

CHAPTER NO. 12: PDS- HEALTHY MIND

SUMMARY

Introduction

Mental-emotional health and physical health affect each other. People with physical health problems often experience anxiety or depression that affects their recovery and overall well-being. According to Health Canada (“Mental Health—Mental Illness”), mental health factors can increase the risk of developing physical problems such as Diabetes, heart disease, weight gain or weight loss, gastrointestinal problems, reductions in immune system efficiency, blood biochemical imbalances.

This lesson defines mental health and discusses how exercise and other healthy lifestyle practices can positively affect mental health. Students learn about ways to help themselves or to seek help when dealing with their feelings and emotions from day to day.

Effects of the Mind on the Body

Effects of Stress

- Elderly people & learning
- Chronic stress & abnormal body tissues
- Optimum level of stress
- Pain & emotions

Perceived Control

- Rat studies
- Dog study

Meditation

- Meditation: plays major role in strength the mind
 - Research at Harvard Medical School
 - Breast Cancer Support Groups

Stages of Change Model

- Changing one's behavior is a process, not an event
- Individuals at different levels of change
- Gear interventions to level of change
- The basic premise behind the Stages of Change Model is that behavior change is a process and not an event, and that individuals are found at varying levels of motivation, readiness, to change. People at different points in the process can benefit from different interventions, matched to their stage..

Health Belief Model

- Cognitive-behavioral model (cognitive influence on behav.)
- Readiness to seek preventative health care is shaped by 4 core beliefs...
 - Perception of SUSCEPTIBILITY to disease (perceived personal vulnerability)
 - Perceived SEVERITY of disease.