

**HOW EXERCISE,
MINDFULNESS & SLEEP
IMPROVE YOUR MENTAL
HEALTH & RESILIENCE?
ADDITIONAL INFORMATION**



For more on exercise & the brain....

Videos

https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise?language=en

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

<https://www.youtube.com/watch?v=rGgoCm1ho>

<https://www.youtube.com/watch?v=Y6U728AZnVo>

Peer reviewed papers

- *Exercise and pharmacotherapy in the treatment of major depressive disorder. Blumenthal et al (2017) Psychosom Med 69 (7) 587-596*
- An examination of the anxiolytic effects of exercise for people with anxiety and stress-related disorders: A meta-analysis. Stubbs et al (2017) Psychiatry Research DOI: 10.1016/j
- Aerobic exercise and neurocognitive performance: a meta-analytic review of randomized controlled trials. Smith et al (2010) Psychosom Med 72 (3) 239-252

Book

Spark: The Revolutionary New Science of Exercise and the Brain, by John Ratey



For more on mindfulness & the brain....

Videos

https://ggia.berkeley.edu/practice/loving_kindness_meditation

https://mediaspace.nottingham.ac.uk/media/Relaxation+breathing/1_mgv9fe5n

https://mediaspace.nottingham.ac.uk/media/Progressive+muscle+relaxation/1_8goypfz7



Peer reviewed papers

An Outpatient Program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation Kabat-Zinn (1982) General Hospital Psychiatry 3 33-47

Neural correlates of attentional expertise in long-term meditation practitioners Brefczynski-Lewis et al. (2007) PNAS 104 (27) 11483-11488

Book

Wherever you go, There You are: Mindfulness meditation for everyday life by Jon Kabat-Zinn



For more on sleep & the brain....

Videos

Sleep Deficit: The Performance Killer → <https://www.youtube.com/watch?v=pNHcXmiYsBk>

https://www.ted.com/talks/shai_marcu_the_benefits_of_a_good_night_s_sleep?language=en

Peer reviewed papers

- Maurice et al (2004) Meta-analysis of quantitative sleep parameters from childhood to old age in healthy individuals: developing normative sleep values across the human lifespan
- Czeisler et al (1981) Chronotherapy: resetting the circadian clocks of patients with delayed sleep phase insomnia. *Sleep* 4 (1) 1-21
- Clark and Landolt (2017) Coffee, caffeine and sleep: A systematic review of epidemiological studies and randomized control trials. *Sleep Medicine Reviews* 31, 70-78

Books

Why we sleep: unlocking the power of sleep and dreams (2018) by Matthew Walker

Sleep disorders and sleep deprivation. An unmet public health problem (2006) Colten & Altevogt, National Academies Press (US)

Thank you for your feedback!!

<https://forms.office.com/r/aTuWRHw6ib>

Resilience_Feedback_Geneva_17
May21

Many thanks for your feedback on how to adapt the lecture to "non neuroscience students" ...

1. Was the lecture easy to understand? (i.e. was at the right level for you?)

☆ ☆ ☆ ☆ ☆

2. Was the lecture informative? (i.e. did you learn something new & interesting?)

☆ ☆ ☆ ☆ ☆

3. What should be removed? (either is not relevant or it is too basic)

Enter your answer

4. What should be explained in more