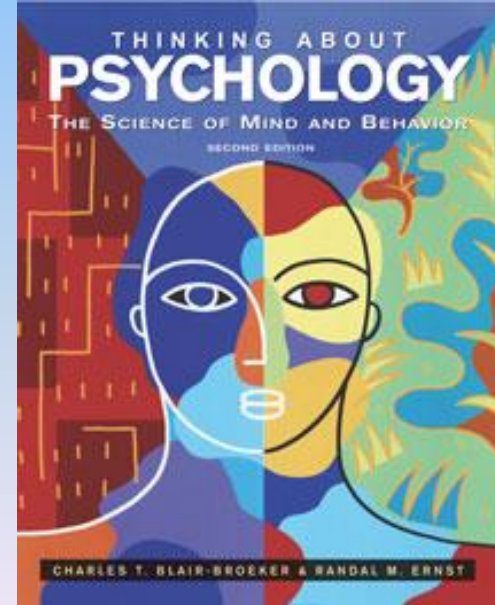


Thinking About Psychology: The Science of Mind and Behavior 2e

Charles T. Blair-Broeker
Randal M. Ernst



Biopsychological Domain



Stress and Health

Chapter



Module 13

Promoting Wellness

Module 13: Promoting Wellness

Introduction

Martin Seligman (1942-)

- American psychologist
- Proponent of positive psychology
- Former president of the APA



Wellness

- The common result of a healthy lifestyle and healthy attitudes

Module 13: Promoting Wellness

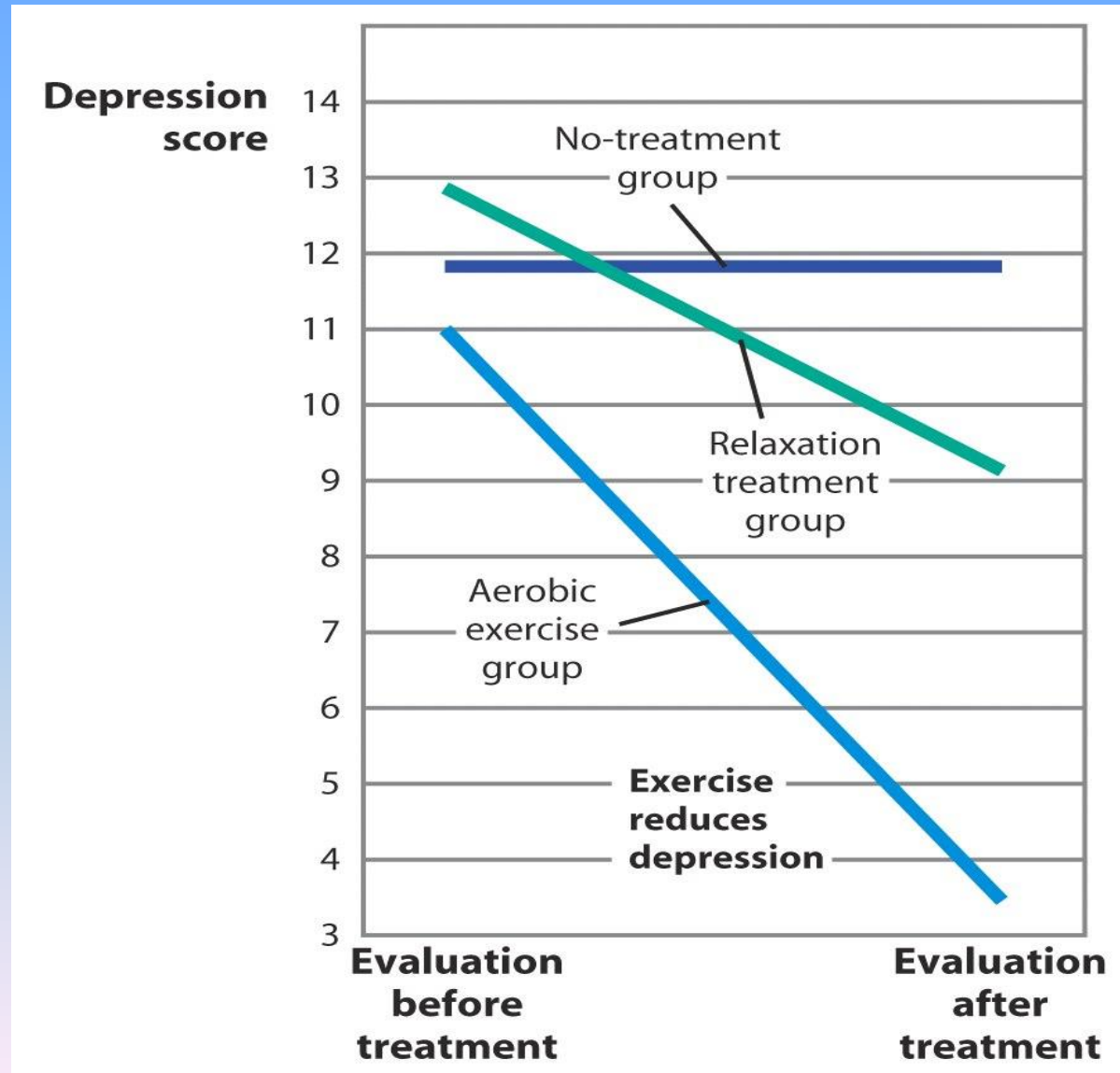
Healthy Lifestyles: Exercise

Benefits of Daily Exercise

- Effective in reducing anxiety and depression
- Leads to greater self confidence and self discipline



Exercise and Mental Health



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Healthy Lifestyles: Family and Friends

Benefits of Social Support

- Social support – makes people feel liked and wanted
- Social support leads to:
 - Less physical problems
 - More pleasure in life
 - Longer life span

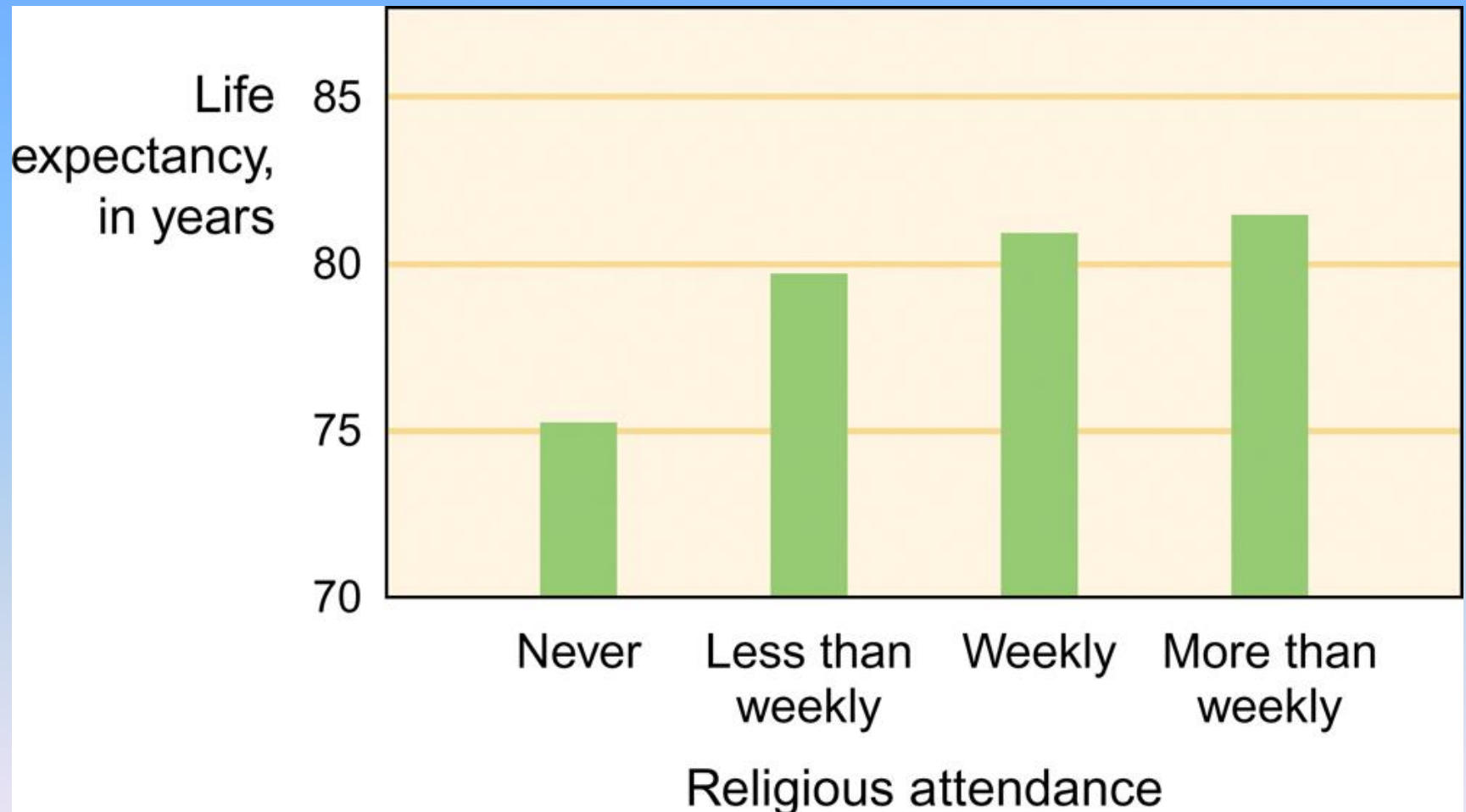
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Healthy Lifestyles: The Faith Factor

Benefits of Religious Activity

- Studies suggest those involved in religion tend to live longer
- Factors of religion contributing to longer life include:
 - Religion promotes healthy lifestyles.
 - Religious involvement offers social support.
 - Many religions promote optimism.

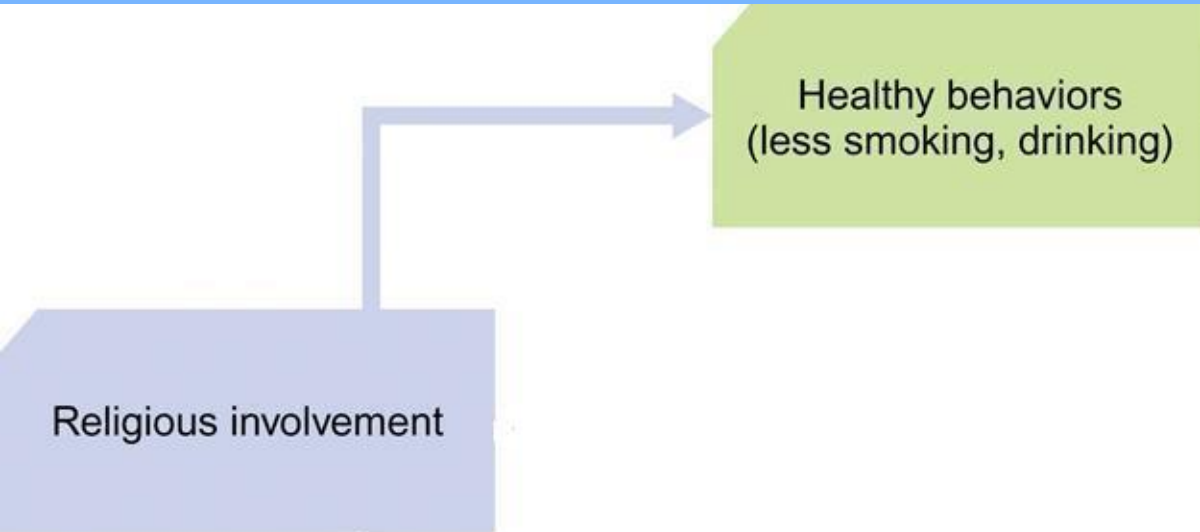
Benefits of Religious Activity



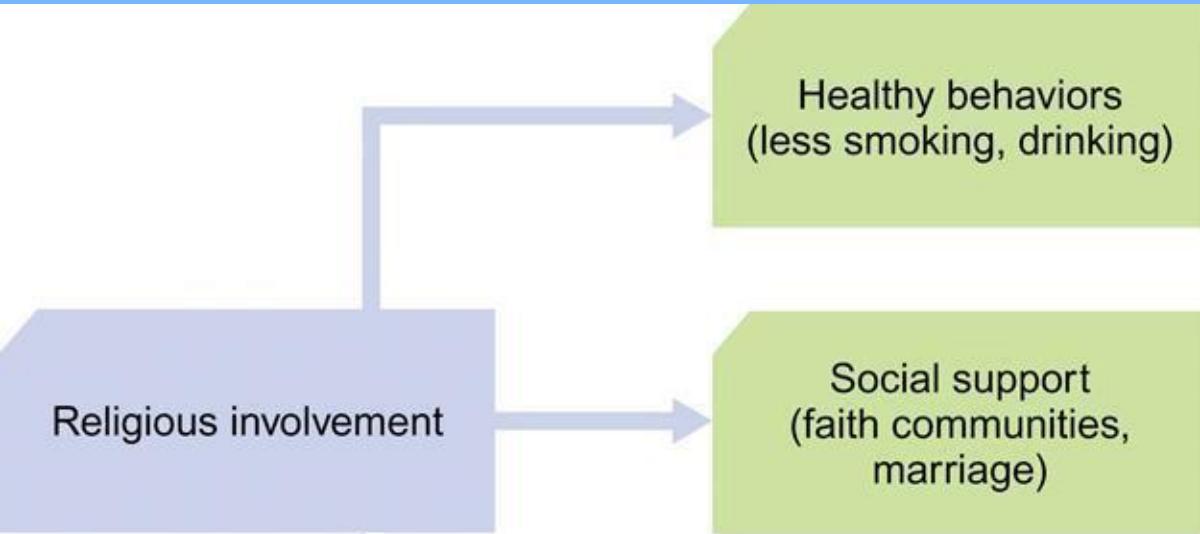
The Faith Factor Explained

Religious involvement

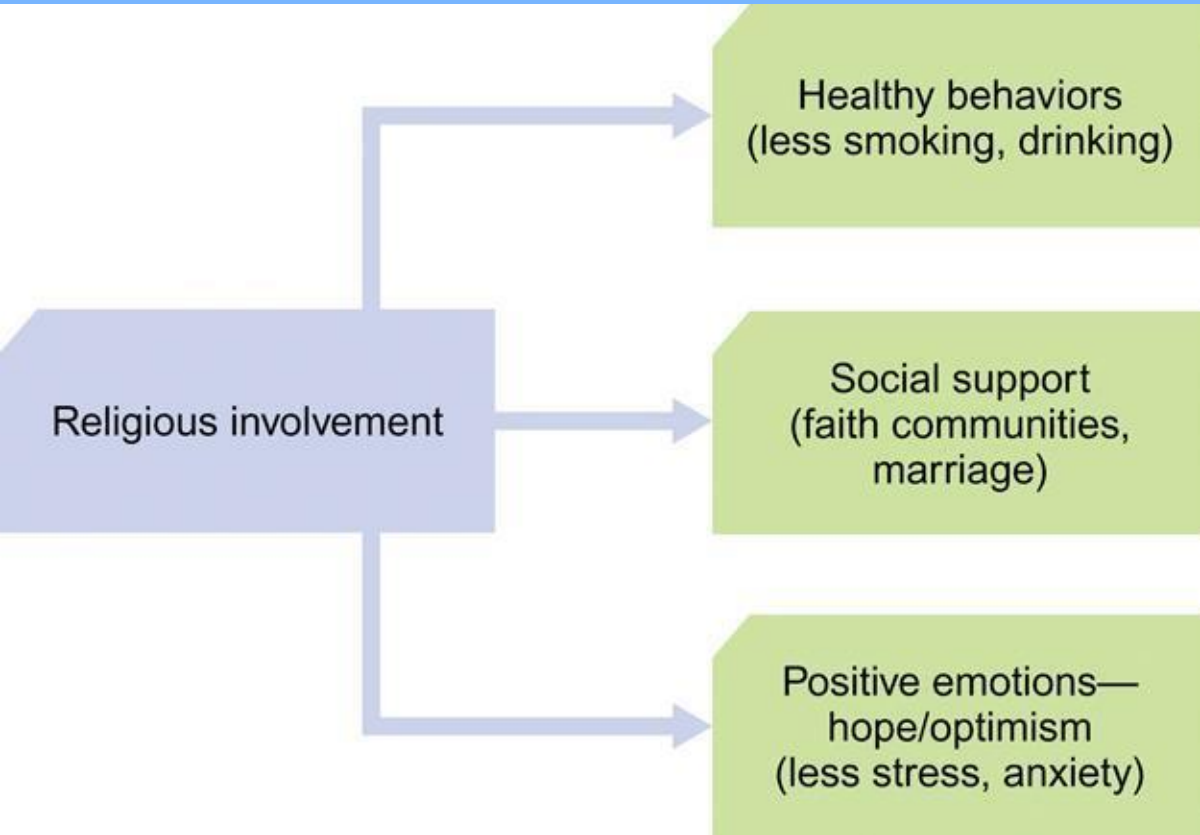
The Faith Factor Explained



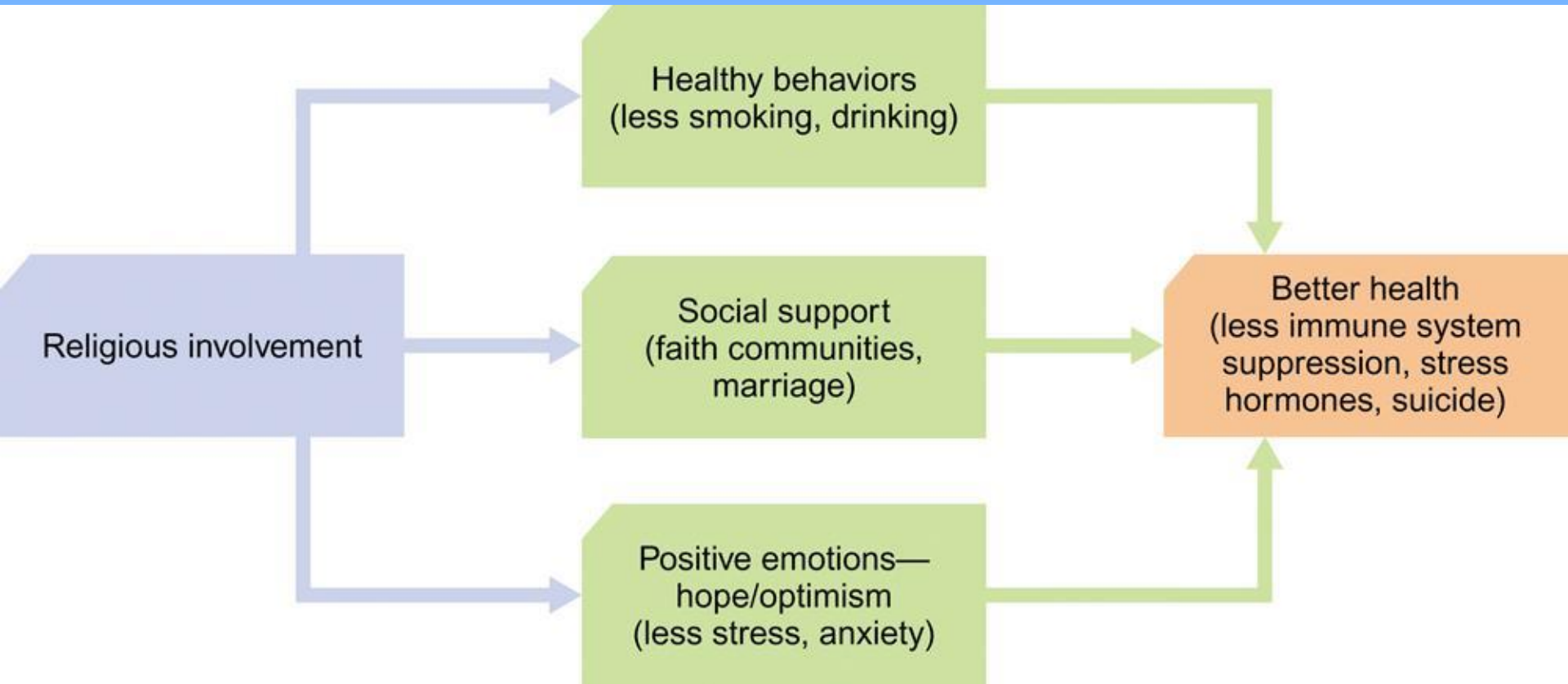
The Faith Factor Explained



The Faith Factor Explained



The Faith Factor Explained



Module 13: Promoting Wellness

Positive Experiences and Well-Being

Positive Psychology

- Subfield of psychology that focuses on the study of optimal human functioning and the factors that allow individuals and communities to thrive

Well-being

- Concept that includes life satisfaction, feelings of fulfillment, pleasant emotions, and low level of unpleasant emotions
- Person judges life as satisfying, fulfilling, and “going well”

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Positive Experiences and Well-Being: Flow

Flow

- A state of optimal experience that involves
 - A challenge
 - Requires skill
 - Has clear goals and
 - Provides feedback
- Being “In the zone”
- People do the activity for its own sake.
- Concept defined by Mihaly Csikszentmihalyi (cheeks-sent-me-hi)

Module 13: Promoting Wellness

Positive Experiences and Well-Being: Happiness

Characteristics of Happy People

Table 13.1

Happiness

Researchers Have Found That Happy People Tend to

- Have high self-esteem (in Western countries)
- Be optimistic, outgoing, and agreeable
- Have close friendships or a satisfying marriage
- Have work and leisure that engage their skills
- Have a meaningful religious faith
- Sleep well and exercise

However, Happiness Does Not Seem Greatly Related to Other Factors, Such as

- Age
- Gender (women are more often depressed but also more often joyful)
- Education levels
- Parenthood (having children or not)
- Physical attractiveness

Source: Summarized from DeNeve & Cooper (1998), Myers (1993, 2000), and Myers & Diener (1995, 1996).

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Positive Experiences and Well-Being: Optimism

Explanatory Style

- Habits we have for thinking about the good or bad causes of events
- Can be optimistic or pessimistic

Optimism

- The tendency to expect the best
- Believe bad events are:
 - Temporary
 - Not their fault
 - Will not have broader effects beyond the present circumstances

Pessimism

- The tendency to expect the worst
- Tend to blame themselves for bad situations
- Tend to see the negative as permanent in nature

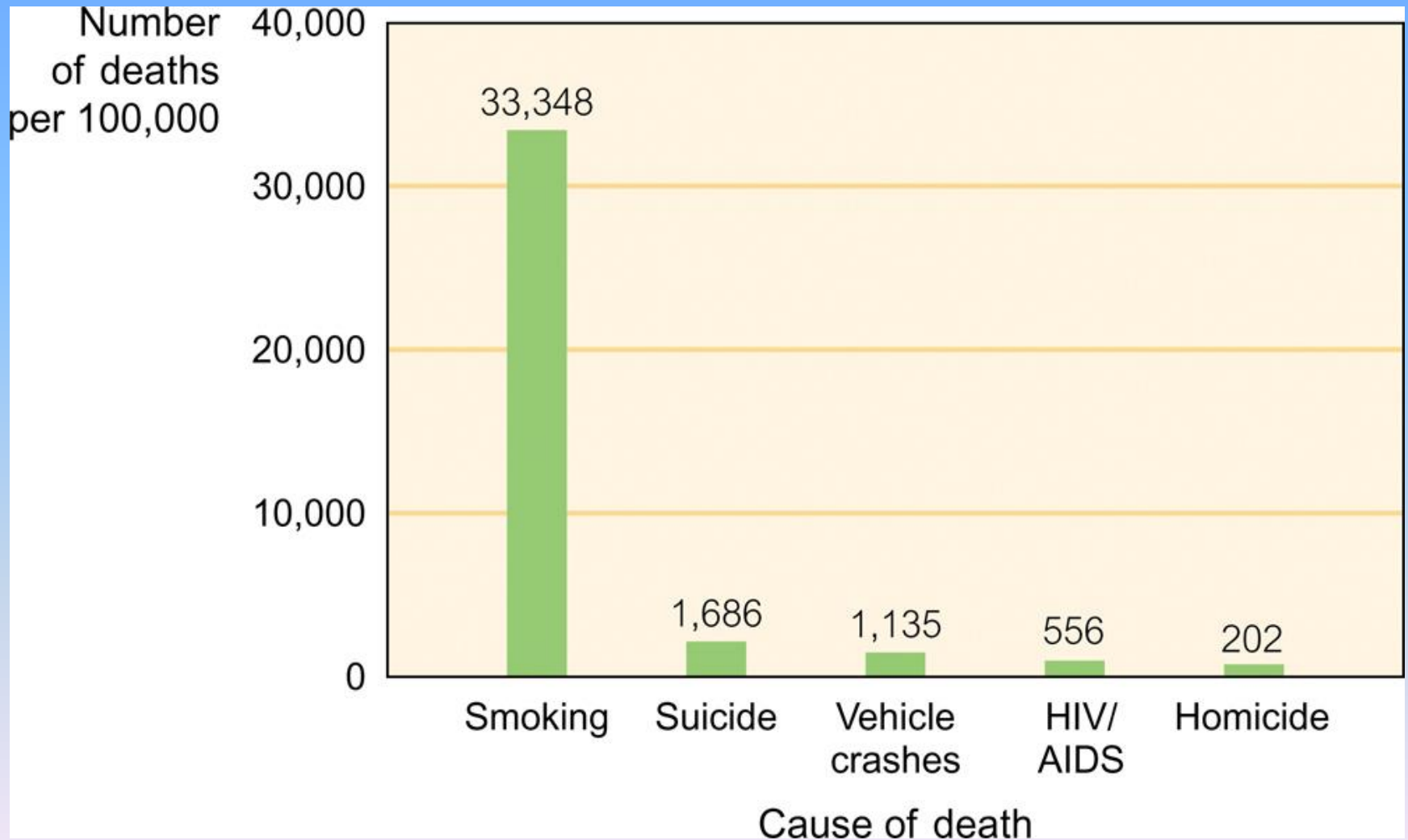
Why is it better to be an Optimist?

- In addition to spending less time in hospitals, healing faster, and living longer, optimists are far less likely to become depressed
- People can change from a negative to a positive explanatory style
- Can use distraction to delay the pessimistic thought until a more appropriate time or disputation which is arguing with oneself about pessimistic beliefs (distancing, checking for evidence, considering alternatives, and avoiding the *end-of-the-world syndrome*)

Module 13: Promoting Wellness

Overcoming Illness-Related Behaviors: Smoking

Dangers of Smoking



Nicotine

- The behavioral stimulant found in tobacco



Withdrawal

- The discomfort and distress that follows discontinuing the use of an addictive drug such as nicotine



10 Guidelines to Quitting Smoking

- 1. Set a specific date to quit.
- 2. Inform other people of your plans.
- 3. Get rid of all cigarettes.
- 4. Review previous attempts to quit and anticipate challenges.
- 5. Use a nicotine patch or gum.

10 Guidelines to Quitting Smoking (continued)

- 6. Be totally abstinent.
- 7. Avoid alcohol.
- 8. Quit together with family or friends who also smoke (especially those at home or work).
- 9. Avoid places where others smoke.
- 10. Exercise regularly.

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Overcoming Illness-Related Behaviors: Obesity

Body Mass Index (BMI)

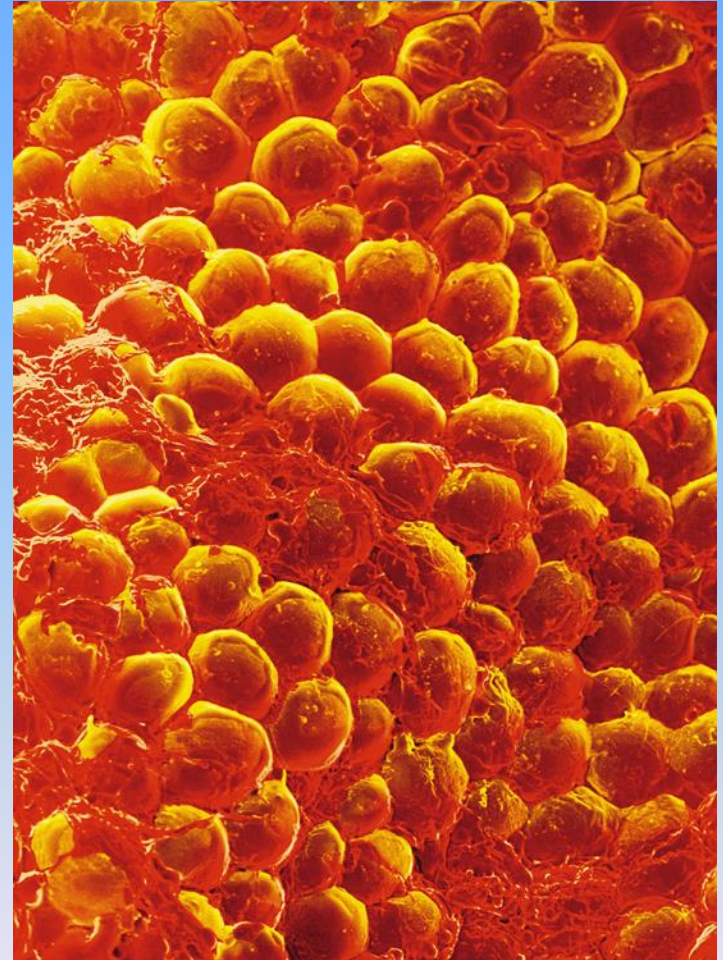
- A person's weight in kilograms divided by their squared height in meters.
- U.S. guidelines suggest a person's BMI should be below 25.
- The World Health Organization and many countries define obesity as a BMI of 30 or over.

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Overcoming Illness-Related Behaviors: Weight Control

Fat Cells

- Average adult has 30 billion fat cells
- The cells enlarge as more calories are taken in.
- One pound of fat is the energy equivalent to 3500 calories.
- Dieting reduces the size of the cells but not the number of cells.



Set Point

- Individual's "weight thermostat"
- When the body falls below this weight, increased hunger and a lower metabolic rate may act to restore the lost weight.

Metabolic Rate

- The body's resting rate of energy expenditure
- Rate varies from person to person with genetic influences

Tips for Losing Weight

- Reduce exposure to tempting foods cues.
- Boost your metabolism.
- Be patient, realistic, and moderate.
- Permanently change the food you eat.
- Control your portions.
- Don't skip breakfast and lunch.
- Set attainable goals.

The End