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Jak se starat o sebe, abychom se mohli starat o druhé

Miroslav Světlák

MUNI Ústav psychologie
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OSLOVENÍ LIDSKOSTI V NÁS





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Nestresovat se aneb diktát štěstí



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Does the Perception that Stress Affects Health Matter? The Association with Health and Mortality

Abiola Keller, Kristin Litzelman, Lauren E. Wisk, Torsheika Maddox, Erika Rose Cheng, Paul D. Creswell, and Whitney P. Witt
University of Wisconsin - Madison

43%

Mind over Matter: Reappraising Arousal Improves Cardiovascular and Cognitive Responses to Stress

Jeremy P. Jamieson,

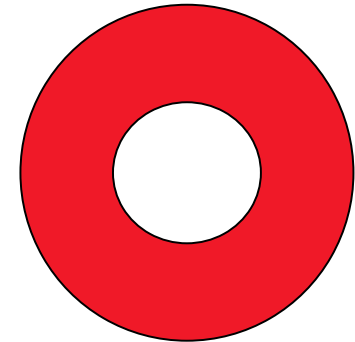
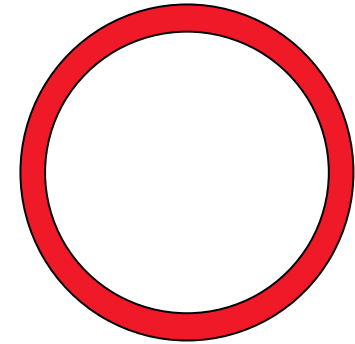
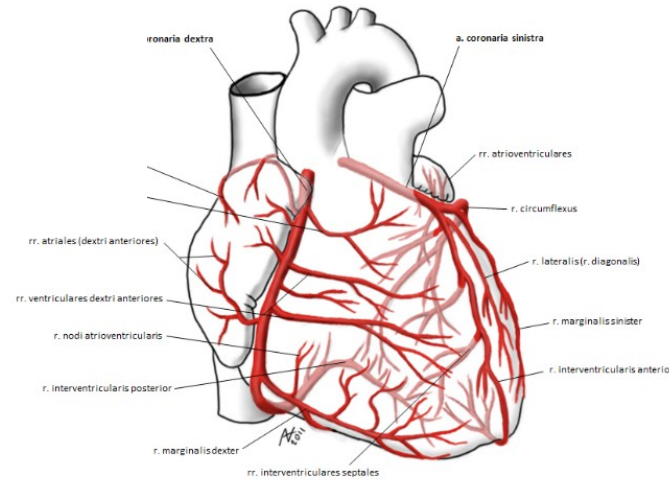
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Péče podporuje resilienci

Giving to Others and the Association Between Stress and Mortality

Michael J. Poulin, PhD, Stephanie L. Brown, PhD, Amanda J. Dillard, PhD, and Dylan M. Smith, PhD

In a seminal review published more than 20 years ago, House et al. described the strong association between social connections and physical health.¹ The researchers concluded that socially isolated people, compared with those with strong social ties, were at substantially increased risk of mortality and morbidity. In fact, the magnitude of the association between social isolation and mortality was comparable to that for high blood pressure, smoking and sedentary lifestyle, even after statistical controls for other known risk factors such as baseline health. Despite the robustness of this effect, it remains unclear what aspects of the social environment influence physical health outcomes.

One hypothesized link between social connections and health is that the social support people receive from their network of friends

Objectives. We sought to test the hypothesis that providing help to others predicts a reduced association between stress and mortality.

Methods. We examined data from participants (n = 846) in a study in the Detroit, Michigan, area. Participants completed baseline interviews that assessed past-year stressful events and whether the participant had provided tangible assistance to friends or family members. Participant mortality and time to death was monitored for 5 years by way of newspaper obituaries and monthly state death-record tapes.

Results. When we adjusted for age, baseline health and functioning, and key psychosocial variables, Cox proportional hazard models for mortality revealed a significant interaction between helping behavior and stressful events (hazard ratio [HR] = 0.58; $P < .05$; 95% confidence interval [CI] = 0.35, 0.98). Specifically, stress did not predict mortality risk among individuals who provided help to others in the past year (HR = 0.96; 95% CI = 0.79, 1.18), but stress did predict mortality among those who did not provide help to others (HR = 1.30; $P < .05$; 95% CI = 1.05, 1.62).

Conclusions. Helping others predicted reduced mortality specifically by buffering the association between stress and mortality. (*Am J Public Health.* 2013;103:1649–1655. doi:10.2105/AJPH.2012.300876)

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Stres nás činí sociálnější!!!!



<https://janegoodall.ca/our-stories/finding-love-among-chimpanzees/>
<https://youaremom.com/babies/relatives-newborn-baby-before-mother/>

Zajímavé, ale co s tím v praxi????

☉ Soucit a sebe-soucit

- ☉ Sdílená lidskost
- ☉ Laskavost
- ☉ Přílišná identifikace

☉ Odpovědnost

- ☉ Jak moc a za co?

☉ Ego a představy

☉ Přehodnocení

☉ Akceptace

☉ Péče

☉ Sdílení

☉ Flexibilita mezi rolí a lidskostí

Nebojme se být ve stresu, jen to dělejme s plným vědomím všech souvislostí

- Být ve stresu je přirozené
- Necítit v životě negativní emoce je nemocnější, než je s plným vědomím cítit a pracovat s nimi (nebudme Zombie)
- I když se lišíme ve spouštěčích stresu, v prožitku jsme s našimi pacienty na stejné lodi
- Stres propojuje, jen si dovolme být druhými vidět
- Zdraví spočívá ve flexibilitě pohybu mezi rolí zdravotníka a obyčejným člověkem bez titulu a funkce
- Přerámujme, co ve stresu děláme
- Přemýšlejme, jak se do stresu dostáváme

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Děkuji Vám za vaši laskavou a všímavou pozornost.

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