

FIR WEIDER INFOS zur Expo « Bien-Être » vum Service développement RH (12.10.2022)

➤ **Wat bedeit dat iwwerhaapt, Bien-Être?**

- www.who.int/about/governance/constitution
- www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response
- Hattie, J. A., Myers, J. E., & Sweeney, T. J. (2004). A factor structure of wellness: Theory, assessment, analysis, and practice. *Journal of Counseling & Development*, 82(3), 354-364.
- Cloninger, C. R. (2006). The science of well-being: an integrated approach to mental health and its disorders. *World psychiatry*, 5(2), 71.
- actionforhappiness.org/about-us

➤ **Ee Rad vum Bien-Être**

- Hattie, J. A., Myers, J. E., & Sweeney, T. J. (2004). A factor structure of wellness: Theory, assessment, analysis, and practice. *Journal of Counseling & Development*, 82(3), 354-364.
- www.talkspace.com/blog/wellness-wheel/
- nationalwellness.org/resources/six-dimensions-of-wellness/
- actionforhappiness.org/10-keys
- www.qmhc.qld.gov.au/sites/default/files/wow_overview.pdf

➤ **Dankbarkeet**

- Baumeister, R. F., Bratslavsky, E., Finkenauer, C., & Vohs, K. D. (2001). Bad is stronger than good. *Review of general psychology*, 5(4), 323-370.
- Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *American psychologist*, 60(5), 410.

➤ **Iessen**

- Kennedy, D. O. (2016). B vitamins and the brain: mechanisms, dose and efficacy—a review. *Nutrients*, 8(2), 68.
- Young, L. M., Pipingas, A., White, D. J., Gauci, S., & Scholey, A. (2019). A systematic review and meta-analysis of B vitamin supplementation on depressive symptoms, anxiety, and stress: Effects on healthy and 'at-risk' individuals. *Nutrients*, 11(9), 2232.

➤ **Schlof**

- www.healthline.com/nutrition/17-tips-to-sleep-better#The-bottom-line
- actionforhappiness.org/10-keys/exercising
- www.firerescue1.com/fire-products/mobile-data/articles/10-ways-firefighters-can-support-their-own-mental-health-2WGkxhz86m6Ju0PC/

➤ **PMR (Progressiv Muskelrelaxatioun)**

- www.webmd.com/sleep-disorders/muscle-relaxation-for-stress-insomnia

➤ **Natur & Beweegung**

- www.who.int/news-room/fact-sheets/detail/physical-activity

- Ryan, C. O., Browning, W. D., Clancy, J. O., Andrews, S. L., & Kallianpurkar, N. B. (2014). Biophilic design patterns: emerging nature-based parameters for health and well-being in the built environment. *ArchNet-IJAR: International Journal of Architectural Research*, 8(2), 62.
- Gladwell, V. F., Brown, D. K., Barton, J. L., Tarvainen, M. P., Kuoppa, P., Pretty, J., ... & Sandercock, G. R. H. (2012). The effects of views of nature on autonomic control. *European journal of applied physiology*, 112(9), 3379-3386.
- Seresinhe, C. I., Preis, T., MacKerron, G., & Moat, H. S. (2019). Happiness is greater in more scenic locations. *Scientific reports*, 9(1), 1-11.
- Beute, F., & de Kort, Y. A. (2018). The natural context of wellbeing: Ecological momentary assessment of the influence of nature and daylight on affect and stress for individuals with depression levels varying from none to clinical. *Health & place*, 49, 7-18.
- Knoop, M., Stefani, O., Bueno, B., Matusiak, B., Hobday, R., Wirz-Justice, A., ... & Norton, B. (2020). Daylight: what makes the difference?. *Lighting Research & Technology*, 52(3), 423-442.
- Beute, F., & de Kort, Y. A. (2014). Salutogenic effects of the environment: Review of health protective effects of nature and daylight. *Applied psychology: Health and well-being*, 6(1), 67-95.
- Ulrich, R. S. (1984). View through a window may influence recovery from surgery. *science*, 224(4647), 420-421.

➤ **Eppes Neies ausprobieren**

- Sabates, R., & Hammond, C. (2008). The impact of lifelong learning on happiness and well-being.
- Jenkins, A., & Mostafa, T. (2015). The effects of learning on wellbeing for older adults in England. *Ageing & society*, 35(10), 2053-2070.
- Narushima, M., Liu, J., & Diestelkamp, N. (2018). Lifelong learning in active ageing discourse: Its conserving effect on wellbeing, health and vulnerability. *Ageing & Society*, 38(4), 651-675.
- Csikszentmihalyi, M., & Csikszentmihalyi, M. (1990). *Flow: The psychology of optimal experience* (Vol. 1990). New York: Harper & Row.
- Dweck, C. S. (2006). *Mindset: The new psychology of success*. Random House.
- www.edweek.org/leadership/opinion-carol-dweck-revisits-the-growth-mindset/2015/09

➤ **Komplimenter verteilen**

- hbr.org/2021/02/a-simple-compliment-can-make-a-big-difference
- Izuma, K., Saito, D. N., & Sadato, N. (2008). Processing of social and monetary rewards in the human striatum. *Neuron*, 58(2), 284-294.
- Cialdini, R. B., & Kenrick, D. T. (1976). Altruism as hedonism: a social development perspective on the relationship of negative mood state and helping. *Journal of personality and social psychology*, 34(5), 907.

➤ **Ziler, Affirmationen, Visualisierungen**

- www.healthdirect.gov.au/goal-setting
- www.psychcentral.com/health/what-are-positive-affirmations
- health.clevelandclinic.org/do-positive-affirmations-work/
- www.verywellmind.com/visualization-for-relaxation-2584112

- www.goodtherapy.org/blog/visualization-can-improve-mood-support-mental-health-0323171

➤ **Langweil**

- www.forbes.com/sites/bryanrobinson/2020/09/02/why-neuroscientists-say-boredom-is-good-for-your-brains-health/?sh=30add06c1842

➤ **Hausplanzen**

- Lee, M. S., Lee, J., Park, B. J., & Miyazaki, Y. (2015). Interaction with indoor plants may reduce psychological and physiological stress by suppressing autonomic nervous system activity in young adults: a randomized crossover study. *Journal of physiological anthropology*, 34(1), 1-6.

➤ **Musék**

- Koelsch, S. (2020). A coordinate-based meta-analysis of music-evoked emotions. *NeuroImage*, 223, 117350.
- Zhang, S. (2020). The Positive Influence of Music on the Human Brain. *Journal of Behavioral and Brain Science*, 10(1), 95-104.
- www.hopkinsmedicine.org/health/wellness-and-prevention/keep-your-brain-young-with-music
- www.health.harvard.edu/blog/why-is-music-good-for-the-brain-2020100721062
- Laukka, P., & Quick, L. (2013). Emotional and motivational uses of music in sports and exercise: A questionnaire study among athletes. *Psychology of Music*, 41(2), 198-215.
- www.nami.org/Blogs/NAMI-Blog/December-2016/The-Impact-of-Music-Therapy-on-Mental-Health

➤ **5 Sënner**

- www.hopkinsmedicine.org/health/wellness-and-prevention/aromatherapy-do-essential-oils-really-work
- Fung, T. K., Lau, B. W., Ngai, S. P., & Tsang, H. W. (2021). Therapeutic effect and mechanisms of essential oils in mood disorders: interaction between the nervous and respiratory systems. *International Journal of Molecular Sciences*, 22(9), 4844.
- health.clevelandclinic.org/essential-oils-101-do-they-work-how-do-you-use-them/
- www.education.vic.gov.au/school/teachers/teachingresources/discipline/science/continuum/Pages/sensesworking.aspx
- newsinhealth.nih.gov/2016/08/what-your-nose-knows#:~:text=Your%20sense%20of%20smell%20enriches,key%20role%20in%20your%20health

➤ **Emotiounen**

- www.psychologytoday.com/us/basics/emotion-regulation
- www.psychologytoday.com/us/blog/between-cultures/201709/3-ways-regulate-your-emotions
- www.aok.de/bw-gesundnah/psyche-und-seele/tipps-gegen-wut

➤ **Achtsamkeet**

- actionforhappiness.org/10-keys/awareness

➤ **Coping-Strategien**

- www.verywellmind.com/forty-healthy-coping-skills-4586742
- www.sciencedirect.com/topics/medicine-and-dentistry/coping-strategies

➤ **Resilienz**

- actionforhappiness.org/10-keys/resilience