

International Conference on

Clinical Psychology & Nursing

October 18-20, 2018 | Amsterdam, Netherlands

Lifestyle effects on mental health



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Mental health is strongly based on lifestyle factors, which might either contribute to multiple psychopathologies or foster individual and social well-being and preserve and optimize cognitive function. Lifestyle includes a range of related behaviors which contribute or hinder people's health. Links between health outcomes and particular behaviors have been investigated, but the overall impact on health is largely unknown. More specifically, such factors might include the following: Vivid Light and Clean Air, Avoid Negative Thinking, Quiet Sleep, Daily Spiritual Exercises, Systematic Physical Activity, Deep Breathing Exercises, Positive Effect of Classical Music, etc. (Mouroutis, K., 2007). Health professionals have significantly underestimated the importance of lifestyle for mental health. More specifically, mental health professionals have underestimated the importance of unhealthy lifestyle factors for treating multiple psychopathologies, for fostering psychological and social well-being, and for preserving and optimizing cognitive capacities and neural functions. Greater awareness of lifestyle factors can offer major advantages (Walsh, 2011). This presentation, therefore, reviews research on mental health, the effectiveness of various lifestyle factors and their impact on people's health.

Biography

Eleonora Papaleontiou is an Associate Professor of Psychology at the European University Cyprus and a Vice-Chairperson at the Department of Social and Behavioral Sciences. She has also served twice as a Coordinator of the Psychology program at the European University Cyprus. She has received a BEd degree (Cyprus & Greece), an MA in Education (University of Reading, UK) and a PhD in Developmental/Cognitive and Educational Psychology (Cardiff University, UK). She has published many articles in Greek and international journals and has also published the books: "*Children's and Adolescents' Mental Health*" (in press), "*Current Trends in Preschool Curriculum*" Tipothito plions, "*Metacognition and Theory of Mind*", Cambridge Scholars Publications and "*Metacognition: Theory and Practice*" Thymari Publications, Greece. She has also given hundreds of lectures to parents and specialized groups related to psychological topics and children's upbringing issues. Her research interests include: Mental Health, Metacognition, Theory of Mind, Creative and Critical Thinking, Language Development, Spiritual Development, Emotional Development, Emotional Intelligence and the relationship between Religion and Psychology.

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