

2026 10 16
Birštonas



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Kas smegenims suteikia laimės pojūtį?

Gyd. Ieva Sereikė, m. dr.

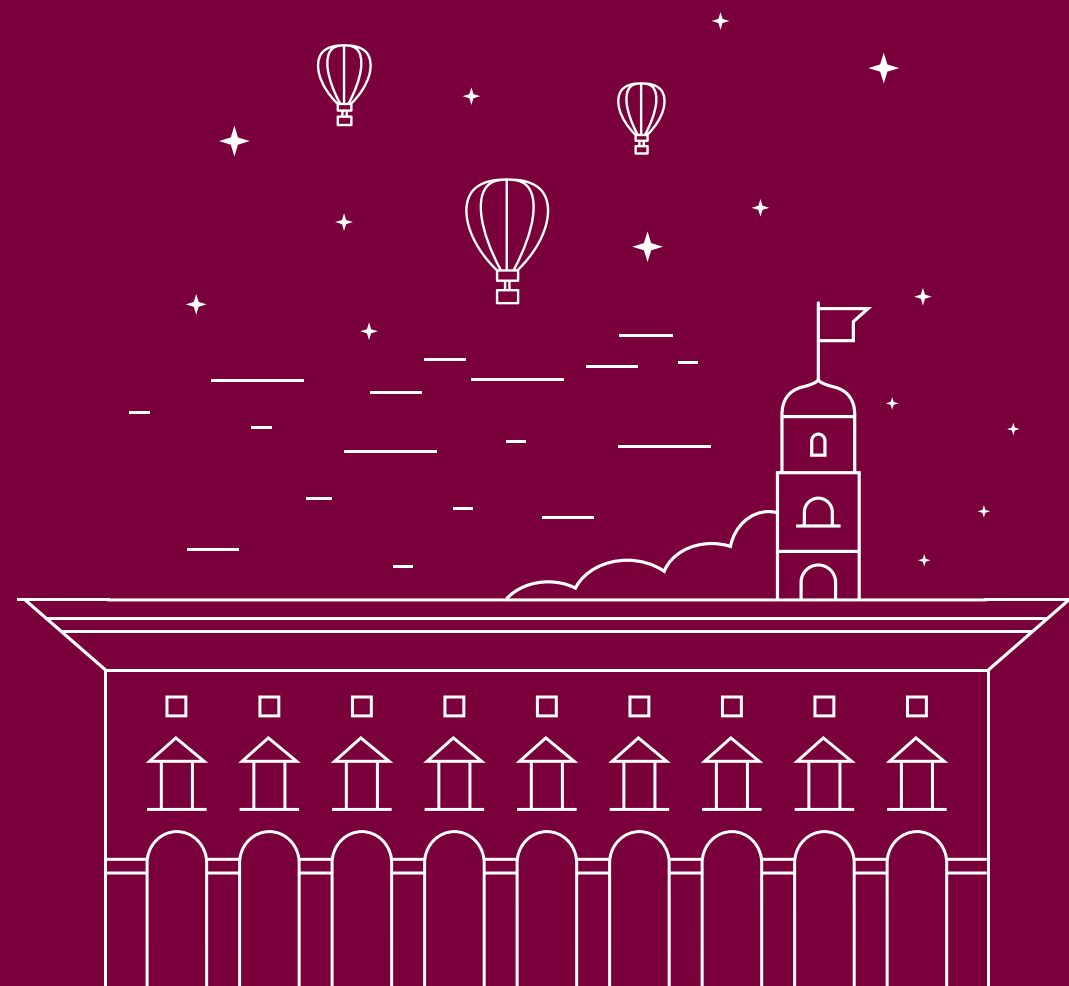
VU Medicinos fakultetas

Klinikinės medicinos institutas

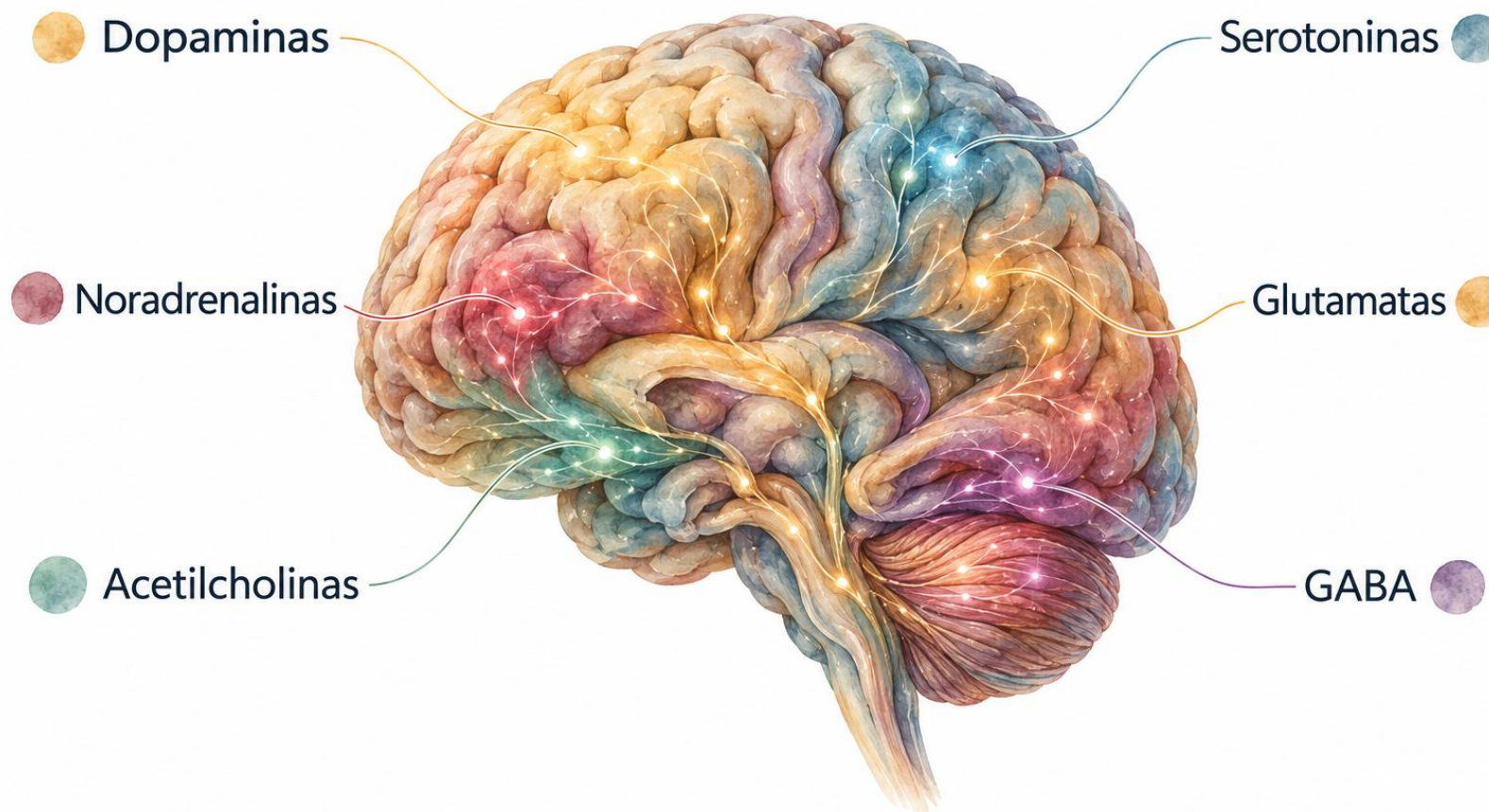
Neurologijos ir neurochirurgijos klinika

Vilniaus universiteto ligoninės Santaros klinikų

Neurologijos centras



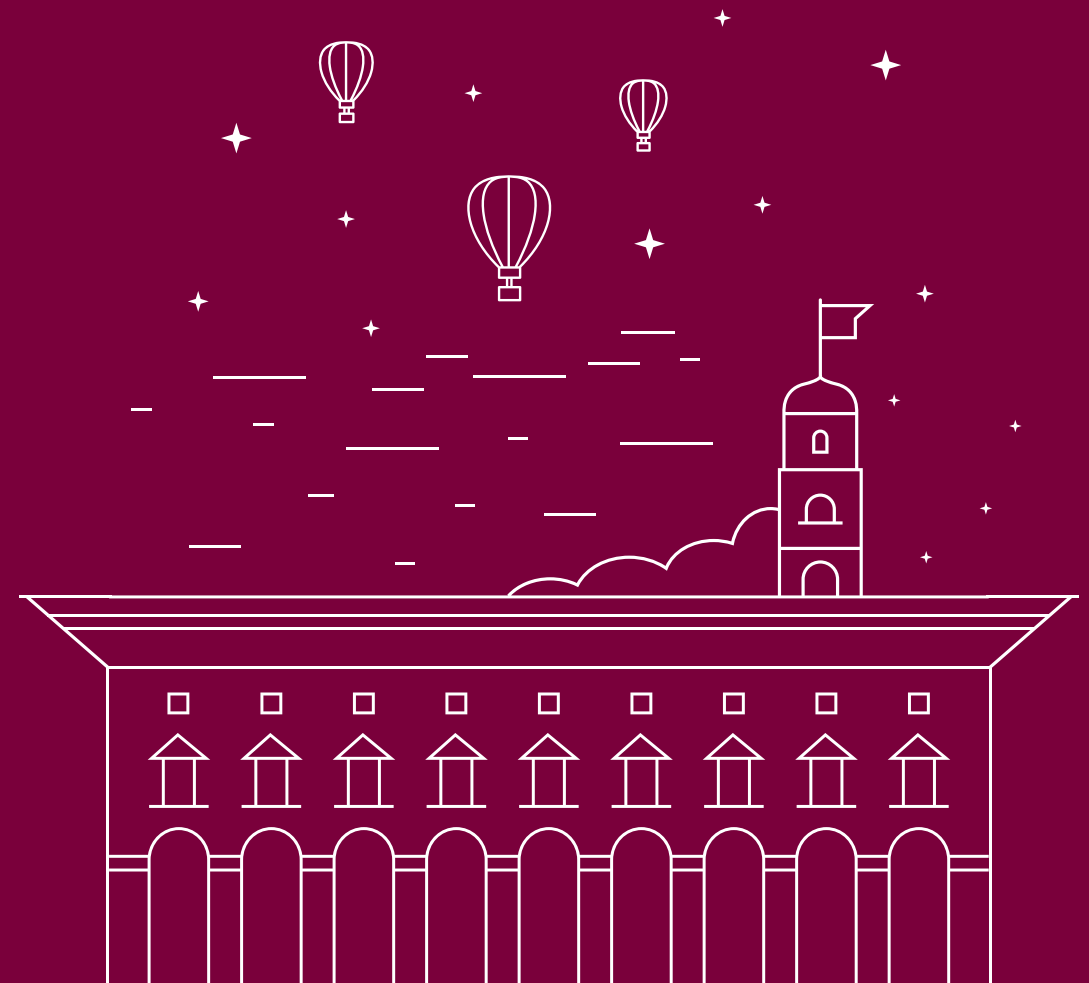
Neuronešikliai ir neuromodulatoriai

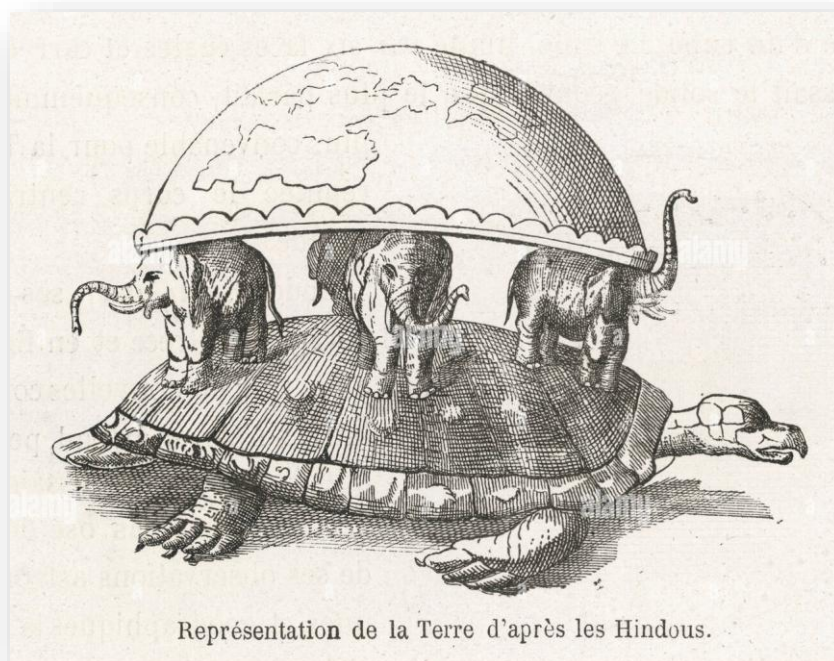




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**Laimės gramatika:
kasdieniai įpročiai, skaitymas
ir emocinė gerovė**





Induistinis pasaulio suvokimas

Miegas

Fizinė sveikata

Bendravimas

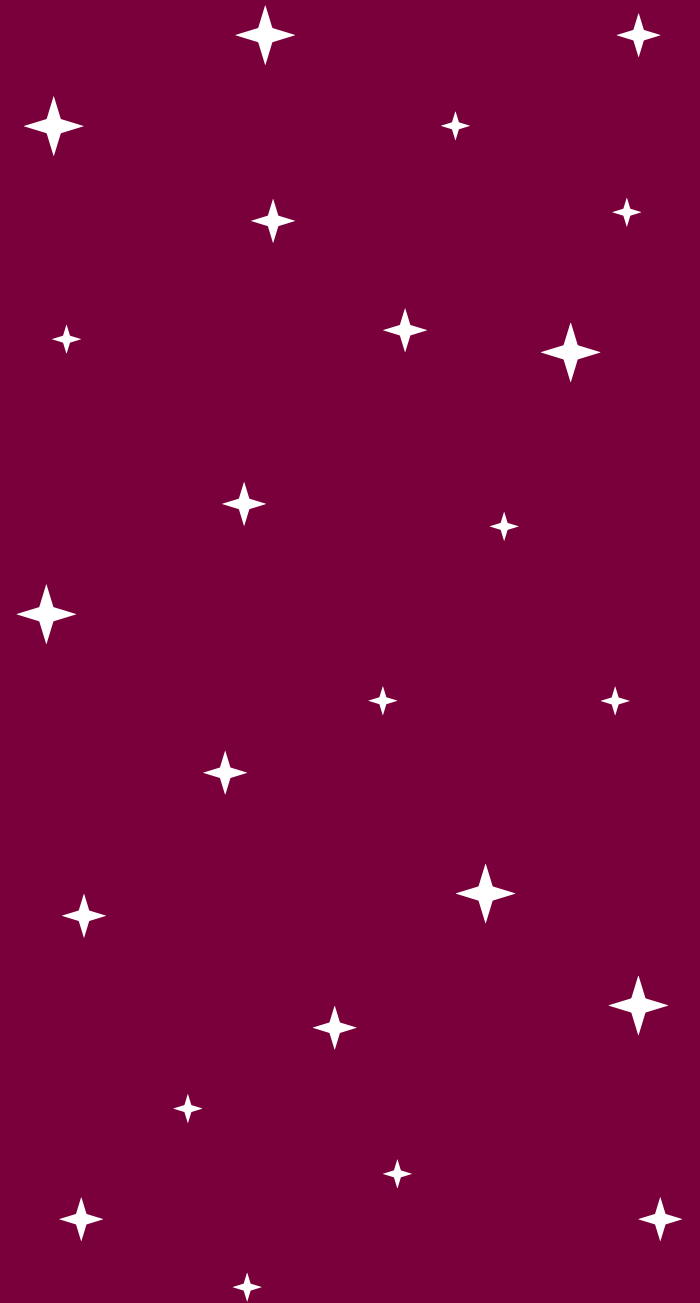
Prasmingas darbas



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10 veiklų ir įpročių, prisidedančių prie laimės*

***, patvirtinta moksliniais tyrimais**





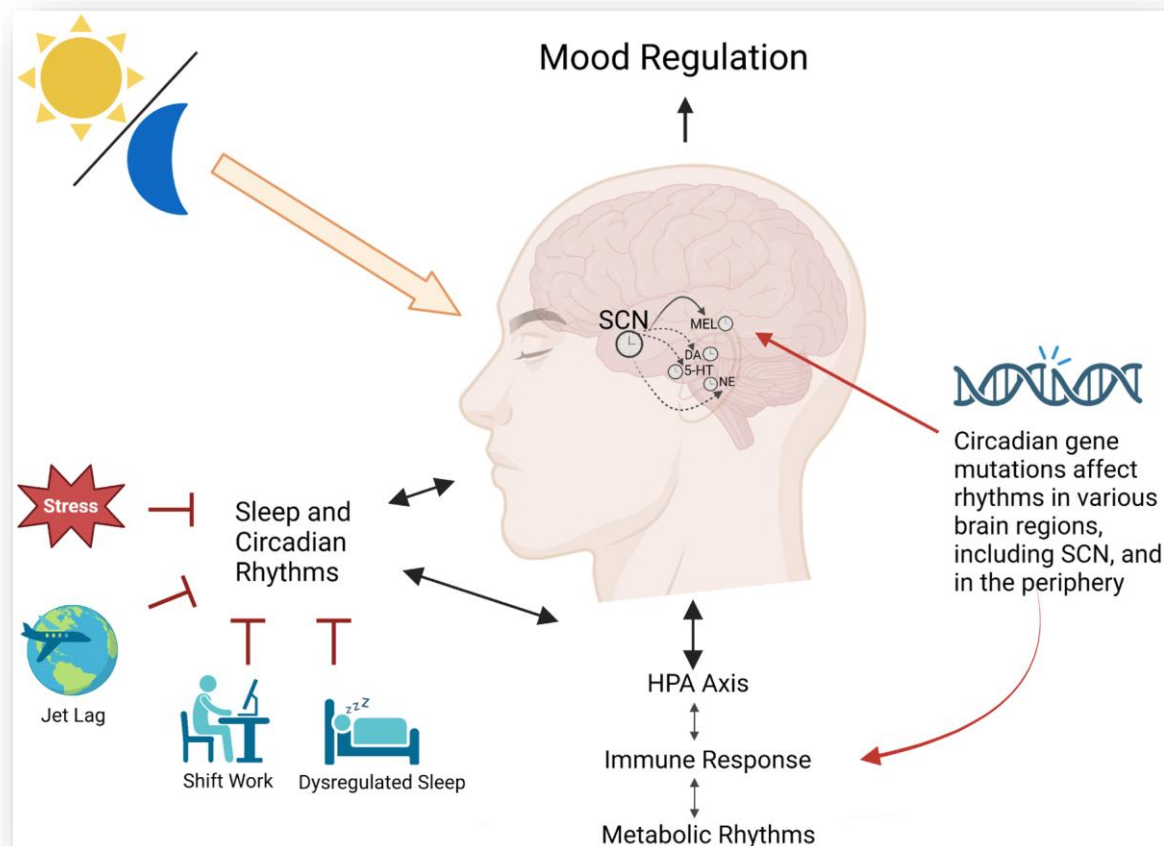
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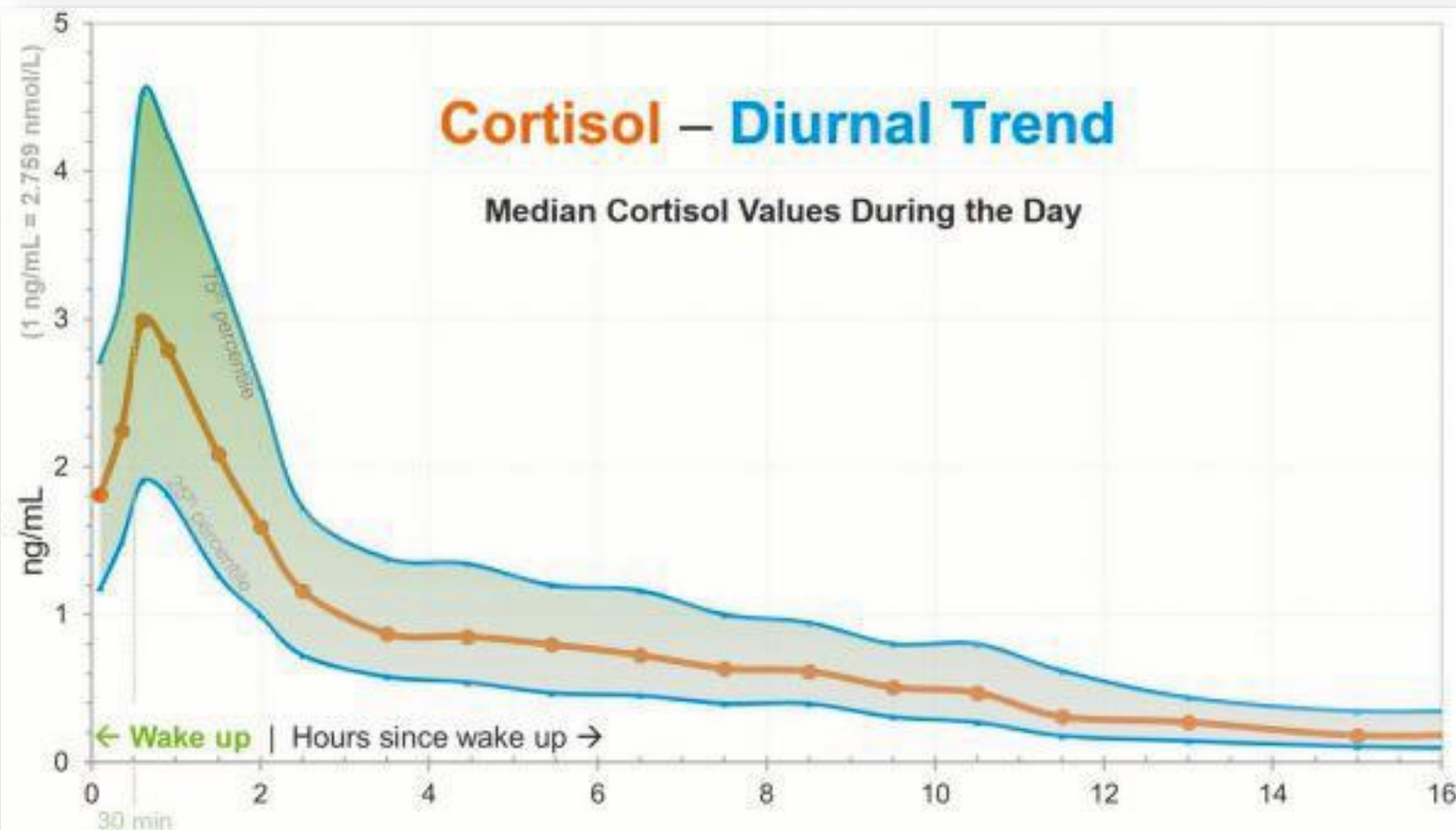
1. Šviesa ir cirkadinis ritmas

Cirkadinis ritmas ir jo poveikis



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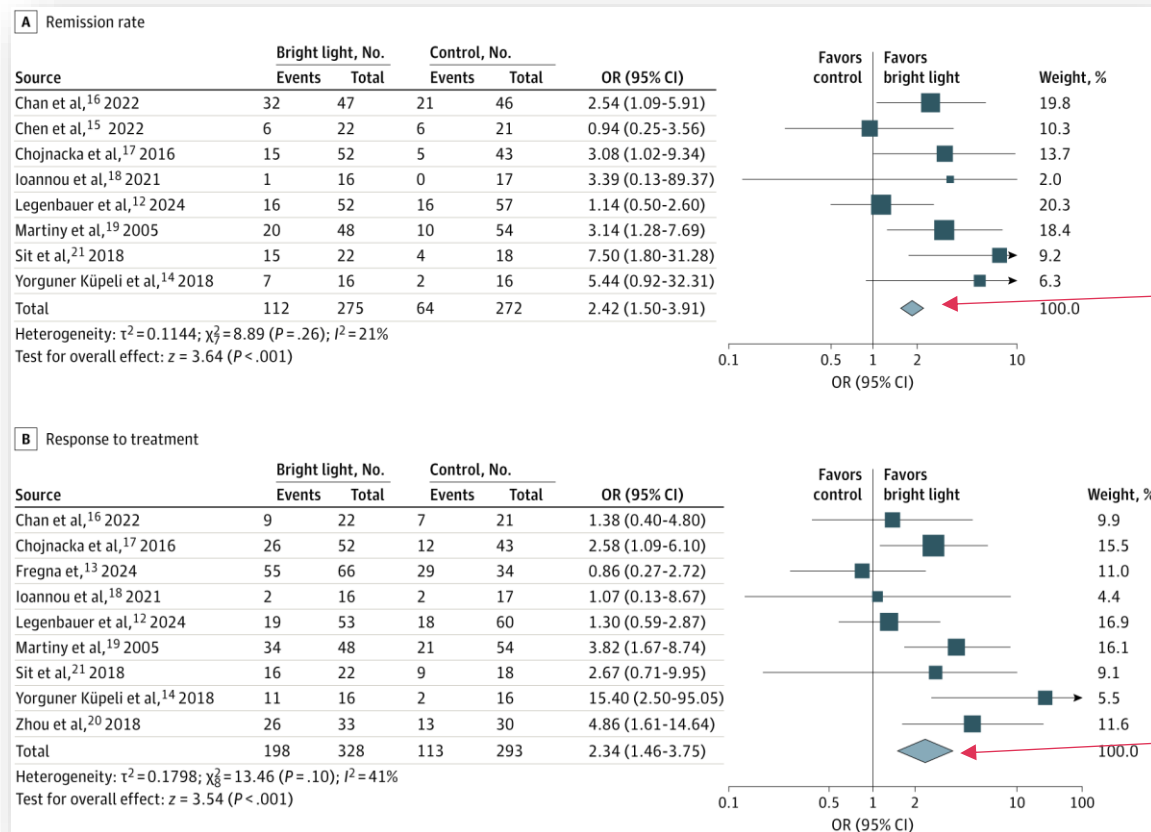


Data from 15 studies with 104,623 salivary cortisol samples of 18,698 individuals by Miller *et al* in 'The CIRCORT database: Reference ranges and seasonal changes in diurnal salivary cortisol derived from a meta-dataset comprised of 15 field studies', *Psychoneuroendocrinology*, Nov 2016, 73, pages 16-23.

Šviesos poveikis gydant depresiją



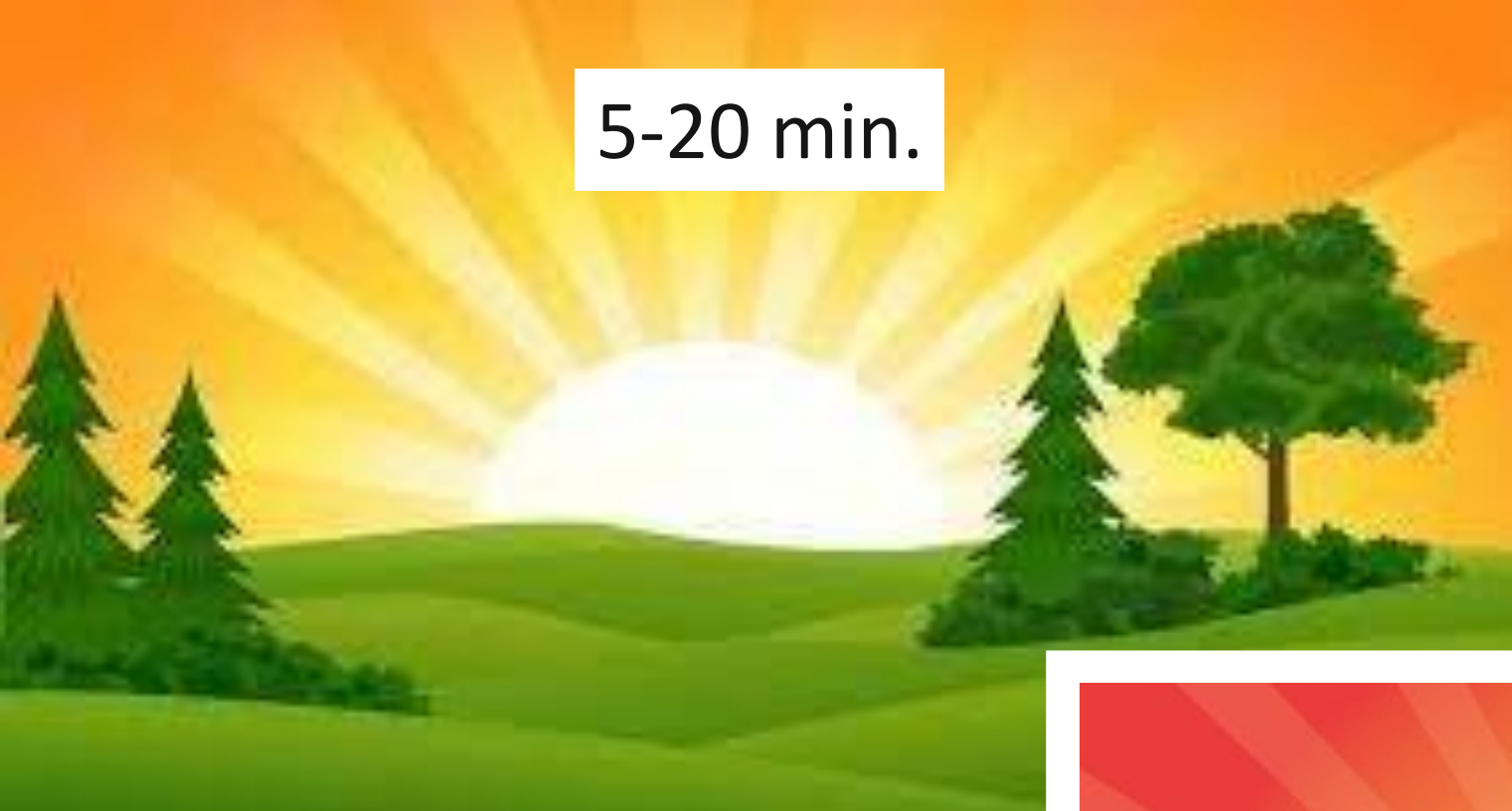
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Remisijos dažnis

Atsakas į gydymą

5-20 min.



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5-10 min.





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2. ...



1292 dalyviai

26 856 vertinimai mobiliuoju telefonu

- Reikšmingas teigiamas ryšys su laime.
- Poveikis išliko iki kito vertinimo.



OPEN

Smartphone-based ecological momentary assessment reveals mental health benefits of birdlife

Ryan Hammoud^{1✉}, Stefania Tognin¹, Lucie Burgess¹, Nicol Bergou¹, Michael Smythe², Johanna Gibbons³, Neil Davidson³, Alia Afifi¹, Ioannis Bakolis^{4,5} & Andrea Mechelli¹

The mental health benefits of everyday encounters with birdlife for mental health are poorly understood. Previous studies have typically relied on retrospective questionnaires or artificial set-ups with little ecological validity. In the present study, we used the Urban Mind smartphone application to examine the impact of seeing or hearing birds on self-reported mental wellbeing in real-life contexts. A sample of 1292 participants completed a total of 26,856 ecological momentary assessments between April 2018 and October 2021. **Everyday encounters with birdlife were associated with time-lasting improvements in mental wellbeing.** These improvements were evident not only in healthy people but also in those with a diagnosis of depression, the most common mental illness across the world. These findings have potential implications for both environmental and wildlife protection and mental healthcare policies. Specific measures, aimed at preserving and increasing everyday encounters with birdlife in urban areas, should be implemented.



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Bird sounds and their contributions to perceived attention restoration and stress recovery

Eleanor Ratcliffe  , Birgitta Gatersleben¹ , Paul T. Sowden² 



Malonūs prisiminimai

Nukrypsta dėmesys

Perkelia į kitą aplinką



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2. Paukščių čiulbėjimas



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3. Buvimas gamtoje

Spending at least 120 minutes a week in nature is associated with good health and wellbeing



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	Self-reported health (Good vs. poor)						Subjective well-being (High vs. low)					
	Unadjusted			Adjusted ^a			Unadjusted			Adjusted ^a		
	OR	95% CIs		OR	95% CIs		OR	95% CIs		OR	95% CIs	
		Low	High		Low	High		Low	High		Low	High
Nature visit exposure												
Weekly visit duration												
≥300 mins	1.73***	1.57	1.91	1.33***	1.18	1.50	1.42***	1.31	1.54	1.20***	1.09	1.31
240–299 mins	2.10***	1.74	2.53	1.55***	1.25	1.93	1.45***	1.24	1.68	1.25**	1.07	1.46
180–239 mins	1.74***	1.47	2.06	1.44***	1.18	1.76	1.33***	1.16	1.53	1.16*	1.00	1.34
120–179 mins	2.09***	1.79	2.44	1.59***	1.31	1.92	1.37***	1.21	1.55	1.23**	1.08	1.40
60–119 mins	1.56***	1.34	1.83	1.13	0.94	1.37	1.21**	1.06	1.39	1.10	0.96	1.27
1–59 mins	1.14	0.88	1.46	1.04	0.76	1.41	1.05	0.83	1.31	0.99	0.78	1.26
0 mins	ref	ref	ref	ref	ref	ref	ref	ref	ref	ref	ref	ref
Covariates												
Area	NO			YES			NO			YES		
Individual	NO			YES			NO			YES		
Constant	2.61	2.50	2.72	0.28	0.24	0.33	1.34	1.29	1.39	0.36	0.31	0.41
Pseudo R ²	0.01			0.23			0.01			0.05		
Valid N	20,264			19,806			20,264			19,806		

Table 2. The odds ratios (OR) and 95% confidence intervals (CIs) of reporting good health and high well-being as a function of nature visit duration in the last 7 days. Notes. ^aFull models including covariates (urbanicity, neighbourhood greenspace, area deprivation, background PM₁₀, sex, age, SES, restricted functioning, physical activity, employment status, relationship status, ethnicity, children in household, dog ownership and year) available in Supplementary Table 2. *p < 0.05; **p < 0.01; ***p < 0.001.

2 val. per savaitę



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4. Maži geri darbai



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Journal of Experimental Psychology: General

© 2022 American Psychological Association
ISSN: 0096-3445

2023, Vol. 152, No. 1, 236–252
<https://doi.org/10.1037/xge0001271>

A Little Good Goes an Unexpectedly Long Way: Underestimating the Positive Impact of Kindness on Recipients

Amit Kumar¹ and Nicholas Epley²

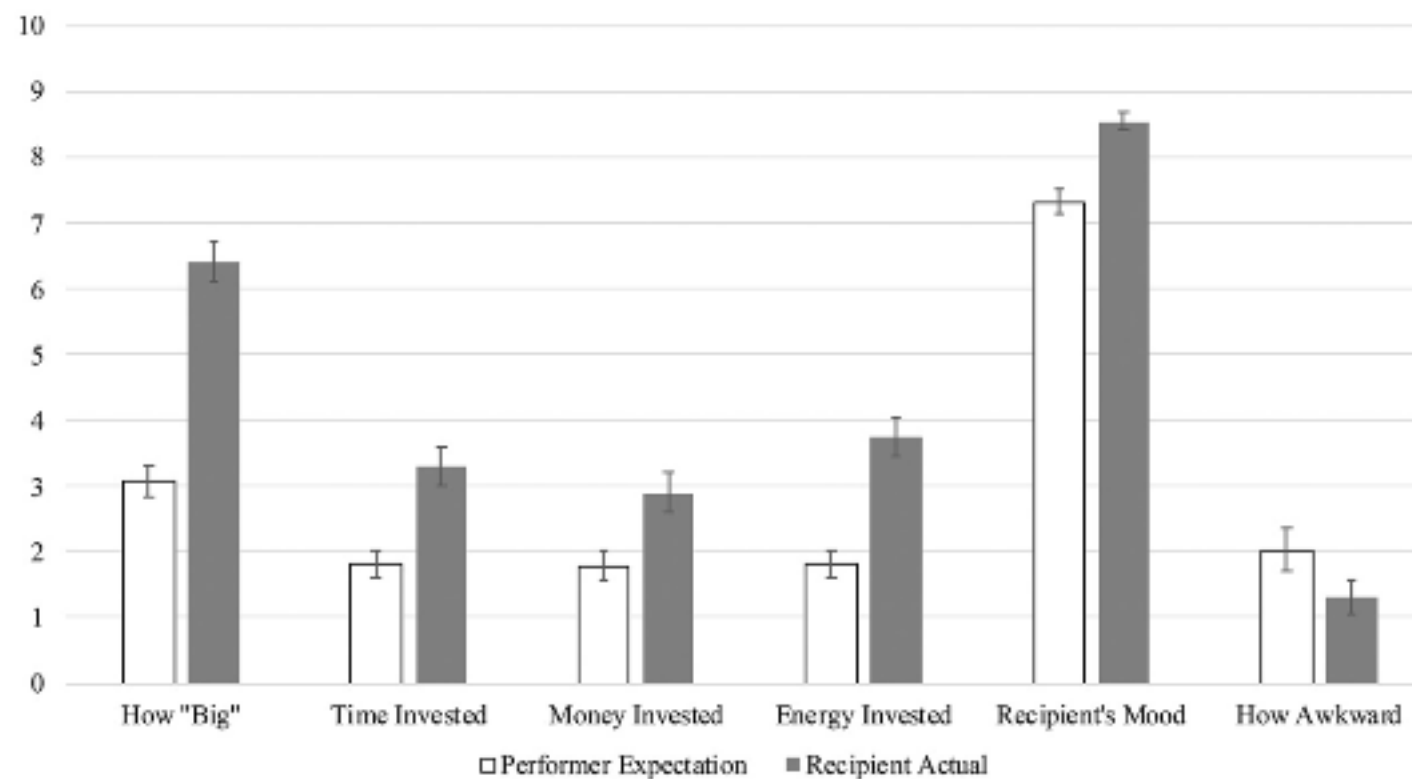
¹ Departments of Marketing and Psychology, University of Texas at Austin

² Department of Behavioral Science, University of Chicago



Figure 1

Performers' Expectations and Recipients' Experiences Following an Act of Kindness in Experiment 1a



Kumar, A., & Epley, N. (2023). A little good goes an unexpectedly long way: Underestimating the positive impact of kindness on recipients. *Journal of Experimental Psychology: General*, 152(1), 236–252.
<https://doi.org/10.1037/xge0001271>

Spending Money on Others Promotes Happiness

Elizabeth W. Dunn,^{1*} Lara B. Aknin,¹ Michael I. Norton²

Although much research has examined the effect of income on happiness, we suggest that how people spend their money may be at least as important as how much money they earn. Specifically, we hypothesized that spending money on other people may have a more positive impact on happiness than spending money on oneself. Providing converging evidence for this hypothesis, we found that spending more of one's income on others predicted greater happiness both cross-sectionally (in a nationally representative survey study) and longitudinally (in a field study of windfall spending). Finally, participants who were randomly assigned to spend money on others experienced greater happiness than those assigned to spend money on themselves.



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5.

Let's take action to be
**Happier and
Kinder,
Together**

Take Action



www.actionforhappiness.org



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Giving: do things for others

Relating: connect with people

Exercising: take care of your body

Appreciating: notice the world around

Trying out: keep learning new things

Direction: have goals to look forward to

Resilience: find ways to bounce back

Emotion: take a positive approach

Acceptance: be comfortable with who you are

Meaning: be part of something bigger

Dovanokite: darykite dėl kitų

Santykiai: bendraukite

Mankštinkitės: rūpinkitės kūnu

Įvertinkite: pastebėkite supantį pasaulį

Bandykite: mokykitės naujų dalykų

Kryptis: turėkite tikslų

Atsparumas: raskite būdų atsigauti

Emocijos: pozityvumas

Priėmimas: būkite patenkinti tuo, kas esate

Prasmė: būkite kažko didesnio dalimi





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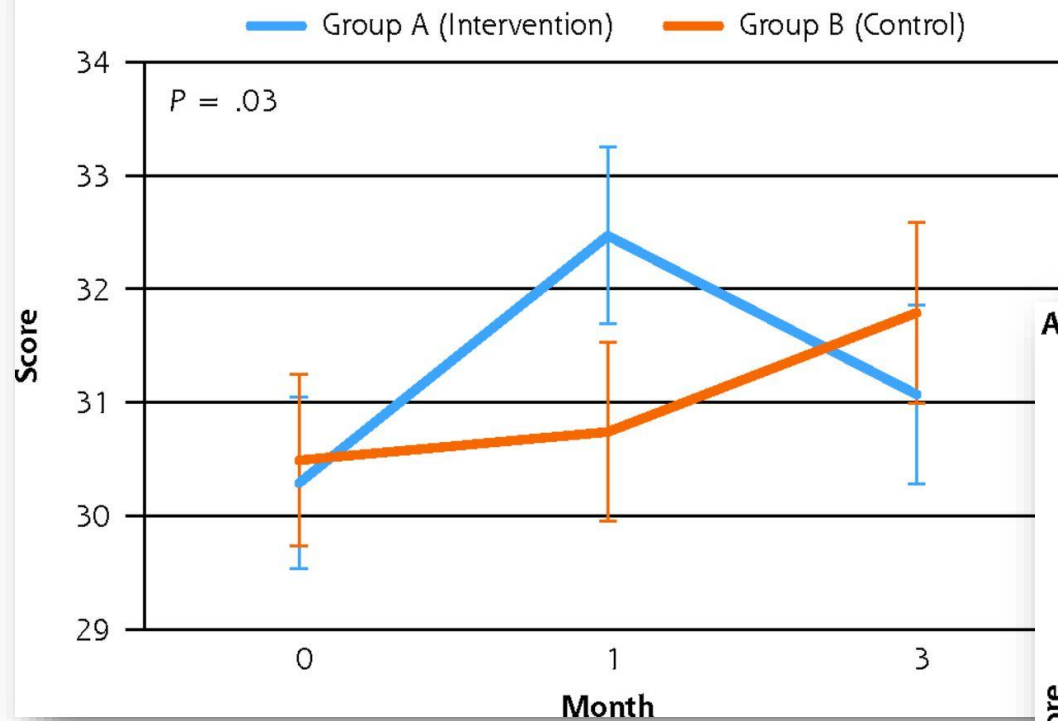
5. Savęs priėmimas



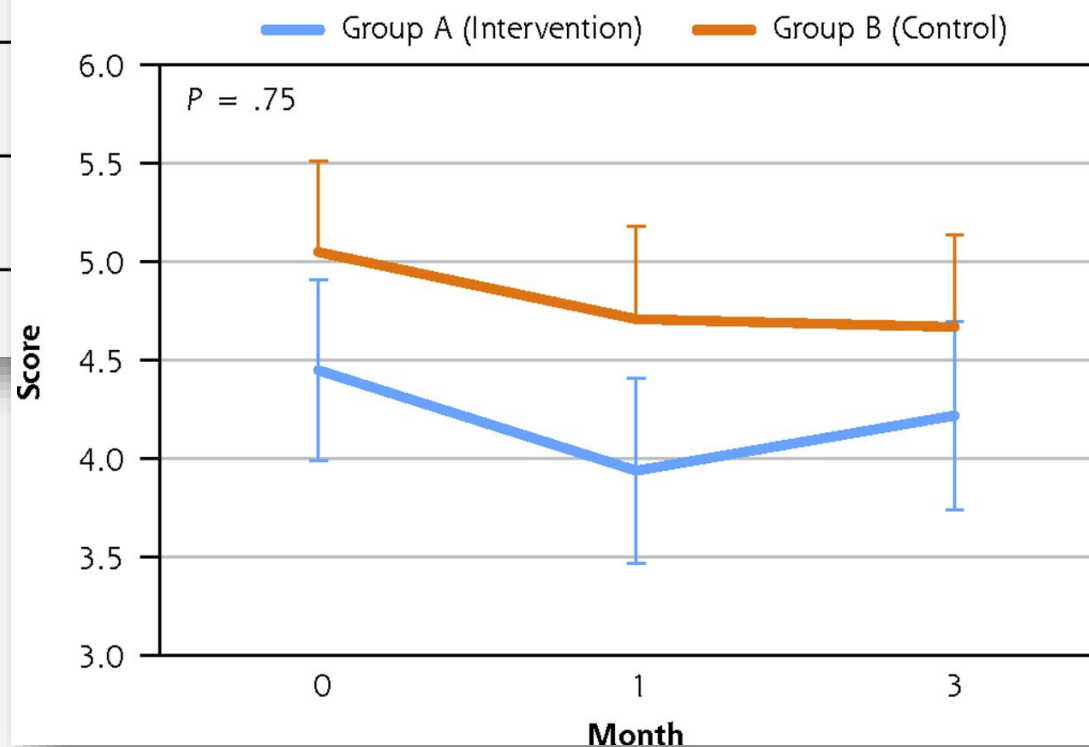
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6. 3 geri momentai

B. PANAS-SF (Positive Affect)



A. PHQ-9 (Depression)



Tiriamoji grupė:

- 3 kartus per savaitę parašyti 3 gerus momentus
- Trukmė 3sav.

Kontrolinė grupė



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7. Skaitymas

A chapter a day: Association of book reading with longevity



Avni Bavishi, Martin D. Slade, Becca R. Levy*

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ARTICLE INFO

Article history:

Received 20 October 2015

Received in revised form

11 July 2016

Accepted 15 July 2016

Available online 18 July 2016

Keywords:

Reading

Longevity

Aging

Mortality

Cognition

ABSTRACT

Although books can expose people to new people and places, whether books also have health benefits beyond other types of reading materials is not known. This study examined whether those who read books have a survival advantage over those who do not read books and over those who read other types of materials, and if so, whether cognition mediates this book reading effect. The cohort consisted of 3635 participants in the nationally representative Health and Retirement Study who provided information about their reading patterns at baseline. Cox proportional hazards models were based on survival information up to 12 years after baseline. A dose-response survival advantage was found for book reading by tertile ($HR_{T2} = 0.83, p < 0.001, HR_{T3} = 0.77, p < 0.001$), after adjusting for relevant covariates including age, sex, race, education, comorbidities, self-rated health, wealth, marital status, and depression. **Book reading contributed to a survival advantage that was significantly greater than that observed for reading newspapers or magazines** ($t_{T2} = 90.6, p < 0.001; t_{T3} = 67.9, p < 0.001$). Compared to non-book readers, book readers had a 23-month survival advantage at the point of 80% survival in the unadjusted model. A survival advantage persisted after adjustment for all covariates ($HR = .80, p < .01$), indicating book readers experienced a 20% reduction in risk of mortality over the 12 years of follow up compared to non-book readers. Cognition mediated the book reading-survival advantage ($p = 0.04$). These findings suggest that the benefits of reading books include a longer life in which to read them.

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Knygų skaitymas siejamas su ilgesniu išgyvenamumu

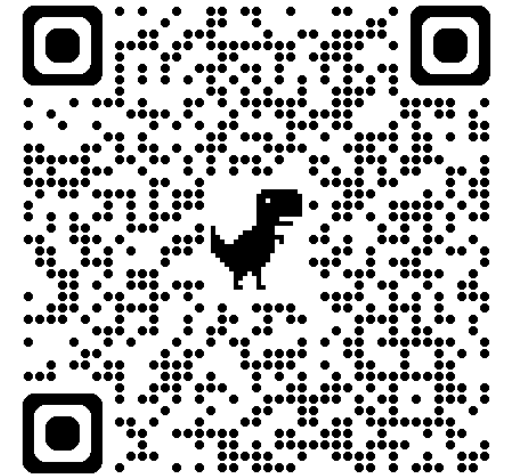
Bendras skaitymas (*shared reading*)



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Teigiamas poveikis

- Depresijos simptomams (*Dowrick et al., 2012*)
- Demencijos simptomams (*Billington et al., 2013*)
- Skausmui (*Billington et al., 2016a; Billington et al., 2017*)
- Psichologinei būklei ir gyvenimo kokybei (*Longden et al., 2015; Billington et al., 2016a; Longden et al., 2016*)
- Gerai nuotaikai (*Longden et al., 2015; Billington et al., 2017*)





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8. Hobis

Hobis ir depresija

Study Effect size with 95% CI Weight (%)

Austria
Belgium
China
Czech Republic
Denmark
England
Estonia
France
Germany
Italy
Japan
Slovenia
Spain
Sweden
Switzerland
USA
Overall
Heterogeneity: $\tau^2 = 0.00$, $I^2 = 69.4\%$
Test of $\theta_i = \theta_j$: $Q(15) = 41.55$, $P = 0.00$
Test of $\theta = 0$: $z = -5.73$, $P = 0.00$
Random-effects REML model

Hobis ir sveikata

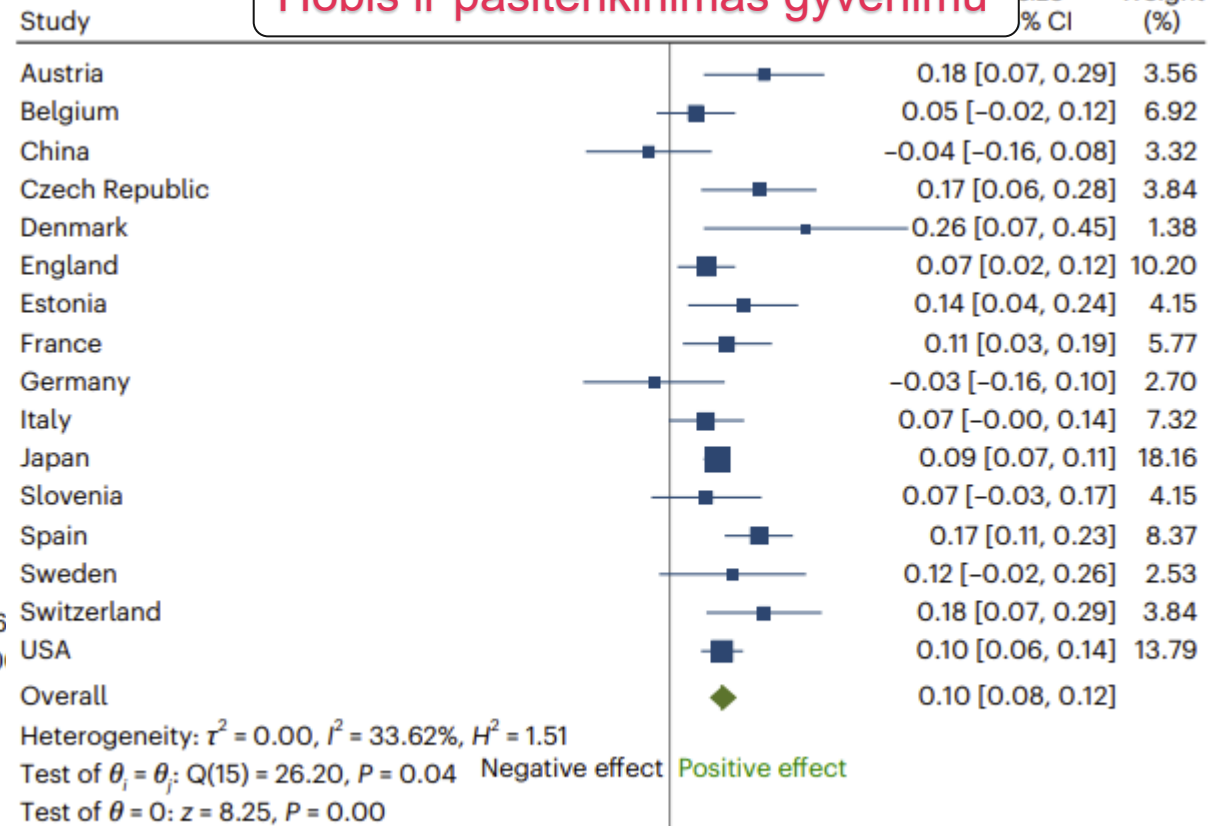
Study Effect size with 95% CI Weight (%)

Austria
Belgium
China
Czech Republic
Denmark
England
Estonia
France
Germany
Italy
Japan
Slovenia
Spain
Sweden
Switzerland
USA
Overall
Heterogeneity: $\tau^2 = 0.00$, $I^2 = 48.0\%$
Test of $\theta_i = \theta_j$: $Q(15) = 35.14$, $P = 0.00$
Test of $\theta = 0$: $z = 4.78$, $P = 0.00$
Random-effects REML model

Random-effects REML model

Hobis ir laimė

Study Effect size with 95% CI Weight (%)



Random-effects REML model



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9. Bendravimas ir ryšiai



Anna L. Dueren, Aikaterini Vafeiadou, Christopher Edgar, Michael J. Banissy,
The influence of duration, arm crossing style, gender, and emotional closeness on hugging behaviour,
Acta Psychologica, Volume 221, 2021



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10. Šnekėkite su nepažįstamaisias



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Bendravimas - malonesnis nei vienatvė, o
ilgesni pokalbiai teikia daugiau malonumo.

Epley, N., & Schroeder, J. (2014). Mistakenly seeking solitude. *Journal of Experimental Psychology: General*, 143(5), 1980–1999.
<https://doi.org/10.1037/a0037323>



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Rekomendacijos

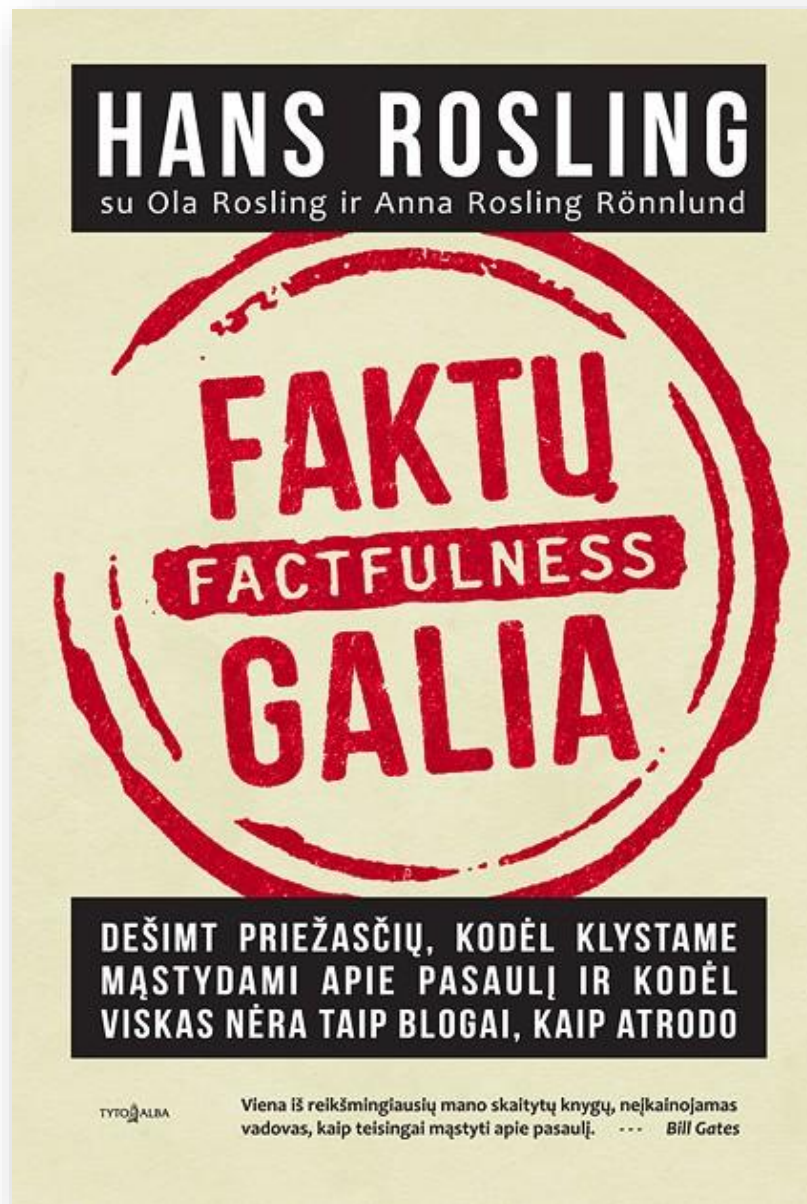


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"Pasaulio
nejmanoma suprasti
be skaičių.

Tačiau pasaulio
negalima suprasti
vien skaičiais."



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10 paprastų būdų tapti laimingesniu

1. Šviesa ir cirkadinis ritmas
2. Paukščių čiulbėjimas
3. Buvimas gamtoje
4. Maži geri darbai
5. Savęs priėmimas
6. 3 geri momentai
7. Skaitymas
8. Hobis
9. Bendravimas ir ryšiai
10. Šnekėkite su nepažįstamaisiais