alcohol, stress & disease

♫ although often used as self-medication for stress, alcohol is actually often a potent source of stress & contributor to depression
♫ it is the third leading cause of disease burden in developed countries
♫ most people who have health problems from drinking aren't alcoholics - they're just people who've regularly been drinking more than the NHS advises for some years
intentions for this coming week

✧ time for personal reflection and writing
✧ your intentions for stamina & strength
✧ your intentions for alcohol, weight, fruit & veg, fish, snacks, meat, dairy and so on
✧ ... and for autogenics – the pulse focus, first differential & twelve breath exercises
developing skills in application

formal practice

developing a trigger phrase/focus

first “differential” practice

Ost L-G
Applied relaxation: description of a coping technique & review of controlled studies
Behav Res Ther 1987;25:397-409

second “differential” practice

the reminder dot exercise

stressful real life situations
four aspects of helpful inner focus

- reducing negative states
- nourishing positive states
- exploring & processing
- encouraging mindfulness
three levels of being

- extended consciousness & autobiographical self
- core consciousness & present time core self
- unconscious biological state & the proto self

attention, focus & time

pleasant emotional tone

reminiscence (bf)
mindfulness (bf)

happy memory (nf)

flow (nf)

trauma memories (nf)

rumination (bf)

fantasy/creativity (bf)

problem solving (nf)

fight or flight (nf)

anticipatory anxiety (nf)

-freeze (bf)

unpleasant emotional tone

worry (bf)

past

future

present