

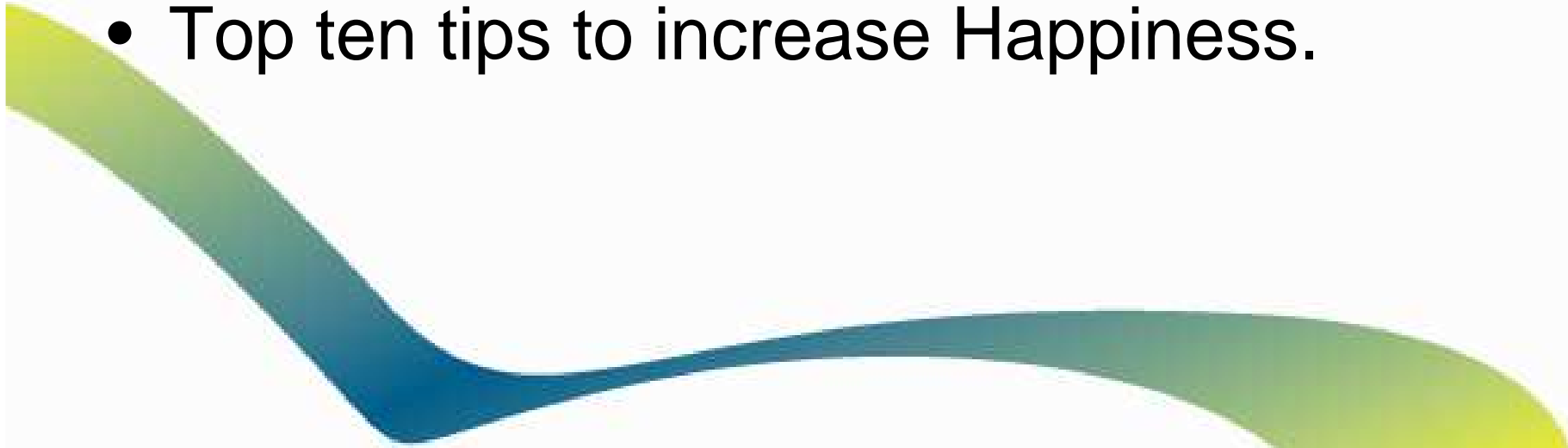
The Healthy Mind

Dr Andrew Sinclair

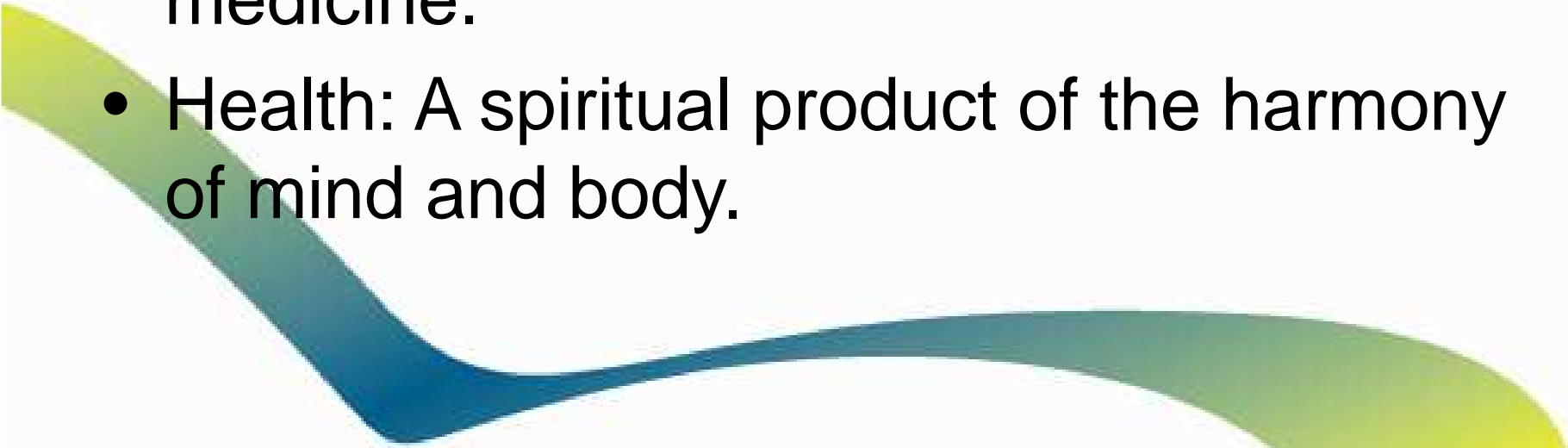


The Healthy Mind

- Models of Health and Disability.
- Impact of Stress on our Wellbeing.
- Mind Fitness through Mindfulness.
- Top ten tips to increase Happiness.



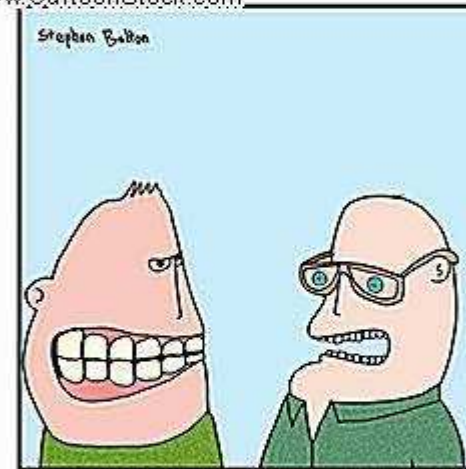
Health in History

- Ancient societies believed in the unity of the mind and body.
 - Renaissance – development of physical medicine.
 - Health: A spiritual product of the harmony of mind and body.
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Models of Disability

- Moral Model
- Medical Model
- Minority Model
 - “Nothing about us without us”

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"We're a huge minority.
The biggest and best
by far."

Language of Disability

- Adjustment
- Response



24-7 Response



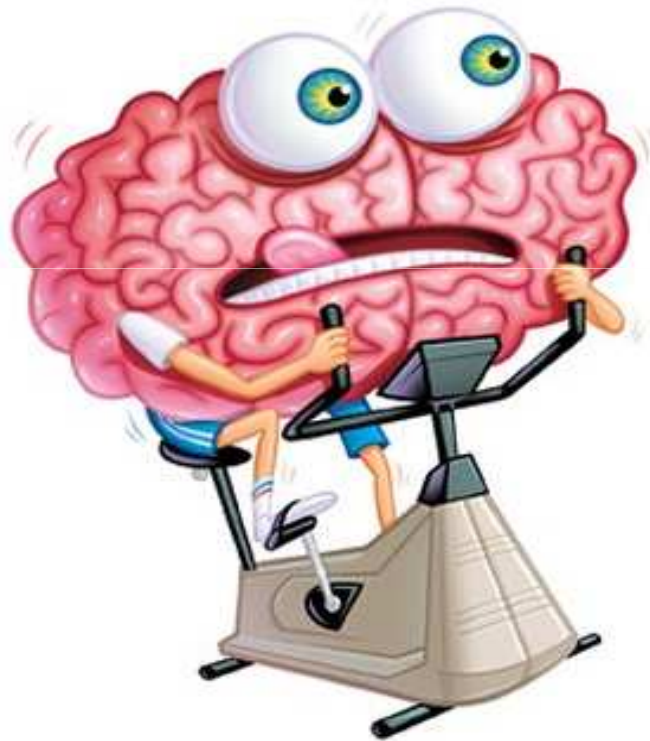
Why Zebras Don't Get Ulcers

- Lion's versus Zebra's
- Fight or Flight Response
- Stress related illness



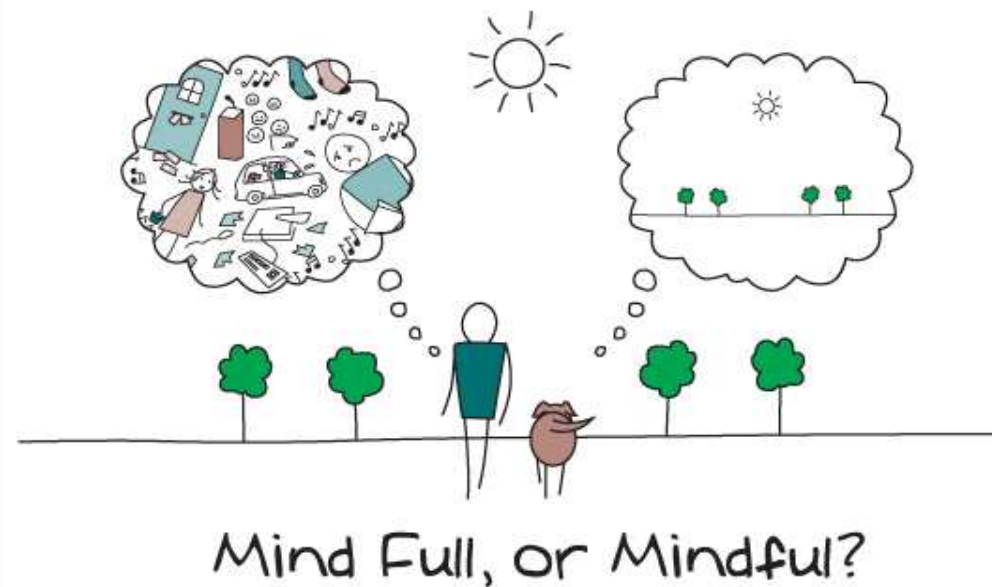


Mind Fitness Through Mindfulness



Mindfulness

- Being aware of your experience, non-judgementally, from moment to moment.



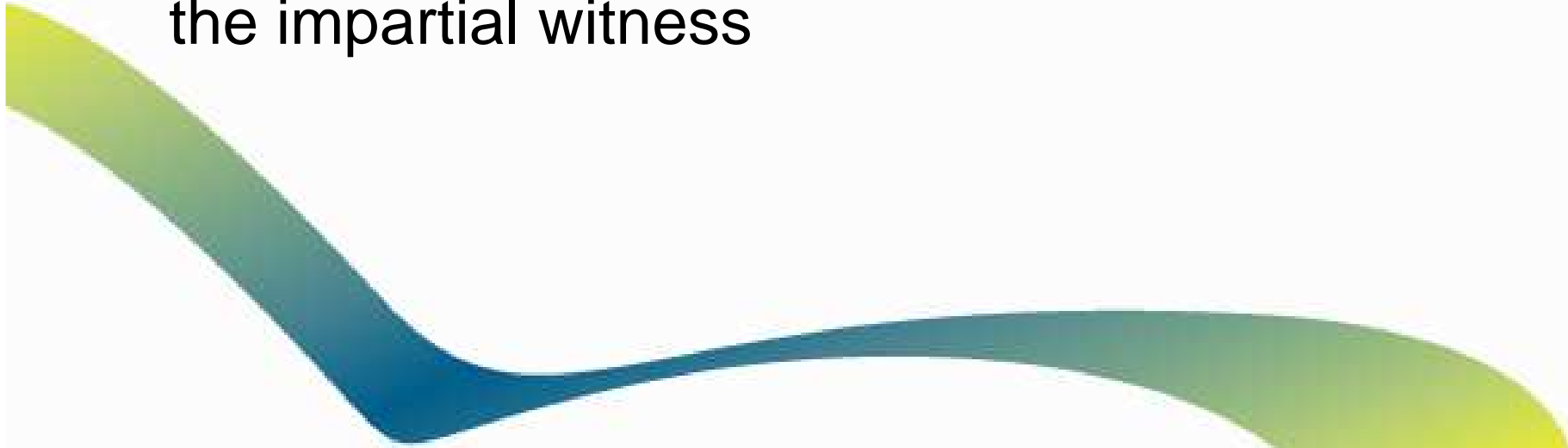
Mindfulness

Non-Judgment


- We constantly judge things as good, bad or neutral.
- Assume the stance of the impartial witness

Acceptance

- Coming around to a willingness to see things as they are
- Letting go



Happiness Tips

- 1. GIVING
 - 2. RELATING
 - 3. EXERCISING
 - 4. APPRECIATING
 - 5. TRYING OUT
- 

Happiness Tips

- 6. DIRECTION
- 7. RESILIENCE
- 8. EMOTION
- 9. ACCEPTANCE
- 10. MEANING