Medication, Meditation & Psychotherapy

In Mental Health

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Medication, Meditation & Psychotherapy

Learning Objectives

- To understand the role of Stress in mental health
- To learn how psychiatry, psychotherapy and spirituality are inter-connected
- To learn easy ways to reduce Stress based on this connection

What are We Going to Learn

- Stress & Its Effects On Mind &Body
- How To Relax Fast & Effectively
- Choices In Mental Health
- Mental Health and Physical Health
- Science & Spirituality- A Symbiosis
- An Alternative Approach to Mental Health

Structure of The Presentation

- Define Stress
- Some Research Facts
- Trauma Stress & Relaxation
- Roles of Psychiatry, Psychotherapy & Spirituality in Mental Health
- Living In The Now
- Rules of Threes

Brief Mentions

- Grief, Trauma & Anger In Mental Illnesses
- ‘The Conscious’ & ‘The Unconscious’
- The Law of Paradoxes In Nature
- Role of Emotions- Connecting the Body With the Soul
- Emotions, Karma and Mental Health

Section One - Define Stress

- STRESS

- How Do You Define Stress?

Stress

- What is Stress?
- How is It Experienced?
- When is It Experienced?
- Where is It Experienced?
- Why is It Experienced?
- Who Experiences it?

Stress

- How Is It Experienced?

Stress

- Physical- Body effects
- Psychological – Thinking & Creativity
- Emotional- Denial or Expression
- Social- Relationships
- Financial- Affects money issues

Stress = Perceived Threat

Anger is An Expression of Stress

Stress

- When Is Stress Experienced?

Stress

- External Stressors
- Internal Stressors

BOTH ARE NEEDED TO EXPERIENCE STRESS

IF ONE IS ABSENT -> NO STRESS

Stress

- Where Is It Experienced?

Stress

- In A New Situation
- In A Change
- Excessive Demands

Stress

- Why Is It Experienced?

Stress

- Adrenaline, Noradrenaline & Cortisol

NO CORTISOL, NO STRESS

Stress

- Who Experiences Stress?

Stress

- A ‘Fighter’

(Worker/ Spouse/ Partner/ Parent/ Vehicle Driver or anyone engaged in an ‘ongoing’ activity over which they do not have control)

Losing Control

Stress

The Autonomic Nervous System

- Introduction
- Role of ANS
- Two components
- Stress is Sympathetic (survival)
- Relaxation is Parasympathetic (growth)

Stress

Reduce Stress by Increasing Stress

The STRESS Technique