Chemicals messengers in the nervous system
serotonin
keeps mood balanced
low amounts correlate with depression
dopamine
pleasure and reward
deficiency leads to Parkinson’s
endorphins
block pain and control emotion
Acetylcholine
Alzheimer’s

Hormones produced by the endocrine system
Habits – subconscious processes. It implies doing unconsciously or without premeditation.

**Psychiatrist** – can actually prescribe prescriptions to patients

**Psychologist** – studies behaviors and mental processes

**Psychoanalyst** – psychological theories and techniques popularized by Sigmund Freud

**Psychotherapist** – someone who treats a person’s mental health, they are licensed to provide mental health

**Observation study – two types**

- **Naturalistic** – done in the environment, observe and record the nature, these are the primary substances; one of the weaknesses, you have no control; strength, you get real behavior
- **Laboratory** – they record and observe, they have more control than naturalistic; weakness is that they know that they are being recorded and watched so it is possible you can get an artificial record; or different from it being natural.
  - EX. A monkey in its habitat not being known it is watched is naturalistic, but a monkey brought in to be tested is laboratory.

**Correlation studies** – strength of a relationship; agreeing 100% among the variables

Every experience, you need a **hypothesis** – Testable prediction

**Single blind** – the participants don’t know if they are in experimental or control group
• Emphasis on the positive nature of humanity such as free will, creativity, resilience, love, courage, the ability to aspire, self-actualization and peak experiences
• Unconditional positive regard

Maslow’s Study of Creative and Healthy People
• Were secure in their sense of who they were
• Were problem-centered rather than self-centered
• Were not paralyzed by others opinions
• Focused their energies on one particular task, one they thought was their mission in life
• Most enjoyed a few deep relationships rather than many superficial ones
• Many had been moved by spiritual or peak experiences that surpassed ordinary consciousness
• They were compassionate
• They outgrew their mixed feelings toward their parents
• They had the courage to be unpopular

The consciousness is the awareness of oneself and the environment

Sleeping
Regenerate energy
Toxins are released from body
Cells are repaired
The immune system is strengthened

Insomnia
10% American population suffer from this trouble falling asleep or staying asleep

Sleep apnea
Stopping breathing while sleeping
Some people don’t know they have it