

6 Criteria For Positive Mental Health

(*Seneca: De Vita Beata, translation by G.A.F.*)

1. Autonomy (regulation of behaviour from within)
2. Environmental mastery
3. Satisfactory interactions with other people, the milieu
4. The individual's style and degree of growth
5. Development or self actualisation, the attitudes of an individual toward his or her own self (self perception or acceptance)
6. The individual's balance and integration of psychic forces, a unifying outlook on life which guides actions and feelings for shaping the future accordingly, and resistance to stress (resilience and anxiety / frustration tolerance)

Happy is the life that is in accordance to its nature, and this is possible only when the mind, first of all, is healthy any time; then, if it is strong and energetic, definitely patient, capable of mastering everything; concerned with the body and its belongings, but without anxiety; lover of what is life, but with detachment; willing to take advantage of the gifts of fortune, without being its slave.

Social relationships and mortality risks: a meta analytic review

Julianne Holt-Lunstad, Timothy B. Smith, et al

PLoS Med 2010;7:e1000316

Strong social relationships decrease the likelihood of mortality by 50%. The study of social rewards may be particularly relevant to understand the dynamics between health and disease in a large part of world's population.

Reward system and pleasure system is more powerful and plastic than our academic textbooks have ever dared to imagine.

Well-being: An Important concept for Psychotherapy and Psychiatric Neuroscience

Gregor Hasler

Editorial. Psychother Psychosom 2016;85:255-261

Abstract 59 from Abstracts of the Fourth annual conference of the European Association of Psychosomatic Medicine (EAPM) held at Sweden, June 16th to 18th 2016 (www.eapm.com)

High Morale Is Associated With Increased Survival in the Very Old

J. Niklasson et al Sweden

Age and Ageing 2015; 44: 630-636

Conclusion : High morale is independently associated with increased survival among very old people. The 5 year survival rate was 55.6% for those with high morale, 31.9% for those with low morale and 39.4% in those with moderate morale.

Abstracts of the Fourth annual conference of the European Association of Psychosomatic Medicine (EAPM), held at Sweden 16th -18th June 2016

The physiology of willpower: linking blood glucose to self-control.

Gailliot MT1, Baumeister RF.

Pers Soc Psychol Rev. 2007 Nov;11(4):303-27

Past research indicates that self-control relies on some sort of limited energy source. This review suggests that blood glucose is one important part of the energy source of self-control. Acts of self-control deplete relatively large amounts of glucose. Self-control failures are more likely when glucose is low or cannot be mobilized effectively to the brain (i.e., when insulin is low or insensitive). Restoring glucose to a sufficient level typically improves self-control. Numerous self-control behaviors fit this pattern, including controlling attention, regulating emotions, quitting smoking, coping with stress, resisting impulsivity, and refraining from criminal and aggressive behavior. Alcohol reduces glucose throughout the brain and body and likewise impairs many forms of self-control. Furthermore, self-control failure is most likely during times of the day when glucose is used least effectively. Self-control thus appears highly susceptible to glucose. Self-control benefits numerous social and interpersonal processes. Glucose might therefore be related to a broad range of social behavior.

Post stress symptoms were mainly associated with an endophenotype of norepinephrine (NE) depletion.

Hellhammer J. et al

Psychother Psychosom 2016;85:36-44 .

[10.1159/000438866](https://doi.org/10.1159/000438866)

Psychological factors influence the symptoms of Gastroesophageal reflux disease (GERD) and their effect on quality of life in Korean Fire Fighters

S.Y. Lee, D.I. Jon, M. Kyung-Joon

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.266>

Conclusion : The results indicate that psychological symptomatology, depression, anxiety, occupational stress and self esteem are associated with GERD-related symptoms. Acknowledging this common comorbidity may facilitate recognition and treatment, and opens new question as to the pathways and mechanisms of the association.

Falling Dreams:

Falling dreams are the most frequent among all the common dreams we experience in our lifetime. Researchers say the average human will dream about falling to his death more than 5 times in their life.

Falling in a dream is a red flag from your subconscious that something in your life — finances, a relationship, career, etc. — is rapidly going in the wrong direction. It means it is time to redirect the situation immediately! Falling dreams are also common for people who suffer from depression.