

PSYCHOLOGICAL HEALTH

- ▣ FEEL GOOD ABOUT THEMSELVES
- ▣ FEEL COMFORTABLE WITH OTHERS
- ▣ CONTROL TENSION AND ANXIETY
- ▣ APPRECIATE LIFE & MEET IT'S DEMANDS
- ▣ CURB HATE, GUILT, ANGER, WORRY
- ▣ MAINTAIN A JOYFUL OUTLOOK
- ▣ ENRICH THE LIVES OF OTHERS
- ▣ CHERISH THE SMALL THINGS IN LIFE
- ▣ VALUE DIVERSITY & SURROUNDINGS

MENTAL HEALTH

- ▣ REASON
- ▣ INTERPRET
- ▣ REMEMBER
- ▣ SENSE
- ▣ PERCEIVE
- ▣ EVALUATE
- ▣ SOLVE PROBLEMS
- ▣ VALUE S& ATTITUDES REFLECT YOUR MENTAL HEALTH



EMOTIONAL

SPIRITUAL

- | | |
|---|---|
| <ul style="list-style-type: none"> ▣ FEELING YOU ▣ STABLE RESPONSE ▣ ADAPTS TO LIFE ▣ POSITIVE OR NEGATIVE IMPACT ON OVERALL HEALTH | <ul style="list-style-type: none"> ▣ BELIEVE IN UNIFYING FORCE ▣ ACCEPTANCE OF STRENGTHS AND WEAKNESSES. ▣ PLACE IN "SCHEME OF THINGS" |
|---|---|

FACTORS INFLUENCING PSYCHOLOGICAL HEALTH

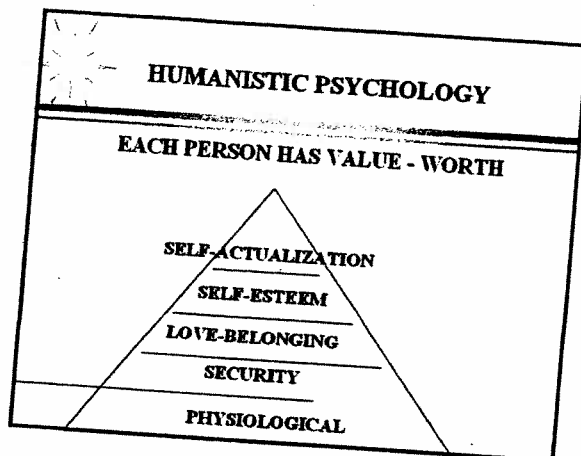
- ▣ FAMILY OF ORIGIN
- ▣ HEREDITY & CULTURE
- ▣ ENVIRONMENT AND EXTERNAL INFLUENCES
- ▣ STRESSORS, UNCERTAINTIES, THREATS
- ▣ ROLE MODELS
- ▣ SOCIAL INFLUENCES
- ▣ INTERNAL INFLUENCES
- ▣ SELF-ESTEEM
- ▣ PERSONALITY
- ▣ EXPERIENCES

THEORIES AND PRACTICES

- ▣ BEHAVIORAL PSYCHOLOGY
- ▣ BEHAVIOR SHAPED BY REWARDS & PUNISHMENT
- ▣ B.F. SKINNER
- ▣ DEVELOPMENTAL
- ▣ COMPLETION OF DEVELOPMENTAL LEVELS
- ▣ ERIK ERIKSON & CARL JUNG

ERIK ERIKSON

- ▣ INFANCY: TRUST VS. MISTRUST
- ▣ EARLY CHILDHOOD: AUTONOMY VS. SHAME
- ▣ PRESCHOOL: INITIATIVE VS. GUILT
- ▣ ADOLESCENCE: IDENTIFY VS. ROLE CONFUSION
- ▣ YOUNG ADULTHOOD: INTIMACY VS. ISOLATION
- ▣ MATURITY: CREATIVITY VS. STAGNATION



- ### WELLNESS QUIZ
1. Availability of facilities for exercise is a predisposing factor.
 2. Locus of Control involve the belief in your ability to do something.
 3. Spiritual health includes belief in a unifying force that gives a sense of purpose or meaning to life.
 4. Developmental psychology teaches that all human behavior can be learned & controlled through a process of reward and punishment.

- ### BRAIN
- ▣ NEURONS-SPECIAL CELLS
 - ▣ DENDRITES SEND IMPULSES
 - ▣ AXONS RECEIVE IMPULSES
 - ▣ NEUROTRANSMITTERS: MESSAGE ACROSS JUNCTION.
 - ▣ CHEMICAL REACTION-AFFECTS BEHAVIOR
 - ▣ SEE PARTS OF BRAIN: P. 55 & 56

- ### ENHANCING SELF-ESTEEM
-
- ▣ AVOID PUT DOWNS
 - ▣ FIND THINGS YOU DO WELL
 - ▣ REWARD YOURSELF
 - ▣ ACCEPT IMPERFECTIONS
 - ▣ ACCEPT COMPLIMENTS
 - ▣ WELL-GROOMED
 - ▣ POSITIVE
 - ▣ STAY INVOLVED - PARTICIPATE
 - ▣ 10 THINGS YOU DO WELL

- ### DECISION MAKING
- ▣ IDENTIFY THE PROBLEM
 - ▣ CHOOSE POSSIBLE SOLUTIONS
 - ▣ IDENTIFY POSSIBLE POSITIVE & NEGATIVE OUTCOMES FOR EACH ALTERNATIVE
 - ▣ SELECT THE BEST ALTERNATIVE AT MEETS YOUR NEEDS AND VALUES
 - ▣ EVALUATE YOUR DECISION
-

- ### DEFENSE MECHANISMS
- ▣ SHIELD FROM IMMEDIATE PROBLEM
 - ▣ COPING WITH PROBLEMS
 - ▣ CAN BE BARRIERS TO GROWTH
 - ▣ EXAMPLES:
 - ▣ REGRESSION, REPRESSION, PROJECTION, RATIONALIZATION, DRUGS, ET.

COMMON PSYCHOLOGICAL PROBLEMS

- ▣ 1/3 MENTAL OR DRUG PROBLEM
- ▣ WOMEN: DEPRESSION OR ANXIETY
- ▣ MEN: ALCOHOLISM - OTHER DRUGS
- ▣ 1 IN 10 WILL SUFFER DEPRESSION
- ▣ ANXIETY - COMMON
- ▣ SUICIDE: 3RD CAUSE OF DEATH OF THOSE AGE 15-24.

OTHER PROBLEMS

- ▣ BIPOLAR: MANIC - DEPRESSIVE
- ▣ EXTREME MOOD SWINGS
- ▣ LITHIUM
- ▣ 10-15% OF AMERICANS
- ▣ SEASONAL AFFECTIVE DISORDER
- ▣ DUE TO REDUCES LIGHT
- ▣ SCHIZOPHRENIA
- ▣ IRRATIONAL BEHAVIOR

DEPRESSION

- ▣ AFFECTS 20% OF AMERICANS
- ▣ 2/3 ARE WOMEN
- ▣ WOMEN MORE LIKELY TO GET HELP
- ▣ ENDOGENOUS: BIOCHEMICAL
- ▣ EXOGENOUS: EXTERNAL EVENT
- ▣ TREATMENT
- ▣ ANTIDEPRESSANTS WORK FOR 80%
- ▣ PSYCHOTHERAPY & GROUP THERAPY

OTHER PSYCH PROBLEMS



- ▣ 1 IN 5 SEEK HELP
- ▣ OBSESSIVE-COMPULSIVE
- ▣ THOUGHTS OR BEHAVIOR
- ▣ ANXIETY DISORDERS
- ▣ THREAT FROM EVERYDAY PROBLEMS
- ▣ PHOBIA: FEAR (SPIDERS)
- ▣ PANIC ATTACK: TERROR
- ▣ POST-TRAUMATIC STRESS DIS.

SUICIDE

- ▣ 3RD CAUSE OF DEATH: AGE 15-24
- ▣ 1,000 PEOPLE A DAY ATTEMPT
- ▣ BELIEVE THEY HAVE NO OPTIONS
- ▣ CIRCUMSTANCES:
 - ▣ PREVIOUS ATTEMPTS - HEALTH
 - ▣ FAMILY HISTORY - BEREAVEMENT
 - ▣ DRUGS - FINANCIAL
 - ▣ DEPRESSION - MARRIAGE

SYMPTOMS OF SUICIDE

- ▣ STATEMENTS: DIRECT - INDIRECT
- ▣ MAKING FINAL PREPARATIONS
- ▣ PREOCCUPATION WITH DEATH
- ▣ WITHDRAWAL: FRIENDS, FAMILY, ACTIVITIES
- ▣ RAPID CHANGE FROM DEPRESSION TO HAPPINESS

PROFESSIONALS

- ▣ PSYCHIATRIST: MD
- ▣ PSYCHOANALYST:
 - ▣ PSYCHIATRIST W SPECIAL TRAINING
- ▣ PSYCHOLOGIST:
 - ▣ Ph.D.... IN COUNSELING
- ▣ SOCIAL WORKER: MA IN SW
- ▣ COUNSELORS: VARIES
- ▣ PSYCHIATRIC NURSE:
 - ▣ RN W SPECIAL TRAINING

FORMS OF THERAPY

- ▣ BEHAVIORAL
 - ▣ REWARDS AND PUNISHMENTS
- ▣ COGNITIVE
 - ▣ CHANGES NEGATIVE THOUGHTS & BELIEVES TO POSITIVE
- ▣ FAMILY
 - ▣ FOCUSES ON FAMILY SYSTEM
- ▣ PSYCHODYNAMIC
 - ▣ HELPS CLIENT LOOK AT FEELINGS

THERAPY PROCEDURES

- ▣ INTRODUCTION - NEEDS
- ▣ HISTORY
- ▣ BUILD TRUST
- ▣ HELP YOU SET GOALS
 - ▣ GUIDANCE IN PROBLEM SOLVING
 - ▣ CAN HELP INDIVIDUAL BE MORE OBJECTIVE

QUIZ

1. Lifestyle and individual behavior is the major cause of over 58% of all health problems.
2. The most common emotional disorder in the US for which treatment is needed is _____.
3. The nerve cells in the brain are called _____.
4. Behaviors used when one isn't ready to confront a problem are collectively called _____.
5. The 3 leading causes of death among Americans aged 15-24 are _____.

PARTS OF THE BRAIN

- ▣ MEDULLA: LIFE SUSTAINING
- ▣ RETICULAR FORMATION: AROUSAL & WAKEFULNESS
- ▣ CEREBELLUM: MUSCLE COORDINATION
- ▣ LIMBIC SYSTEM: EMOTIONS
- ▣ PITUITARY: GROWTH, THYROID, REPRODUCTIVE
- ▣ THALAMUS: SENSORY RELAY
- ▣ HYPOTHALAMUS: APPETITE, TEMPERATURE, BLOOD PRESSURE

BRAIN (CONT)

- ▣ CEREBRUM (CORTEX) - 2 LOBED HEMISPHERE
 - ▣ TEMPORAL LOBE: HEARING
 - ▣ PARIETAL LOBE: SENSORY
 - ▣ OCCIPITAL LOBE: VISUAL
- ▣ CORPUS CALLOSUM: CONNECTS HEMISPHERES
 - ▣ RIGHT CONTROLS LEFT

ENDOCRINE SYSTEM

- ▣ **GLANDS THAT SECRETE HORMONES INTO THE BLOOD STREAM**
 - ▣ **PITUITARY & HYPOTHALAMUS: BRAIN**
 - ▣ **ADRENAL: KIDNEYS**
 - ▣ **THYROID: THROAT**
- ▣ **BALANCE IS ESSENTIAL TO PREVENT PHYSICAL DISCOMFORT**
- ▣ **AFFECTS PERSONALITY & EMOTIONS**