Slide 1
In our past unit we have discussed some important topics related to physical health. In this unit we will talk about psychological health.

Slide 2
Remember at the beginning of the semester you learned that the concept of health is multidimensional? Intellectual and emotional health, both important components of psychological health, are two of those important dimensions of health. Like physical health, mental health should also be thought of as being on a continuum. Absence of mental illness is NOT good mental health, it's just the middle of the continuum. Just as we seek high levels of PHYSICAL wellness, our goal should also be high levels of PSYCHOLOGICAL wellness.

Slide 3
Experts disagree on one common definition of psychological health. What they do agree on is that it includes two important aspects: emotional health and mental health. So psychological health involves both our feelings and our thoughts and psychologically healthy people share certain characteristics.

Slide 4
Characteristics of emotionally healthy people include a determination and effort to be healthy; a flexibility and adaptability to a variety of circumstances; the development of a sense of meaning and affirmation of life; an understanding that the self is not the center of the universe; compassion for others; the ability to be unselfish in serving or relating to others; an increased depth and satisfaction in intimate relationships; and a sense of control over the mind and body that enables the person to make health-enhancing choices and decisions.

Slide 5
Mentally healthy persons have the ability to perceive reality as it is, to respond to life's challenges, and to develop rational and effective strategies for living. The mentally healthy can cope with life's conflicts, transitions, challenges and losses in a way that allows for emotional stability and growth.

Slide 6
One of the most famous and well-used ideal of mental health was developed by Abraham Maslow in his book Toward a Psychology of Being. According to Maslow, mentally healthy persons strive for SELF-ACTUALIZATION, a state of living at one's fullest and fulfilling one's human potential. To borrow from the U.S. Army, self-actualization is: being all you can be. In order to reach self-actualization you must proceed through a hierarchy of different needs. Physiological needs are food, water shelter, sleep and sexual expression. Safety-security is your ability to protect yourself from harm. Love and affection needs include the ability to give and receive affection. Self-esteem needs involve a respect for self and a respect for others. If you meet all of these needs then you have a chance to self-actualize, or fulfill you potential.
As with physical health we don't want to just settle for the middle of the continuum when it comes to psychological health. We want psychological WELLNESS. In order to achieve psychological wellness one must: know and appropriately express their needs in an assertive way; have high levels of self-esteem, which is a belief or pride in ourselves; you must actively pursue happiness by becoming more optimistic and developing satisfying relationships. You must develop a strong sense of autonomy, which is feeling in control of self and acting independently when necessary. Finally, you must understand that living involves coping with adversity and you must find appropriate, healthy ways of doing so.

Slide 8
There have been many roadmaps and plans for achieving psychological wellness. Many different ones would be effective in providing you with some practical advice and strategies for improving your psychological health. We can't present them all, so we thought we'd discuss one of the more popular and current ones. I'm sure you have all heard of Dr. Phil. In his best-selling book Life Strategies, he presents 10 Life Laws that are based on the findings and beliefs of those practicing POSITIVE PSYCHOLOGY. According to psychologist Martin Seligman, the father of positive psychology, everyone can achieve a happy, gratifying, meaningful life. Let's take a look at Dr. Phil's plan for achieving psychological wellness.

Slide 9
Dr. Phil's first Life Law is: YOU EITHER GET IT OR YOU DON'T. By GETTING-IT Dr. Phil means understanding how things work and having a strategy to create the results you want. Those who don't get it are the ones stumbling along looking puzzled, and can be found complaining that they never seem to get a break. You're not born getting it or not getting it. Because the IT changes. When you're 5 years old the GETTING-IT might involve being able to sit in a circle quieting so you don't get tossed out of kindergarten. When you're 18 GETTING-IT might mean having the time management skills and the ability to delay gratification enough so you don't flunk out of college your freshman year.

Slide 10
Dr Phil's strategy for dealing with Life Law #1 is BE ONE OF THOSE PEOPLE WHO DO GET IT. The bottom line is that you must consistently do what it takes to accumulate enough knowledge to "get it." You need to operate with the information and skills that are necessary to win. Be prepared, tune in, find out how the game is played and play by the rules.

Slide 11
YOU are the captain of your own ship and you must accept responsibility for how and why your life is the way it is. If you don't like your major, that's your call, change it. If you are overweight, change the way you eat and get moving. If you are not happy, you are accountable, make some changes. You are creating the situations you are in and the emotions that flow from these situations...only you can change it.
Here Dr. Phil is talking about the tired and true psychological concept of INTERNAL LOCUS OF CONTROL. That is the view that control originates from within (internal) rather than from others (external). Those with an internal locus of control may seek the opinions of others, but they do not allow their decisions to be dictated by external influences. They have the control and they assume the responsibility for their own actions.

You will never achieve results or fix a problem by blaming someone else. Whether the hand you've been dealt is a good or bad one, you're in charge of yourself now. Every choice you make - including the thoughts you choose to think - has consequences. If you choose the behavior or thought, you choose the consequences. If you choose to stay with a major you hate, then you choose the consequences of boredom and frustration. If you choose to stay with someone who treats you badly, then you choose the consequences of hurt and suffering; If you choose thoughts contaminated with anger and bitterness, then you will create an experience of alienation and hostility. When you start choosing the right behavior and thoughts - which will take a lot of discipline - you'll get the right consequences.

Even the most destructive behaviors have a payoff because if you did not perceive the behavior in question generating some value to you, you would not do it. For example, what if you are a woman who always chooses needy, lazy boyfriends whom you're always having to bail out of some mess? You say you're sick of it, but you keep choosing the same type of guy. What is the payoff for you? Maybe it makes you feel needed, important, and powerful to be the great fixer. Find and control the payoffs, because you can't stop a behavior until you recognize what you are gaining from it.

So, if you want to stop behaving in a certain way, you have to stop paying yourself off for doing it. Payoffs can be as simple as money gained by going to work or as complicated as the psychological payoffs of acceptance, approval, praise, love or companionship. There can also be positive payoffs or negative ones.

This is the ostrich law which says that if you go around with your head in the sand never acknowledging your negative behaviors, characteristics or life patterns, then you will not be able to change them. As Dr. Phil says: You've got to face it to replace it.

Have you ever heard the old saying IF IT AIN'T BROKE, DON'T FIX IT? Well, when it comes to psychological wellness this one is equally true: IF IT IS BROKE, YOU DARN WELL BETTER FIX IT! You have to be brutally honest with yourself about where your life is right now about what needs fixing. And don't get discouraged:
your life is never too bad to fix and it's never too late to fix it. You just have to be honest about what needs fixing.

Slide 18
You can think about it, talk about it, agonize over it all you want to, but none of that matters until you translate your thoughts, talk and agony into purposeful, meaningful, constructive action. Measure yourself and others based on results—not intentions or words. But taking action often involves taking risks and that's where some of us get stuck. You must leave behind the comfortable and familiar if you want to move onward and upward in your life.

Slide 19
So sure, be thoughtful, plan thoroughly and make careful decisions...but then you have to go for it. You have to actually do something. Understand that the world couldn't care less about THOUGHTS without ACTIONS.

Slide 20
This sounds a little heavy, but what Dr. Phil is saying here is that you are always experiencing the world through your value system and your perceptions of the world. We all have our own individual filters which influence the interpretations we give events, how we respond, and how we are responded to. Your perceptions may keep you stuck and may not be true or useful anymore. Know what your filters are and shake them up by challenging them and testing their validity.

Slide 21
So identify the filters through which you view the world. Challenge them. Filters can be made up of fixed beliefs that have become entrenched in your thinking. They can become dangerous if you treat these perceptions as fact because you may not seek, receive or process new information that you might need to move forward.

Slide 22
We will always have challenges and stresses in our lives. Don't expect to one day solve every personal and professional problem and then just sit back for the rest of your life. Success, happiness, self-fulfillment are all moveable targets that must be tracked and continually pursued. To do that you must be what Dr. Phil calls a good LIFE MANAGER.

Slide 23
This is a long ride, and you are in the driver's seat of your life every single day. Develop a clear, reasonable plan for your life and then have the courage, commitment and energy to execute it.

Slide 24
All experts agree that satisfying personal relationships are an important component of psychological wellness. Dr. Phil contends that we teach others how to treat us. We shape others' behavior when we show them what they can and can't get away with when they are in a relationship with us. If people treat
us in a way that we don't like, we are somehow reinforcing that behavior or at least allowing it to happen. Figure it out and change it.

Slide 25
We all deserve to be treated with dignity and respect in all of our relationships. If you have relationships where that is not the case, then understand that you can and should do something about it. Realize that you do have some control and some choices.

Slide 26
Chronic negative emotions such as anger and resentment can actually take a physical toll on your body, such as sleep disturbances, headaches, stomach problems and even heart disease. If you are angry and resentful because of some hurt or pain another has caused you, do yourself a favor...forgive them. Forgiveness is not about the other person...by forgiving them, you are not saying that what they did to you was okay. What you are saying is: I forgive you because I don't want to live with anger and resentment. I don't want you to have that power over me.

Slide 27
I have a 50-year old friend who has been angry at her ex-husband for 15 years because he left her for another woman. She has been unable to form other romantic relationships because she is still so resentful of her ex. Recently I asked her, why don't you just forgive him and get on with it. She said he didn't deserve forgiveness and I said, yeah, but you do. Remember that forgiveness of others is a gift to ourselves. The people we are forgiving, do not have to profess guilt or say they are sorry, or admit the error of their ways. In other words, they don't have to deserve it because you are not doing it for them. Do it for you.

Slide 28
Not knowing what you want in life and not having specific goals to get there is a dead end. Like Dr. Phil says, the most you'll ever have in life is what you ask for. If you don't even know what it is you want then you can't even ask for it. Our last life law is: You've got to name it to claim it.

Slide 29
So figure out what you want in life. What do you want today, tomorrow, 20 years from now? Set goals in all areas of your life and develop strategies for achieving your goals.

Slide 30
People who achieve their goals are by definition successful. We will close this presentation with a list of the characteristics that successful people share.

Slide 31
Successful people have a vision for the future and this vision keeps them motivated and on track.
Successful people have developed clear and thoughtful strategies for achieving their vision. They write down goals; they prioritize, they sometimes forgo immediate gratification to achieve a longer-term goal.

If you are not passionate about what you are doing, it's going to be hard to put in the time and hard work it's going to take to be successful. Find something YOU are passionate about...not just something your parents or partners or friends want you to do.

Successful people have no room in their lives for denial, fantasy, or fiction. In order to meet their goals they must constantly be assessing their progress. This assessment has to be honest and reliable.

Most of you are young adults and the dreams you have now may not be the same as the ones you might have in 5, 10 or 20 years. You have to allow for the chance that you will want to change paths to accommodate new passions, people or circumstances.

Plunging into the unknown, leaving behind the safe, familiar and comfortable is always a little scary. But the very successful are always willing to step outside of their comfort zone and try new things. Remember, if you are not willing to risk failure, then you will never achieve success.

Successful people surround themselves with other successful people. They also develop a support network of others who want them to succeed. They find mentors to give them advice. They also find advisors who have skills, talents, and abilities that they do not have.

And finally, as we have talked about previous, successful people are DOERs. They take meaningful, purposeful, directional action and they do it consistently and persistently.