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)**

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Define HEALTH

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- 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.

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