



# Psychology of Health





# Influence of Positive Thinking on Cure

- The Human Genome Project which gave birth to the field of **epigenetics** has transformed the way we understand biology and medicine. Science has now shown that **the human body is not just a biological machine but more of a vibrational energy force**, governed by quantum physics, hence the success of the placebo effect.
- The Human Genome Project collected over 3500 case studies about people who have undergone spontaneous remissions from apparently “incurable diseases.” Most of the case studies revolved around people with Stage 4 cancers
- The results have shown that **genes can be repaired by positive action** and that **people were able to heal themselves by releasing suppressed emotions, increasing positive feelings through meditation or prayer**, following their intuition, embracing **social support**, deepening their spiritual or consciousness energy connection, taking action in their life to correct issues they have never confronted before, and if applicable to their situation, correcting trauma.
- The American Cancer Society discounts the health benefits of positive thinking. They cite meta-analysis that says positive thinking has no significant improvement effect on cardiovascular diseases or cancer.



# Influence of Positive Thinking on Cure

- Among the people who miraculously recover from an incurable disease, such as cancer, there are three types of personality:
- **warriors** - people who are determined to “fight” the disease;
- **believing people** - they treat illness as something to move them somewhere and to be treated with humility and composure;
- **people for whom illness is an impulse for a radical lifestyle change.**
- All types are characterized by their ability not to regret and to resist disease, not to take it as a punishment or a blow to fate.





# Ethicotherapy

- **Ethicotherapy** deals with healing sick relationships. Disease of body is a reflection of the sick soul in terms of ethicotherapy.
- It is based on the influence of negative feelings on the soul.
- We can identify the feelings that harm our health the most: **envy, hatred, injustice, anger, regret, fear, grief for others;**
- as soon as some of these feelings are "let go into soul" - they are responsible for all the consequences.
- Socrates: ***"The body is just the cover of the soul. As soon as the soul becomes ill, the body becomes ill."***



# Ethicotherapy

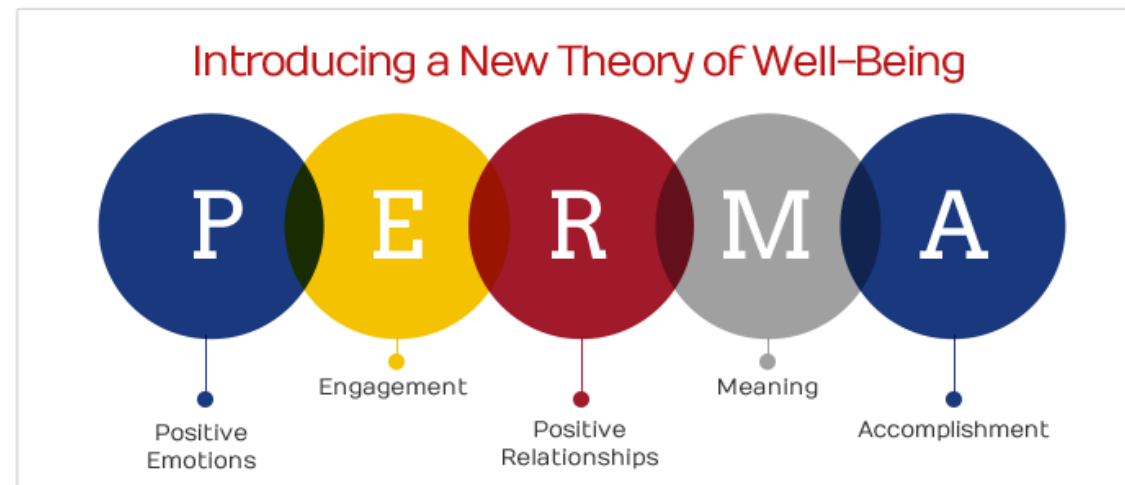
- Our soul is based in the Solar Plex.
- The soul needs to be cared for if it is not - **psychosomatic diseases** occur.
- Everyone's health is the most important thing, so we should think about ourselves.
- Love yourself - there is no pride or selfishness.
- It is not possible to save the man unless he/she wants to save himself/herself.
- There is no healthy soul and a sick body, just as there is no sick soul and a healthy body.





# Positive Psychology

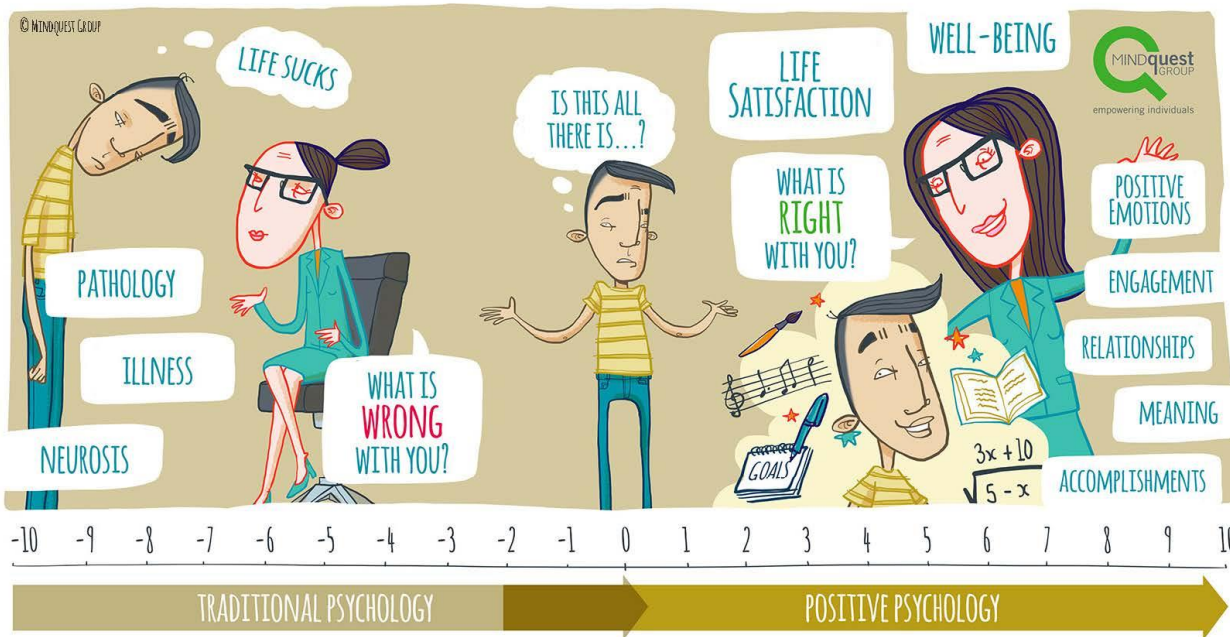
- “Positive Psychology is the scientific study of the strengths and virtues that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.”
- Martin Seligman, widely acknowledged as the founder of this new wave of scientifically supported Positive Psychology, identifies the contributing pillars of wellbeing through the acronym P.E.R.M.A. These include: Positive Emotion, Engagement, Relationships, Meaning, Accomplishment.





# Positive Psychology

- [M. Seligman positive psychology](#)





# The Main Topics

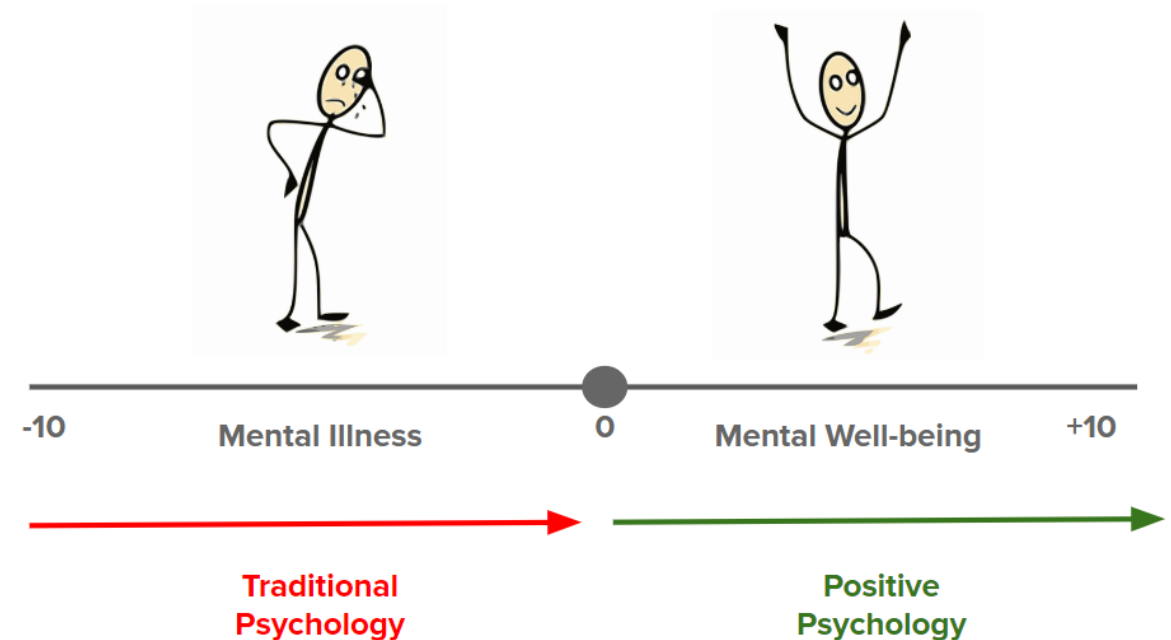
- *How can we define and find happiness?*
- *Why some groups of people are happy and others unhappy?*
- *What shall we do or not do to experience more happiness?*
- **Definition of happiness**
- "A state of well-being, satisfaction, peace of mind."
- "Life satisfaction, sense of fulfilment and absence of mental stress."
- "Joy, pleasure, fun."
- Quotes: "A person is happy if he wants to be happy."





# Scientific Concept of Happiness

- "Happiness is a subjective sense of well-being."
- How a person perceives his/her own life in general as well as in partial areas.
- The feeling of well-being is judged by the person, from his/her own point of view.
- Two areas are assessed:
  - 1) satisfaction at work and at home;
  - 2) satisfaction with yourself and others.





# Determining of Feelings of Happiness

- Standardized questionnaires,
- structured interviews,
- observation,
- mapping experiences,
- looking into the past (subjective feelings),
- brain scan,
- by measuring cortisol levels in saliva.
- [happiness-survey](#)



# Is Happiness Important?

- Scientifically proven: happy people have a robust immune system, are healthier and live longer.
- They tend to be more successful at work and forge better personal relationships.
- Happy people are considered them to be nice.
- They can better cope with various obstacles.
- They make easier decisions and tend to be more creative.
- [Why happiness matters](#)



# What Affects Happiness

- The subjective feeling of well-being is given by heredity (the study of twins).
- As a tendency towards depression, the prerequisites for happiness are also inherited.
- But the role of the environment, especially upbringing in the original family, also plays a role.
- People can experience extreme feelings of happiness and distress, but they usually return to their original settings quite quickly.



# Other Influences

- Two basic areas of regional influence:
- the wealth, stability and democratic nature of society;
- social norms and practices of a given society (how to experience positive feelings and how to avoid negative ones).
- Latin Americans tend to be happier than Asians.
- While great poverty promotes a sense of unhappiness, great wealth has little effect on subjective well-being.
- The more materialistic a person is, the less happy he/she is.

# Money and Happiness



Chart of the Week

## THE RELATIONSHIP BETWEEN MONEY AND HAPPINESS

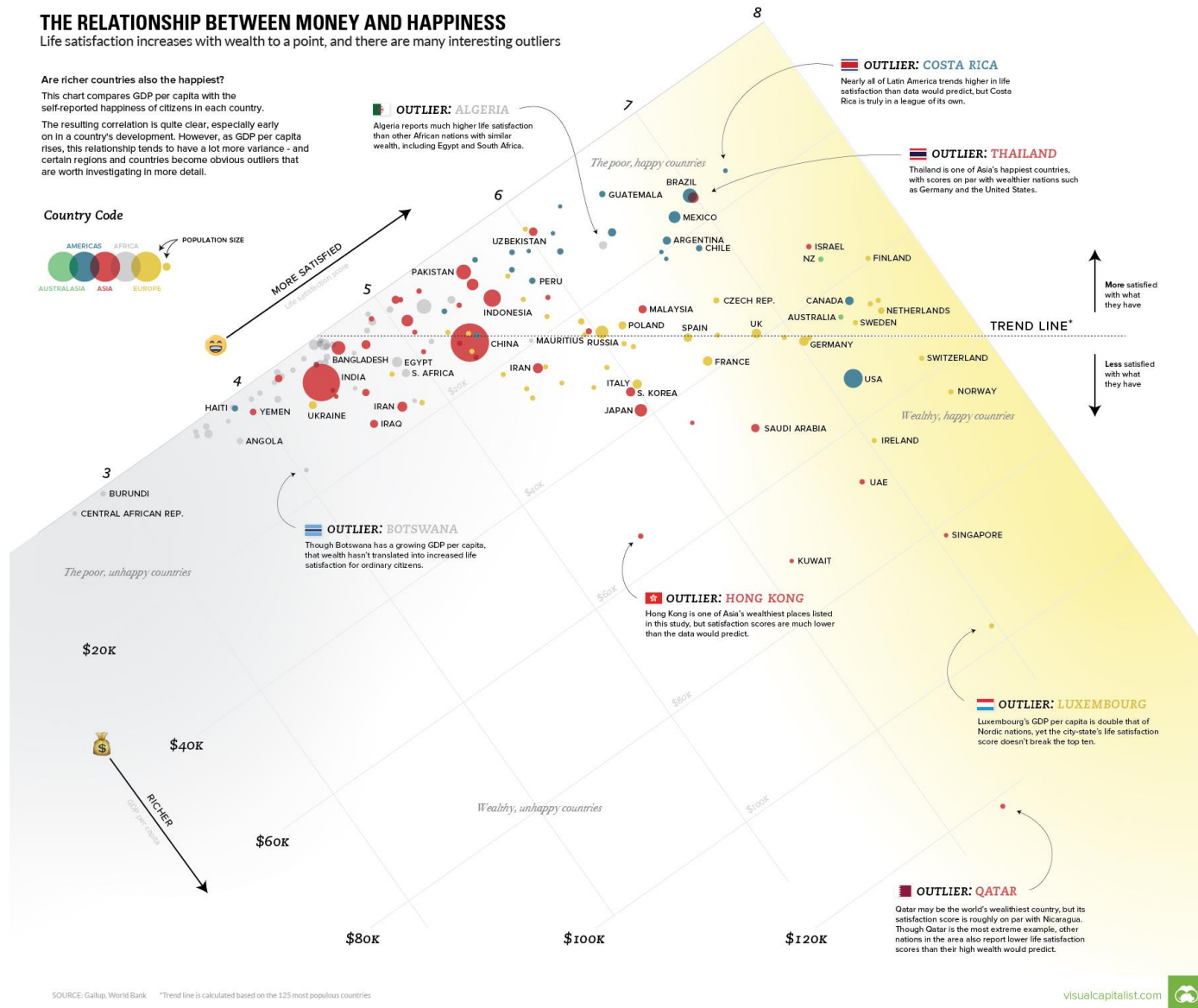
Life satisfaction increases with wealth to a point, and there are many interesting outliers

### Are richer countries also the happiest?

This chart compares GDP per capita with the self-reported happiness of citizens in each country.

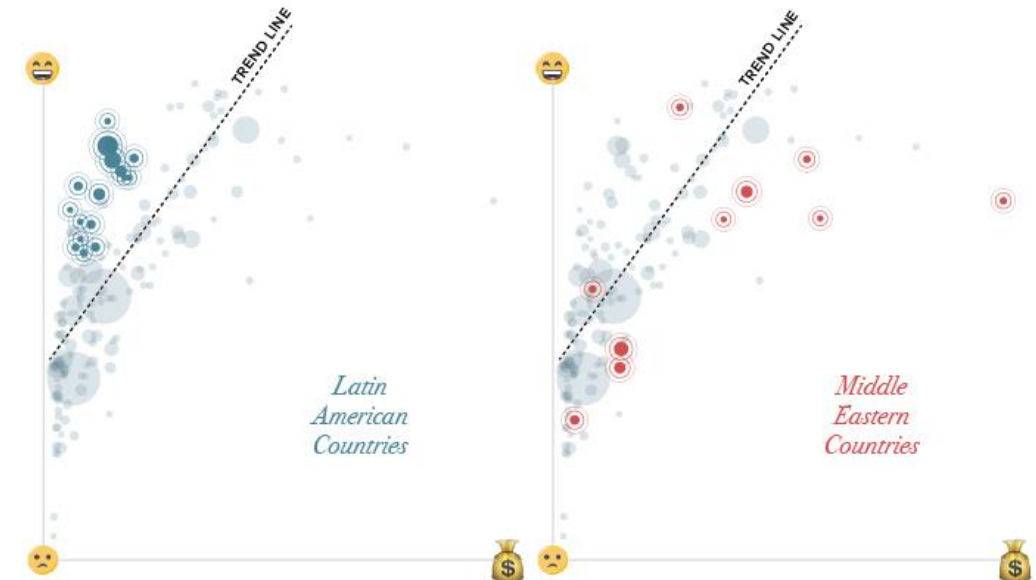
The resulting correlation is quite clear, especially early on in a country's development. However, as GDP per capita rises, this relationship tends to have a lot more variance - and certain regions and countries become obvious outliers that are worth investigating in more detail.

Country Code



SOURCE: Gallup, World Bank \*Trend line is calculated based on the 125 most populous countries

Chart approaches this fundamental question from a data-driven perspective, and it provides one potential solution: **money does buy some happiness, but only to a limited extent.**





# How to Be Happy

- not to confuse success with happiness;
- have a sense of control over your life;
- behave happily - smile, express optimism, be helpful;
- the experience of happiness is enhanced by work and leisure activities in which the individual uses their skills;
- regular mood, healthy sleep and healthy food also contribute to a good mood;
- The feeling of happiness increases helping others, showing gratitude, faith and hope.



# Happiness Enhancing Properties

- **Wisdom and knowledge** - creativity, curiosity, open mind, interest in further learning, insight.
- **Courage** - perseverance, vitality, integrity.
- **Humanity** - warmth, social intelligence.
- **Justice.**
- **Moderation** - kindness and forgiveness, humility and modesty, self-control.
- **Transcendence** - gratitude, appreciation of beauty and excellence, humour, soulfulness.





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*Happiness is when what you think, what you say,  
and what you do are in harmony.*

Mahatma Gandhi



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**Thank you for your attention**