



EXPLORING THE HEALTHY MIND: AN INSIDE JOB

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"For the moment, what we attend to is reality." William James (1890)

Exploring the Healthy Mind: Disorders

A clinically significant behavioural or psychological syndrome or pattern

- ... associated with present distress or disability or with a significantly increased risk of suffering death, pain, disability, or an important loss of freedom.
- ... must not be merely an expectable and culturally sanctioned response to a particular event, for example, the death of a loved one.
- ... whatever its original cause, it must currently be considered a manifestation of a behavioural, psychological, or biological dysfunction in the individual.

Exploring the Healthy Mind: Disorders

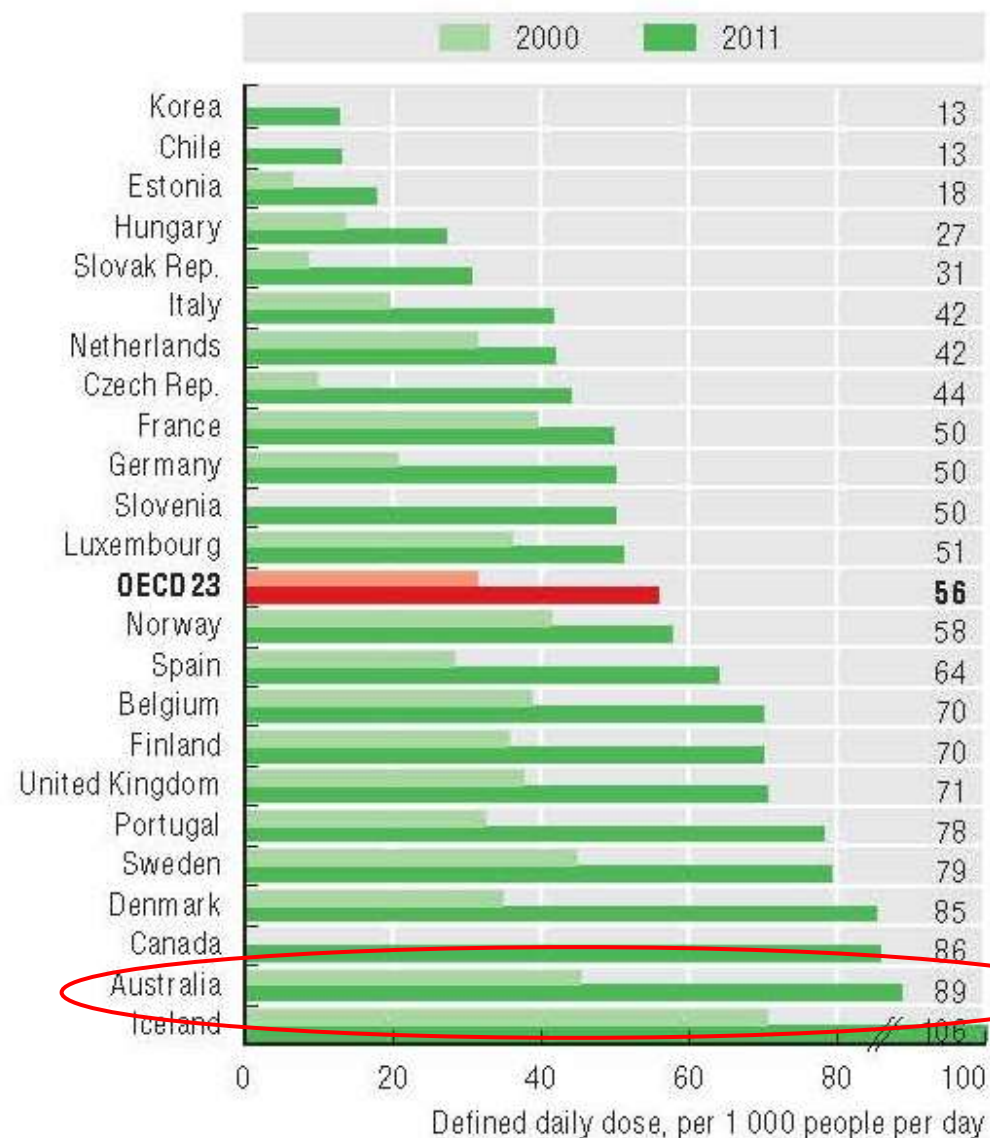


behavioural
distractibility
expectations,
or




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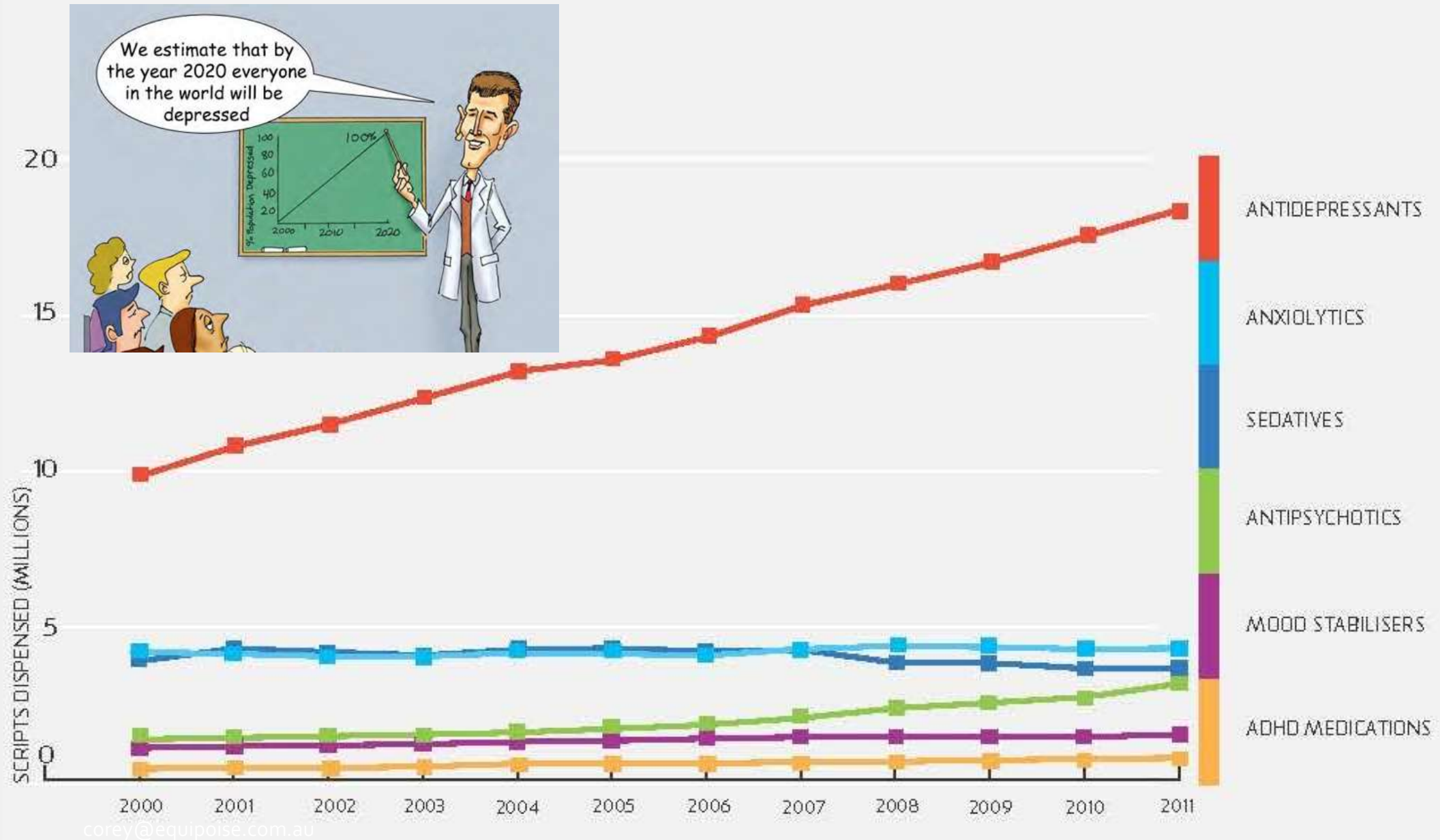
4.10.4. Antidepressants consumption, 2000 and 2011 (or nearest year)



Source: OECD Health Statistics 2013, <http://dx.doi.org/10.1787/health-data-en>.

StatLink  <http://dx.doi.org/10.1787/888932917750>

Growth in Psychotropic Prescriptions in Australia from 2000-2011



Indian rickshaw driver footage taken
from the documentary '*Happy*'
<http://www.thehappymovie.com/>

The particular clip can be found here:
<https://youtu.be/wZErD8b1gw4>



Authentic Happiness

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Questionnaire Center

Please log in to take questionnaires. If you need to register for an account, click the Login menu above and choose Register.

Emotion Questionnaires	My Score	Result Range	Last Taken	Options & Details
Authentic Happiness Inventory Measures Overall Happiness	N/A	N/A	N/A	Take Test
General Happiness Scale Assesses Enduring Happiness	N/A	N/A	N/A	Take Test
PANAS Questionnaire Measures Positive and Negative Affect	N/A	N/A	N/A	Take Test
CES-D Questionnaire Measures Depression Symptoms	N/A	N/A	N/A	Take Test
Fordyce Emotions Questionnaire Measures Current Happiness	N/A	N/A	N/A	Take Test
Engagement Questionnaires	My Score	Result Range	Last Taken	Options & Details

Exploring the Healthy Mind: Being Happy

- “Well-being and happiness never appeared to me as an absolute aim. I am even inclined to compare such moral aims to the ambitions of a pig.”

Albert Einstein

- “I believe that the very purpose of our life is to seek happiness. Whether one believes in religion or not, whether one believes in this religion or that religion, we all are seeking something better in life. So, I think, the very motion of our life is towards happiness.”

Dalai Lama

Exploring the Healthy Mind: Being Happy

- ... wealthy to the poor, from teenagers to the elderly, and from Australians to South Koreans ... strong materialistic values are associated with a pervasive undermining of people's well-being ... depression and anxiety ... headaches ... and to personality disorders, narcissism, and antisocial behaviour." **Tim Kasser (High Price of Materialism, p22)**



Receptor downregulation with repeated drug exposure

1. 1st time on the drug



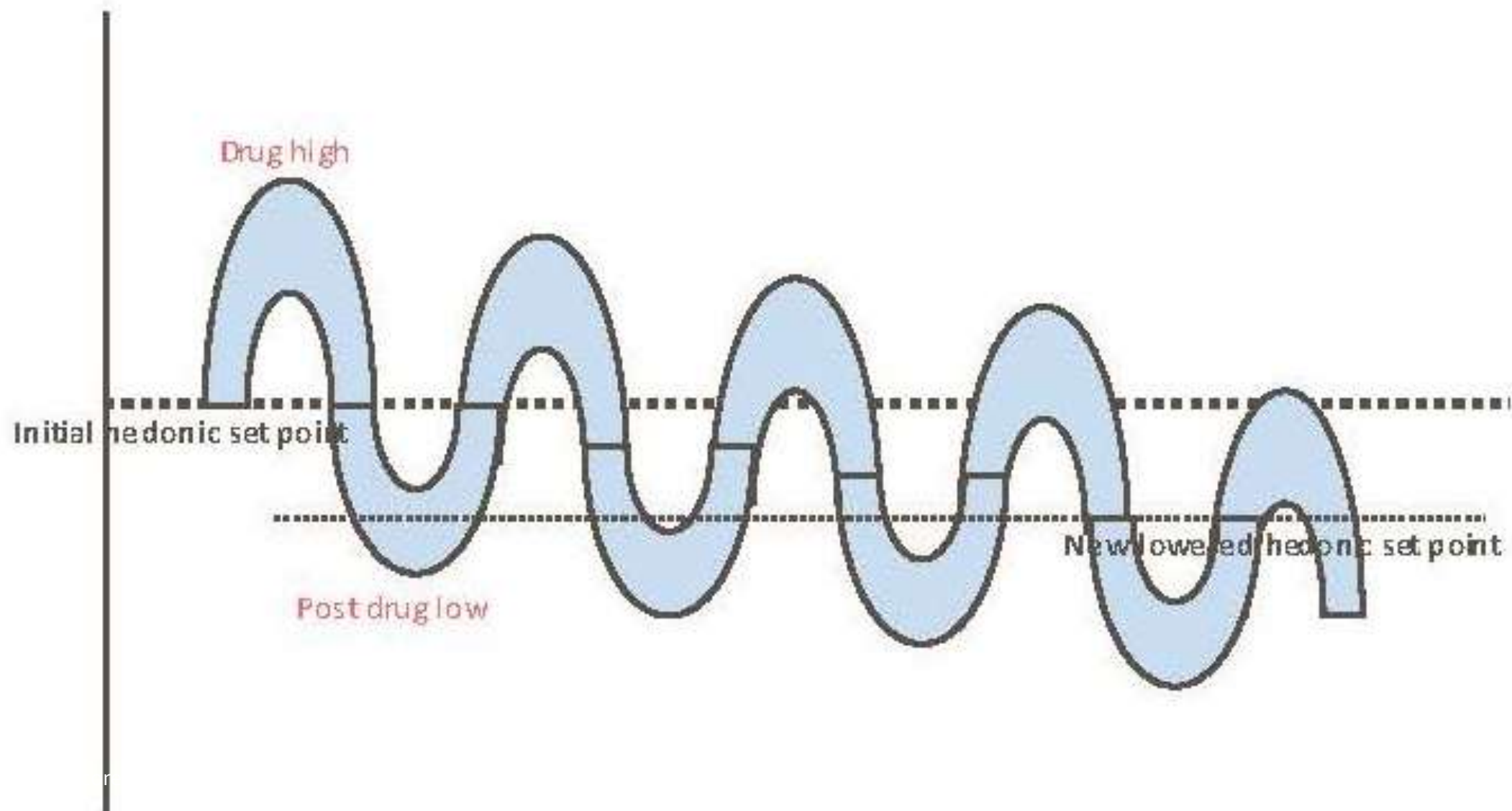
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2. 100th time on the drug



Shifting hedonic set point with repeated drug use

(George Koob and others)



Exploring the Healthy Mind: Being Happy

Hedonic Happiness:

Happiness (wellbeing) derived from what we *get from the world*.

Genuine Happiness (Eudaimonia):

Happiness (wellbeing) derived from what we *bring to the world*.

Aristotle considered Eudaimonia to be "*the activity of the soul in accordance with [the best and most complete] virtue*"?

Exploring the Healthy Mind: Ancient Brain – Modern World

- Central Nervous, emotion and attention systems well adapted.
- Resolution of short term issues with automatized (habitual) behaviour.
- Escape threat (fear).
- Fend off aggressive neighbour or subordinate (anger).
- Cement social bonds (enjoyable emotions). ...



Exploring the Healthy Mind: Ancient Brain – Modern World

- Attention is more drawn toward negative.
- We will interpret neutral as negative.
- Evolutionary advantage.



Exploring the Healthy Mind

Week

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Google
discon
refuse
by Pa

Justin Rosenstein had tweaked his laptop's operating system to block Reddit, banned himself from Snapchat, which he compares to heroin, and imposed limits on his use of Facebook. But even that wasn't enough. In August, the 34-year-old tech executive took a more radical step to restrict his use of social media and other addictive technologies.

Rosenstein purchased a new iPhone and instructed his assistant to set up a parental-control feature to prevent him from downloading any apps.

He was particularly aware of the allure of Facebook "likes", which he describes as "bright dings of pseudo-pleasure" that can be as hollow as they are seductive. And Rosenstein should know: he was the Facebook engineer who created the "like" button in the first place.

Share

Friday 6 October 2017 10:00

AEST

Exploring the Healthy Mind: Being Happy

The Grant Study

- Harvard University Health Services examination of 268 members of Harvard classes between 1939 and 1944.

The Gluek Study

- 456 young men from inner-city Boston neighborhoods between 1940 and 1945 (low SES).

Exploring the Healthy Mind: Being Happy

- Today, just 68 of the Harvard cohort are still alive, many in their early 90s, while 120 of the Glueck Study are alive, most in their early to mid-80s.
- Over the decades, subjects have answered biennial questionnaires, allowed health information to be gathered from their doctors, and sat for in-depth interviews.
- Also neuroimaging scans and given blood for DNA analysis.
- Researchers have also begun to engage more deeply with their wives, whose reaction, Waldinger said was, "It's about time."

Exploring the Healthy Mind: Being Happy

FINDINGS:

- Quality of life is *heavily* dependent on quality of relationships (*not quantity*).
- Longevity not about cholesterol – healthy relationships.
- In 80s, maintained good mood despite physical pain. Pain magnified for those in unhappy relationships.
- In our 80s relationships where feel we can rely on other, more reliable memories.
- Many at the beginning felt that wealth and fame were sources of happiness, but came to 'lean into' relationships.
- Community is at the core of people's long term wellbeing.
- Loneliness can reduce lifespan same as 15 cigarettes a day.

Exploring the Healthy Mind: Being Happy

“In the long history of humankind, those who learned to collaborate and improvise most effectively have prevailed.”

Charles Darwin



<https://youtu.be/wZErD8b1gw4>



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