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HAPPY



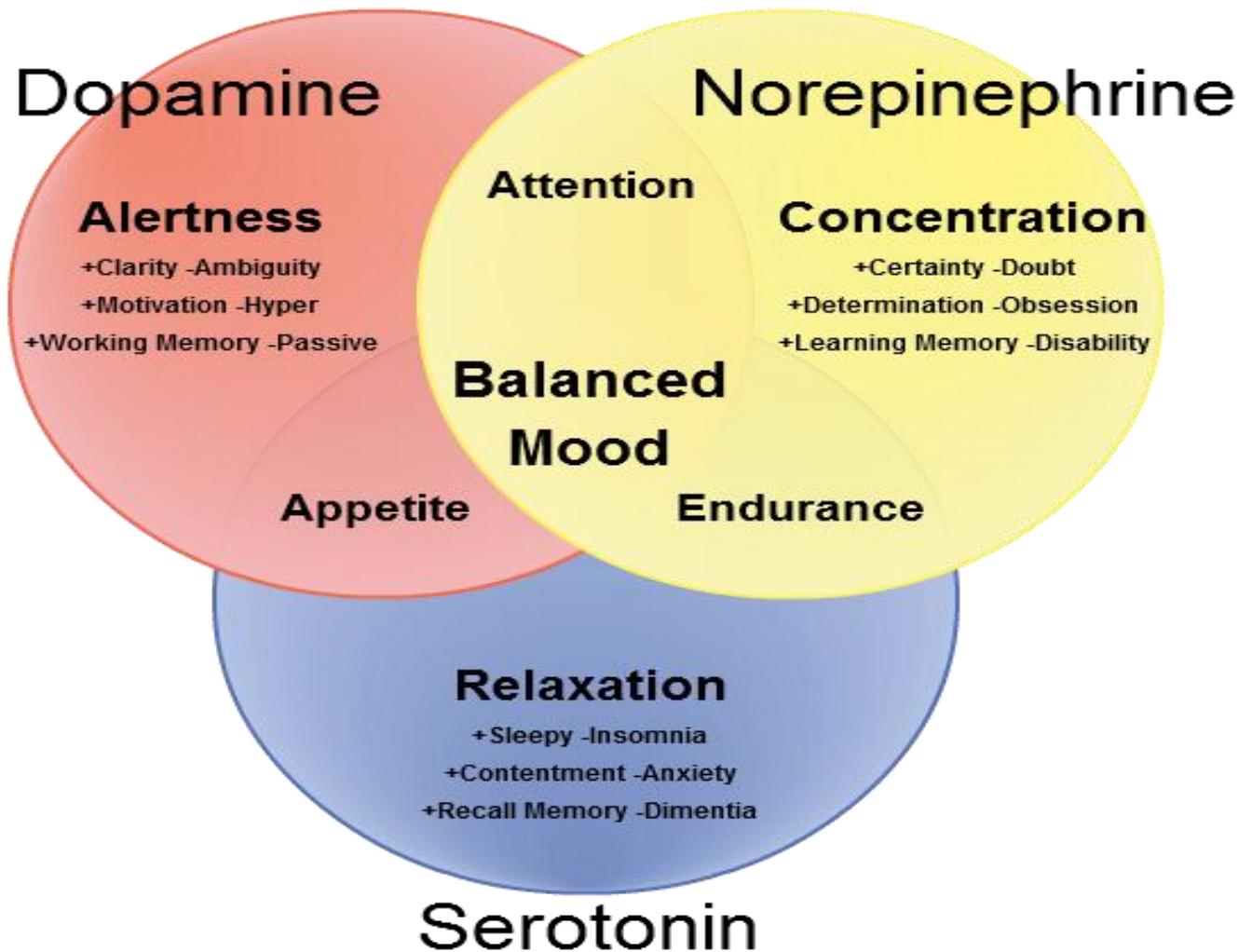


THE DEPRESSION REPORT

A New Deal for Depression and Anxiety Disorders

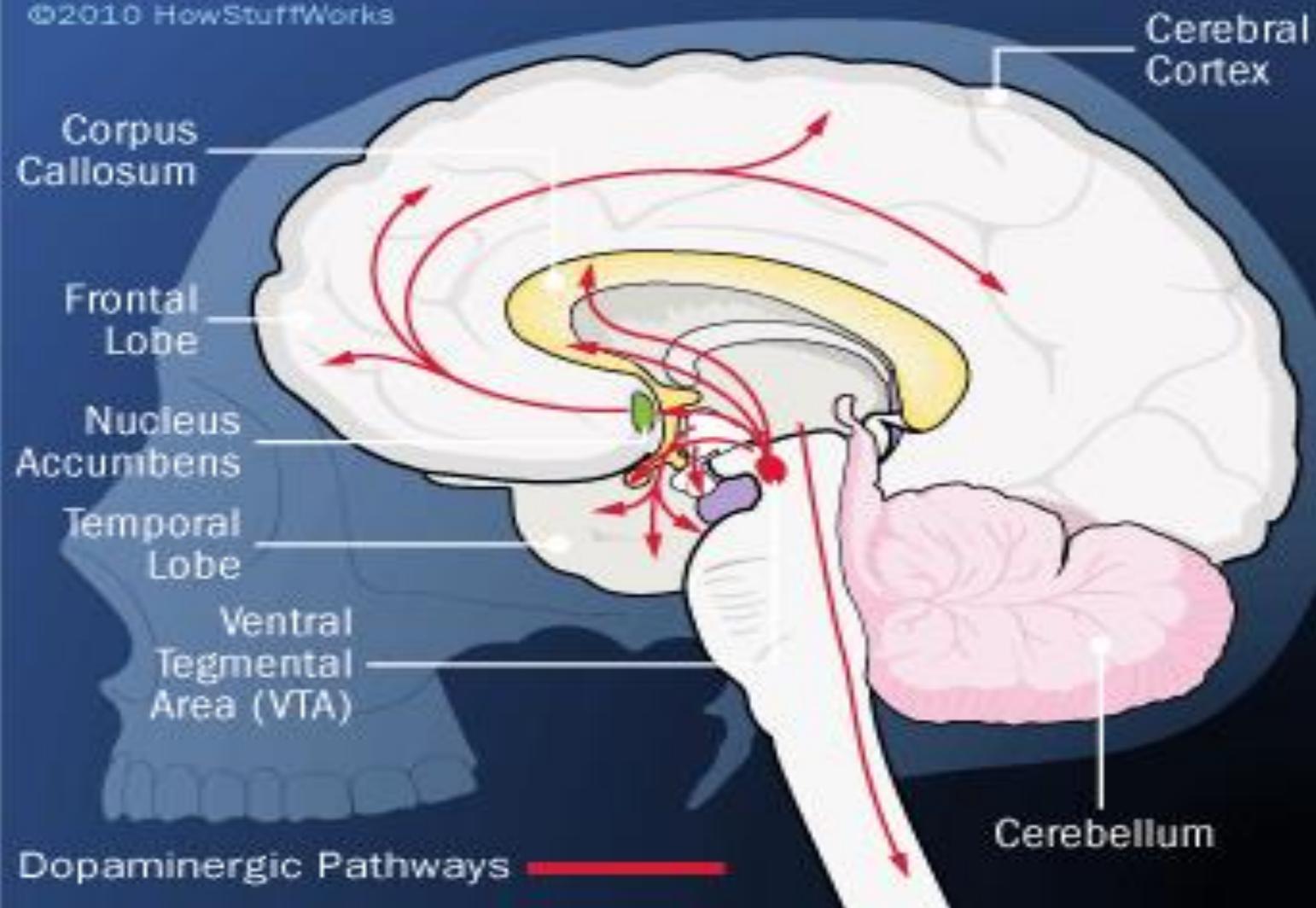
First we give six reasons for action:

- there is massive distress
- such suffering is a major form of deprivation
- much of it goes untreated
- this involves huge economic costs
- treatments exist that can relieve the distress, and that pay for themselves

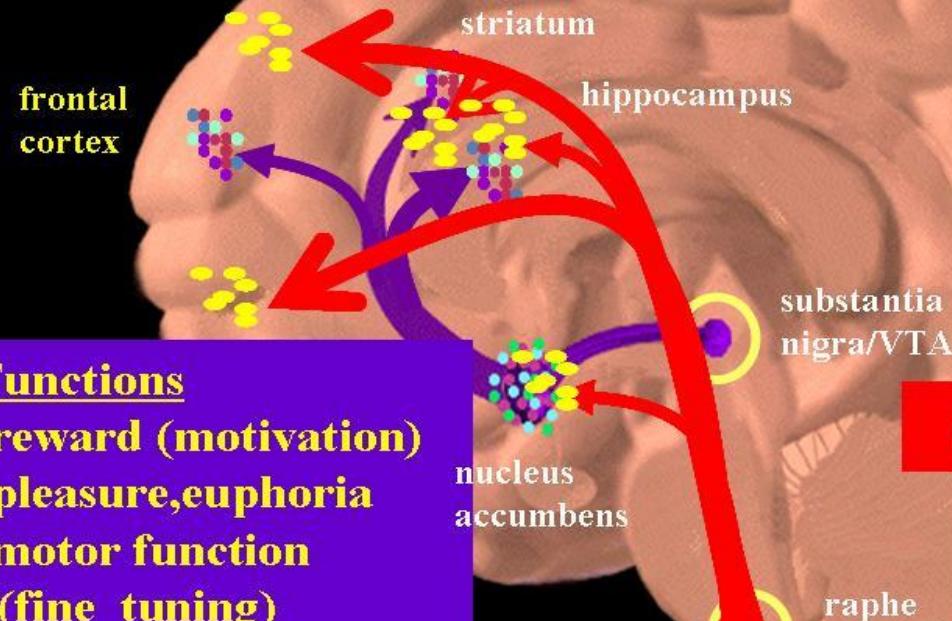


Dopamine in the Brain

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Dopamine Pathways



Functions

- reward (motivation)
- pleasure, euphoria
- motor function (fine tuning)
- compulsion
- perseveration
- decision making

Serotonin Pathways

Functions

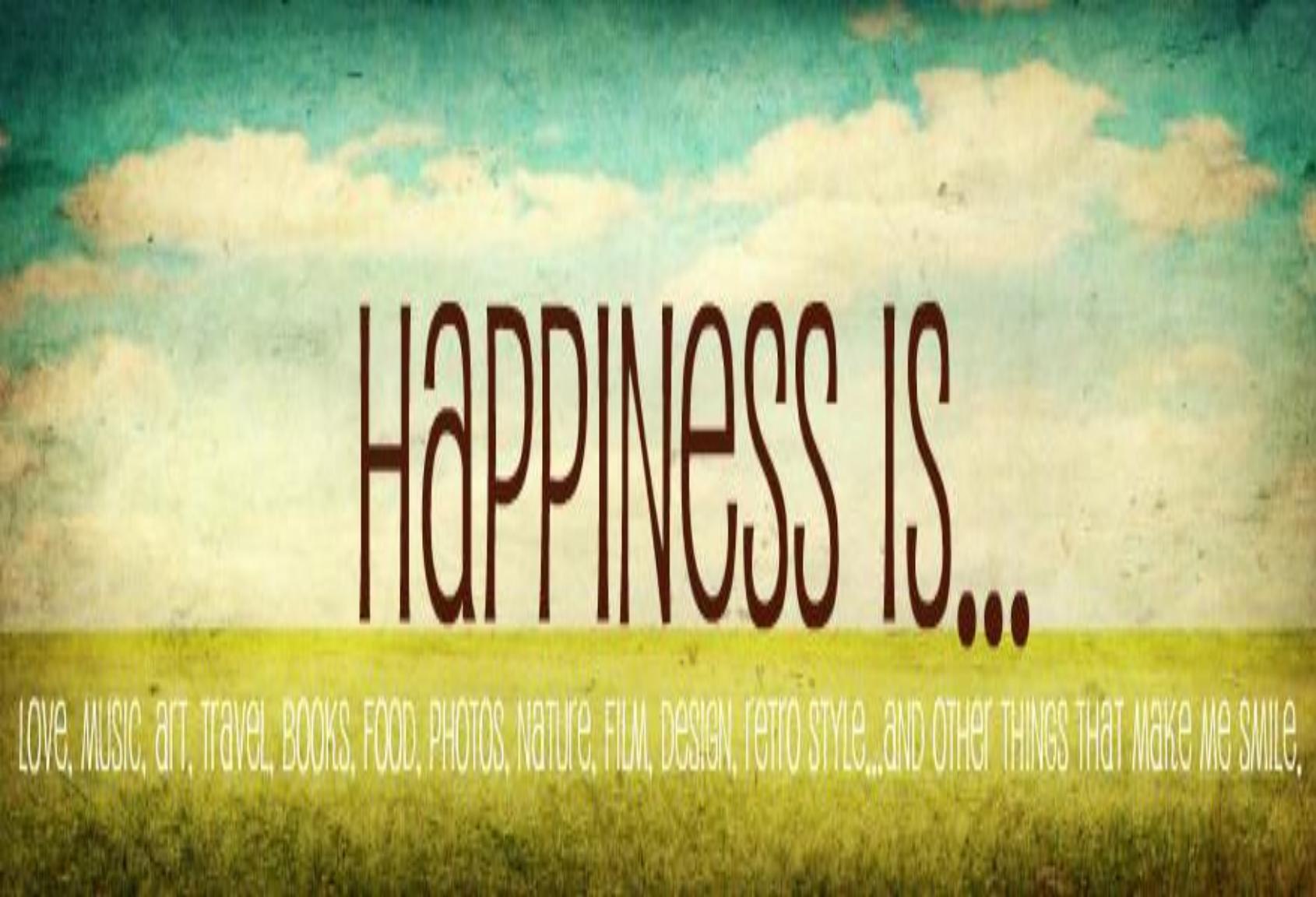
- mood
- memory processing
- sleep
- cognition

Treating Depression: Is there a placebo effect?

A Harvard scientist says the drugs used to treat depression are effective, but for many, it's not the active ingredient that's making people feel better. It's the placebo effect.

Irving Kirsch: The difference between the effect of a placebo and the effect of an antidepressant is minimal for most people.





HAPPINESS IS...

LOVE, MUSIC, ART, TRAVEL, BOOKS, FOOD, PHOTOS, NATURE, FILM, DESIGN, RETRO STYLE... AND OTHER THINGS THAT MAKE ME SMILE.

FLOW

The concept of flow it has been developed by psychologist Mihalyi Csikszentmihalyi, who defined it as a state in which the person is completely absorbed in an activity for their own pleasure and enjoyment, for which time flies and actions, thoughts and movements succeed each other without pause.

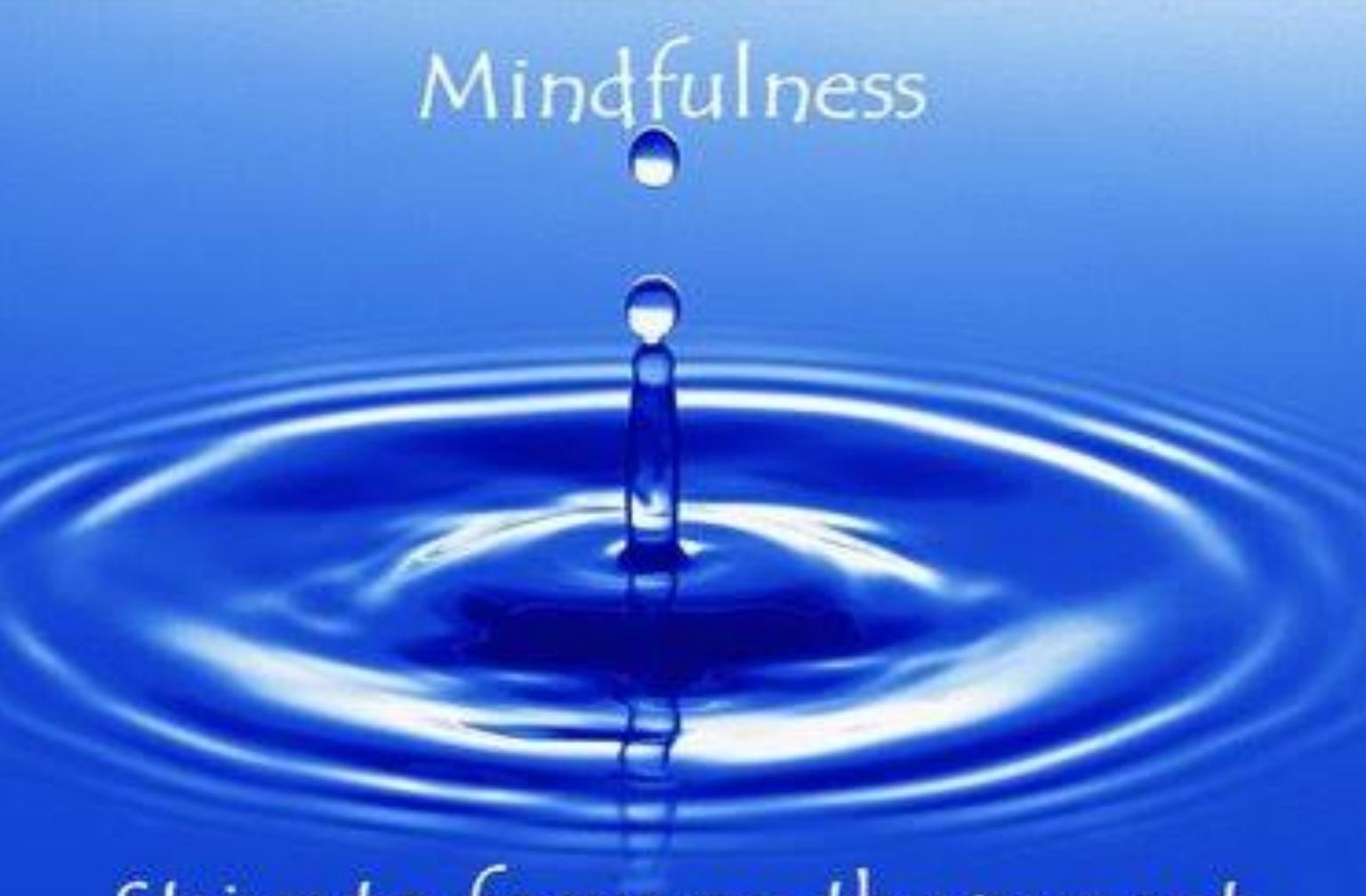
People wait
all week for friday,
all year for summer,
all life for happiness

Mindfulness

Practising mindfulness helps you:

- to be fully present, here and now
- to experience unpleasant thoughts and feelings safely
- to become aware of what you're avoiding
- to become more connected to yourself, to others and to the world around you
- to increase self-awareness
- to become less disturbed by and less reactive to unpleasant experiences
- to learn the distinction between you and your thoughts
- to have more direct contact with the world, rather than living through your thoughts
- to learn that everything changes; that thoughts and feelings come and go like the weather
- to have more balance, less emotional volatility
- to experience more calm and peacefulness
- to develop self-acceptance and self-compassion

Mindfulness



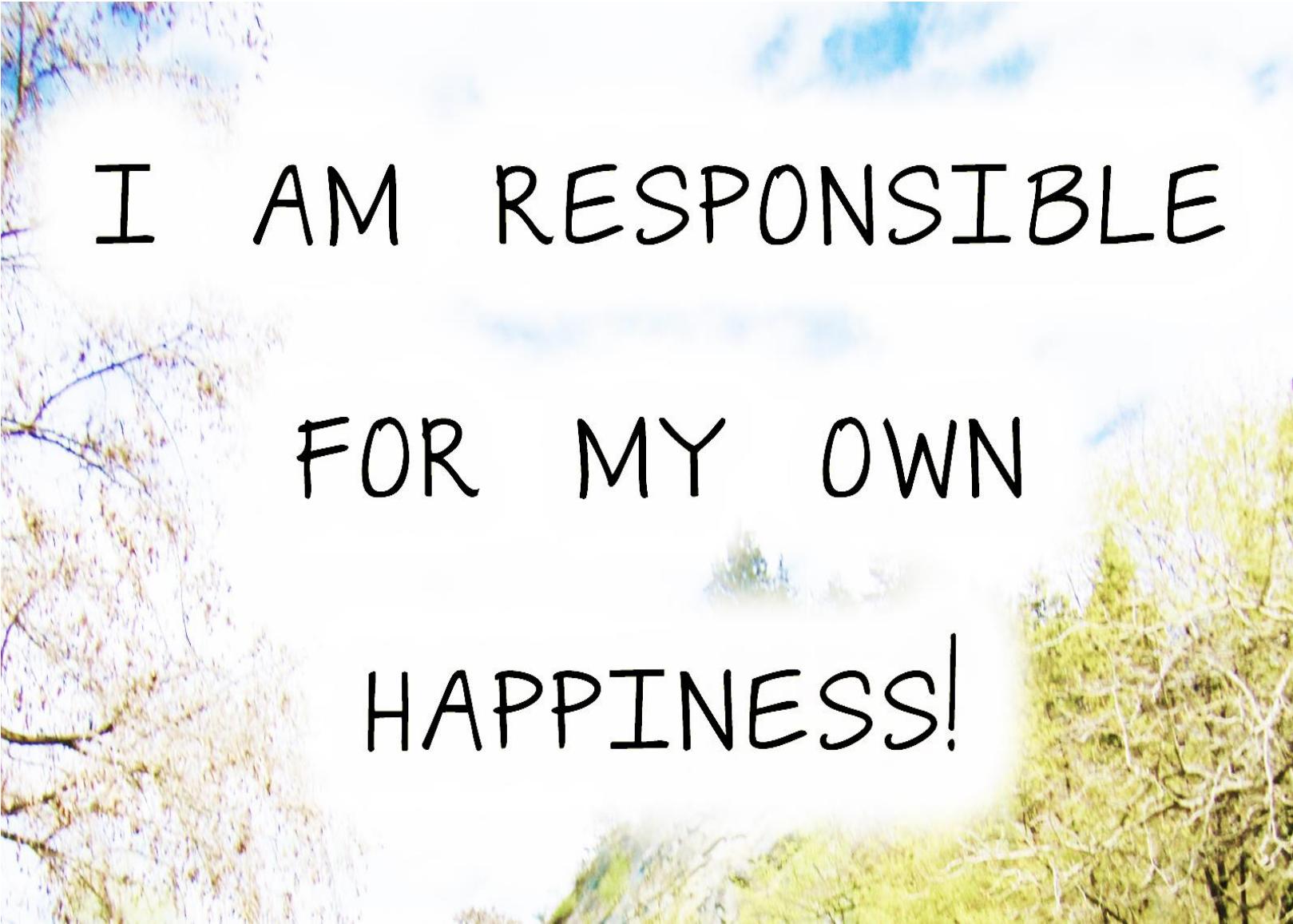
Strive to focus on the present

<https://www.youtube.com/watch?v=dEzbdLn2bJc>

HAPPINESS DEPENDS
UPON OURSELVES.

Aristotle

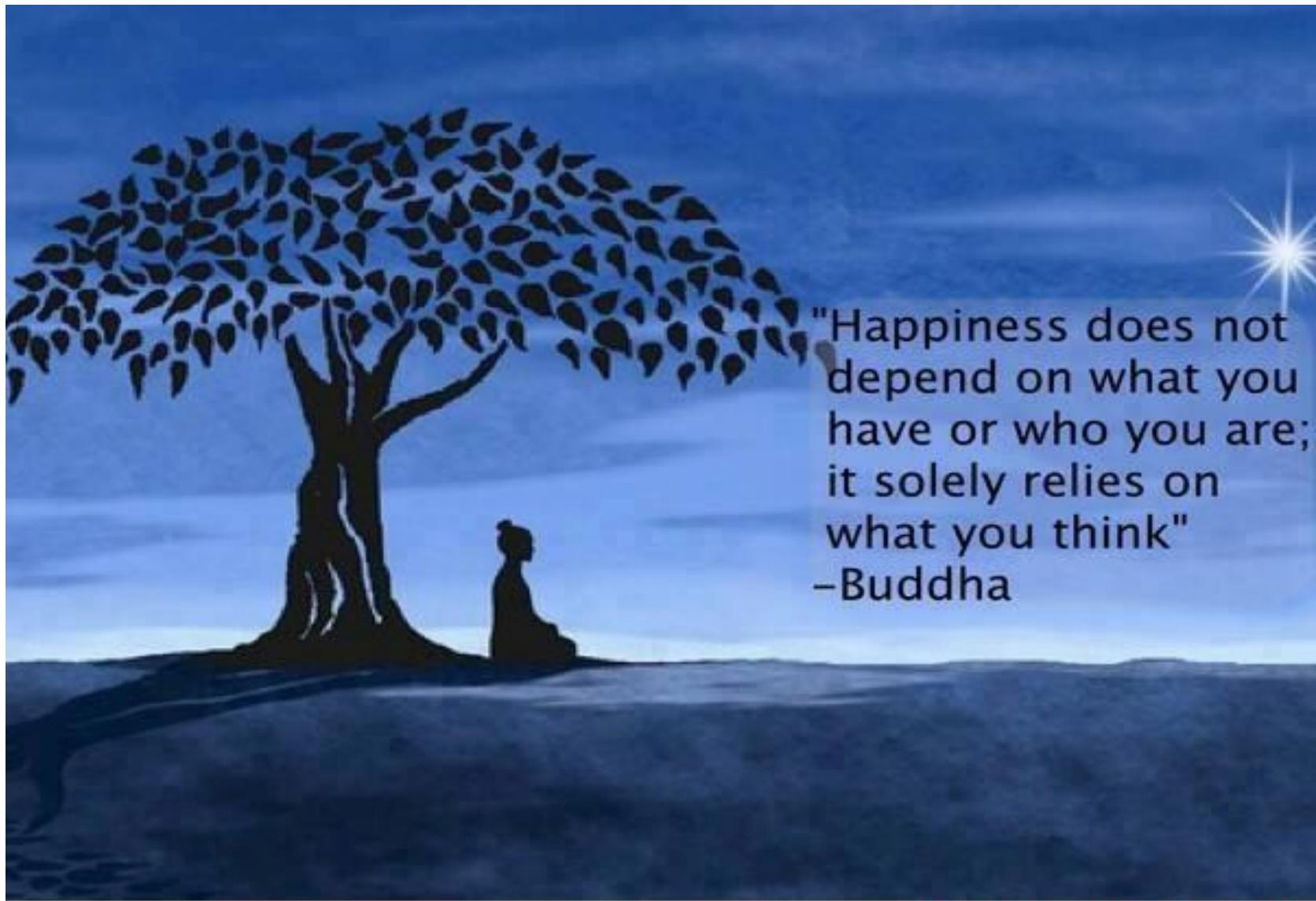
FACEBOOK COVERS
IWANTCOVERS.COM



I AM RESPONSIBLE
FOR MY OWN
HAPPINESS!

HAPPINESS

comes from
WITHIN
and is found in the
PRESENT MOMENT
by making peace with the
PAST
and looking forward to the
FUTURE



"Happiness does not depend on what you have or who you are; it solely relies on what you think"
-Buddha

happiness
DOESN'T DEPEND
on any external
conditions, it is
governed by our
mental
attitude.

Dale Carnegie
VERYBESTQUOTES.COM

- <https://www.youtube.com/watch?v=dzsxE5ugxf4>

**REMEMBER
HAPPINESS IS
A WAY OF TRAVEL
NOT A DESTINATION**

- Roy Goodman





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