



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
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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
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developing skills in application

formal practice

developing a trigger phrase/focus

first "differential" practice

second "differential" practice

the reminder dot exercise

stressful real life situations

Ost L-G

*Applied relaxation:
description of a coping
technique & review of
controlled studies*

Behav Res Ther
1987;25:397-409





four aspects of helpful inner focus

*reducing
negative states*

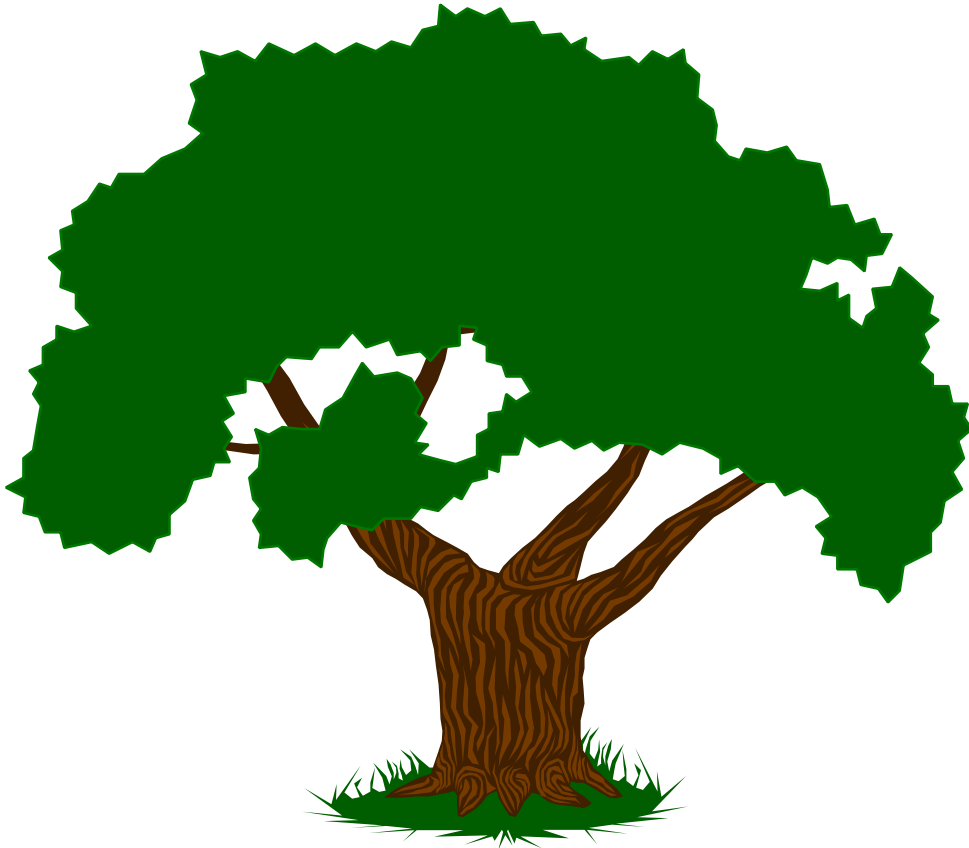
*nourishing
positive states*

*exploring &
processing*

*encouraging
mindfulness*



three levels of being



- ❖ extended consciousness & autobiographical self
 - ❖ core consciousness & present time core self
 - ❖ unconscious biological state & the proto self
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Antonio Damasio *The feeling of what happens: body, emotion and the making of consciousness* London: Vintage, 2000

attention, focus & time

