

Psychosocial health

- The mental, emotional, social, and spiritual dimensions of health

Mental health: the “thinking” you

- The “thinking” or “rational” part
- Includes values, attitudes, and beliefs about your body, family, and relationships

Emotional health: the “feeling” you

- The “feeling” part
- Emotions intensified or complex patterns of feelings
- Ex. trying to study after having a fight with a family member
- Emotional strength -> physical strength

Social health: interaction with others

- Interaction with others
- Social bond -> level of closeness and attachment with others
- Social support -> network of people and services (tangible & intangible) with whom we interact and share social connections with
- Who would you call if your car broke down, or if you failed an exam?

Influence factors

- External
- Family
- The broader environment
- Social bonds
- Internal
- Self-esteem
- Learned helplessness vs. learned optimism
- Personality
- Life span and maturity

Enhancement strategies

- Find a support network
- Complete required tasks (increase self-esteem by “checking things off the list”)

- Form realistic expectations
- Make time for you
- Maintain physical health
- Examine problems and seek help when necessary

Mind-body connection

- Happiness (by choice + personality + current situation)
- Subjective well-being
- Satisfaction with life
- Relative presence of positive emotions (even in negative situations, like not finding parking)
- Relative absence of negative emotions

Deterioration

- Mental illness -> disorders that disrupt thinking, feeling, mood, and behaviors and impair daily functioning
- Although there are many, we are looking at one of the most common/commonly untreated: ailments of the mind

Depression

- Involves mind and body
- Affects how you think, feel, and behave
- Leads to many emotional + physical problems
- Trouble doing normal everyday activities: deep sadness, distress, loss, hopelessness, and inadequacy -> can lead to suicidal thoughts
- 1 in 20 over 12 have clinical depression (not situational: tied to a situation)
- On a spectrum: Why does mild/moderate usually go untreated
- More income -> more depression (correlation)
- Stigma around mental illness
- Types
 - Major depressive disorder: severe, cannot function properly, concentrate
 - Bipolar disorder: alternating mania and depression, excitement -> hopelessness quickly
 - Seasonal affective disorder (SAD): relating to amount of time sun is shining, winter -> more SAD
 - Chronic mood disorder: similar to MDD, but only the sadness/hopelessness part
- Treatments
 - Psychotherapeutic treatment

- Cognitive/interpersonal therapy
- Pharmacological
- Antidepressants
- Electroconvulsive therapy (ECT)
- Electric current applied to a patient's temples for 5 seconds at a time for 15 or 20 minutes

Sleep

- Purpose: Conservation of energy, restoration
- Sleep disorders
- Sleep problems (over 70 million Americans): insomnia, sleep apnea
- Bodily reset

Kept depression

- Depression: leading cause of disability in 15-44 (???)
- Postpartum depression
- Imbalance of hormones after birth
- 10-15% affected
- Antidepressants: most common method, dopamine medicine, epinephrine medicines
- They affect neurotransmitters
- Low response rate for first antidepressant
- But eventually help 2 thirds of people
- Using magnetic stimulation to exercise the area of the brain that's underperforming by stimulating it
- Things like this is expensive (it's called TMS)
- Things in the brain are fast: need fast tools to understand/treat it
- Hippocampus: shrank less in a depressed state
- CBT
- Cognitive behavioral therapy
- Change the way you think, are you being factual or distorted ideas
- Mild to moderate depression

Kept sleep

- Only humans try to mess with their circadian rhythms to adapt to their fast paced lives
- Less sleep: more negative thoughts/emotions
- REM: dreaming
- non-REM

- Lighter -> deep and restorative
- Sleep cycle: REM <-> non REM
- Brain is USB stick, then sleep exports USB to hard drive (cortex)
- Usb stick cleared again
- Filters information
- Spinal fluid clears away the toxins from being awake
- Beta-amyloid: may trigger alzheimers
- Build up more as we age

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