



BEING A HUMAN ... that's enough

Module 4 PSYCHOHYGIENE IN OUR LIVES

The Workbook for the Programme Participants

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Module IV. PSYCHOHYGIENE IN OUR LIVES

The Workbook for the Programme Participants

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*“The greatest art is not to lose your balance in luck
and in unfortunate your peace.”*

Victor Hugo



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MODULE 4 PSYCHOHYGIENE IN OUR LIVES

Mental health is the important part of everyone's life. When it disappears, your life will stop having the right "taste".

By caring for our mental health we can effectively prevent physical and mental illnesses. With regular psychohygiene we can positively affect the quality of our lives and relationships with our surroundings. This also helps to increase our work performance and to experience the subjective satisfaction, in other words – to feel good.

But not everyone knows how to do it. In the following task we will think about some areas of our mental life and we will together support building and strengthening of our mental health.



TASK 4.1: Am I OK?

Evaluate your own mental life according to WHO's criteria. Think about how you feel about these criteria of mental life inside and answer next questions:

1. Do I have a good attitude towards myself?

Do I use to get overwhelmed by emotions of sorrow, anger, own pettiness and so on? Do I underestimate my skills? Do I overestimate my skills? Do I accept myself as I am?

2. Am I able to handle the demands of the life?

Do I manage problems? Do I run away from them? Do I plan in advance? Am I afraid of the future? Do I take advantage of the opportunities that I have?

3. Do I feel good among the other people?

Self-reflection: How is my mental health? Do I manage my life or I need to ask the specialist for help?



TASK 4.2: Mirror Messages

Many of us look in the mirror almost daily. Sometimes we are satisfied with what we see, sometimes not. Pick up the mirror now, and write down everything what comes to your mind when looking in the mirror.

Me in the mirror:



Now divide your expressions to positive and negative ones, please.
Which ones do prevail, positive or negative?

Mirror message

Write what good and encouraging the mirror could tell you. Formulate the encouraging “mirror message” to the hard times, which you can then stick on your mirror at home. Every time when you look in the mirror, read also this encouraging message.





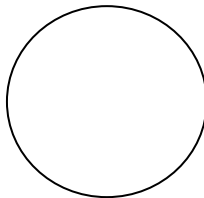
TASK 4.3: Map of My Important Relationship

Close relationships often play conflicting roles in our lives. On the one hand, they are one of the most common sources of stress and, on the other hand, they provide support and a source of strength in dealing with common and extremely difficult life situations.

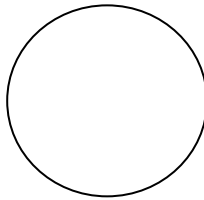
Review your close relationships and the people who support you.

1. Write your name into the circle.

2. From the circle with your name draw beams with circles at the end, into these circles write the names of the people who you are in the relationship with, and this relationship is important for you. The length of the beam should reflect the closeness between you and the person. To each drawn relationship write what this relationship gives you, in what way it helps you.



3. Into the second picture draw the ideal situation, it means, draw into the picture other circles with the names of some another people, or you can draw the circle of certain person closer or further, or delete it completely.



4. Finally, complete the following sentences:

The people, who I can rely on, are ...

I am satisfied in the relationships with ...

I am not satisfied in the relationship with ...

To be more satisfied with my relationships, I could try ...



TASK 4.4: Stress Symptoms

Think about what usually causes your stress and what stress symptoms you watch at yourself.

Answer the following questions:

1. Which stress symptoms do you watch on yourself? Write down all symptoms that you have noticed on yourself during the stressful situations.

2. What does cause the most of the stress in your life?

TASK 4.5: An Antistress Cookbook



Think about the ways of ventilating stress in your life and also about their effectiveness.

To the first column in the chart write the different ways of ventilating the stress and to the second column write down how effective is each of this way (how well it works).

If you use more than 10 ways, write only the most important (the most effective) ten.

My ways of stress ventilating	Effectiveness of these methods
Day trip to the mountain	It is very effective, but it can be applied only on free days and when the weather is nice
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Self-reflection: Do I use enough effective and safe ways of ventilating the stress? If not, what am I going to do about it?

(Our tip: If you need to extend your Antistress Cookbook, share your ventilating the stress ways with the others and be inspired by which ways help them to ventilate the stress.)





TASK 4.6: Positive Thinking

Our thoughts that flow through our mind can be positive but they can also hurt, if the negative ones start to prevail.

If we carry many unsolved memories, experiences and wrongs or feelings of inferiority inside us, they can make that we will look at the world from a negative perspective.

Good news is that we can identify the negative flow of ideas and we can replace it with the new positive and constructive “inner records”.

We call this process reprograming. It is like we replace the old record with the new one on a computer.

Now try one of the method how to do it:

1. For one week write down and control all negative statements which flow through your mind and which you use in the relation to yourself or to the other people. Then make a list of the thoughts and restrictive formulations that you want to get rid of (e.g. I cannot, may not, I am... and so on).

2. To each of the negative statement or idea you want to eliminate write a new positive formulation. Make a full list of such new reinforcing formulations.

3. Every morning and evening read loudly this your “personal statement document” at least twice. It is ideally to carry your list (or at least a part of it) still with you, until the old records are “fully reprogrammed”.

Self-reflection: How am I doing with “reprogramming” of the old records?
Are my personal statements really encouraging and positive?
Do I need any support in meeting this challenge? Whom I could turn to if need some help?

MODULE 4 FINAL TASK: Principles of Psychohygiene

One effective way how to maintain the mental balance is knowing of the principles of the psychohygiene and their persistent application in the life.

There are some generally applicable principles, but each of us has its own specifics. The basis of all psychohygiene is therefore knowledge of oneself, what and how it works for me. If we know ourselves, it is half a success.

The final task of the module about the psychohygiene is focused on self-reflection, how you apply the psychohygiene in your life. In making this task you can use as a help the all generally principles of psychohygiene named in the annex.

According to the acquired knowledge from this module and also your experiences, define your own personal principles of the psychohygiene. Do not forget, you will gain and maintain the mental balance mainly through their persistent application in your life.

MY PRINCIPLES OF PSYCHOHYGIENE

Annex: Basic Principles of Psychohygiene

BASIC PRINCIPLES OF PSYCHOHYGIENE

The following generally principles of the psychohygiene name the areas which affect our mental health. It is good to take stock from time to time, how it is in our life and if necessary to make some changes for the better.

1. HEALTHY LIFESTYLE

a) an adequate diet – keeping the rules of a healthy diet (a balanced diet, eating in smaller quantities and more often, avoiding the junk food before the sleep...).

b) enough movement – regular, moderately intense movement or physical activity has immediate effect on the psyche – relieves stress, evokes a feeling of happiness, well-being and overall improves the state of mind which is more resistant to the negative influences.

c) sufficient sleep – many regeneration processes, which provide proper functioning of the organism, go on during sleep. We are very different in the need of sleeping, its need changes e.g. according to the age. For sleep problems it is the most important to find out what is causing the problem.

d) avoidance of drugs – taking drugs affects negatively the chemical processes in the brain. Some drugs stay in the body (in blood and urine) even after the single use up to 4-6 weeks, until the body copes with them. *Tip: In the case of impact learning, it is appropriate to replace energy drinks with loose green or black tea, which encourage concentration of attention for a considerably longer period of time.*

2. DAILY ROUTINE AND ACTIVITIES

a) daily biorhythms – a human is biologically set to a certain biorhythm, regularity. The body clock of every person determines his alertness and performance, so it is good to know your performance curve.

Correct distribution of activity throughout the day, in accordance with the body clock, supports the mental health and well-being.

b) alternating load (work, learning...) with rest time (sport, relaxation, hobbies...) – time period, when we can fully concern on work, is about 1,5 – 2 hours. After this time, it is good to have rest for a while, or to change an activity. The ideal way is alternating physical and mental activity.

c) effective time management – in managing the everyday tasks the ABCD analysis can be helpful: In your tasks list for the next work day or period, mark the tasks with: A letter, if they are urgent and important, B letter, if the tasks are important but less urgent, C, if the tasks are less important and urgent, D, if the tasks are little important and little urgent. Do not forget to alternate the difficult and relaxing tasks when fulfilling them.

3. PARTNERSHIP, FAMILY, FRIENDLY RELATIONSHIPS

a) to reserve time for a family and a social life – good family relationships, love, friendship, respect, or recognition are important for the human mental health.

b) social support – it is good to surround yourself with the people who can help you, listen to and understand you, when you need it the most. Therefore, it is good to reserve the time for building the relationships with them.

4. CLEAR GENERAL CONCEPT OF YOURSELF, THE WORLD AND YOUR WORK

a) honour yourself – to have a healthy good relationship with yourself – to accept yourself as you are, with your strengths but also with the weaknesses – is necessary for your mental health.

b) proactivity (activity) versus responsiveness (response to what the circumstances “bring” me) – if we want to live the life that we long for, we must take the responsibility and actively participate in the creating our future.

c) coping with stressful situations – in dealing with any stressful situation it is good to try to:

- to eliminate or at least to reduce intensity of the negative emotions (worries and fear, threat feeling, anxiety) – e.g. talking with the person who I trust; listening to good music, etc.;
- to think about the stress situation – think over, what has really happened, if it is really so bad, or what is bad and what is/could be good there;
- to exert willpower to overcome obstacles – to accept the change we cannot change; to change, to re-create what we can change – in small steps, but persistently to shape yourself and/or your environment.

d) optimistic worldview, sense of humour – laugh is the best medicine for the mind, body and soul of the human. It stimulates the organs, improves our immune system, helps to cope with pain and the stress, encourages in difficult times.

NOTES



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