PSYC 1111-01 Introduction to Health Psychology

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Reflecting back on what I learned in this course, I would like to share two of the most helpful insights I gained: the relationship between illness and communication, and the relationship between illness and stress.

Firstly, understanding the relationship between illness and communication has been immensely beneficial. Theories such as the Health Belief Model (HBM) and the Transactional Model of Stress and Coping highlight how effective communication can influence health outcomes. The HBM, for instance, explains how an individual's beliefs about their health condition and the perceived benefits of treatment influence their health behaviors. Through this lens, I realized the importance of clear and empathetic communication between healthcare providers and patients. Effective communication can enhance patient understanding, adherence to treatment plans, and overall health outcomes. For example, when healthcare providers take the time to explain a diagnosis and treatment options clearly, patients are more likely to follow through with their prescribed treatment and feel empowered in managing their health.

Secondly, the relationship between illness and stress has provided significant insights. The General Adaptation Syndrome (GAS) theory, proposed by Hans Selye, describes how the body responds to stress in three stages: alarm, resistance, and exhaustion. Chronic stress can weaken the immune system, making individuals more susceptible to illnesses and prolonging recovery times. Understanding this relationship has underscored the importance of stress management techniques in promoting overall health. Cognitive-behavioral therapy (CBT), mindfulness practices, and regular physical activity are some of the methods that can help mitigate the negative effects of stress on health. By incorporating these practices into daily life, individuals can improve their resilience to stress and enhance their overall well-being.

In conclusion, the insights gained from understanding the relationships between illness, communication, and stress have been invaluable. These learnings will not only guide my future studies and career in health science but also contribute to my personal well-being.

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