

Mind body relationship

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Basic human behavior

- Basic human needs are the physical as well as psychological needs of human that helps in their growth and development . Abraham Maslow has described theses needs as per the hierarchy that are now known as Maslow's hierarchy of needs

Maslow's hierarchy of need



cont

PHYSIOLOGICAL NEEDS

- It is the biological requirements for human survival e.g Air, food drink, shelter, clothing, warmth, sex, sleep
- If these needs are not satisfied the human body cannot function optimally
- Maslow considered physiological needs to be the most important

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SAFETY NEEDS

- Safety needs means need for protection from elements, security, order, law, stability, freedom from fear
- Safety and security need are about keeping us safe from harm
- If a person does not feel safe in an environment, they will seek to find before they attempt to meet any higher level needs

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LOVE AND BELONGINGNESS NEED

- Belongingness is a quality or state of being an essential or important part of something particularly to a group
- Feelings of belongingness. The need for interpersonal relationships motivations behavior e.g friendship, intimacy, trust, acceptance, receiving and giving affection
- Being a part of a group (family friend) work etc.

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ESTEEM NEEDS

- Esteem means respect or admiration
- Esteem needs are for a higher position within a group and act to fosters pride in their work and in themselves.
- These needs include respect, achievement, confident, recognition, and accomplishment
- Maslow categorized it into 2:
- Esteem of one self - achievement, mastery, independent
- Reputation or prestige

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SELF ACTUALIZATION

- Self actualization means realization of potential
- Self fulfillment
- Seeking personal growth and experience
- It is the highest level of Maslow's hierarchy
- "What a man can be he must be". Is the basis of self actualization
- Desire to become everything that one is capable of becoming

Cont..

BEHAVIOR:

- The range of actions and mannerisms (way of speaking and behaving) made by individuals, organisms, systems in conjunction with themselves or their environment. It is the response of the system of organism to various stimuli or inputs, whether internal or external, conscious or sub conscious, voluntary or involuntary. External reaction to its environment.

Factor affecting human behavior

1. Biological Factors
2. **Psychological Factors**
3. **Social Factors**
4. **Environmental Factors**
5. **Situational Factors**
6. **Cultural Factors**

Cont..

Type of behavior

1. Normal Behavior
2. Abnormal Behavior

Dynamic of behavior

1. Physiological
2. Sociocultural
3. Psychological
4. Motivational drives

Body mind relationship

- Body mind relationship are interrelated with each other . Both are two side of a coin –without one , it is impossible to imagine about the others .

Cont..

- Mind grows Just as the body grows . Body and mind both are directly or indirectly involved in every activity –what ever we are doing in our daily life.
- E.g deep thinking and concertation (i.e mental action) can cause physical fatigue (bodily action) . Similarly rise in blood pressure(bodily action) can cause mental excitement (mental action).

MENTAL HEALTH

- An absence of mental illness is known as mental health. Karl Menninger (1947) defined mental health as, An adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness

Characteristics of mentally healthy person

- 1. Autonomy and independence
- 2 . Accurate perception of reality
- 3. Capability for growth and development
- 4. Positive view of life
- Environmental mastery

EMOTIONAL CONTROL

In every day life emotional have a powerful effect. Our mood choice . Communication and our relationship all are affected by emotions. emotions give a color to our lives. Joy, sorrow , fear , anger , sadness , jealousy all are emotions. Emotion can be positive (such as joy, happiness) or negative (anger sadness).

To attain a healthy and peaceful life, balance between both types of emotion in necessary.

In order to control over the emotions, following point should point be kept in mind

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- Gaining the knowledge about the emotion , their causes consequences
- Understanding not only the other emotions but also ones own emotions , limitations and strengths helps in condition the emotions.
- Keeping one self busy by participation in useful activities will direct the attention away from the emotion provoking experiences

Psychological problem of patient and relatives

1. Stress
2. Neurosis
3. Depression
4. Mania
5. Schizophrenia
6. Delirium
7. Dementia
8. Helplessness

Cont.

- Sleep patterns and sleep quality
- Low self esteem
- Body image problem

Stress



DEFINITION

- Hans Selye defined stress as, "the nonspecific response of the body to any demand for change". Any situation can be stressful for one person whereas it may be challenging for another. For example, cooking may be a stressor for one who hates to spend time in the kitchen, while it may be an exciting challenge for another who loves to cook.

Nature of Stress

Any reaction to change leads to stress, either in a positive or negative way. Our body and mind both are affected by stress. Under normal circumstances, stress prepares the body for emergency action by stimulating the release of certain hormones like adrenaline, increasing the heart rate, and acceleration of body metabolism.

Hence, stress seriously affects person's general health that further leads to decline in daily performance like academic achievements. Therefore, to cope with the stressful events, it is important to recognize the source and effects of stress as early as possible.

Types of Stress

Mainly stress can be of two types:

1. **Acute stress:** Any stressful event that last only for a short duration of time comes under this category of stress.
e. g sitting an exam , starting new job
2. **Chronic stress:** Stressful events that extend over time comes under this category of stress. People ignore the chronic stress until they face some abnormal physical symptoms.

- E.g Death of a loved one , divorce ,relationship problem

Symptoms of Stress

- Stress leads to cognitive, physical, emotional and behavioral changes in a person. Some of the symptoms that occurs due to stressful events are as follows:
- Behavioral symptoms-neglecting responsibilities.
- Cognitive decline-Impaired memory, concentration and judgment.
- Physical symptoms-Increased heartbeat, disturbed sexual function, body aches.
- Emotional changes-irritable, unhappy, restless.

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Dealing/Coping with Stress

- Whenever anyone develops the symptoms of stress then it is prime responsibility to recognize them and take action at once.

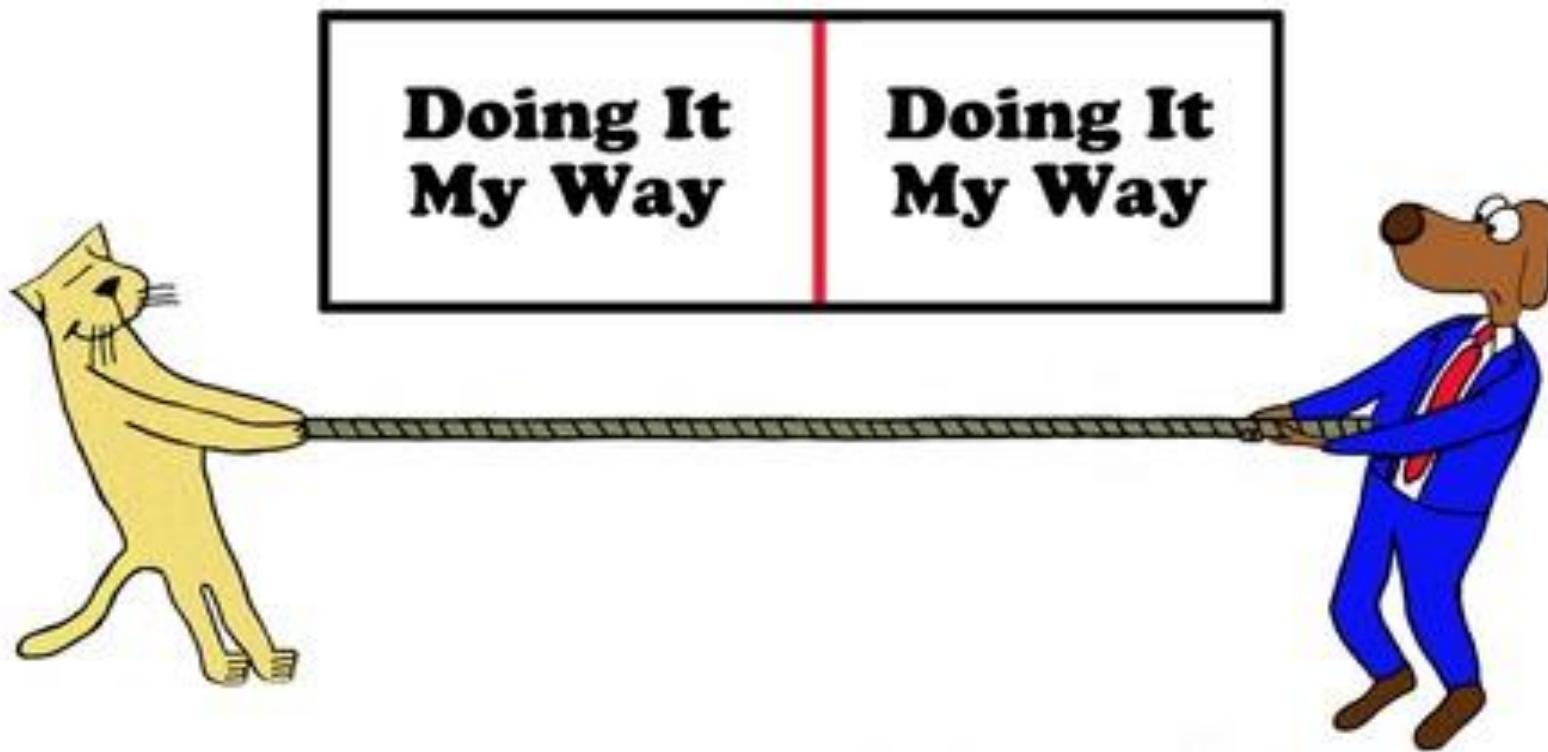
Developing a Stress Free Strategy

- Using "FARE" approach to deal with stressful events.
- F: Flexibility
- A: Awareness
- R: Relaxation
- E: Exercise

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- Flexibility: Flexibility in your life to accept the changes. Try to find out the solution of problem rather than denying it.
- Awareness: To be aware of identifying the source of stress to control the stressful events.
- Relaxation: Follow the complete relaxation routine like deep breathing, body massage, physical workout, etc.
- Exercise: Routine exercise helps to reduce the stress and maintain the health of body

CONFLICT



DEFINTION

- A state of opposition between two or more ideas, interest, goals, etc. When clash occurs between an internal as well as external environment, between two groups, then conflict develop.
- Conflict remains as long as an individual is not able to choose one option out of many.

Conflict-struggle between people with opposing needs, wishes, or demands.

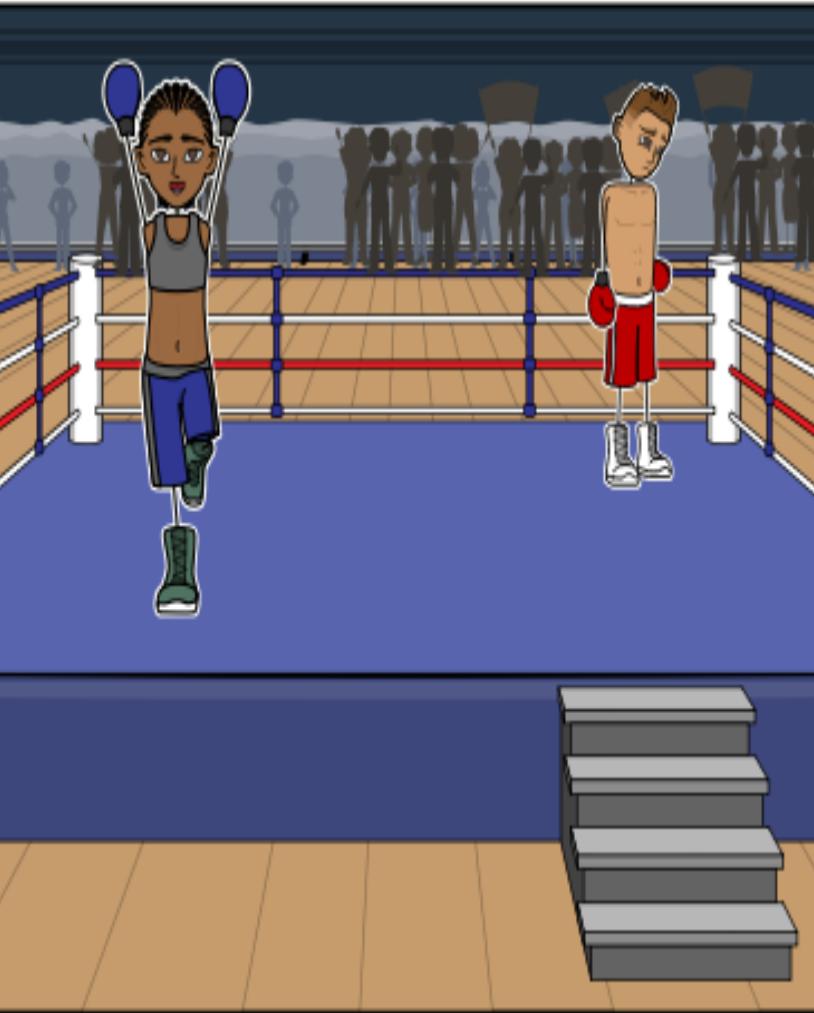
Types of Conflict

- 1. Interpersonal conflict
- 2. Intrapersonal conflict
- 3. Conflict between person and his environment

Dealing with Conflict/Conflict Resolution

- Win-lose approach: Deciding one solution and leaving behind the other is a win-lose approach. E.g I bought a new motorcycle because my older, favorite motorcycle was unrepairable
- Lose-lose approach: When neither person is happy with the outcome, then the lose-lose approach occurs. Issues are never resolved under this approach.
- Win-win approach: Mutually acceptable outcome occurs in this approach. This is the most effective method of resolving the conflict. There are some misconceptions or myths about conflicts.

Win-Lose



Lose-Lose



Win-Win



One side of the negotiation profits at the other's expense. One side of the negotiation comes out ahead.

Neither side achieves a desirable result. Both parties are worse off. Failed negotiations are frequently lose-lose.

The negotiators find mutually beneficial common ground. Both sides are in a better position than before the negotiation.

FRUSTRATION

- Failure to satisfy a basic need that may be due to any type of obstacle Is known as frustration . Extreme tension leads to frustration . An individual is said to be suffering from frustration when he does not know how to get relief from his tension by himself

Sources of frustration

- Conflict with other people
- Environment situation that cannot be controlled
- Economic constraint
- Higher level of aspiration
- Social customs , beliefs , tradition, restrictions
- Conflict within the person

Overcoming Frustration

- Looking at the situation again to know the exact cause
- If required, then modify the goal
- Find out the alternative solution to resolve the frustration
- Accepting the reality
- Think positively
- Withdraw himself from frustrated situations
- Increasing one's potential to deal with the situations

MENTAL MECHANISM

Any mechanism used to protect the person from psychological distress is known as mental mechanism/defense mechanism. Mental mechanism helps the individuals to relief anxiety associated with frustrations and conflicts. A brief description of various defense mechanism and their examples are as follows:

Defense mechanism

1. Compensation
2. Denial
3. Displacement
4. Intellectualization
5. Projection
6. Rationalization
7. Reaction formation
8. Regression
9. Repression
10. Sublimation

ATTITUDE

- Observing the things by our own way is an attitude or it is an inherent psychological entity that characterizes an individual on the basis of learned way of thinking.
- Kimball Young defined attitude as, "a predisposition to respond in a persistent and characteristics manner in reference to some situation, idea, value, material object or class of objects or person or groups of persons'.
- Attitude can be positive or negative. A respective attitude toward our elders is a positive attitude, on the other side, a hatred attitude toward a particular person or community is an example of negative attitude.

Developmental Changes in the Attitude

We are born and grown up into a social environment that helps to absorb the attitude spontaneously and passively. In the development of attitude, heredity plays very small role but environmental factors are the major contributors for development of attitude.

Factors Responsible for Change in Attitude

