

Psychology of Health & Wellbeing

UNIT-3

Unit 3:

Health Management

- Health enhancing behaviours: Exercise, Nutrition, Meditation, Yoga
- Health compromising behaviours (alcoholism, smoking, internet addiction)
- Health Protective behaviours
- Illness Management

Ask yourself-

- How am I feeling today ?
- What is the purpose of another day ?
- One thing I feel grateful for ?
- One thing I cannot stop thinking about right now.
- What are the steps I take to manage my health.
- AM I MENTALLY AND PHYSICALLY HEALTHY

Health Management

- Health is the most valuable and important gift that a person can have in their life.
- If a person is not healthy it becomes difficult for them to achieve anything in their life.
- According to WHO (1948)- “Health is a state of complete physical, medical and social well-being, and not merely the absence of a disease.”

- According to Pearson-Health management encompasses **the efforts involved in planning, directing, and coordinating in non clinical activities within health care systems, organizations, and networks.**



Management in general terms means:

“Getting things done.” But in Psychology Health Management is -Good management of the organization as to what health is to the body – the smooth functioning of all its parts”
(McMahon et al, 1992: 3)

Video: <https://study.com/academy/lesson/healthcare-management-managers-roles-responsibilities.html>

Health enhancing behaviours

- Human Behaviour, especially health behaviour is complex and not always easy to understand.
- Health behaviour is motivated by stimuli in an individuals environment.
- The response to such stimuli may or may not be directly related to health.
- Conner and Norman (1996) defines Health Behavior as any activity undertaken for the purpose of preventing or detecting disease or for improving health and well being.

Types of Health Behaviour

- **Health-directed behaviour**

Observable acts that are undertaken with a specific health outcome in mind.

- **Health-related behaviour**

Those actions that a person does that may have health implications, but are not undertaken with specific health objective in mind.

Types of Health Behaviour

- **Preventive Health Behaviour**

action taken when a person wants to avoid being ill or having a problem e.g. a mother taking her baby for vaccination.

- **Illness Behaviour**

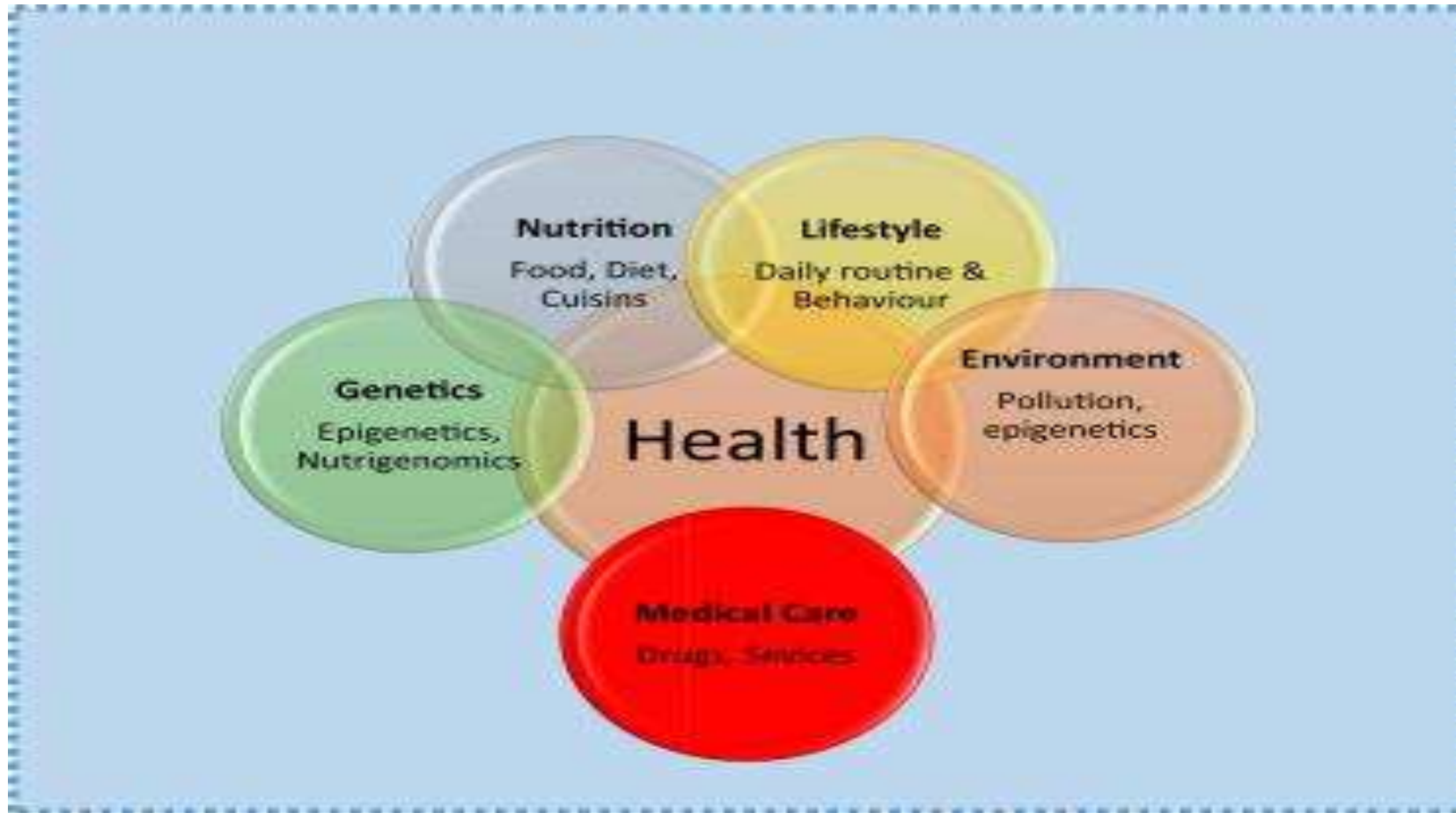
action taken when a person recognizes signs or symptoms that suggest a pending illness. E.G a mother giving her child cough medicines after hearing the baby sneeze.

Types of Health Behaviour

- **Sick-role Behaviour**

action taken once an individual has been diagnosed (either self or medical diagnosis) e.g. an employee takes a vacation because he is ill, he is been treated and takes the doctors advice.

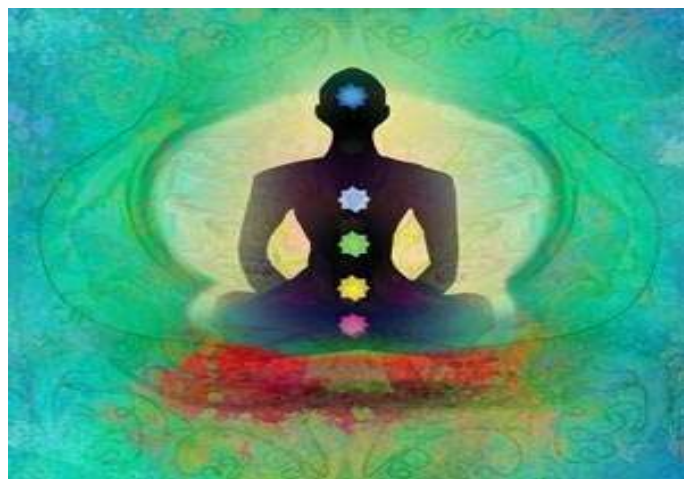
Determinants of Health Behaviour



How Health Enhances:



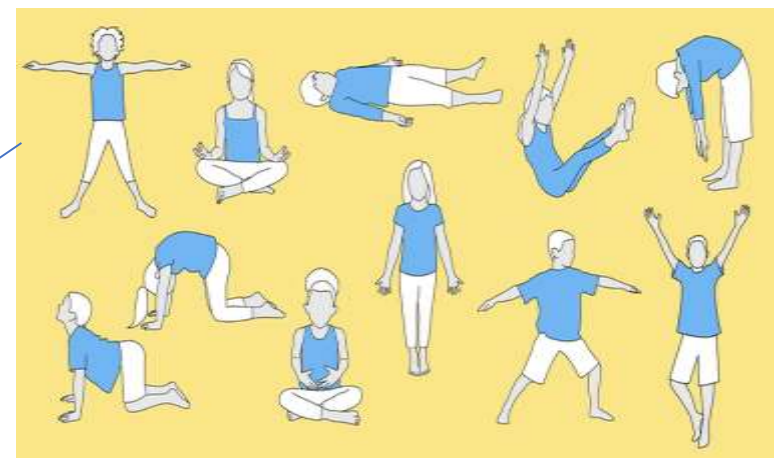
Exercise



Mediation



Nutrition



Yoga

Exercise



- Exercise is physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body.
- Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation.

Types of Exercise



- **Aerobic Exercise**

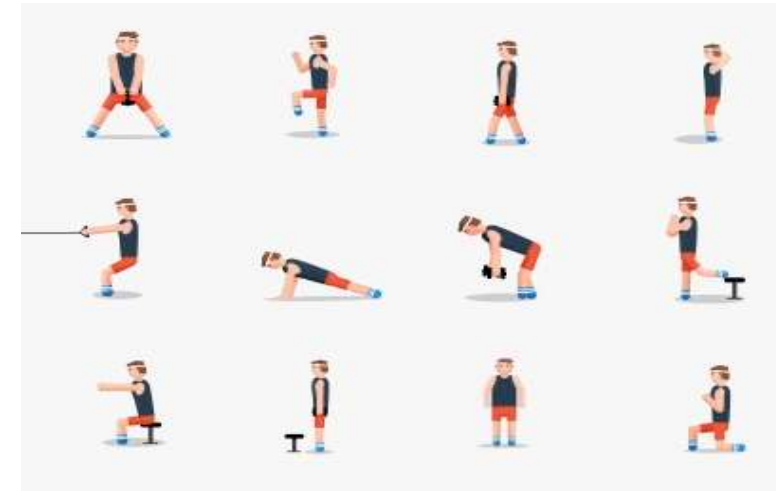
Elevated heart rate and respiration

- **Weight training**

Resistance important for development of lean muscle mass

- **Increased activity**

Increasing daily movement to improve fitness



Benefits of Exercise - Physiological

Increases in cardiovascular fitness and endurance

- 30-minute/day decreases the risk of chronic disease
- Improved circulation
- Strengthens bones and increases joint flexibility
- Improves digestion and fat metabolism
- Increases muscle strength and tone
- Increased longevity
- By age 80, the amount of additional life attributable to aerobic exercise is between 1 and 2 years

Benefits of Exercise - Psychological

- Psychological Effects of Exercise
 - Improved mood
 - Exercise as effective as therapy for depression for most people
 - Decreased anxiety
 - May decrease stress and protect against effect of stressors

Potential health benefits of Exercise

- Reduced cardiovascular morbidity and mortality
- Lowered blood pressure
- Increased metabolism of carbohydrates and fats
- Psychological benefits such as improved
 - Self esteem
 - Positive mood states
 - Reduced life stress
 - Anxiety

Nutrition

- Food is any substance or materials eaten or taken as fluids to provide nutritional support for the body or for pleasure.
- Food consists of plant or animal origin, that contains essential nutrients, such as:
 - Fats
 - Proteins
 - Vitamins
 - Minerals



Functions of Food

- GROWTH
- REPAIR
- ENERGY
- PROTECTION FROM DISEASE



Components of Nutrients

- CARBOHYDRATE
- PROTEIN
- FAT
- FIBER
- WATER

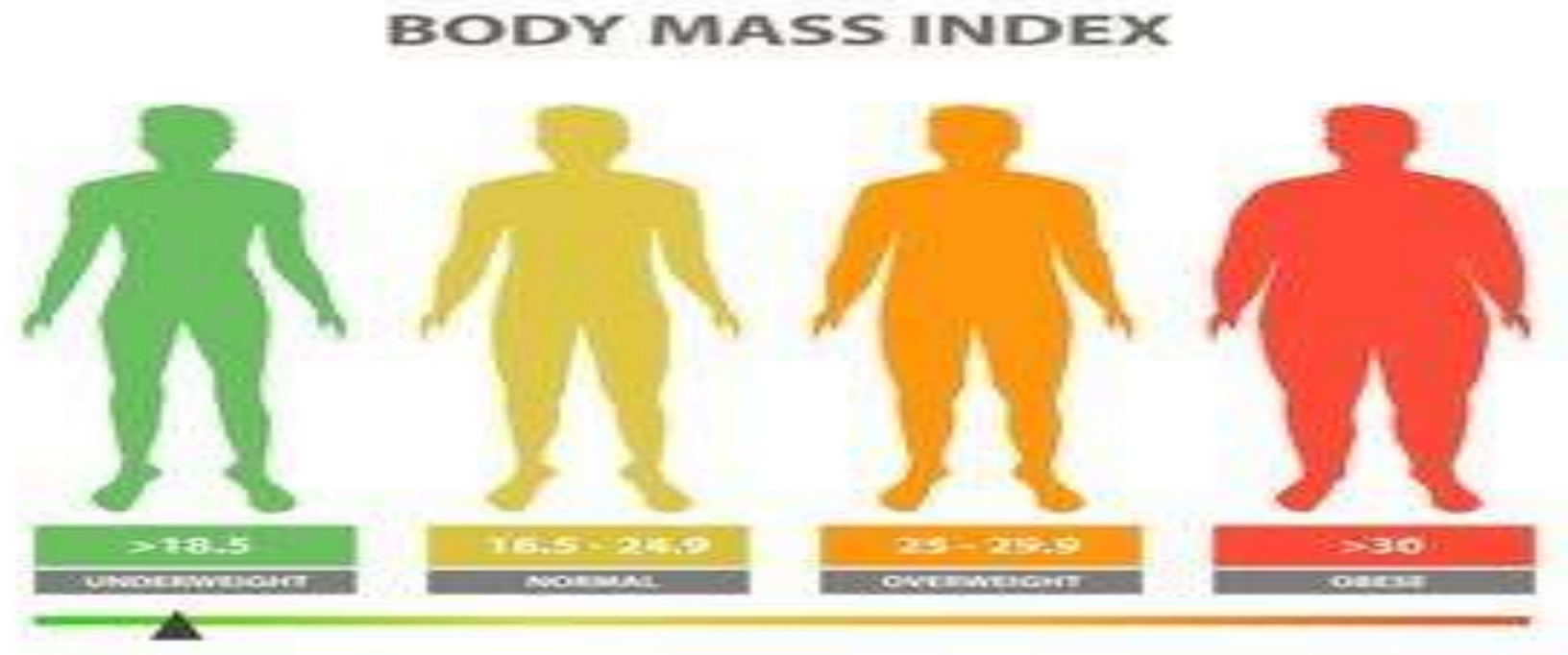


Body Mass Index

- Body mass index is used to measure the ***healthy body size***.
- Based on a person's weight and height.
- Used to estimate a healthy body weight based on a person's height, assuming an average body composition.



- ❑ Underweight- from 16.5 to 18.4
- ❑ Overweight- from 25 to 29.9
- ❑ Obese Class I- from 30 to 34.9
- ❑ Obese Class II- from 35 to 39.9
- ❑ Obese Class III- over 40



Obesity

- Excessive accumulation of fat in the body.
- The cause of obesity is fat accumulates when more calories are consumed than needed.
- Once obese, food choices and calories are no longer normal and personality differs between being normal weight and over-weight.
- Weight Reduction
- Weight Loss

Anorexia Nervosa

- It is an obsessive disorder amounting to self-starvation, in which an individual diets and exercises to the point that body weight is grossly below optimum level, threatening health and potentially leading to death.
- Symptoms:
 - ✓ Depression
 - ✓ Obsessive compulsive behaviours
 - ✓ Starvation
 - ✓ Rigidity or feeling of perfectionism
 - ✓ Body image issues



Bulimia Nervosa

- Eating disorder characterized by recurrent episodes of binge eating.
- Eating or consuming in large amounts of food over a short period of time.
- *Symptoms:*
 - ✓ Abdominal pain
 - ✓ Self-induced vomiting
 - ✓ Excess sleep



Relationship between Nutrition and Behaviour

- The relationship between nutrition and behaviour is two-fold.
- First, nutritional factors have a significant effect on behaviour and is relevant for the prevention and treatment of behavioural problems.
- Second, the nutritional status and health of animals may be affected by their behaviour.



Meditation

- Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.



Benefits of Meditation

- ✓ Benefits people with or without acute medical illness or stress
- ✓ People who meditate regularly have been seen to feel less anxious or less depressed.
- ✓ Experience more enjoyment and appreciate life
- ✓ Relationships with others are improved.
- ✓ Deep relaxation and create a sense of balance
- ✓ Facilitates sense of calmness, empathy and acceptance of self.

Techniques of Meditation

- Mantra Meditation

Mantra literally meaning “revealed sound”, means a sound or combination of sounds which develop spontaneously.

Specific sounds are repeated to achieve a meditative state.

AUM as well is a word which is frequently used.

- Steady Gaze

Trataka (to gaze steadily) has been followed by most religious systems including Christianity and Sufism.

Performed with an object.

Comes under the category of yoga cleaning technique.

- Vipasana Meditation

Usually done in a course of 10 days, where individuals refrain from reading, writing and even talking.

Individual tries to become aware of senses and emotions and how the external environment impacts the self.



The Actual Process

- Sit Upright
 - Relax the Body
 - Breathe Evenly
-
- The Aum Technique can be used for Concentration.





Other Benefits

- Physiological Benefits (Health (bodily) benefits)
- Psychological Benefits (Mental Health benefits)
- Spiritual Benefits (Soul benefits)

Yoga

- The word Yoga has been derived from the Sanskrit word “YUG” which means to join or to Unite
- Yoga is the Union of the Individual soul with the Absolute or Divine Soul

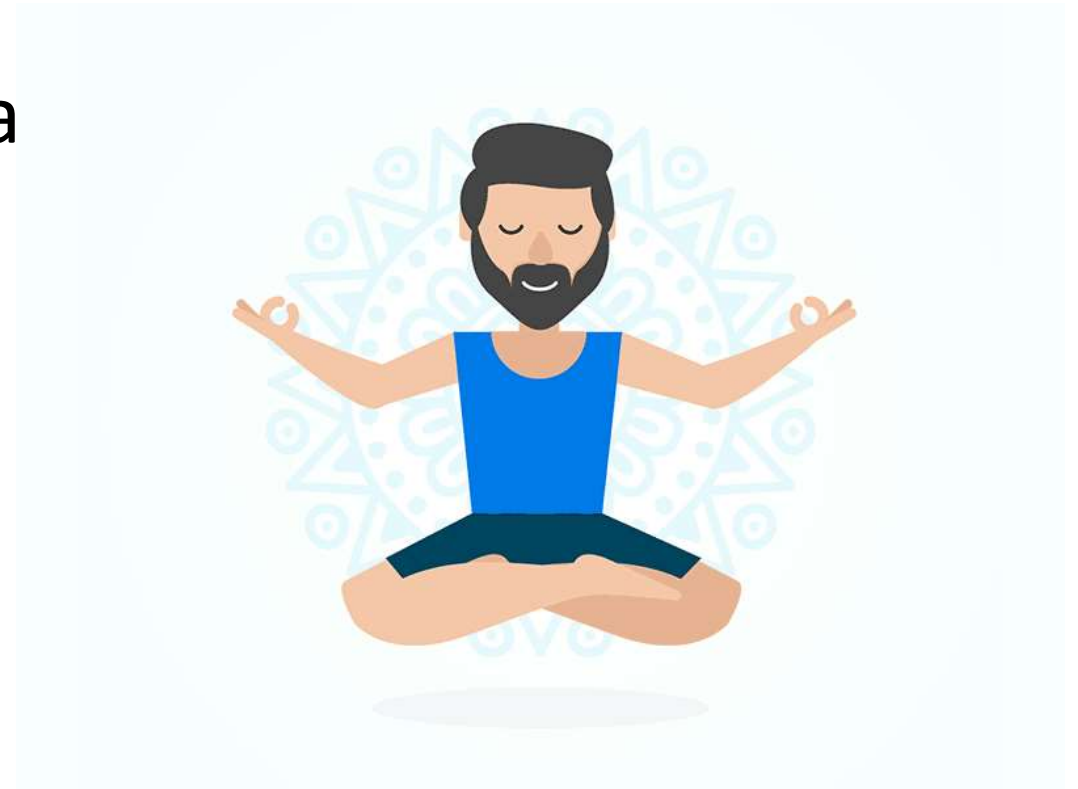


- Yoga also means the unification of physical, mental, intellectual and spiritual aspects of human being.
- Yoga is the science of development of a person's consciousness.



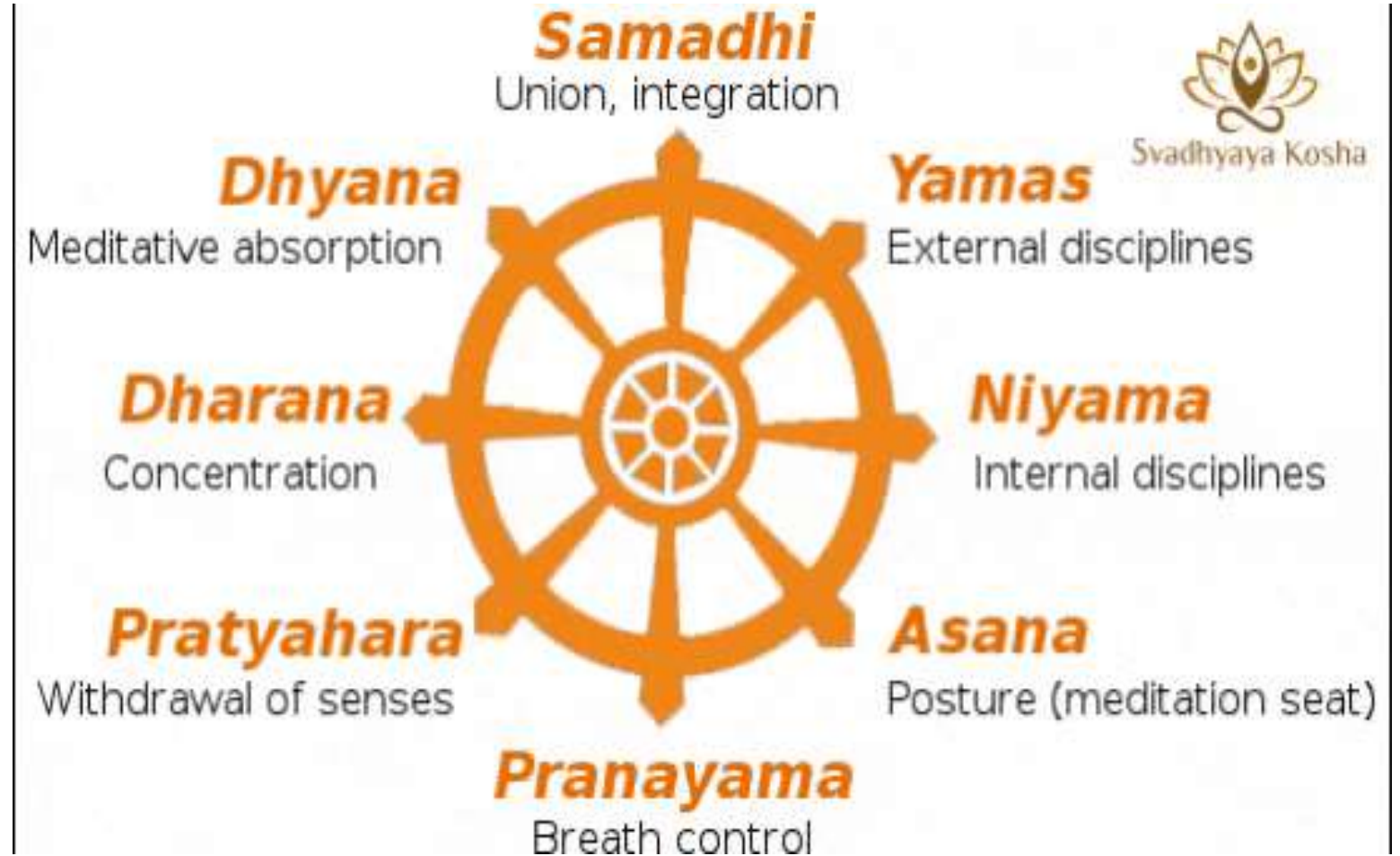
Importance of Yoga

- Physical Purity
- Cures and Prevention from disease
- Reduces Mental Tension
- Provides Relaxation
- Helps in body posture
- Spiritual Development
- Increases Flexibility
- Reduces Obesity

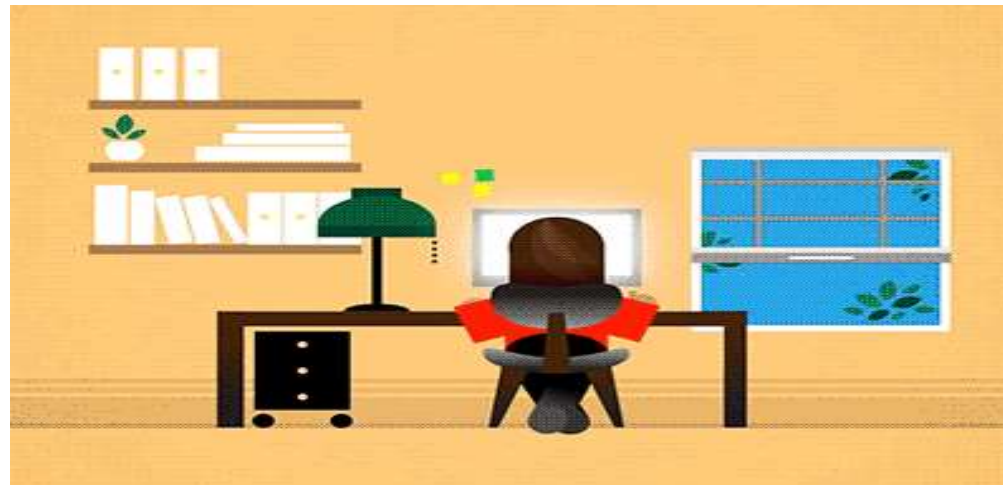
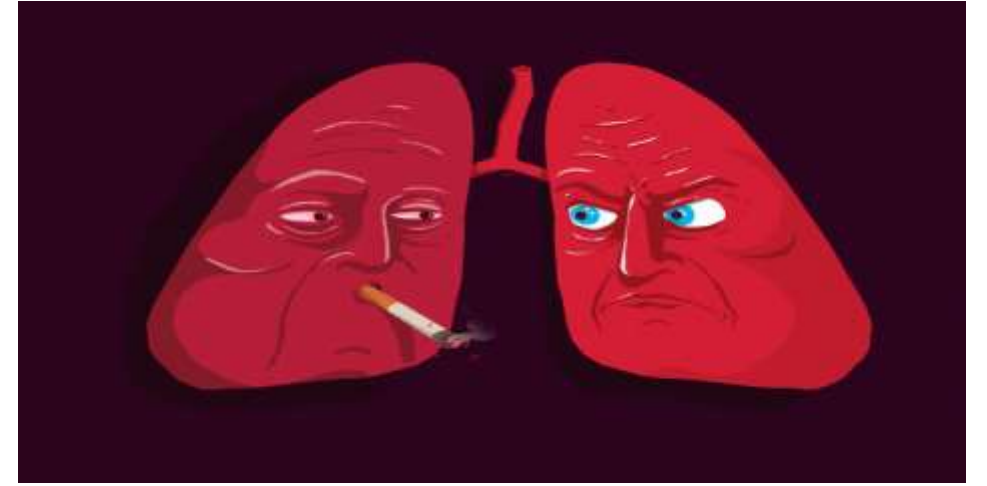


Elements of Yoga

- Yama
- Niyama
- Asanas
- Pranayama
- Pratyahara
- Dharana
- Dhyana
- Samadhi



Health Compromising Behaviours



Characteristics of Health-Compromising Behaviour

- Behaviours are Tied to peer culture
- Seen as “cool” and attractive
- Pleasurable and rewarding
- Enhancing coping ability
- Occurs gradually
- Substance abuse of all kinds is predicted by some of the same factors

What is Substance Dependence

Physical dependence

Body has adjusted to substance and incorporates its use into normal functioning of body's tissues

Tolerance: Larger doses needed to produce same effects

Craving: Conditioning process is involved so that environmental cues trigger intense desire

What is Substance Dependence

- **Addiction**

- A person has become physically or psychologically dependent on a substance following use over a period of time

- **Withdrawal**

- Unpleasant symptoms, both physical and psychological, that people experience when they stop using a substance on which they have become dependent

Alcoholism

- Alcohol is responsible for approximately 79,000 death each year.
- It is the third cause of preventable death after tobacco and improper diet and exercise.
- More than 20% of Americans drink at levels that exceed government recommendations

Risk Factors in Alcohol consumption is linked to :

– high blood pressure, stroke, cirrhosis of the liver, fetal alcohol syndrome, some cancers

Alcohol-related accidents:

- 1 in 2 Americans will be in one in their lifetimes
- 41% of traffic-related deaths related to alcohol

What are Alcoholism & Problem Drinking

- Alcoholic
 - Physical addiction to alcohol
 - Withdrawal symptoms when abstaining from alcohol
 - High tolerance for alcohol
 - Little ability to control drinking
- **Problem drinkers:** may not have symptoms listed above, but do have substantial social, medical or psychological problems resulting from alcohol

- **Symptoms of Alcohol Abuse**

- Difficulty in performing one's job because of alcohol consumption
- Inability to function well socially without alcohol
- Legal difficulties encountered while drinking
 - Drunk driving convictions

- Depression and alcoholism may be linked
 - Alcoholism may represent untreated symptoms of depression

OR

- Depression may act as an impetus for drinking to improve mood

Symptoms of both disorders must be treated simultaneously

Treatment

- Self-Help Groups are most commonly sought source of help
 - especially AA (Alcoholics Anonymous)
- Hard-Core Alcoholics
 - Detoxification
 - Short-term, Inpatient Therapy
 - Continuing Outpatient Treatment

- **Self-Monitoring**

- Person begins to understand situations that give rise to drinking

- **Contingency contracting**

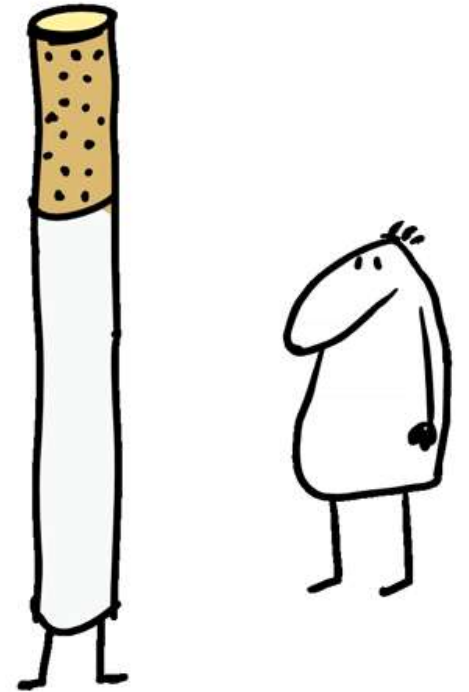
- Person agrees to a costly outcome (financial or psychological) in the event of failure

- **Motivational enhancement**

- Keeping the client motivated with individualized feedback about his/her efforts

Smoking

- Single greatest cause of preventable death
- USA – accounts for about 1 in 5 deaths
- Smokers, compared to nonsmokers are:
 - Generally less health-conscious
 - More likely to engage in other unhealthy behaviors



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- **Smokers**

- More accidents and injuries at work

- Take off more sick time

- **Use more health benefits**

- Studies of second hand smoke reveal that family members and co-workers are at risk for a variety of health disorders

- Smoking enhances the impact of other risk factors in compromising health
 - Nicotine stimulates release of free fatty acids
 - Nicotine increases men's reactivity to stress
- Smokers engage in less physical activity
- Smoking is considered a potential cause of depression, especially among youth
- Smoking is related to an increase in anxiety among adolescents

Why do People Smoke

- Smoking begins in early (adolescence)
- 15% of teens smoke regularly
 - Initial experimentation
 - Tries out cigarettes
 - Experiences peer pressure to smoke
 - Develops attitudes about smokers
- Only some become heavy smokers



- Peer influence
 - 70% of all cigarettes smoked by teens are smoked in the presence of a peer
- Adolescents are more likely to start smoking if
 - Their parents smoke
 - They are lower-class
 - They feel social pressure to smoke
 - There has been a major family stressor

- Smoking is clearly an addiction
 - It is reported to be harder to stop than heroin addiction or alcoholism – The exact mechanisms of nicotine addiction are not known
 - Nicotine may be a way of regulating performance and affect
 - Smoking is also maintained by social learning
 - Smoking is paired with rewarding experiences

Interventions to reduce smoking

- Social Support and Stress Management
 - Would-be ex-smokers enlist support from others in their efforts to stop
 - A strong image of oneself as a “nonsmoker” helps treatment effectiveness
- Maintenance and Relapse Prevention
 - Many people relapse on the road to quitting
 - A single lapse reduces perceptions of self-efficacy
 - When self-efficacy wanes, vulnerability to relapse is high

Internet Addiction

Internet addiction is characterized by **excessive or poorly controlled preoccupations, urges or behaviours regarding computer use and internet access that lead to impairment or distress.**

The internet can provide access to some valuable tools, interesting stories, exciting games and informative content but, when used in excess, the internet has the ability to interfere with work life, life, relationships and daily routines.

- Internet addiction is described as an impulse control disorder, which does not involve use of an intoxicating drug and is very similar to pathological gambling.
- Some Internet users may develop an emotional attachment to online friends and activities they create on digital platforms.



Following Symptoms can lead to a diagnosis of Internet Addiction Disorder

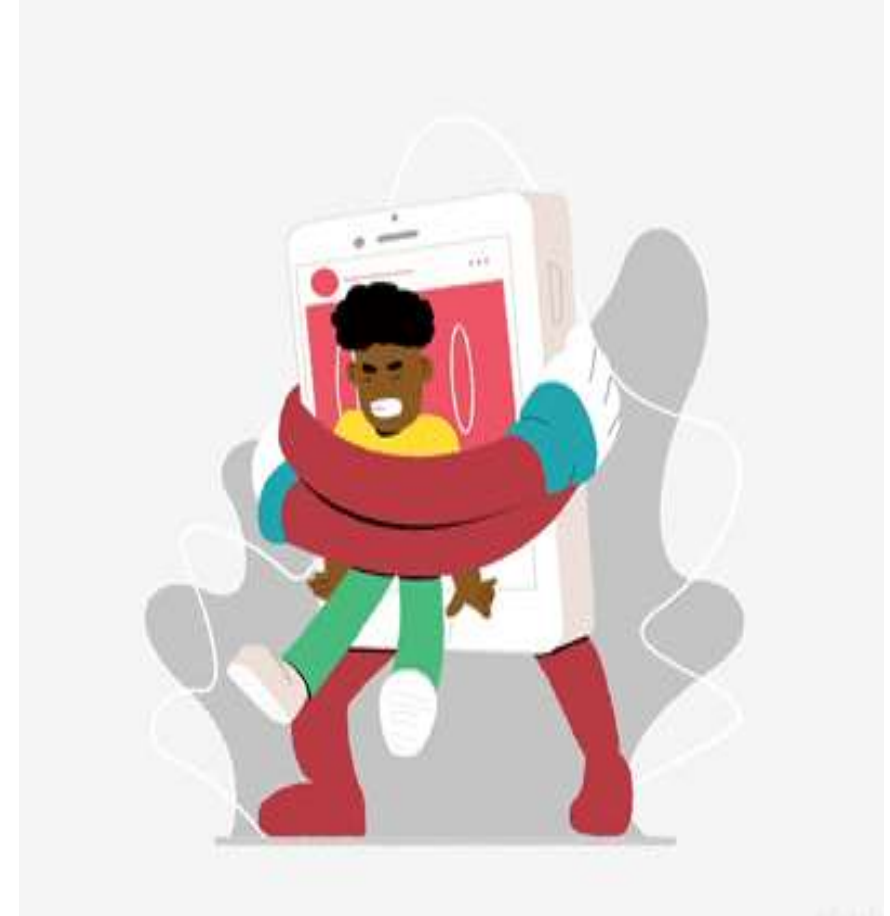
Meeting 5 of the following symptoms can lead to a diagnosis of internet addiction disorder:

1. Feeling preoccupied with the internet
2. Feeling a desire to use the internet for increased amount of time
3. Having a lack of control in efforts to stop using the internet or to cut back the usage.
4. Feeling restless, irritable, depressed or otherwise moody when not using the internet.
5. Staying online longer than an individual initially planned to.

6. Procrastinating a job, relationship, educational opportunity or other important opportunity because of the internet.

7. Lying to friends, family members or others in an effort to conceal the true amount of time that one spend online

8. Using the internet as a way of escaping reality, problems or relieving a negative mood.



Internet Addiction Disorder

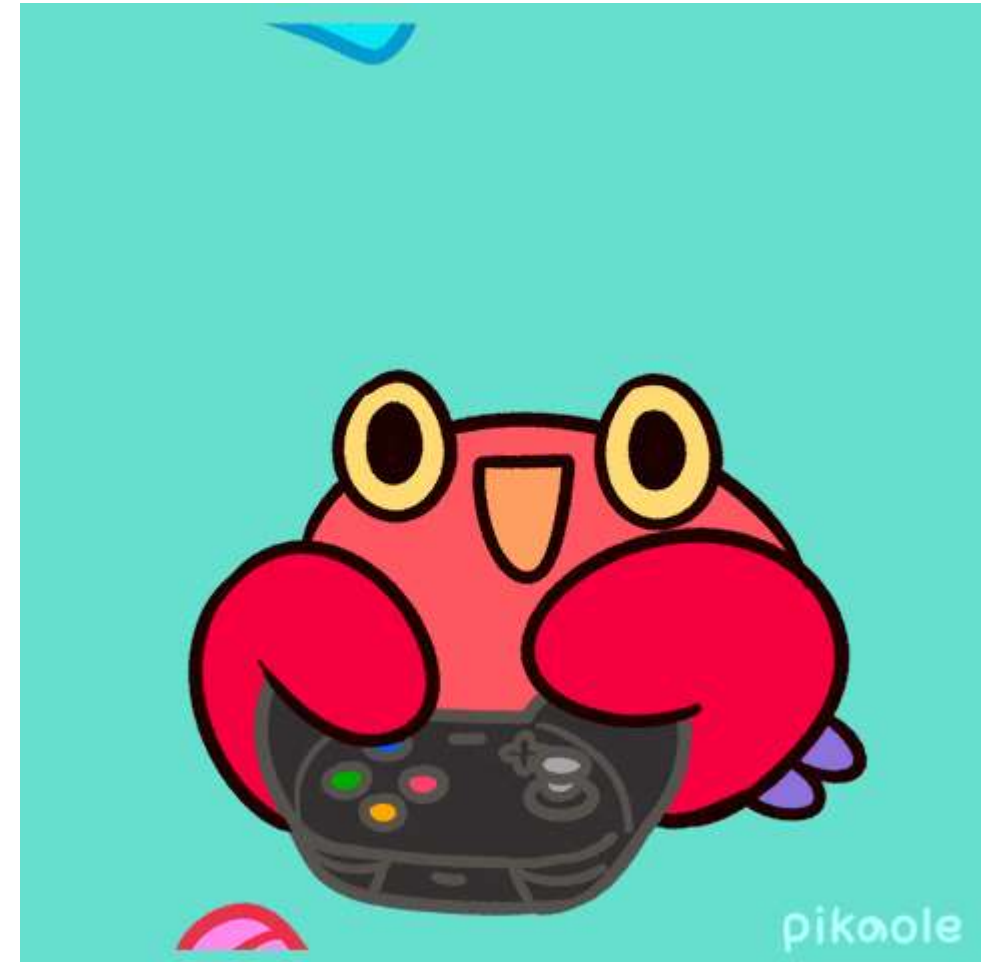
- Also known as problematic internet use or pathological internet use
- Can be diagnosed when an individual engages in online activities at the cost of fulfilling daily responsibilities, and without regard for the negative consequences.
- Around 38% of college students cannot go 10 minutes without checking their email, tablet, or smartphone.

Effects of Internet Addiction

- **Body aches, Carpal Tunnel Syndrome, insomnia, vision problems, and weight gain/loss** are just some of the **physical problems** one may suffer as a result of an internet addiction.
- **Emotional effects** may include depression, dishonesty, anxiety, social isolation, aggression, and mood swings.

Prevention from Internet Addiction

1. Admit it.
2. Seek Therapy
3. Limit the Smartphone use
4. Socialise
5. Change Communication Patterns
6. Follow a Routine
7. Prioritise your Needs
8. Keep Devices Inaccessible.



Health Protective Behaviours

- Health behaviors are actions individuals take that affect their health.
- Actions that lead to improved health, such as **eating well and being physically active**, and actions that increase one's risk of disease, such as smoking, excessive alcohol intake, and risky sexual behavior.

“YOU
ARE
WHAT
YOU EAT.”

Characteristics of Healthy Behaviour

There are 4 characteristics that influence healthy behaviour:

1. Maintaining normal weight
2. Physical Activity
3. Healthy diet
4. Smoking Avoidance

(Mokdad et.al., 2004)

How healthy Behaviours Support Mental Health

1. Getting proper exercise.
2. Eating nutritious foods.
3. Practicing good sleep hygiene.
4. Socializing with supportive friends and family.
5. Taking medications as prescribed.
6. Practicing mindfulness or meditation.
7. Talking about your emotions.

Illness Management

Illness management is a program that helps people set meaningful goals for themselves, acquire information and skills to develop more in hand experience over his or her psychiatric illness, and make progress towards their own personal recovery.

Components of Illness Management

- Education about mental illness and its treatment
- Relapse prevention training
- Behavioral training for medications
- Coping skills training
- Social skills training
- Dual Disorder Strategies

What is an Illness Management Program

- It is a 6 to 12 months of weekly sessions which is conducted by trained professional practitioners.
- Handouts that contain practical information and strategies to cope up with Illness.
- It is a practitioners' guide with helpful tips for teaching people about mental illness and helping them implement strategies.
- Illness Management videos are being made to introduce the program to the participants.

Where can Illness Management be used

- To build social support
- Improve Mental Illness
- Alcohol and Drug Use
- Reducing Relapses
- Coping with Stress
- Coping with Psychotic disorders

THANK
YOU!

The image features the words "THANK YOU!" in a bold, stylized font. The letters are white with a thick, multi-layered outline that creates a 3D effect. The layers of the outline are colored in a rainbow spectrum: purple, blue, green, yellow, and orange. The text is set against a solid, bright yellow background. The words are arranged in two lines, with "THANK" on top and "YOU!" below it. The overall style is playful and celebratory.