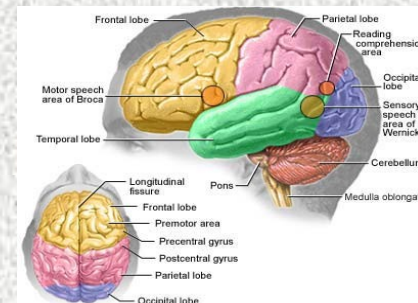
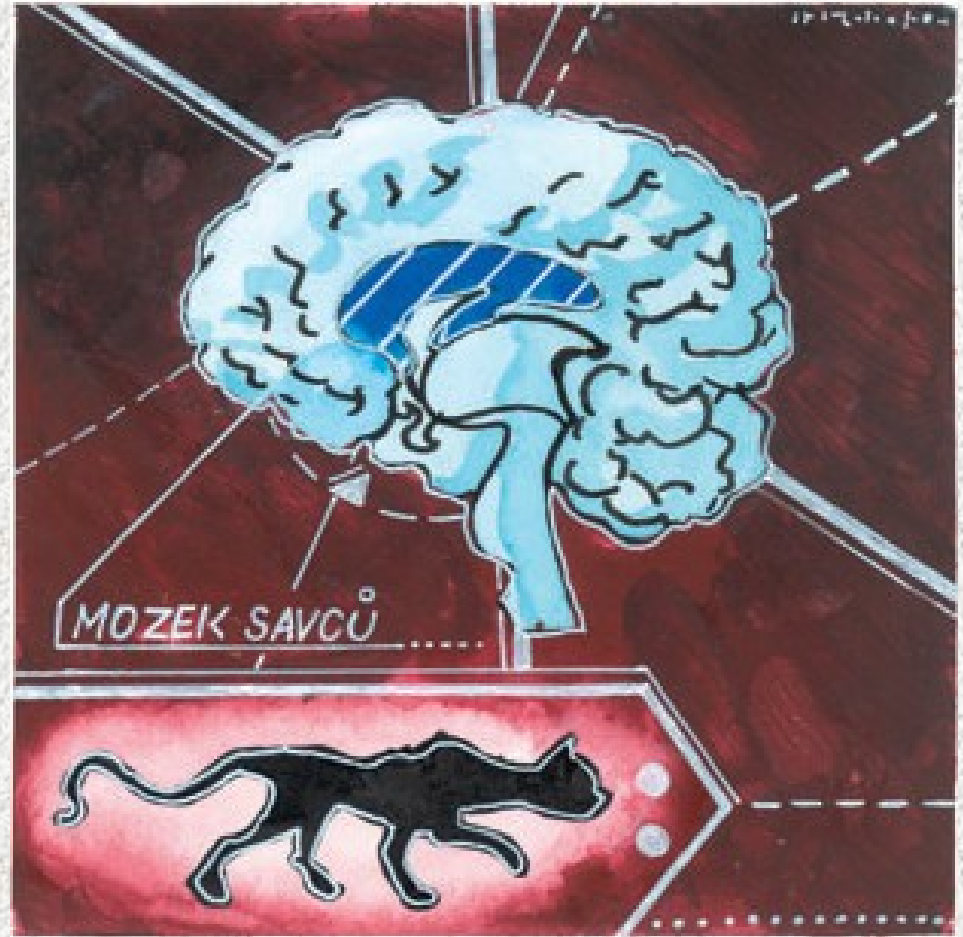


## RELAXATION

Active / Passive



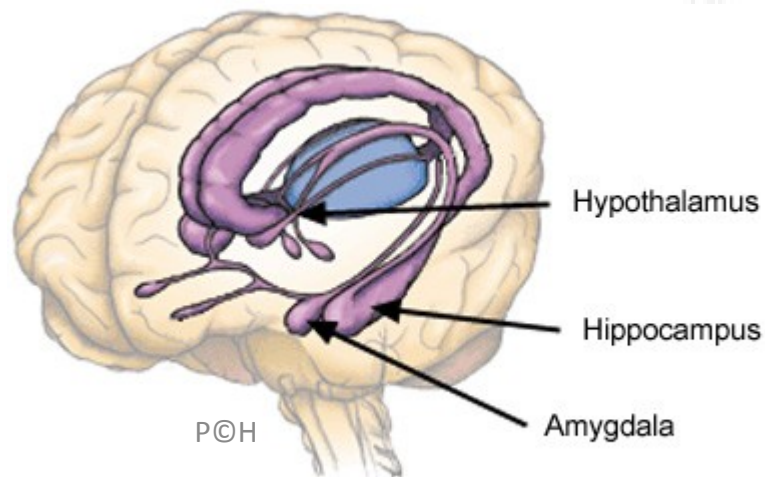
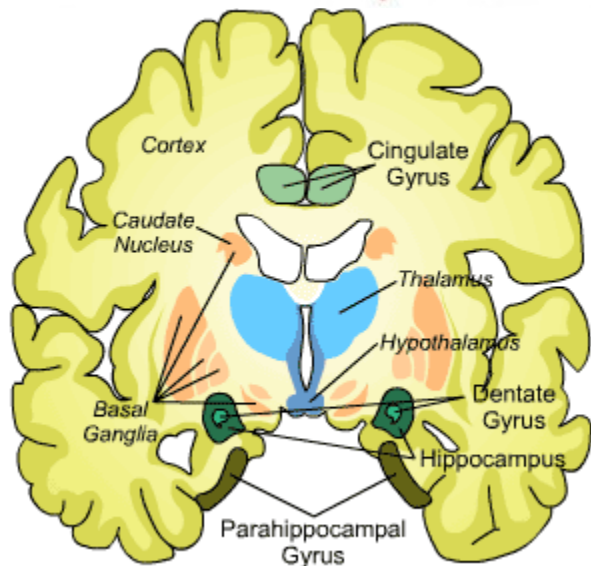
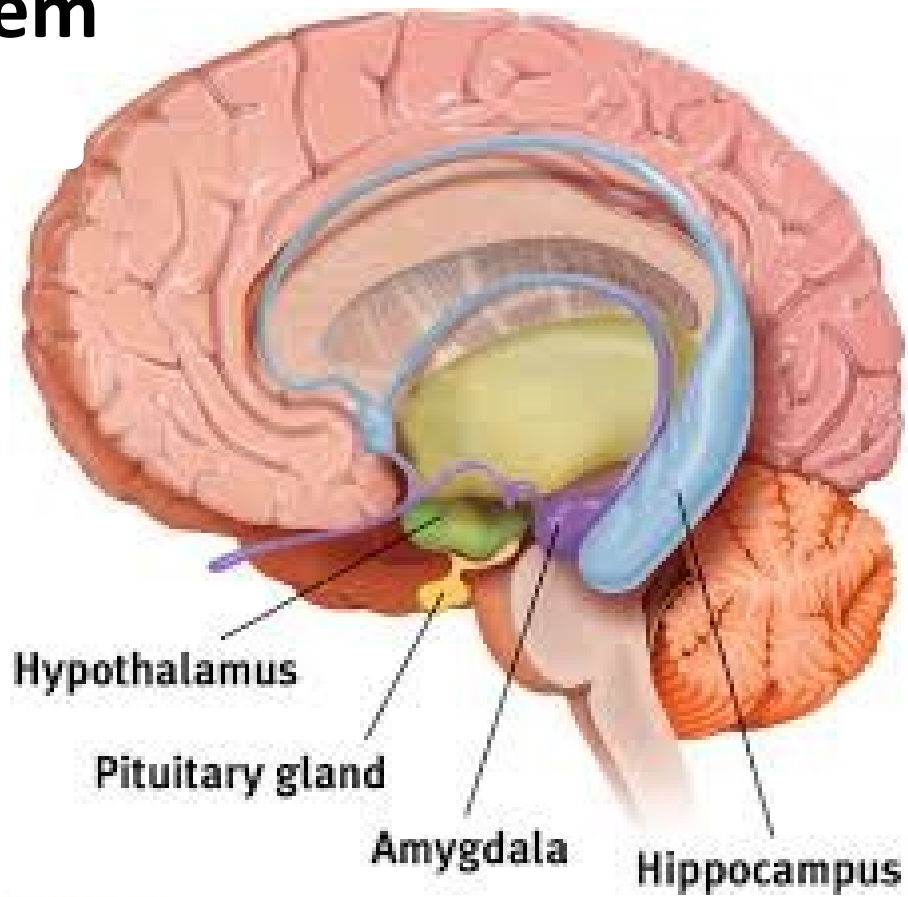
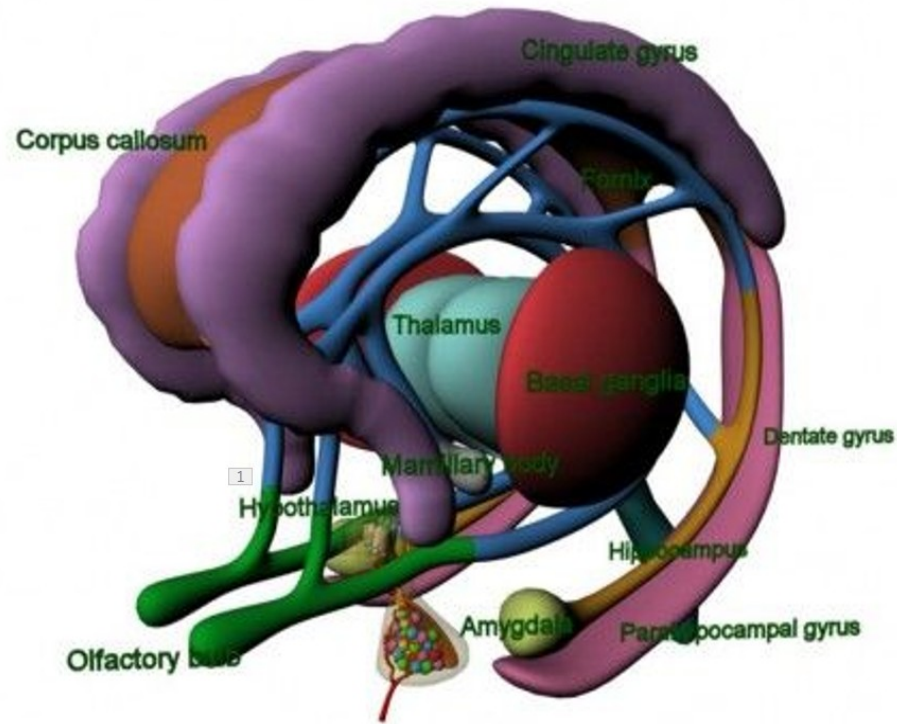




# Triune theory - Paul McLean



# Limbic system



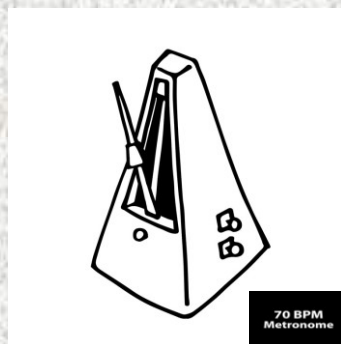






# Focus on Principles

**Habituation** helps & harms ...



**Focus, concentrate, pay attention, be aware .  
& stay calm, healthy and alive.**







# Focus on Principles

How to deal with the stress in everyday life?

## What is the most important

to stay healthy or for recovery?

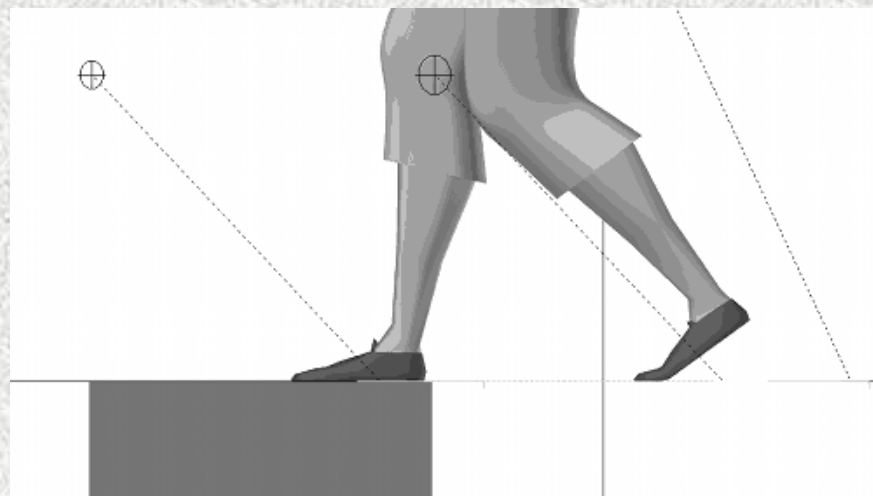
# DrEaMS





Just a few „things“

in good order, regularity, regime







# Focus on Principles

What kind of cognitive processes do we have?

How can we perceive the world?  
**ATTENTION,**

How precise are we?  
**FOCUS ...**

Which one is the most important to feel safe?

Perception

Memory

Attention

Thinking

Decision

Volition/Will

Imagination

...



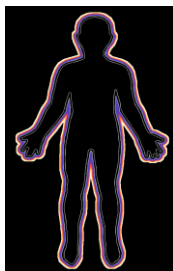
# Conscious relaxation/concentration

## 5 S technique

All I need is working,  
I can enjoy the lesson!

to **GET TOGETHER** (integrate)

2 channels:



### FEELINGS & WORDS

sense & ratio  
color & shape

„That’s fine, my sense  
of touch is working.“



# Jacobson's Progressive Muscular Relaxation



**Tension** – perfusion, muscle activation

**10 seconds**

vs.

**10 seconds**

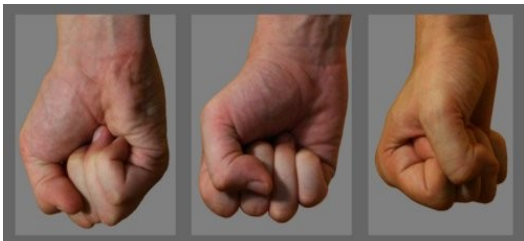
**Releasing** - perception of the relaxation effect



**Attention is paid to the contrast**

**between**

**tension and relaxation**



# Conscious relaxation/concentration

## Autogenic training

- Muscle relaxation
- Body warming from shoulders towards hands and feet
- *Calm breathing*
- *Calm pulse*
- **Warmth in the abdomen**
- Cold forehead



BRITISH AUTOGENIC SOCIETY

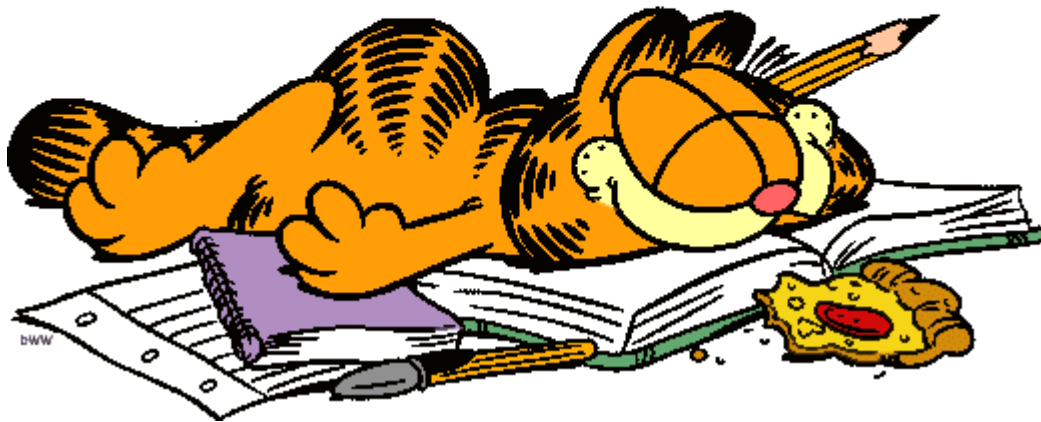


# Take a nap

Just



times per a day.



With closed eyes.





# Focus on Principles

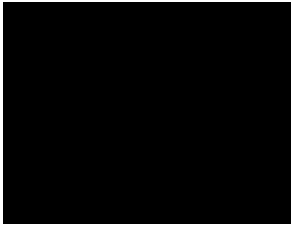
Neuroplasticity works for us ...

... but HOW can I use it?

**IMAGINE!**  
**HOW TO TALK TO THE BRAIN**

How the brain works, talks, thinks



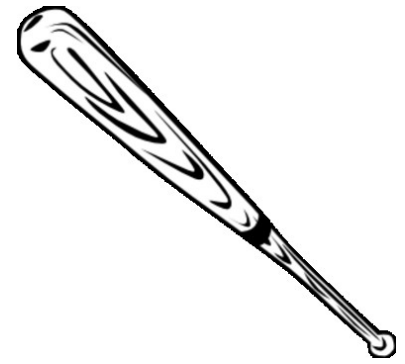
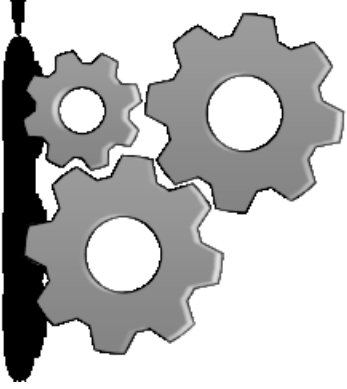


# Simple questions to improve self-reflection:

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

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

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



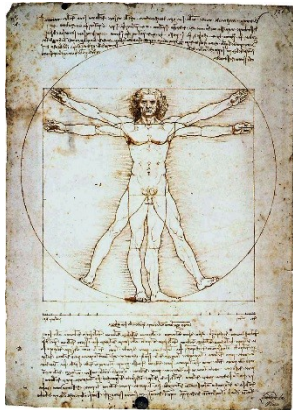
Thoughts

Spiritual  
Meaningful

Intuition

Soma

Emotions





# Focus on Principles

# FEED BACK

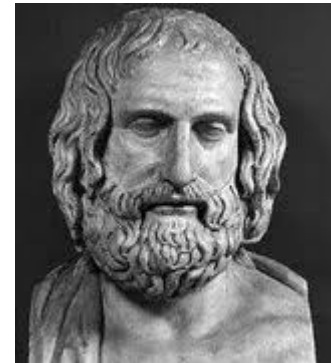




# Man is the measure of all things:

of things which are,  
that they are,

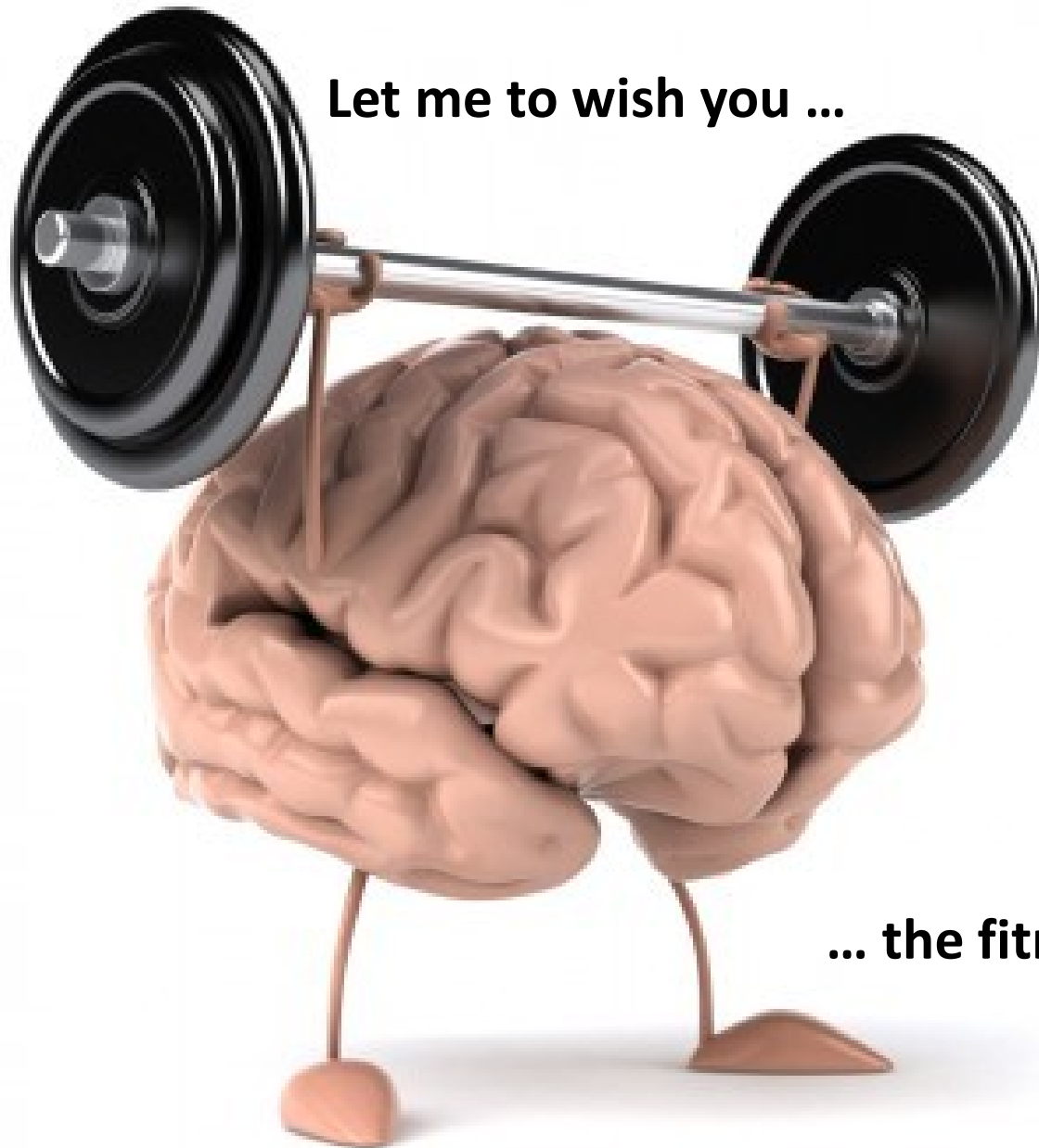
and of things which are not,  
that they are not.



Prótagorás z Abdér



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



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