

POWER OF POSITIVITY

DURGA K. S, PSYCHOLOGY DEPARTMENT

MENTAL HEALTH

Mental health is as a state of well-being where individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and is able contribution to her or his community/ society

STRESS

Stress is the body's reaction to any change that requires an adjustment or response

BODILY REACTION TO STRESS

- ▶ **physical,**
- ▶ **mental,**
- ▶ **emotional responses,**

STRESSOR

Social and physical environmental circumstances that challenge the adaptive capabilities and resources of an organism.

MEDITATION

Meditation can be **defined** as a set of techniques that are intended to encourage a heightened state of awareness and focused attention.

WAYS TO REDUSE STRESS

1. Exercise.. ...
2. Relax Your Muscles. When you're **stressed**, your muscles get tense. ...
3. Deep Breathing. ...
4. Eat Well. ...
5. Slow Down. ...
6. Take a Break. ...
7. Make Time for Hobbies. ...
8. Talk About Your Problems.

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HEALTH BENEFITS OF MEDITATION

- ▶ You use oxygen more efficiently.
- ▶ Your adrenal glands produce less cortisol.
- ▶ Your blood pressure normalizes.
- ▶ Your heart rate and breathing slow down.
- ▶ Your immune function improves.
- ▶ Your mind ages at a slower rate.
- ▶ Your mind clears and your creativity increases.
- ▶ You sweat less.

PSYCHOLOGICAL BENEFITS

Psychological benefits are

- ▶ **1. Better focus and concentration**
- ▶ **2. Improve self-esteem and self-awareness**
- ▶ **3. Reduce stress**
- ▶ **4. Manage anxiety**