

Chapter 2: Promoting and Preserving Your Psychosocial Health

Textbook Reading

Defining Psychosocial Health:

Psychosocial Health: the intellectual, emotional, social, and spiritual dimensions of health

- people who are psychosocially healthy:
 - feel good about themselves
 - feel comfortable with other people
 - control tension and anxiety
 - able to meet the demands of life
 - curb hate and guilt
 - choose a positive outlook
 - enrich the lives of others
 - cherish things that make them smile
 - value diversity
 - appreciate and respect nature

Intellectual Health: the thinking part of psychosocial health-includes values, attitudes, and beliefs

- when this deteriorates, may result in a decline in rational thinking and distorted perceptions

Emotional Health: the feeling part of psychosocial health; the “feeling” reactions to life

Emotions: intensified feelings or complex patterns of feelings we experience; 4 basic types

1. emotions resulting from harm, loss, or threats
2. emotions resulting from benefits or rewards
3. borderline emotions such as hope and compassion
4. more complex emotions such as grief, disappointment, curiosity

- poor emotional health affects social health
- poor emotional health can be feeling hostile, withdrawn, moody, grumpy, irritable

Social Bonds: degree and nature of interpersonal contacts

Social Supports: structural and expressive aspects of social interactions

Prejudice: a negative evaluation of an entire group of people based on unfavourable and often mistaken ideas about the group

Interconnectedness: a web of connections, including your relationship to yourself, to others, and to a larger meaning or purpose in life

Mindfulness: awareness and acceptance of the reality of the present moment

- strategies for finding your spiritual side
 - volunteer
 - take time to reflect
 - get involved in service learning

Factors Influencing Psychosocial Health

- influences of the family
- influences of the wider environment
 - persistent stressors, uncertainties, and threats may cause significant problems

- self efficacy and self esteem

Self Efficacy: belief in your ability to perform a task successfully

Personal Control: belief that your efforts can and do influence situations and interactions with others

Self Esteem: your sense of self respect or self worth

- learned helplessness versus learned optimism

Learned Helplessness: an attitude of giving up and not trying because of past failures

Learned Optimism: pattern of responding that focuses on the positive, because you choose to view each situation positively with a sense of hope

- personality

Extroversion: the ability to adapt to a social situation and demonstrate assertiveness as well as power or interpersonal involvement

Agreeableness: the ability to conform, be likeable, and demonstrate friendly compliance as well as love

Openness to Experience: the willingness to demonstrate curiosity and independence

Emotional Stability: the ability to maintain control of your feelings

Conscientiousness: the qualities of being dependable and demonstrating self control, discipline, and a need to achieve

Resiliency: those traits or characteristics that protect you and your community from threat or harm

Enhancing Psychosocial Health

- developing and maintaining self esteem and self efficacy
 - develop a support group
 - being a support for others
 - completing required tasks
 - forming realistic expectations
 - making and taking time for you
 - maintaining physical health
 - eat healthy
 - examining problems and seeking help
 - getting adequate sleep
 - understanding the mind-body connection

Happiness: feeling of contentment created when expectations and physical, psychological, and spiritual needs are met and life is enjoyed

Subjective Well Being: an uplifting feeling of inner peace and or an overall feel good state

When Things Go Wrong

Mental Illness: conditions that result in abnormal thinking, feeling, moods, and behaviours and cause a varying degree of impaired everyday functioning

Endogenous Depression: a type of depression with a biochemical basis

Exogenous Depression: a type of depression with an external cause, such as the death of a loved one or marital break up

Seasonal Affective Disorder (SAD): a type of depression that occurs in the winter months, when sunlight levels are low

- believed to be caused by malformation in the hypothalamus

Anxiety Disorders: disorders characterized by persistent feelings of threat and anxiety in coping with everyday problems

Obsessive Compulsive Disorder: a disorder characterized by obsessive thoughts or habitual behaviours

Phobias: a deep and persistent fear of a specific object, activity, or situation that results in a compelling desire to avoid the source of the fear

Panic Attack: the sudden, rapid onset of disabling terror

Post Traumatic Stress Disorder: a disorder characterized by terrifying flashbacks, detachment, and anxiety following a severe traumatic event

Schizophrenia: a mental illness characterized by irrational behaviours, severe alterations of the senses (hallucinations), and often an ability to function in society

Seeking Professional Help

Psychiatrist: a licensed physician who specializes in treating mental and emotional disorders

Psychoanalyst: a psychiatrist or psychologist with special training in psychoanalysis

Psychologist: a person with a PhD and training in clinical or counselling psychology

Social Worker: a person with a master's degree and at least two years of clinical training

Counsellors: a person with a variety of academic and experiential training who deals with the treatment of emotional problems