PSY 3405 D932 2/3/2015

As Written by Jennifer

We've added 2 new polices:

- Positive Attitude and professionalism

- Patience with eachother

Please keep in mind that these policies don't only apply in class but they apply also in our online threads/discussions.

Define **HEALTH**

* **Mind-body (psychosomatic)**

             [Perception can direct health]

            - Sigmond Freud was the first psychologist to discus the correlation between your mind

Define HEALTH

Mind-body (psychosomatic)

 [Perception can direct health]

 - Sigmond Freud was the first psychologist to discus the correlation between your mind and body.

 - In 1954, W.H.O. (World Health Organization) defined that Health is more than just the absence of illness.

 i.e. Gamblers, alcoholics, drug addicts, etc.

Bio-psycho-social

 Bio (Biology)

 Psycho (psychology & mental processes)

 Social (interaction w. others)

 [Elevated mood can decrease inflammation]

\*\* DISEASE ISN'T PASSED BY BIOLOGY/GENETIC, IT IS PASSED DOWN BY BEHAVIOR \*\*

Experience

Wellness

 - It's not how long you live, but how much you live

 \*\*\* You said 2 quotes one by Ghandi and the other about Quality of Life, I didn't write it for some odd reason. Feel free to add them =)

there are 2 other quotes Ghandi that are relevant (I think)

 “A man is but a product of his thoughts. What he thinks he becomes.

 “Strength does not come from physical capacity. It comes from an indomitable will.”

Social Ecological

 [ The environment can shape you or you can shape the environment ]

 - Environment

 - Neighborhood

 - People around you

All these things affect our health behavior, thoughts and feelings overall all those things affect our health.

Ethnopharmacologists :

Try to understand ancient image cultures.

Determinants of HEALTH

 BIGGEST Determinant we will discuss in this class is behavior

Individual/Demographics/Characteristics

 Age, gender, education, neighborhood, income, height, weight, bp, etc

 [These things can partially determine your health]

Family/Culture

 Influences

 - Things that people around do or in your group do you will do

 i.e. smoking, drinking, poor eating habits, etc.

Physical Environment

 What's around you will affect your health

 - Air Quality,

 - Natural environment, such as plants, weather, or climate change

 - Built environment, such as buildings or transportation

Social Environment

 - Accessibility to education (quality education), support group,

 transportation options, public safety

 - Do you have access to people that will support you ?

[[ ALL THESE THINGS WILL CONTRIBUTE TO YOUR HEALTH ]]

ASSIGNMENT

 Go to OPENLAB - under DISCUSSIONS there will be an assignment there titled "CHALLENGE"

Think of a setting/environment and how well we implement these health to our immediate settings. How can we make this world a little healthier ?

Details of exact assignment will be on OPENLAB and body.

            - In 1954, W.H.O. (World Health Organization) defined that Health is more than just the                     absence of illness.

              i.e. Gamblers, alcoholics, drug addicts, etc.

* **Bio-psycho-social**

             **Bio** (Biology)

**Psycho**(psychology & mental processes)

**Social** (interaction w. others)

            [Elevated mood can decrease inflammation]

\*\***DISEASE ISN'T PASSED BY BIOLOGY/GENETIC, IT IS PASSED DOWN BY BEHAVIOR \*\***

* **Experience**

* **Wellness**

                   - It's not how long you live, but how much you live

 \*\*\* You said 2 quotes one by Ghandi and the other about Quality of Life, I didn't write it for some       odd reason. Feel free to add them =)

there are 2 other quotes Ghandi that are relevant (I think)

           “A man is but a product of his thoughts. What he thinks he becomes.

            “Strength does not come from physical capacity. It comes from an indomitable will.”

* **Social Ecological**

                [ The environment can shape you or you can shape the environment ]

                 - Environment

                 - Neighborhood

                 - People around you

All these things affect our health behavior, thoughts and feelings overall all those things affect our health.

Ethnopharmacologists :

Try to understand ancient image cultures.

**Determinants of HEALTH**

 **BIGGEST Determinant we will discuss in this class is behavior**

* **Individual/Demographics/Characteristics**

              Age, gender, education, neighborhood, income, height, weight, bp, etc

                           [These things can partially determine your health]

* **Family/Culture**

               Influences

                   - Things that people around do or in your group do you will do

                      i.e. smoking, drinking, poor eating habits, etc.

* **Physical Environment**

                 What's around you will affect your health

                     - Air Quality,

                     - Natural environment, such as plants, weather, or climate change

                     - Built environment, such as buildings or transportation

* **Social Environment**

- Accessibility to education (quality education), support group,

                   transportation options, public safety

                 - Do you have access to people that will support you ?

**[[ ALL THESE THINGS WILL CONTRIBUTE TO YOUR HEALTH ]]**

**ASSIGNMENT**

**Go to OPENLAB - under DISCUSSIONS there will be an assignment there titled "CHALLENGE"**

Think of a setting/environment and how well we implement these health to our immediate settings.  How can we make this world a little healthier ?

**Details of exact assignment will be on OPENLAB**