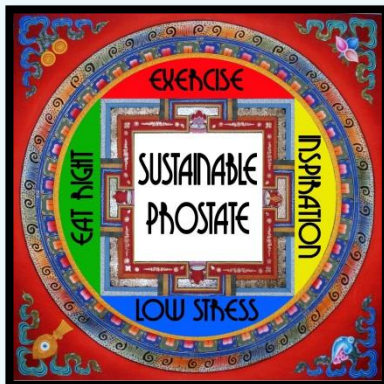


PROSTATE AWARENESS



Positive Emotional State

Presented by the

Prostate Awareness

Foundation

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The Prostate Awareness Foundation (PAF) offers information, support, and education about the treatment options available to those with prostate issues and concerns.

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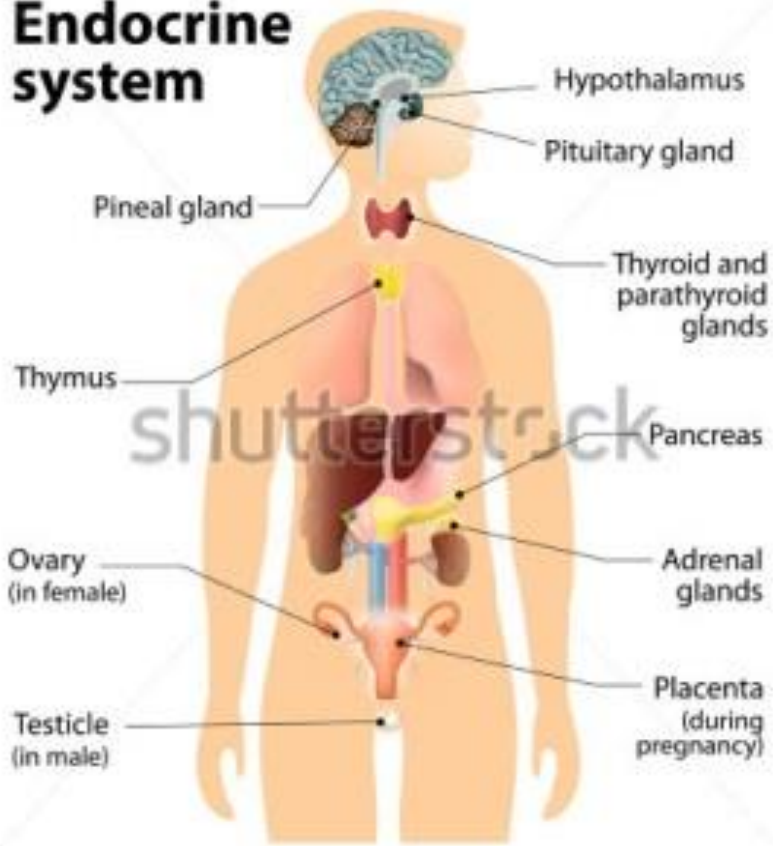
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Questions

1. How do emotions effect our physical body?
2. Can diet effect your emotional state?
3. Can exercise effect your emotional state?
4. How can you positively effect your endocrine system?

AWARENESS

Endocrine system

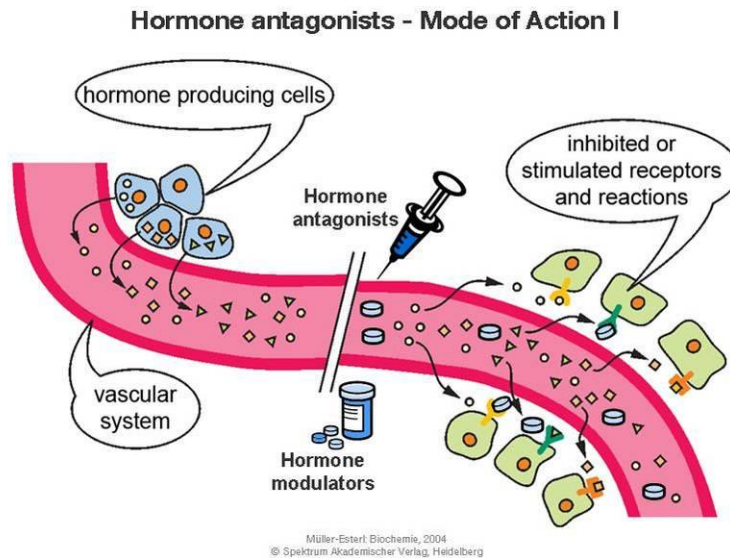


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“The endocrine system is the collection of glands that produce hormones that regulate metabolism, growth and development, tissue function, sexual function, reproduction, sleep, and mood, among other things. The endocrine system is made up of the pituitary gland, thyroid gland, parathyroid glands, adrenal glands, pancreas, the gut, ovaries (in females) and testicles (in males).”

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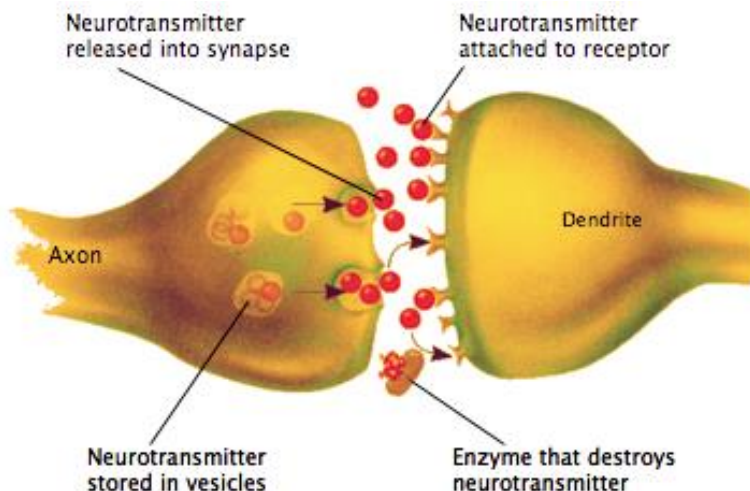
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Endocrine System

Hormones That Effect Our Emotions

Hormones are types of chemical messengers that are responsible in regulating normal functions of the various tissues and organs inside the body. They travel through the bloodstream carrying sensory messages to the brain which gives out the command for organs to perform their daily function; thus, affecting the metabolism, growth and body development, sexual functions, as well as mood.



The diagram illustrates the process of neurotransmission at a synapse. On the left, the **Axon** of a neuron is shown, containing **Neurotransmitter stored in vesicles**. These vesicles release **Neurotransmitter released into synapse** (represented by red dots). On the right, the **Dendrite** of another neuron is shown, with **Neurotransmitter attached to receptor** (red dots binding to orange Y-shaped receptors). An **Enzyme that destroys neurotransmitter** is also shown near the receptors, breaking down the neurotransmitters.

Neuro-transmitters

Basic Brain Chemistry 101 - The mediators of mood are neurotransmitters. When neurotransmitters become unbalanced it causes a variety of psychological conditions, including sadness, compulsive thoughts, inability to concentrate, mood swings and depression.

Neurotransmitters – are hormone-like chemicals that work on the central nervous system and affect not only the brain, but the entire body. Neurotransmitters are messenger chemicals that create feelings, stimulate thoughts and trigger memories. There are three important neurotransmitters to know about:
 Serotonin – norepinephrine – dopamine (11)



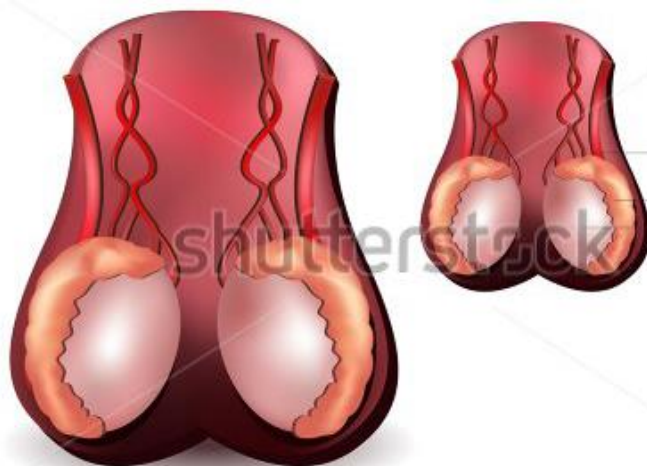
Endocrine System

However, hormones need to be at a proper balance to maintain their functions. According to studies, **hormonal balance** can be greatly affected by human activities and the aging process. For instance, poor diet and stress affects the neurotransmitters which are also responsible in influencing the production of hormones. When these are disturbed, it results in various changes not only in the functions of bodily organs but also to the human emotions. This results in a person feeling depressed, experiencing mood swings, or suddenly suffering from fatigue and restlessness.



Endocrine System

Humans are comprised of a wide variety of hormones in the body which are mainly produced by a specialized group of cells known as Endocrine glands. There are some specific hormones that greatly affect human emotions. These hormones include Estrogen, Progesterone, Testosterone, Norepinephrine and Epinephrine, Serotonin, GABA, Dopamine, Acetylcholine, and Oxytocin.



Endocrine System

Testosterone

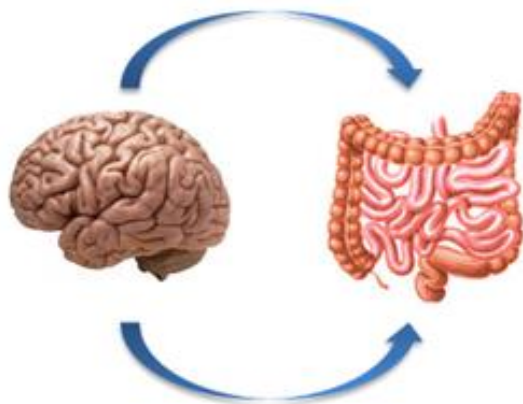
Testosterone is a hormone produced by men through the testes. Proper balance of this hormone is needed to increase production and motility of sperm. Imbalance results in decreased sex drive in men. This sometimes brings about erectile dysfunction as well as fatigue and low sperm production. Some men can suffer from fertility issues and experience a hard time achieving conception with the partner.



Endocrine System

Serotonin

Serotonin is a hormone found in the intestines and blood vessels. Serotonin acts as an anti-depressant in the body. It helps make one feels energetic and calm throughout the day. In the case when there is low serotonin level, a person may become aggressive and impulsive and will have difficulty in coping with strong emotions such as depression and sensitivity.



*Endocrine
System*

Serotonin

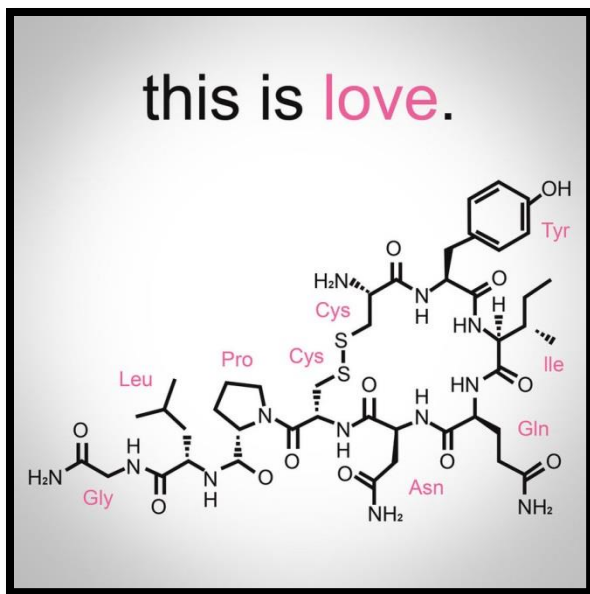
In fact **95% of the body's serotonin is housed in the gut**, not the brain! It's also called the "1st line of defense" because 80% of the body's immune cells are in the gut. I mean think about that... the majority of your ability to fight infections and stay alive reside in your gut. **(This one reason diet is so important in emotional states.)**



Endocrine System

GABA

Gamma-Amino Butyric acid or GABA, is a neurotransmitter that greatly affects the growth hormone in humans. While it also acts as an anti-anxiety and anti-pain, GABA helps one achieve a good sleep. GABA can also be taken as a relaxant; however, low level of GABA makes one feel restless and anxious. Most bipolar patients are found to have lower GABA.



Endocrine System

Oxytocin

Oxytocin is another hormone that is responsible for the reproductive function in humans and is released during sexual orgasm in couples. Some call this the love hormone. It helps build good interpersonal relationship in couples as well as having good psychological effects. The release of this hormone leads one to feel positive emotions towards others like love or infatuation.



Endocrine System

Norepinephrine
Epinephrine

Norepinephrine is hormone that greatly affects emotion. Also known as noradrenalin, this type of hormone functions like adrenaline which surges at times of panic and emergency. When a person is in jeopardy, this hormone works to provoke the stress hormone and cause the blood pressure to rise while leaving the body with high temperature, speedy metabolism, and faster heart rate, making the person more alert and focused.

Epinephrine is another type of adrenaline which also brings out extreme emotions such as fear, anger, or amusement depending on the circumstances the person is involved in. These emotions are commonly called “adrenaline rush.”

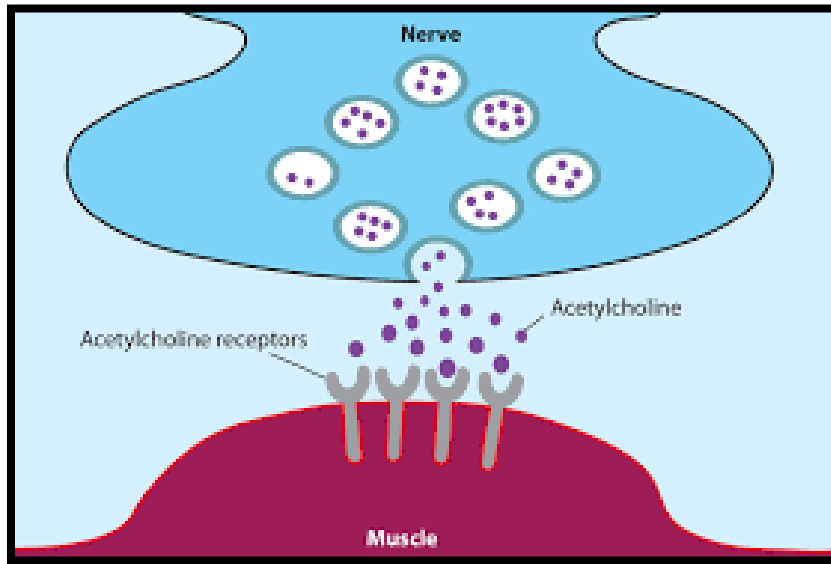


Endocrine System

"SOON AS YOUR ENDORPHINS KICK IN,
YOU'LL FEEL GREAT."

Endorphins

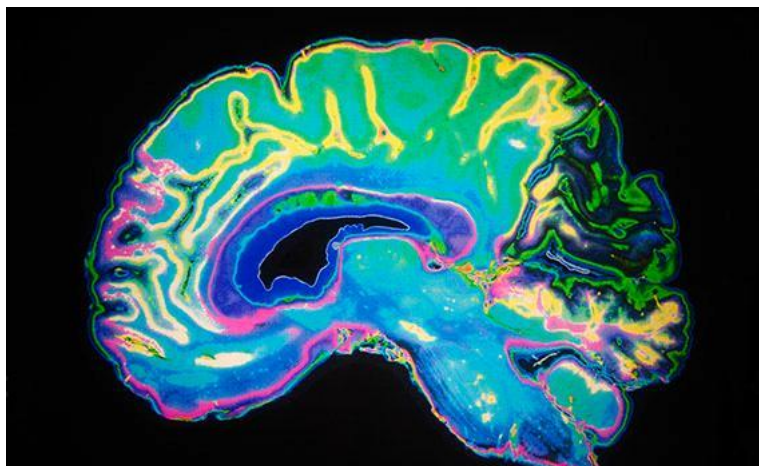
A hormonal compound that is made by the body in response to pain or extreme physical exertion. Endorphins are similar in structure and effect to opiate drugs. They are responsible for the so-called runner's high, and release of these essential compounds permits humans to endure childbirth, accidents, and strenuous everyday activities.



*Endocrine
System*

Acetylcholine

Acetylcholine is an organic chemical that functions in the brain and body of many types of animals, including humans, as a neurotransmitter—a chemical released by nerve cells to send signals to other cells...important role in arousal, attention, and motivation. Caffeine can make certain changes in your brain function by boosting acetylcholine's effects.(13)



Dopamine

In a brain that people love to describe as “awash with chemicals,” one chemical always seems to stand out. Dopamine: the molecule behind all our most sinful behaviors and secret cravings. Dopamine is love. Dopamine is lust. Dopamine is adultery. Dopamine is motivation. Dopamine is attention. Dopamine is feminism. Dopamine is addiction. (14)

AWARENESS

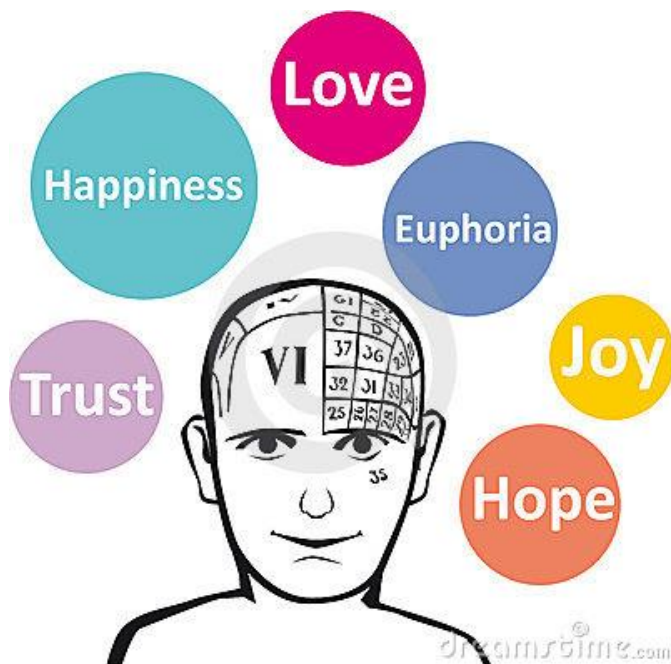


Tolcapone

“The drug, called tolcapone, prolongs the effect of dopamine in the prefrontal cortex of the brain, a region involved in the regulation of complex thought and our emotions. Early tests suggest that it encourages people who take it to be more fair-minded when it comes to money.”(8)

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Positive Emotions

The research is beginning to emerge. Science is showing the effect of positive emotions in releasing healthy hormones into the body. Not only are healthy hormones released, but the unhealthy release of cortisol and stress related hormones is less and less.

Feeling good contributes to your health. Five of the emotions that are the most significant are... guess what? **Gratitude, peace, joy, hope, and love.**



Positive Emotions

Gratitude

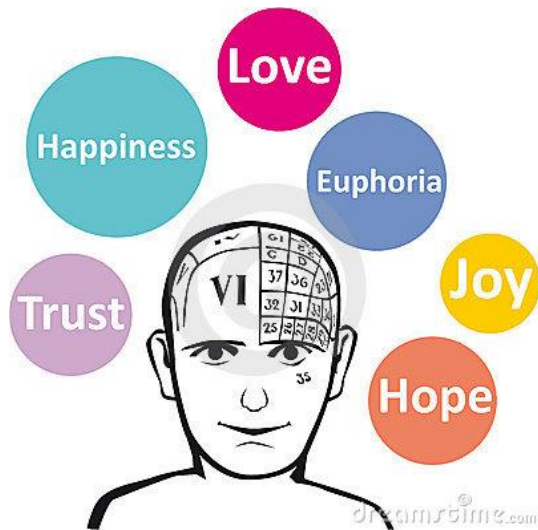
Studies are providing evidence that a **positive, appreciative attitude** enhances the body's healing system and general health. When you hold feelings of thankfulness for at least 15 to 20 seconds, beneficial physiological changes take place in your body. Levels of the stress hormones cortisol and norepinephrine decrease, producing a cascade of beneficial metabolic changes. Coronary arteries relax, thus increasing the blood supply to your heart. And your breathing becomes deeper, raising the oxygen level of your tissues.

Positive Emotions



Feeling positive emotions takes practice and support. You need to feel positive emotions everyday. There are specific exercises you can use to enhance positive emotions. Consider joining a support group that is dedicated to higher and higher levels of positivity.

Positive emotions do not come from wishing you had them; they come from working at growing neuropathways in the brain that are positive. Here's a hint. Start to look for everything around you that is good. In even the most negative situation, see if you can find one thing that is good.



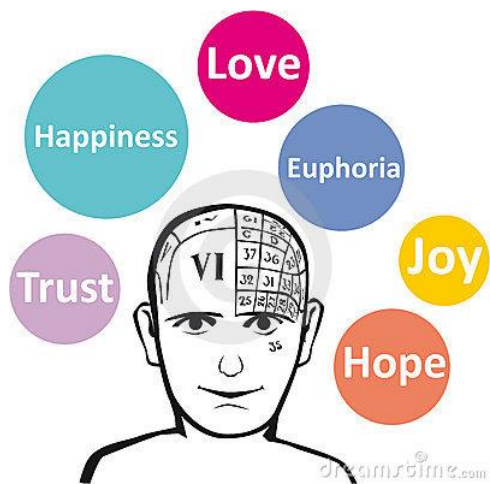
Positive Emotions

“Because of the way our brains are wired up, negative emotions tend to cause restricted, short term survival oriented behaviour.

The really important thing to understand is that this focus feeds on itself in a positive feedback loop. That means that focusing on negative emotions will make you focus even more on negative emotions.”

AWARENESS

(Positive Emotions Cont.)

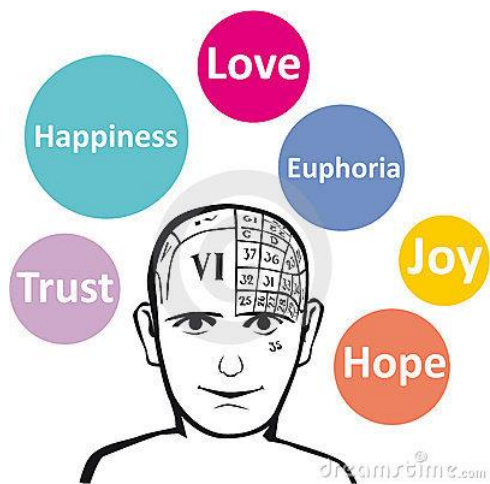


The good news though is that positive emotions work in the same way, which is where the broadening and building comes in.

When we experience positive emotions, our brains lose that narrow focus, the horizons of our mind expand, and we experience varied and novel thoughts and actions which encourage us to explore the world.

AWARENESS

(Positive Emotions Cont.)



And just like negative emotions, positive emotions build on themselves. So experiencing positive emotions leads to more positive emotions and an even broader view of everything around us. This build up of positive emotions affects many, many different areas of our lives. Here are just a few examples.

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Creating Positive Emotions



4 Ways to Create Positive Emotions

There are many excellent ways to bring positive emotions into our lives. Here are just a few that research has shown to be particularly effective:

1. Do Relaxation Techniques
2. Find Positive Meaning
3. Just Smile
4. Do Something you Love

AWARENESS

(Creating Positive Emotions Cont.)



1. Do **Relaxation Techniques** – Relaxation techniques include meditation, yoga, and muscle relaxation exercises. The primary positive emotion associated with relaxation techniques is **contentment**. Contentment is particularly good for reversing negative emotions and building resilience to negative emotions.

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*(Creating Positive Emotions
Cont.)*

2. Find Positive Meaning – Finding positive meaning works in three different ways:

- Reframing adverse events in a positive light (also called positive reappraisal)
- Infusing ordinary events with positive value
- Pursuing and attaining realistic goals

The trick to finding more positive meaning in your life is to just be constantly mindful of it. Evaluate every situation you're in and try to apply those three ways to find positive meaning. The payoff is that people who find a lot of positive meaning in their lives will experience more of the whole range of positive emotions.

AWARENESS

(Creating Positive Emotions Cont.)



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(Positive Emotions Cont.)

4. Do Something you Love

“Some of my favorites are playing soccer, reading, and cooking. These things relax me, make me feel good, and let me forget about the world for awhile. Everyone’s favorites will be different and unique. Make sure you know what your favorites are and make sure they are always close at hand.

Remember that positive emotions are only one half of the equation. Negative emotions can be a serious detriment to any progress you make with positive emotions, so be sure to squash negative emotions as they come and replace them quickly with something more positive.”

AWARENESS



“Our emotions affect us physically as well as mentally. While there is a time for sadness in grieving and loss, staying positive is actually good for your physical health. From Dr. Lipman, here are 7 Reasons Positive Emotions Are Good for Your Heart:

1. Laughter makes blood flow more freely.
2. Hugs release Oxytocin and remove stress from the body.
3. When you meet someone you go crazy for, your heart gets a workout.
4. Spending time with a loved one lowers blood pressure.
5. Love letters may lower cholesterol.
6. Holding hands calms nerves.
7. A positive attitude lowers the risk of heart attack.”

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Build Up Your Resilience

Learning to adjust positively to change or difficulty

- **Resilient:** capable of resuming shape, position, etc. after being subjected to stress. The capability of recovering rapidly from an emotional shock. The capacity to adjust to change, disruption or difficulty and move on from negative or traumatic experiences in a positive way.
- **Positive Psychology:** Focuses on increasing positive emotions, putting negative emotions in perspective and learning to thrive despite challenges. Teaching and learning skills that help people stay focused and functioning during stressful times. Resilience can be developed. You can learn how better to bounce back from adversity.
- **Journal of Occupational and Organizational Psychology:** Found resilience training can improve mental health and subjective well-being.
- **Natural Coping Skills:** Some people have them, others can develop these skills with practice.

AWARENESS

(Build Up Your Resilience cont.)

- **Break the Negative Self-Talk Habit:** Many of us create our own stress, anger or sadness by saying negative things to ourselves multiple times each day. Replace these thoughts with positive ones! Instead of “I’m so stupid!” think: “I made a mistake, but I can correct it!”
- **Find a Sanctuary:** Restore a sense of calm and positive energy by going to a quiet place for a few minutes. If you can’t go there physically, imagine that peaceful, tranquil place.
- **Smile, Listen, Ask Questions:** Be fully present in the moment. Work on a pleasant facial expression, a warm tone of voice and a relaxed physical posture. Ask questions and listen closely to the answers. All the above are mood elevators.
- **Take a Walk With a Friend:** Even if done only once a week, relationship building can be a positive motivator and a solid investment of time and energy.
- **Find Time Each Day to Play**
- **Cultivate Gratitude: Write Down 3 Things You Are Grateful For Each Day:** If put a focus on this exercise in the morning, you will set a positive tone for the whole day.
- **Learn Deep Breathing and Meditation Techniques to Reduce Stress**

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