Chapter Two
promoting and preserving your psychosocial health

focus on cultivating your spiritual health
12th edition, pp. 60-70; 11th edition, pp. 60-70

Improving Your Financial Health
(end of Chapter One)

you cannot always control what happens to you... though you can control how you react!

four dimensions of psychosocial health

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**Promoting and Preserving Your Psychosocial Health**

**Dr. Dave Shrock**

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**internal factors that influence our psychosocial health**

- **heredity**: your genetic and family history
- **hormones**: your endocrine system effects your reactions, i.e.: menstrual cycles, stress
- **physical health**: a well balanced body has a higher degree of positive outlook and releases ‘endorphins’
- **personal reaction to success and failures**: self-efficacy and self esteem: home, school, work, place, sports

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**first things first...**

**Maslow's Hierarchy of Needs:**


- **Self-Actualization**: creativity, spirituality, fulfillment of potential
- **Esteem Needs**: self-respect, respect for others, accomplishments
- **Social Needs**: belonging, affection, acceptance
- **Safety Needs**: shelter, safety and protection
- **Physiological Needs**: food, water, sleep, exercise, sexual expressions
- **Challenge Resolution Cycle**

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**Building your self efficacy or self esteem**


- **find a support group**: peers, church, sport groups, clubs etc.
- **complete required tasks**: start with grades, class projects, phone calls, tasks at home, etc.
- **form realistic expectations or goals**: brake them into manageable intermediate goals, and reward yourself
- **make time for yourself**: activities, time-outs
- **keep healthy**: maintain a healthy weight, plus physical activity releases endorphins
- **know when to seek help**: from a school counselor, a church elder, family member, or seek professional help

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**Improving your Financial Health**


- 89% of college students feel college in an investment in their future
- **Keep track of expenses and income**
- **Build a budget and work to stick to it**
- **Get schooled on student aid: scholarships vs. grants vs. loans**
- **Determine what is the best type of education for you**:
  - Community college vs. public universities vs. private universities vs. profit institutions
- **40 million Americans have student loan debt**
  - Totaling 1.2 trillion dollars, an 84% increase since 2008, average repayment is $279.00 per month.
- **Practice creating your budget on pages 34-35 of the textbook!**

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**Creative ways to cut spending**

Special section: 12th ed. p. 38; not in 11th edition

- **Cut back on the fancy coffees**: A large expresso from a coffee shop costs 3-4 dollars...brew your own
- **Add 2 or more weeks between hair cuts/ styles**
  - You'll end up saving the cost of 2-4 hair cuts per year
- **Drive less**: Avoid ping-ponging around town...plan out your trips; plus ride share
- **Cook more**: 'Drive-bys' and eating out costs 5-10 dollars per trip. Plan ahead and cook your own meals, plus make your own meals between being at home
- **Avoid roaming charges**: Use your home network or other hot-spots
- **Use cash instead of plastic**: Withdrawal a weekly ‘allowance’ to avoid budget overruns...aver US CCard debt: $15,611!
- **Avoid buying the newest/ flashiest**: Avoid the urge to always have the newest/flashiest...you pay for it.
**Promoting and Preserving Your Psychosocial Health**

**Chapter Two**

**Happiness: A Key to Well Being**

Not in texts

Harvard University recently completed an extensive study on what made people happy:

- Family and friends in healthy relationships
- Three additional central components to subjective well-being or happiness:
  - Satisfaction with your present life
  - Positive emotions or attitude
  - Absence of negative emotions or self-talk

Myths regarding being happy:

- There is no happiest age... all age groups are able to be happy at any age
- All cultures achieve relatively the same levels of happiness
- Money does not buy happiness... trinkets v. treasures

**When Psychosocial Health Deteriorates**

Out of 100 middle aged people:

- 28 will have coped with mental illness or substance abuse within the year
- 12 will have dealt with an anxiety disorder or phobia
- 10 have struggled with an addiction
- 10 will have dealt with a mood disorder

60% of 100 middle aged adults will face some sort of emotional challenge

**Depression:**

- 8.1% of adult males will experience prolonged depression
- 19-23% of adult women will experience prolonged depression
- 41% of college students will experience moderate to severe depression

**Mental Health Concerns of US College Students**

<table>
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<tr>
<td>Felt overwhelmed by all they needed to do: 66.4%</td>
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<tr>
<td>Felt things were hopeless: 46.4%</td>
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<td>Felt so depressed it was difficult to function: 32.6%</td>
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<td>Seriously considered suicide: 8.1%</td>
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<tr>
<td>Intentionally injured themselves: 6.4%</td>
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<tr>
<td>Attempted suicide: 1.3%</td>
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**Signs of Prolonged Depression Suggesting Professional Treatment:**

- Loss of interest in hobbies, activities, sexual intimacy
- Decreased energy, fatigue, feeling run down
- Difficulty concentrating, memory lapses
- Insomnia, early morning waking, or oversleeping
- Disrupted eating patterns, weight gain or loss
- Restlessness, irritability, agitation
- Preoccupation with failure or inadequacies
- Withdrawal from family, friends or social settings
- Persistent physiological symptoms that do not respond to treatment: headaches, chronic pains, digestive problems
- Thoughts of death, or suicide attempts

**Treating Depression**

Understanding the severity of the disease and support are keys to recovery

- Psychodynamic therapy: focuses on roots of suffering including self reflection, self examination, leading to a leading healthier lives
- Cognitive therapy: helps people correct negative thought patterns through analysis
- Interpersonal therapy: focuses on relationship issues with family and friends
- Anti-depressant drugs: help nearly 80% of people with chronic depression, though should be prescribed only after thorough examination.

**Anxiety & Phobic Disorders**

Generalized anxiety disorders are severe enough to disturb one's daily life, symptoms include:

- Restlessness or feeling keyed up
- Being easily fatigued
- Difficulty concentrating
- Irritability
- Muscle tension
- Sleep disturbance

Anxiety disorders are persistent feelings of threat or anxiousness and can be caused by:

- By person's biology, environment, and social and cultural influences
- Panic attacks are uncontrollable physical reaction experienced by approx. 6.7% of college students, symptoms include:
  - Racing heart, feeling nauseated, feeling faint
- Phobias are the persistent irrational fear and avoidance of social situations. 5-12% of Americans suffer from phobias... speaking in front of a group is the most common.
seasonal affective disorder (SAD)
- is a type of depression affecting 6% of the population annually, with an additional 14% suffering from a milder form of ‘winter blues’
- SAD effects us most often during the winter months and is linked to less exposure to sunlight
- while 10% of northern state residents are effected annually less than 2% of those in the sunbelt states are effected
- expose to sun lamps and eating more complex carbohydrates are sources of relief

Attention-deficit/hyperactivity disorder (ADHD)
12th edition, p. 46; 11th edition, p. 47 with article
- chemical imbalance in the brain affecting 5-8% of students
- symptoms are impulsive behavior, easily distracted, leading to compulsive behavior and often addictions
- sufferers are more prone to other types of psychiatric or learning disorder

Post-Traumatic Stress Disorder (PTSD)
- People who have witnessed a traumatic event such as a natural disaster, serious accident, or combat
- 8% change risk in US with 9/11 and Hurricane Katrina, shootings
- as examples, while there is a 30% risk in strife-torn regions such as Korea, Vietnam, Iraq, Afghanistan
- Symptoms often do not appear for months or years after event
- Symptoms include perceived detachment, recollections of event such as flashbacks, nightmares, recurrent thoughts, acute anxiety, nervousness, mood swings, insomnia, difficulty concentrating, and physiological reaction such as shaking or nausea
- cognitive therapy, and biofeedback are accepted methods of treatment, though up to one-third never fully recover

Suicide: giving up on life
- more lives are lost to suicide than to any other single cause except cardiovascular disease and cancer
- 90% of those who attempt suicide have a diagnosable mental disorder or substance abuse
- college students are more likely than the general population, and is the third leading cause of death in your age group
- risks factors include:
  - family history
  - excessive drug or alcohol use
  - prolonged depression financial difficulties
  - serious illness
  - loss or a loved one through death or rejection

Suicide: the warning signs
12th edition, p. 52; 11th edition pp. 52-53
- recent loss or inability to let go of grief
- change in personality such as sadness, withdrawal, anxiety, tiredness, indecisiveness or apathy
- change in behavior such as inability to concentrate or loss of interest in classes or favourite activities
- diminished interest in intimacy and sexual desire
- expressions of self hatred
- change in eating patterns
- statements such as ‘I might as well end it all’, and ‘You will not have to worry about me any more’
- marked changes in personality appearance
- excessive risk taking or self mutilation

Suicide: taking action
- monitor the signals: keep your eye on the person
- take threats seriously
- Let the person know how much you care: keep the person talking and helping them feel that they are not isolated
- ask them directly if they are thinking of suicide
- do not belittle the person...sometimes this drives them to action
- help the person think of alternatives: recommend they seek help
- remember that relationships involve responsibilities
- tell the person’s family, church elder, or counselor

Seeking professional help
- when you feel out of control
- when you think you need help
- when you experience wild mood swings
- when a problem overtakes your daily life
- when you begin to withdraw from others
- when you have hallucinations
- when you feel life is not worth living
- when you feel inadequate or worthless
- when you feel you can’t get your act together
- when you are considering suicide
- when you turn to drugs or alcohol to medicate your problems
- when you feel out of control
- begin with the college nurse, your church elder, a friend...you’re not alone!

Visit or call Health Services for an appointment: 575-6360
Check-out web resource link on class website
*keep everything in perspective:*

There is nothing good or bad…

But thinking makes it so

William Shakespeare *(1564-1616)*