



PSYCHOLOGY

WELCOME TO PSYC 110

brotip #449

**no one deserves a
text message break-up.***

*unless, of course, they TOTALLY deserved a text message break-up.

brotips|tumblr

PSYC 110 (General Psychology)

Module 12:

Health & Positive Psychology

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What should we get out of today?

THE PLAN

**THE BIOPSYCHOSOCIAL
MODEL**

STRESS

COPING STRATEGIES

INTRO TO EMOTIONS



Everyone wants to be happy and healthy

Health

The condition of one's mind, body, and spirit

Well-Being

A state of happiness and contentment, with low levels of distress, overall good physical and mental health and outlook, or good quality of life



How to we study happiness and healthiness?

Health Psychology

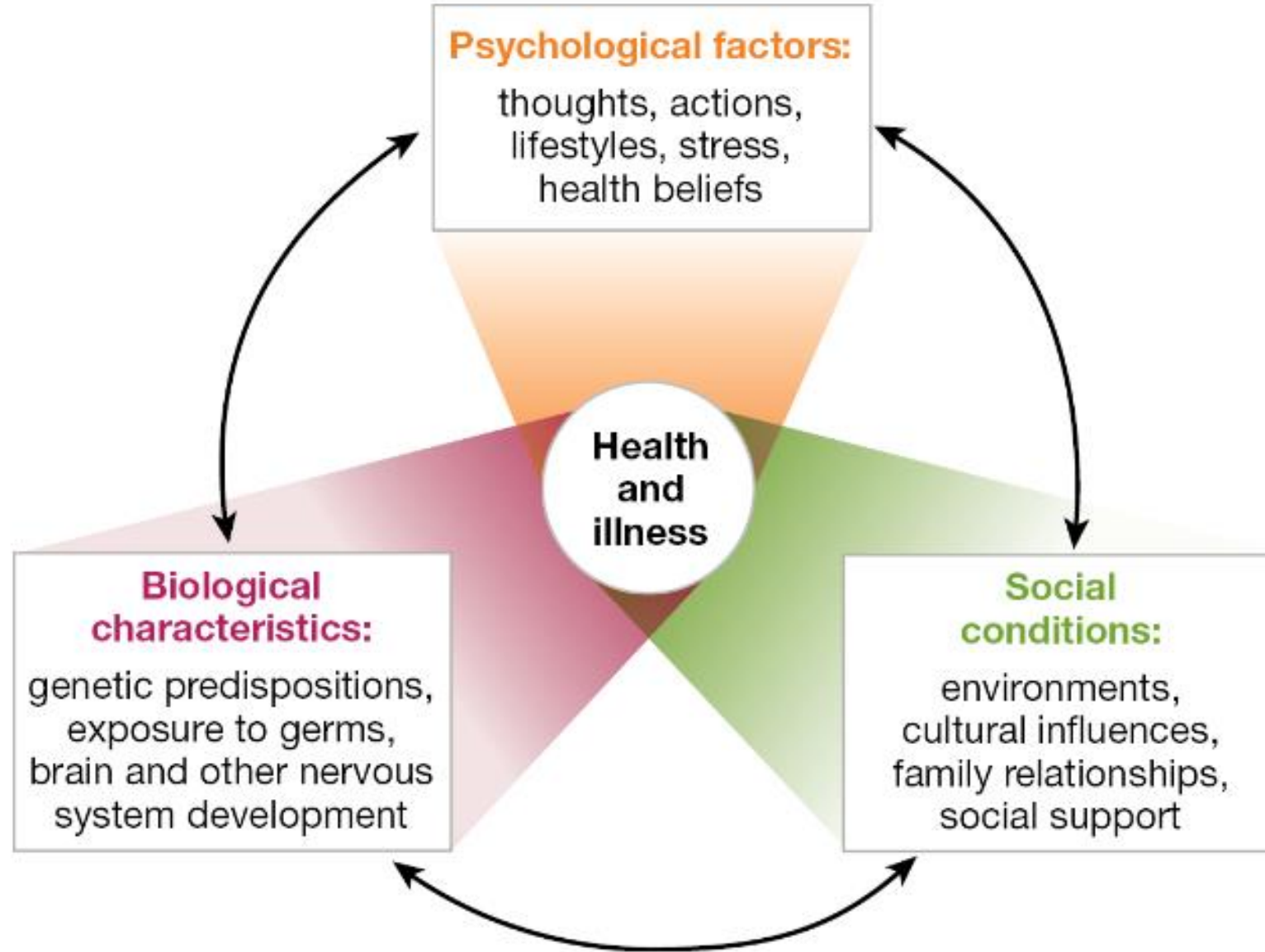
A field that focuses on the examination of the relationships between various factors and the establishment, maintenance, and detriment of health

Positive Psychology

A field that focuses on the psychological states, individual traits or character strengths, and social institutions that enhance one's subjective well-being

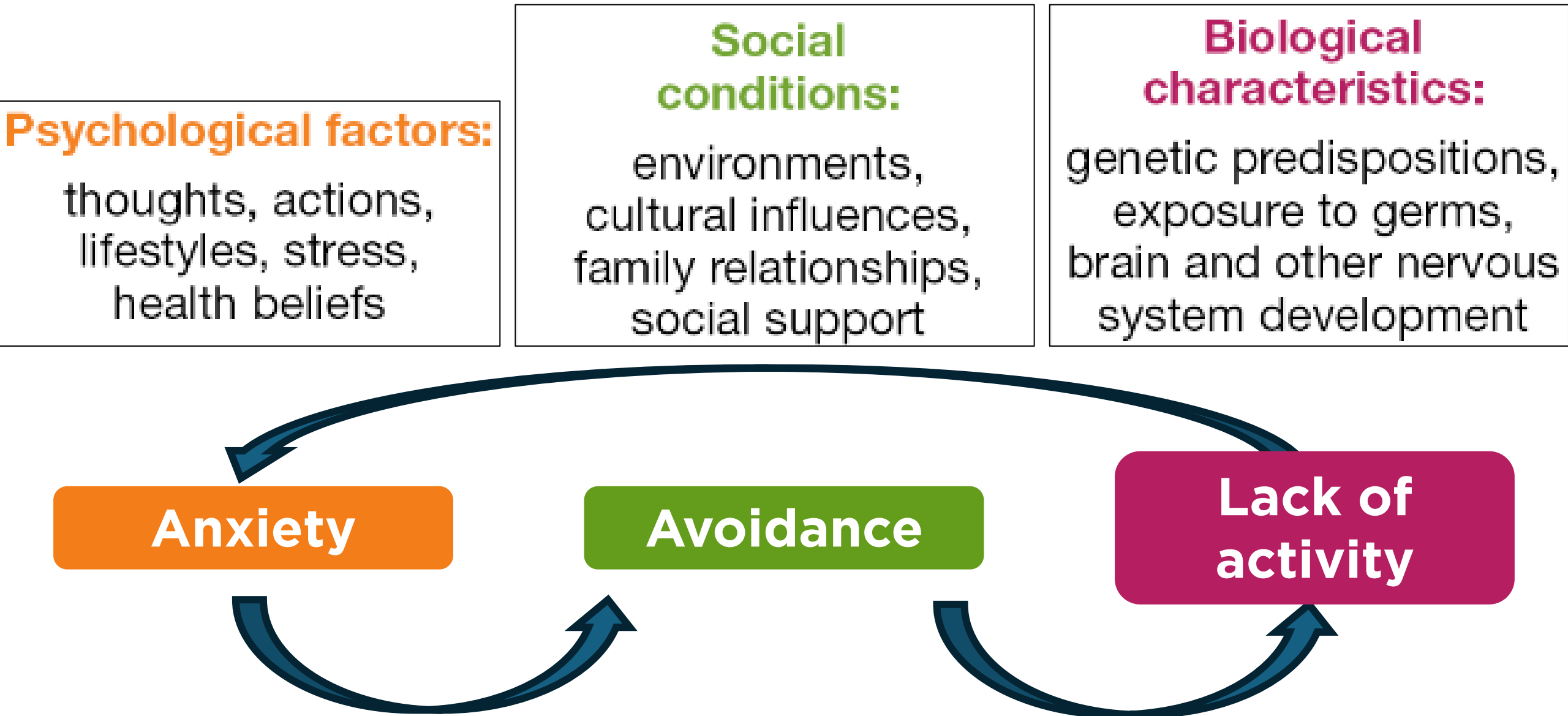


The Biopsychosocial Model outlines how we maintain health





The Biopsychosocial Model outlines how we maintain health





Stress is the mechanism that maintains health

Stress

Processes that attempt to deal with an environmental event or stimulus that is perceived as threatening



There are three components to stress

Stressors

**Major Life
Stressors**

Daily Hassles

Mediating Factors

Personality

**Coping
Strategies**

Stress Responses

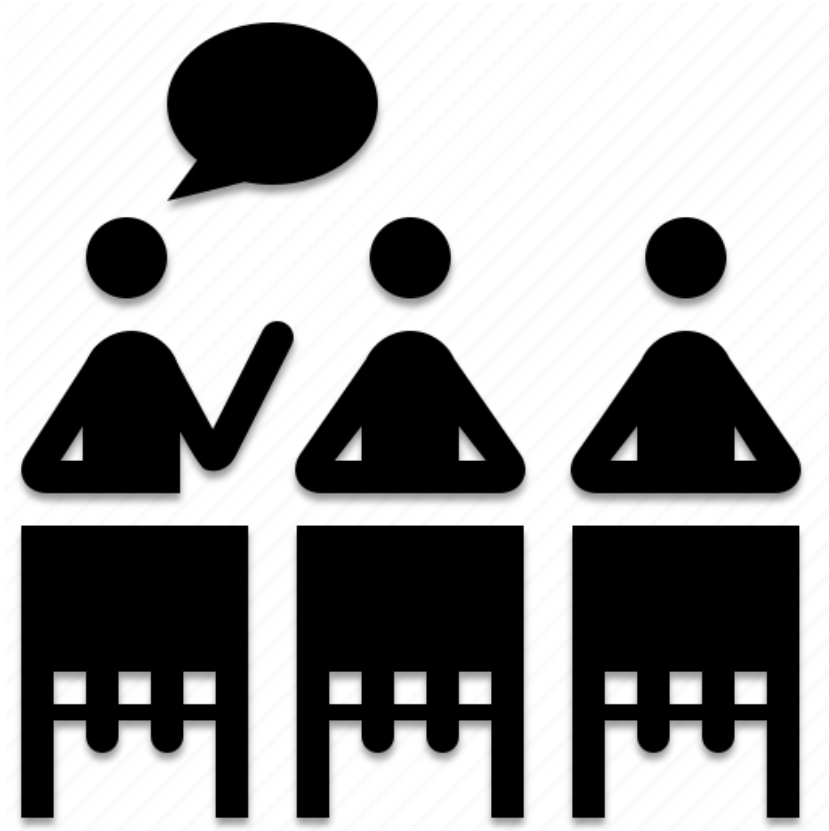
Physical

Psychological

Behavioral



Major Life Stressors are rare but impactful



What do you consider a “Major Stress?”



Major Life Stressors are rare but impactful



Property Damage



Marriage



Serious Injury
(self or loved one)



Starting
Parenthood

Death of a loved one



Breakup / Divorce



Starting at a
new school

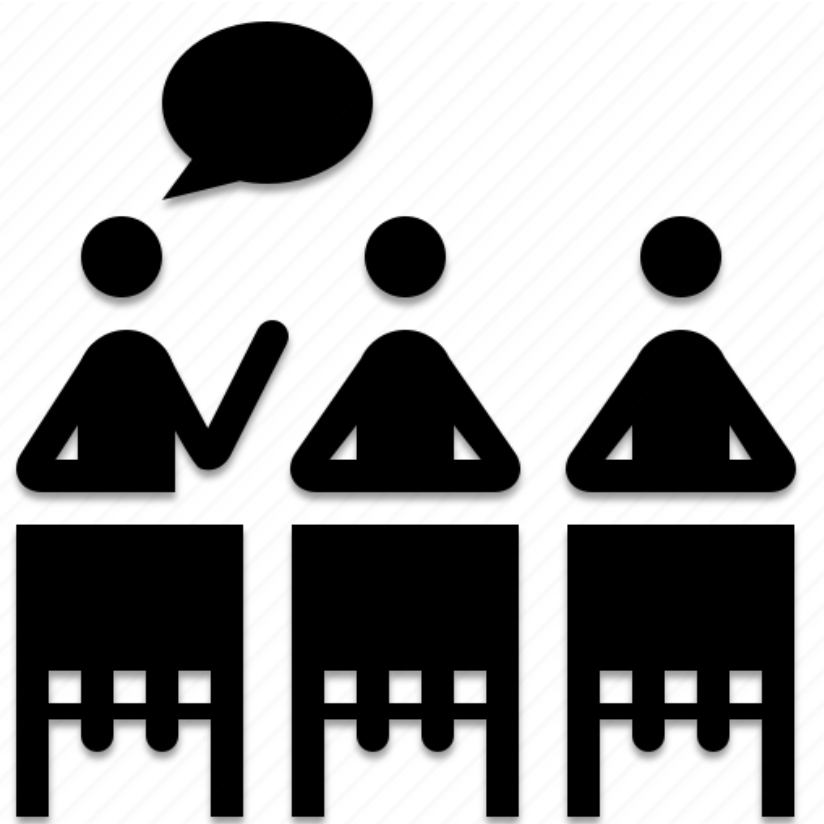


Moving





Daily Hassles are common annoyances



Do you have any “Pet Peeves?”

[Stuff That Sucks - YouTube](#)



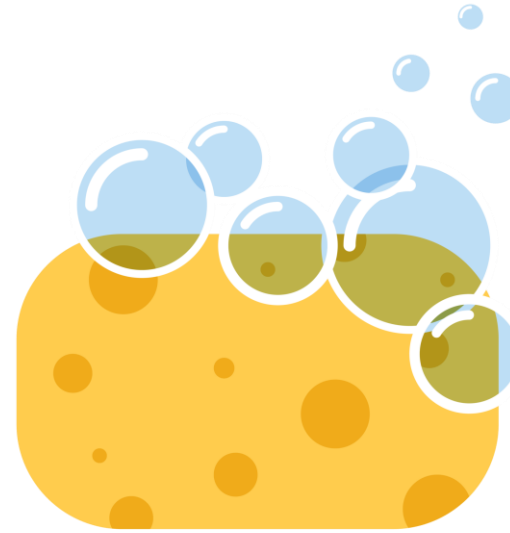
Daily Hassles are common annoyances



Waiting in line



Traffic



Chores



**Slow
Internet**



Can we measure how “Stressful” a stressor is?

Add up the units of each of the following events that have occurred to you at least once in the last 12 months.

Event	Life Change Units	Event	Life Change Units	Event	Life Change Units
Death of close family member	100	Change in financial status	39	Change in sleeping habits	29
Death of close friend	73	Change in major	39	Change in social activities	29
Divorce between parents	65	Trouble with parents	39	Change in eating habits	28
Jail term	63	New girlfriend or boyfriend	38	Chronic car trouble	26
Major personal injury or illness	63	Increased workload at school	37	Change in number of family get-togethers	26
Marriage	58	Outstanding personal achievement	36	Too many missed classes	25
Being fired from job	50	First term in college	35	Change of college	24
Failing important course	47	Change in living conditions	31	Dropping more than one class	23
Change in health of family member	45	Serious argument with instructor	30	Minor traffic violations	20
Pregnancy	45	Lower grades than expected	29		
Sex problems	44				
Serious argument with close friend	40				





point
solutions



If you scored:

300 units or more: High risk for serious health event

150–299 units: 50% risk for serious health event

149 units or less: 33% risk for serious health event





How do we manage stress?

Coping Strategies

Primary Appraisal

Deciding whether a stimulus is:
Stressful—requiring a response
Benign—no significant effect



Secondary Appraisal

Deciding how to deal with the
stressor



How do we manage stress?

Emotion-focused coping: Preventing an emotional response to the stressor



Problem-focused coping: Working directly to prevent or solve the stressor





point
solutions



Emotion-Focused Coping Strategies manage our feelings



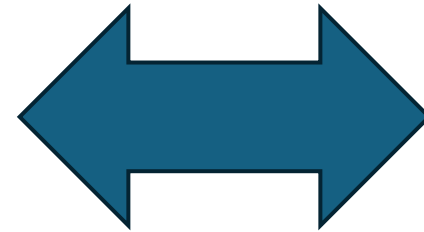
Rumination

Focusing on the undesired thought/emotion until we feel better about it



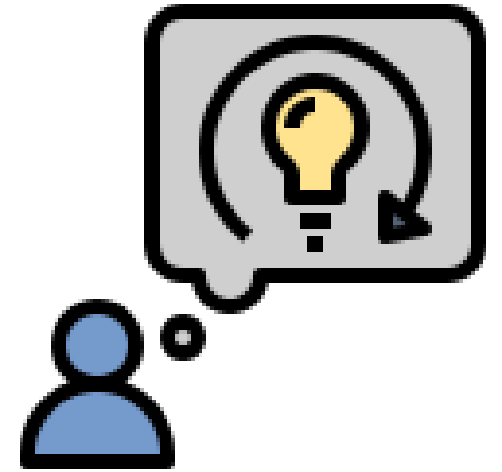
Humor

Distancing ourselves from the negative emotion



Distraction

Doing or thinking about something other than the troubling activity or thought



Positive Reappraisal

Directly altering our emotional reactions to an event by thinking about the events in more neutral or even positive terms



point
solutions

Georges St. Pierre using James-Lange Theory
[*Language Disclaimer*]



We are motivated by emotion

Emotion

A complex reaction pattern, involving experiential, behavioral, and physiological elements, by which an individual attempts to deal with a personally significant matter or event



Emotions are personal but labelled and described consistently



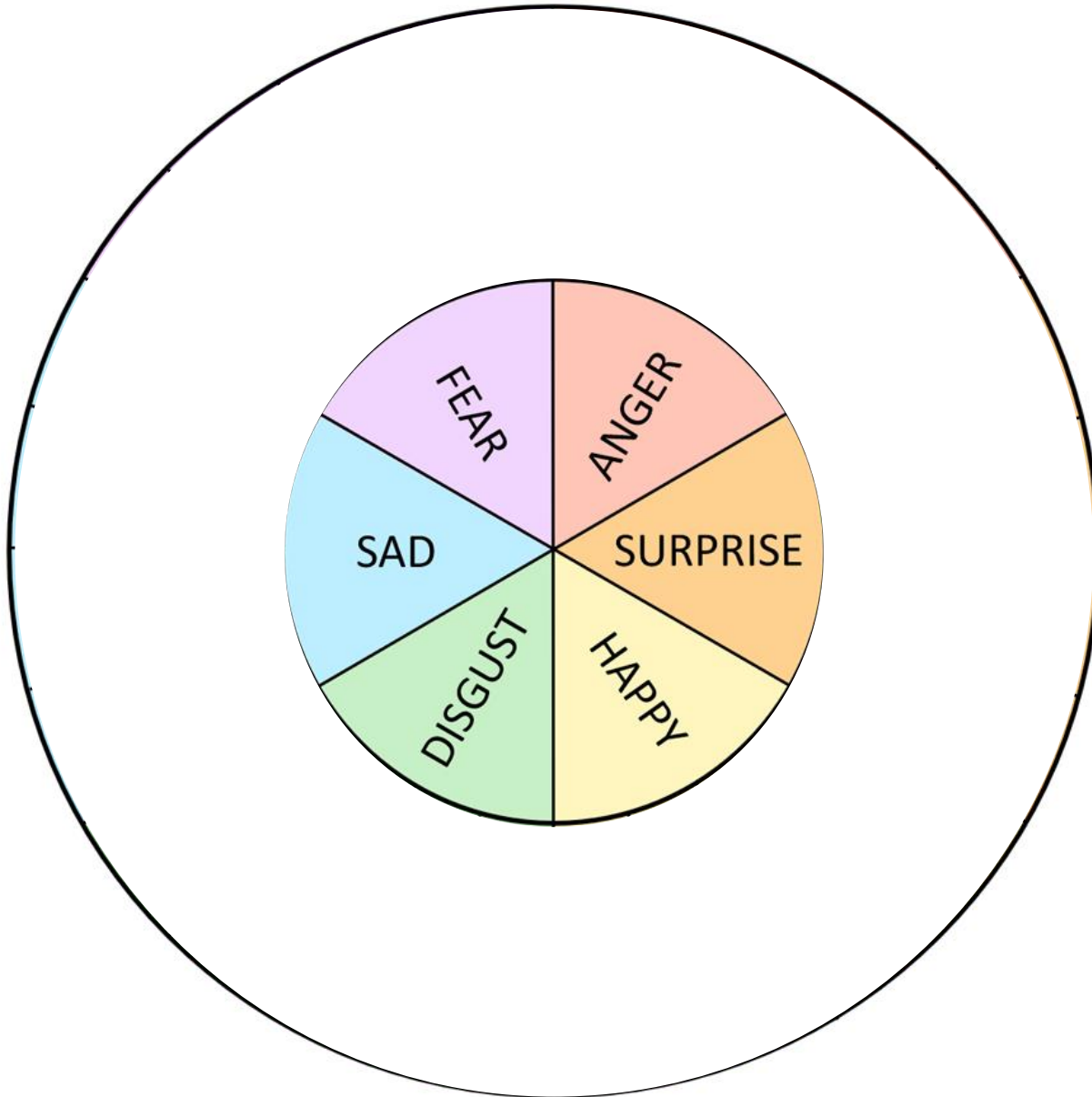
**Physical, Bodily
Responses**

**Thoughts and
Actions**

**Subjective
Experience**



There are primary and secondary emotions



Primary Emotions

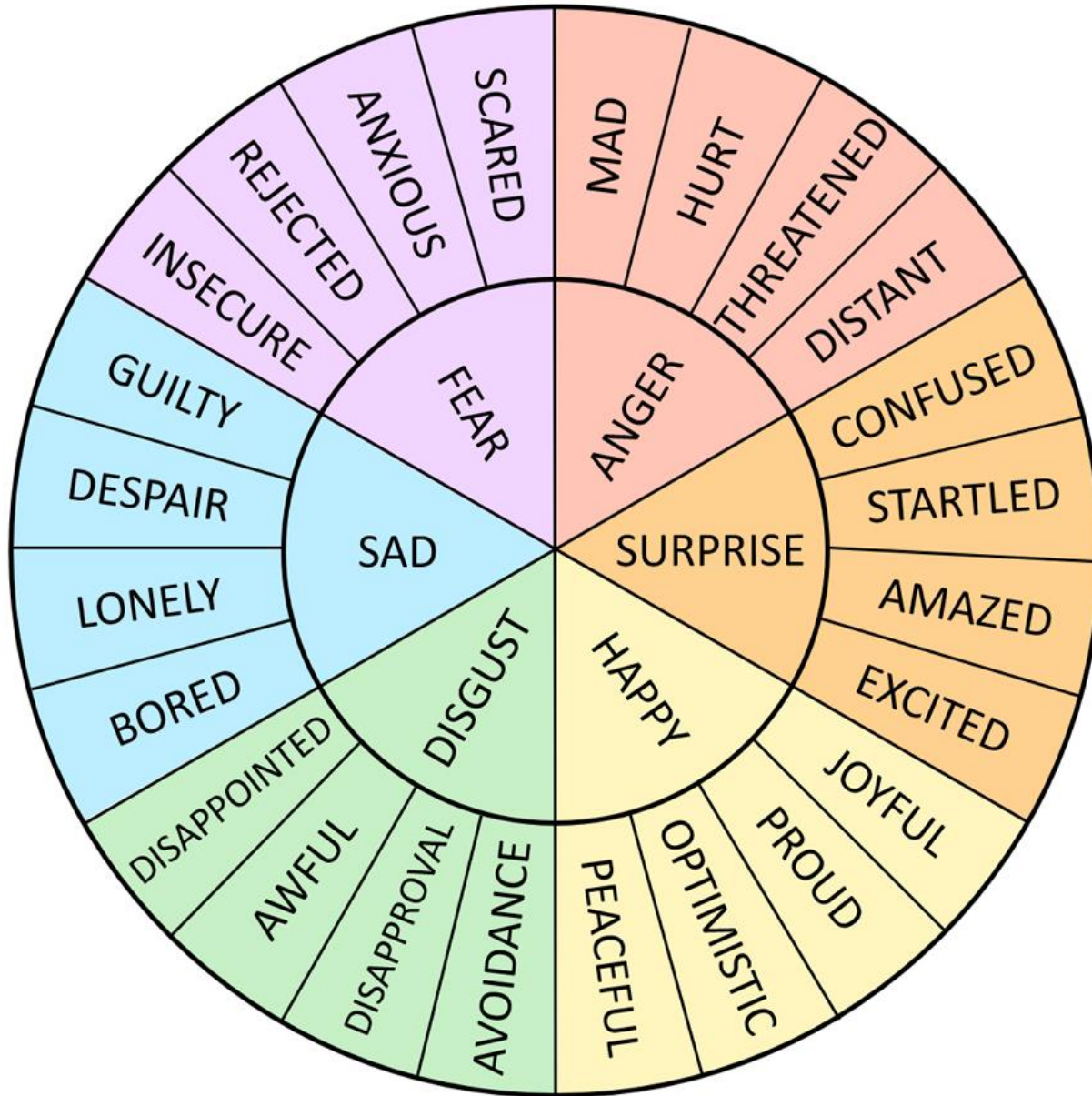
Evolutionarily adaptive

Shared across cultures

Associated with specific physical states



There are primary and secondary emotions



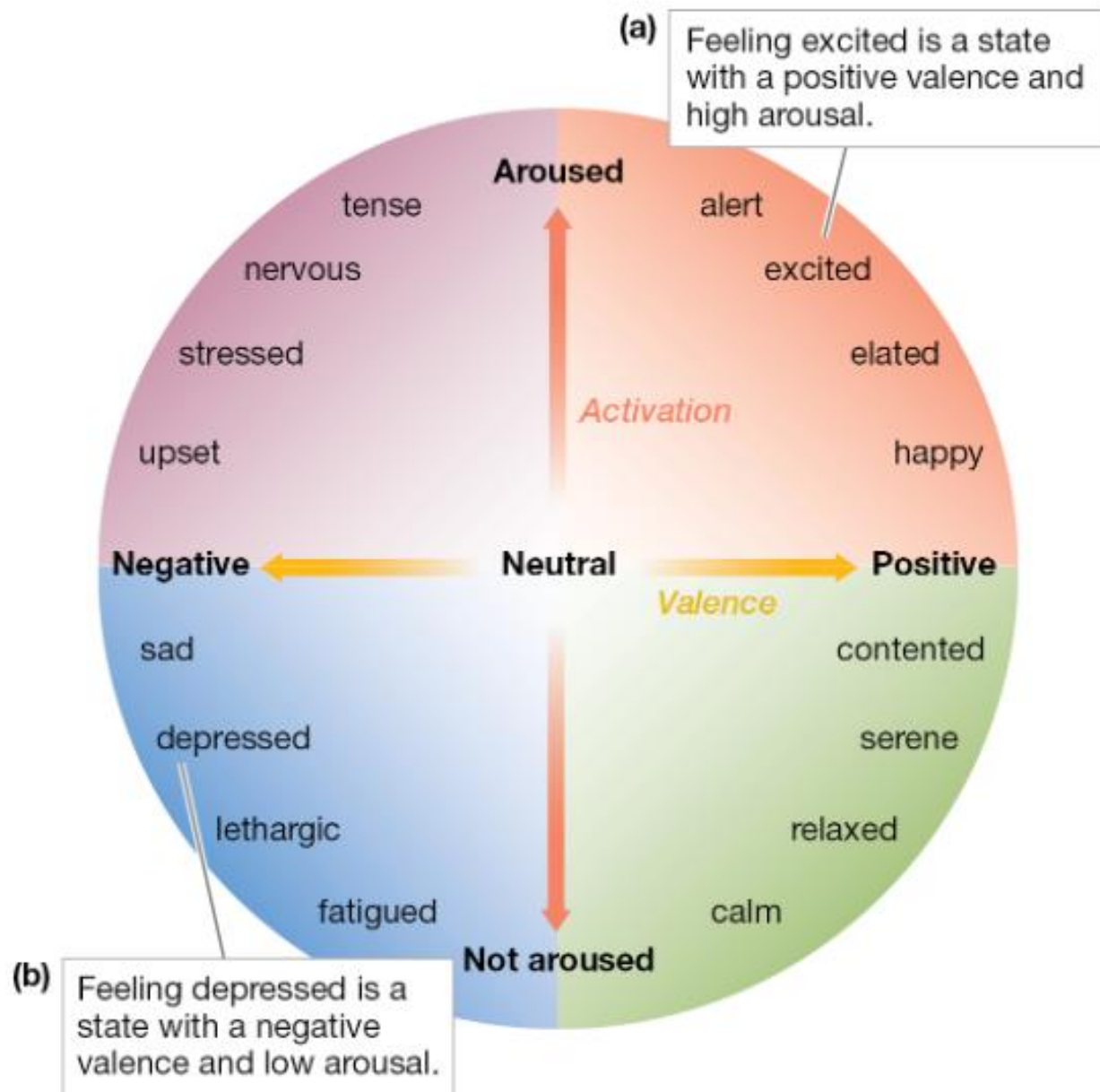
Secondary Emotions

More specific than primary emotions

Can come from combinations of primary emotions (e.g., surprise and happiness make excitement)

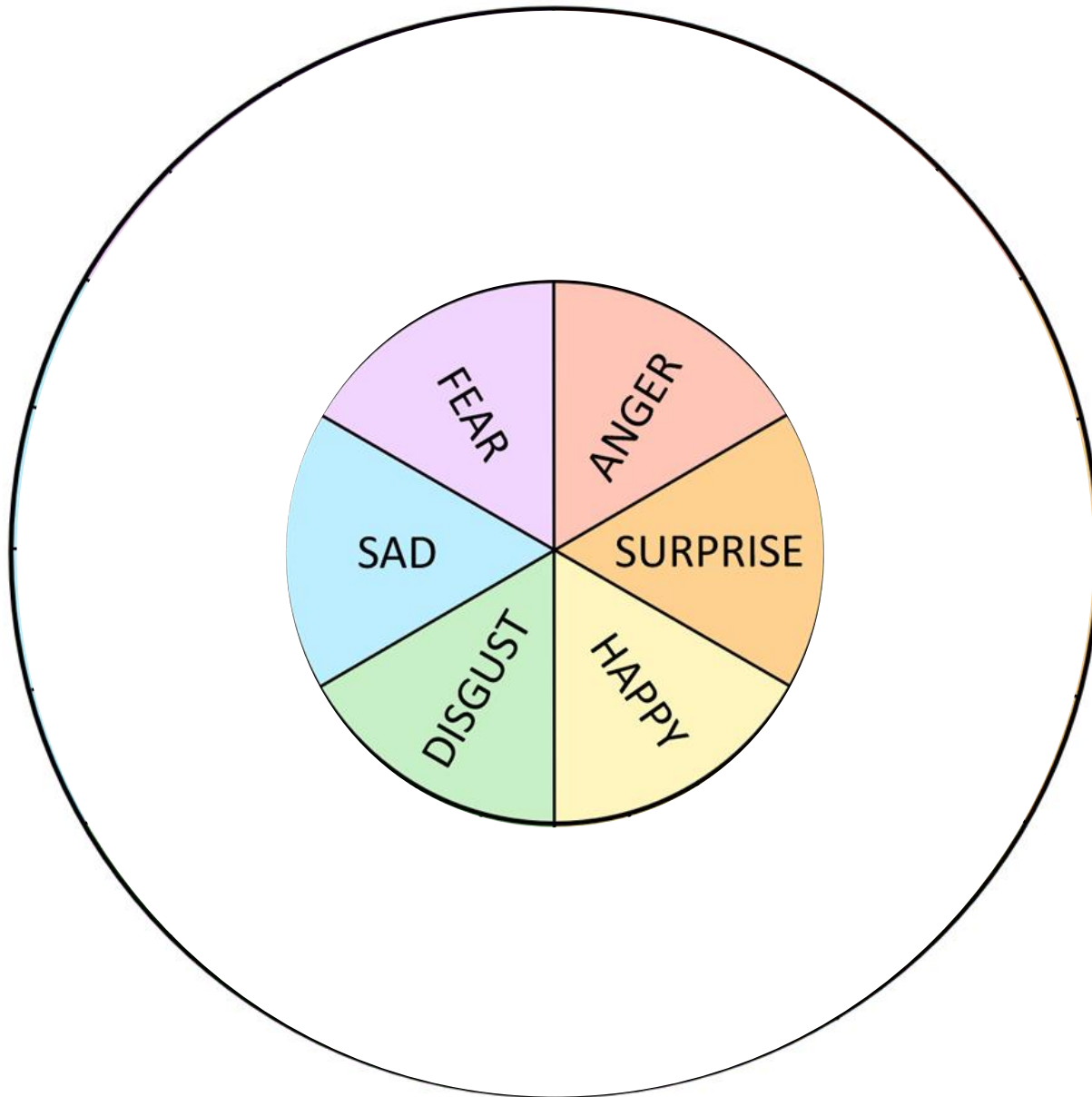


Emotions are described by valence and arousal (or activation)





There are primary and secondary emotions



This term, we've covered many instances where evolution explains why aspects of the human experience are adaptive. Why would these primary emotions be adaptive? In a group of 2 - 4, choose three primary emotions and discuss reasons why they would be beneficial to evolutionary fitness.





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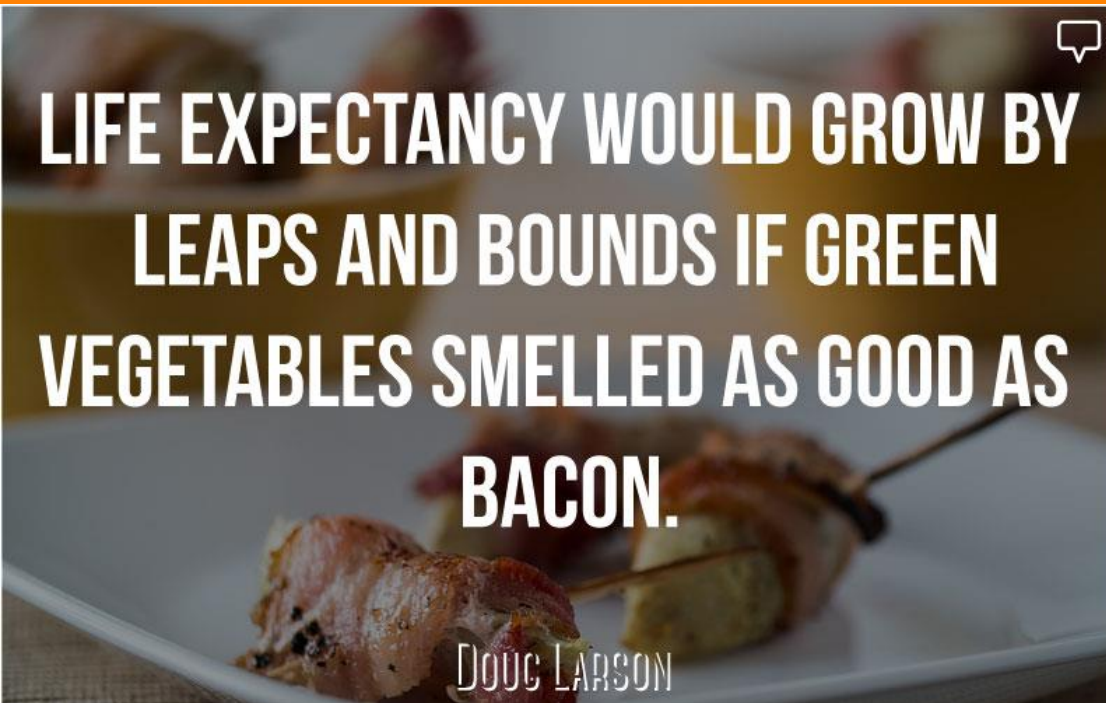
STRESS

COPING STRATEGIES

INTRO TO EMOTIONS



How did we do?



For y'all:

Last module's InQuizitive and Reflection Journals **due tonight!**

Friday Quiz 10 is **April 25**

InQuizitive **due April 27**

Reflection Journal **due April 27**

Collab Project **due April 30**