



PRINCIPLES



Stress Management / Work-Life Balance

Psychology of Mental Health and Well-being

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Autumn semester 2019



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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**



Focus on Principles

Stress is anytime & anywhere

Stress works for us; Stress is functional

We're able to **influence the duration & intensity.**
not the start-point of the stress reaction

Don't worry about stress ...

... anyway ... it's anytime & anywhere .



STRESS

STRESS

EU x DI

ACUTE x CHRONIC

HYPER x HYPO

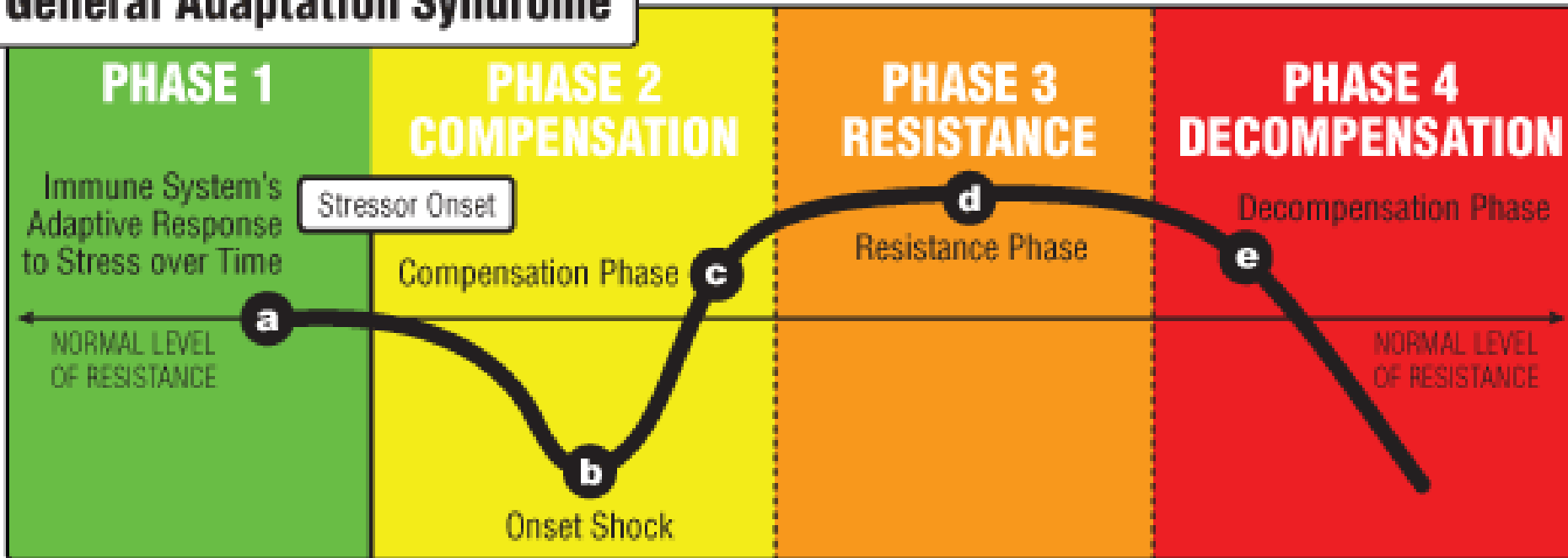
GAS

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



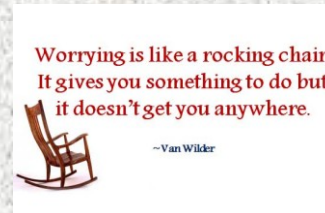
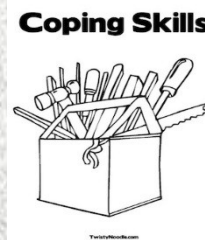
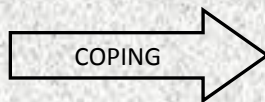
and other opiate drugs used in the modulation of pain.

Effects of stress

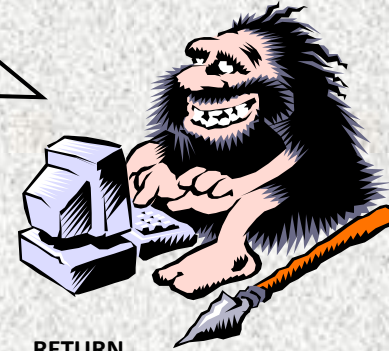
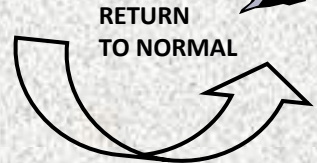
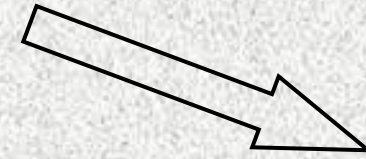
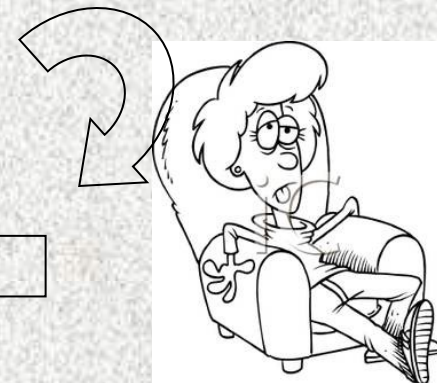
STRESSORS

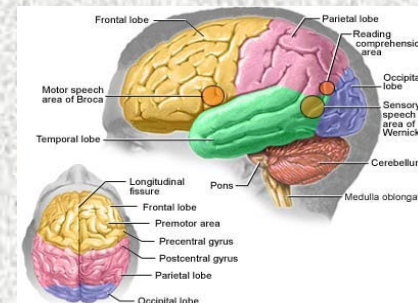
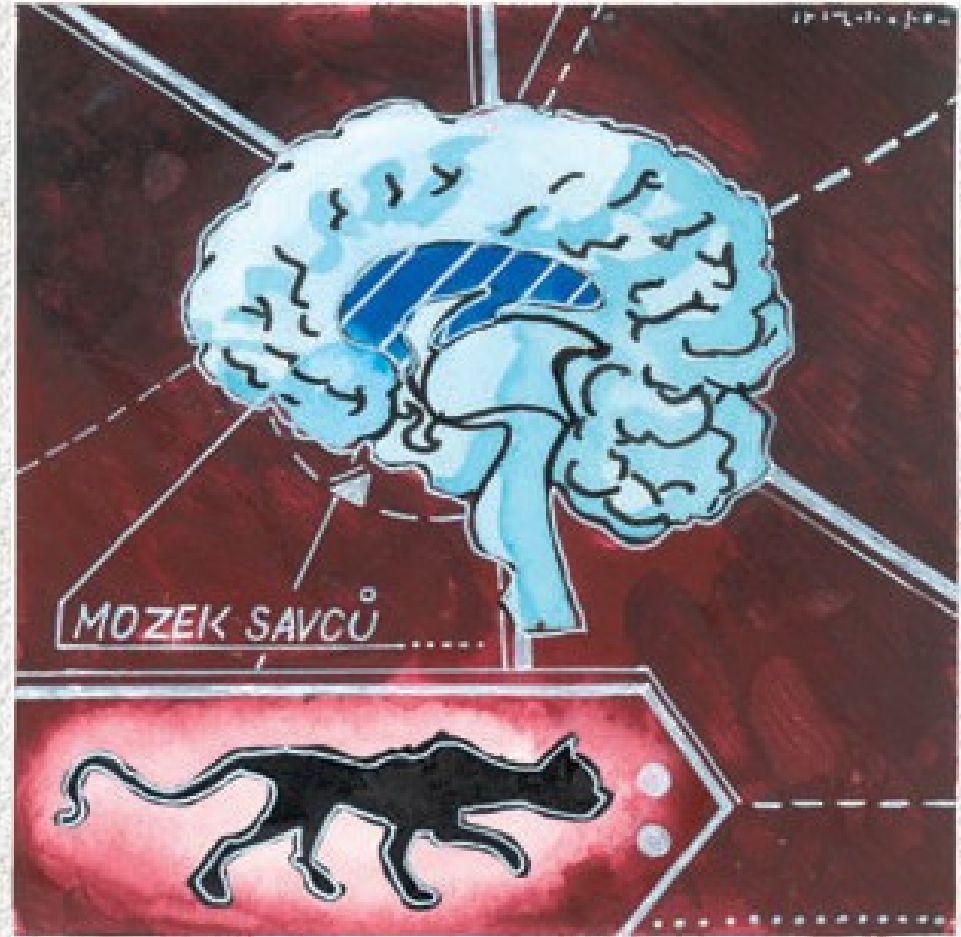


POOR DIET
NO EXERCISE
NEGATIVE THOUGHTS
...



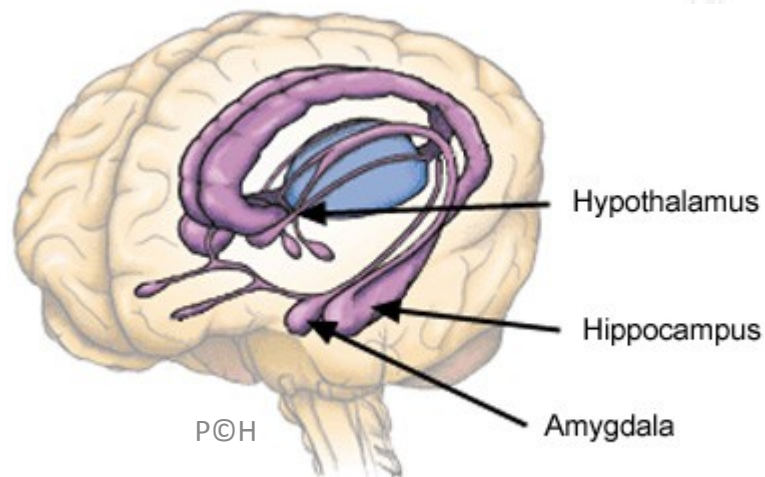
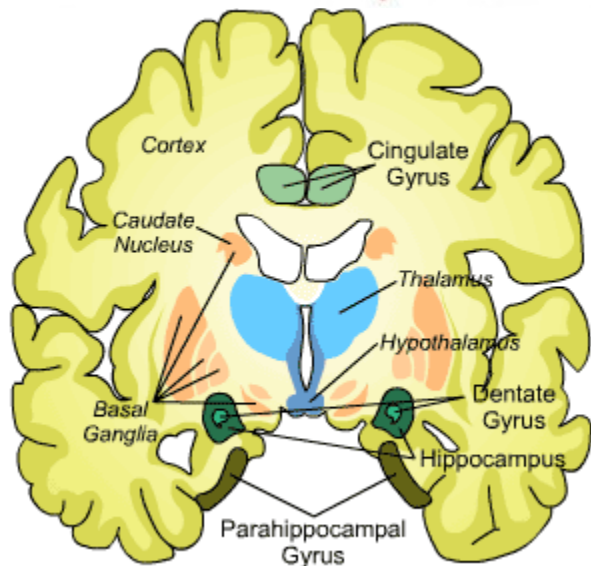
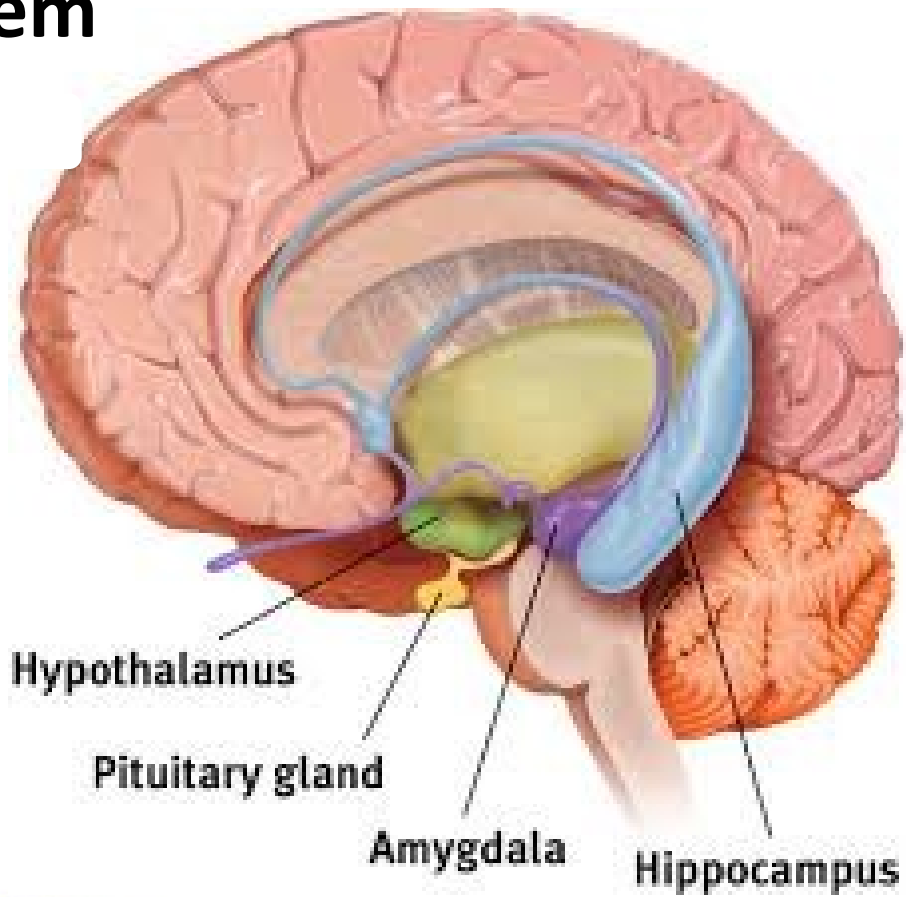
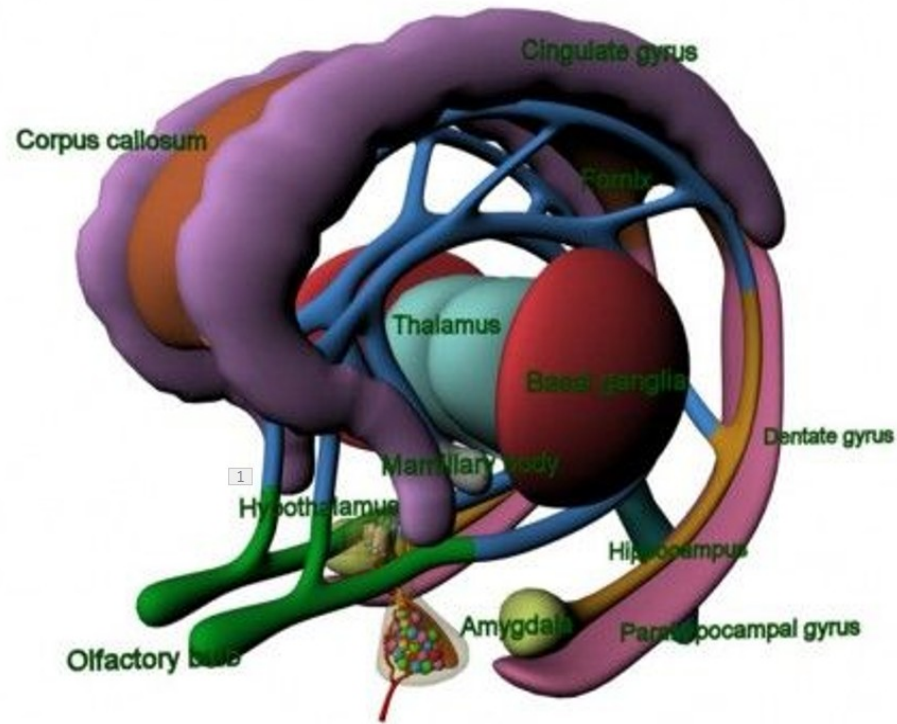
RELAXATION
Active / Passive





Triune theory - Paul McLean

Limbic system





Don't worry about stress ...

**... we're able to influence
the duration & intensity!**

... we're able to deal with it ...

... it would help us!





Focus on Principles

Stress = BODY RESPONSE

BODY helps to focus

Stress = CHAOS

FOCUS = less of stress





Focus on Principles

If you do something,

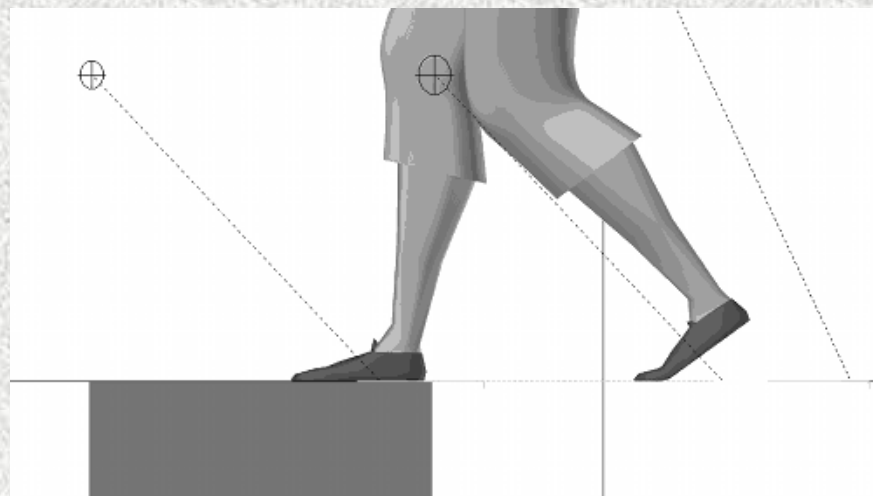
FOCUS
&
DO IT FOR 100%!





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

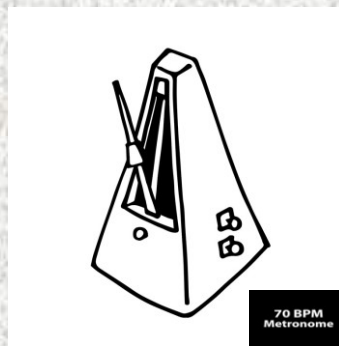
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Focus on Principles

Habituation helps & harms ...



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



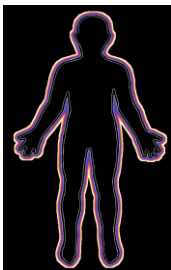
Conscious relaxation/concentration

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

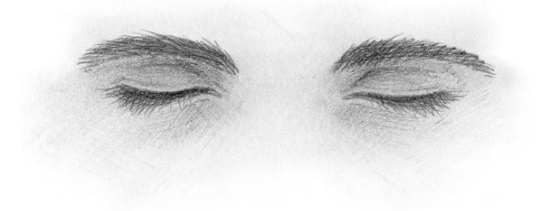
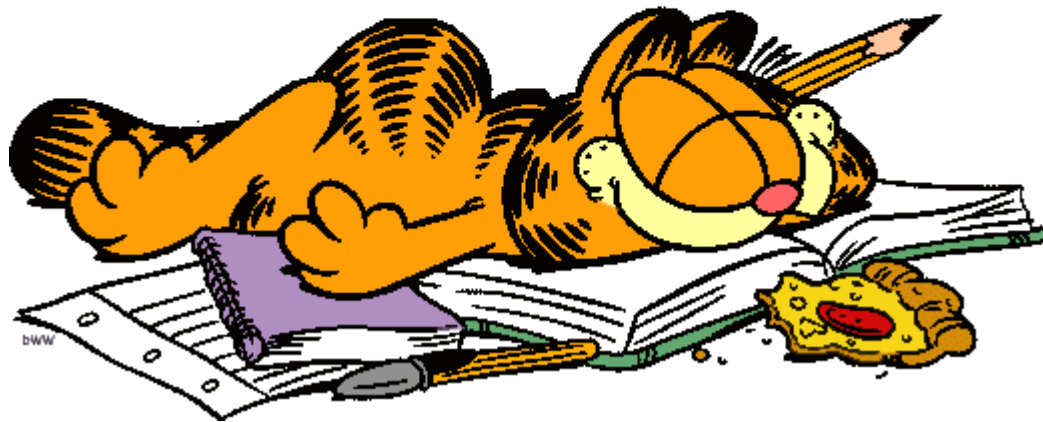
„That’s fine, my sense
of touch is working.“

Take a nap

Just



times per a day.



With closed eyes.

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





Focus on Principles

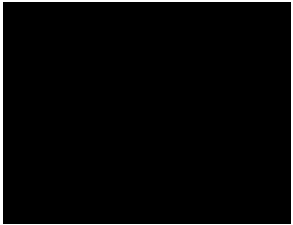
Neuroplasticity works for us ...

... but HOW can I use it?

IMAGINE!
HOW TO TALK TO THE BRAIN

How the brain works, talks, thinks



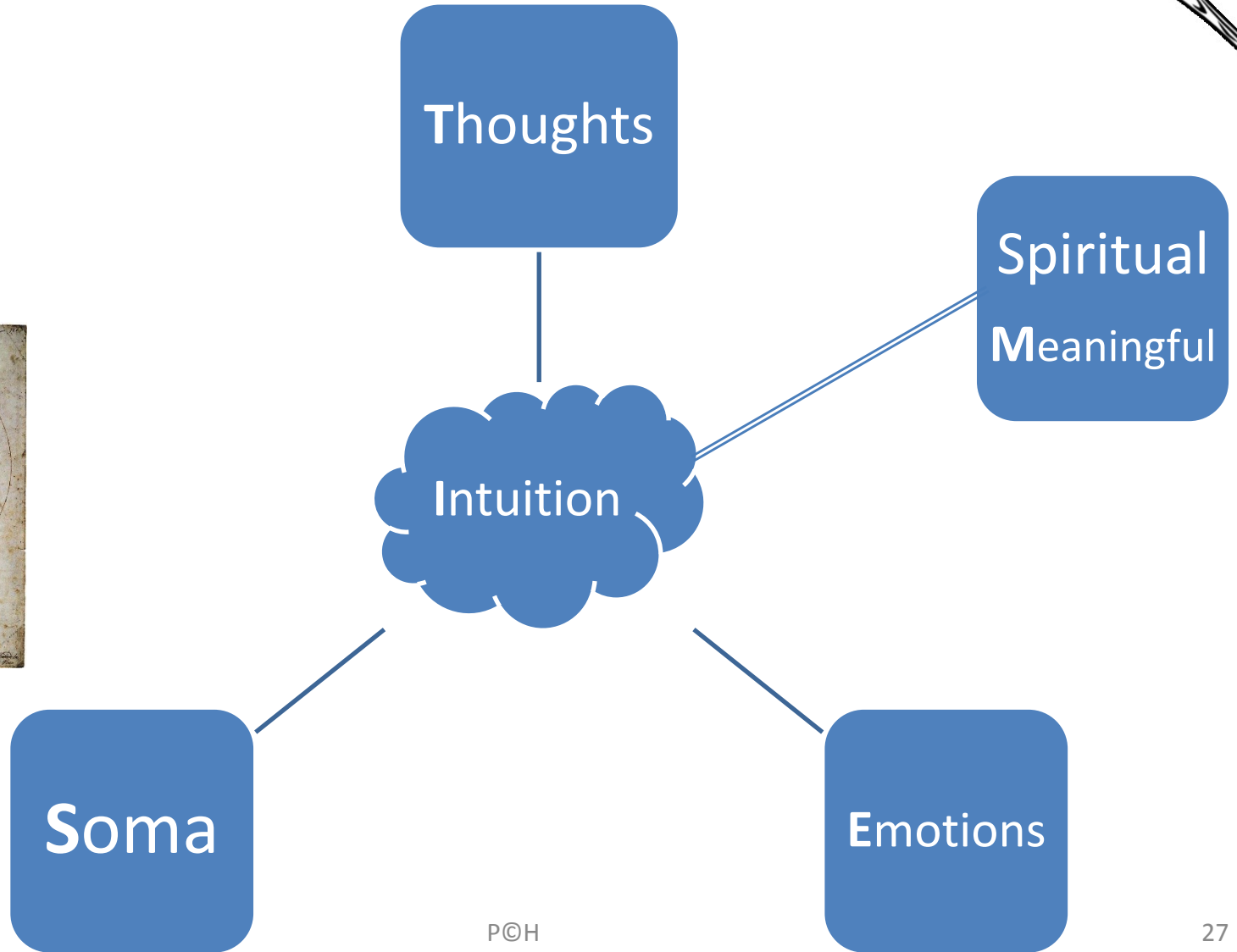
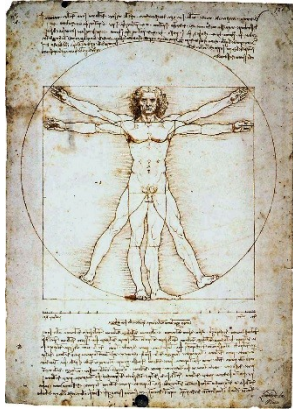
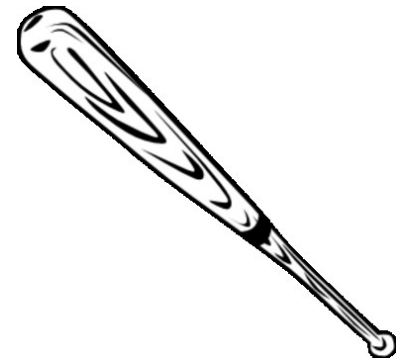
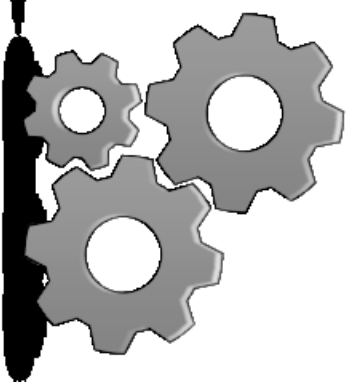


Simple questions to improve self-reflection:

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

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

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





Focus on Principles

Listen to your BODY & emotions ...

**... and allow it/them to live
together with you
and your conscious thinking**

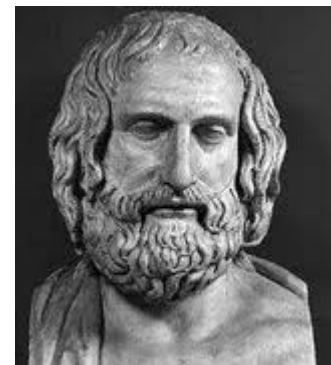
**Consciousness is not so strong
as we assume**



Man is the measure of all things:

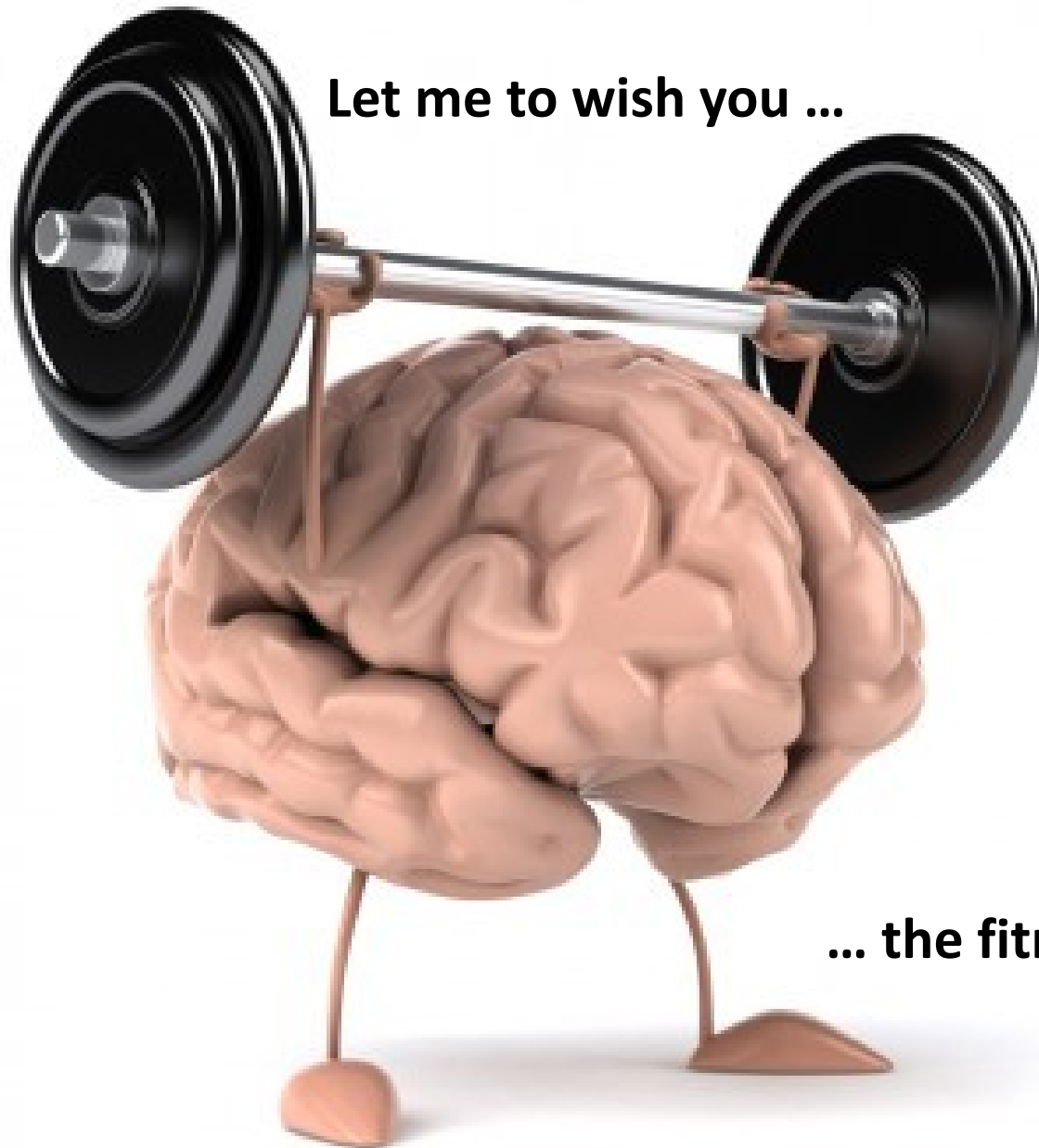
of things which are,
that they are,

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



Prótagorás z Abdér

Let me to wish you ...



... the fitness of the brain ...