

Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

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Health psychology: Expanding horizons, issues and challenges

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Health psychology is one of the most rapidly developing fields in contemporary psychology. In the field of physical health and psychological well-being, health psychology specializes in: exploring biological, psychological, cultural, societal, and environmental factors of life and how each of these affects physical health. Health and disease are the effects of a blending of biological, psychological and social factors. The bio-psycho-social model views health, wellness and illness as being a result of several different inter-related factors affecting a person's life from biological characteristics, to behavioral and social conditions. Psychological determinants in health have been in focus since the beginning of the 20th century in India and results explain that people who eat regular meals, maintain a healthy weight, do not smoke, drink little alcohol, receive adequate sleep and exercise regularly are in better health and live longer. India is developing country and passing through various transitions as organizational, educational, cultural, ethical and above all climatic and many more. Revolutionary changes in information technology in recent few decades is significantly affecting the health by synchronizing the social and spirituals life of each and every one and biggest change observable is that people are passing their time more on virtual world than real world. Achieving the high standard target and perfectionism is overall influencing total health of the individuals. In such scenario, the study and research in the area of health psychology becomes more significant and useful for mankind. Health psychology encompasses a wide range of issues to be discussed. Continuing success in health psychology depends on a strong commitment to trans-disciplinary collaboration and striving for theoretical and research developments that cultivate the multilevel, multisystem, and multivariate nature of health processes. It is high time when we must seriously come out with certain well tested strategies to assist people in maintaining healthy lifestyles.

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Soul stories - Transformational soul story

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Since the beginning of time our world has been shaped by stories and the impact they leave on us. In fact, we live inside of stories and they are our most powerful tool for creating meaning in our lives. As humans, we naturally think of our lives in terms of stories. Writing, reading and listening to our own and other people's stories allow us to connect with ourselves and others in a way that has us feel less alone in our experiences. My presentation addresses the power of our soul story. This is the ability to deeply reflect on our personal experiences in order to distil the wisdom and the life lessons we have come here to learn. With our most resourceful, wise, compassionate self that is able to hold perspective, we discover the deeper truth to our stories that set us and others free. This process can shatter old patterns, transform our relationship to self and others and allow us to fully reclaim our power and life force energy. Writing our Soul Stories gives significance to our trauma's and hard earned lessons as well as becoming part of our spiritual written legacy that we leave behind for our loved ones. Transforming our old stories to our soul stories is an awakening to the deeper truth of who we are. It allows us a sense of peace and acceptance of our lives. We can come to understand the complexities of our lives and how things intertwine. This gives our lives more meaning and significance which enhances our mindset. This is Positive Psychology and Empowerment and it's best! Our soul stories are what set us apart from every other human being and knowing our soul stories gives us a sense of mental clarity and energetic uplift. This transformational experience heals us physically, mentally, emotionally and spiritually. Although writing your Soul Story is not therapy, it certainly has been found to be therapeutic. My session will include an experience of connecting with your soul story and an opportunity for the brief writing of a transformational soul story.

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