

# PSYCHLINGO

EXPLORING ENGLISH THROUGH PSYCHOLOGY

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ISSUE NO. 7

## Loneliness Kills

The health benefits of friendship

## Mind and Body

Benefits of physical activity

## Restorative Circles

How to solve conflicts?

## How to Measure Happiness?

Is it even possible?

## Starry Heaven and Moral Law

A question about the formula for happiness

## Holistic Relaxation

Let yourself rest

## Self-love 101

When you are holding out for a hero

## Lifestyle Corner

Dive into the fun and culture!

## Language exercises

Test yourself!



Akademia  
Pedagogiki  
Specjalnej  
im. Marii Grzegorzewskiej

rok założenia 1922



# DO YOU NEED PSYCHOLOGICAL HELP?

*Don't be afraid to  
reach out*



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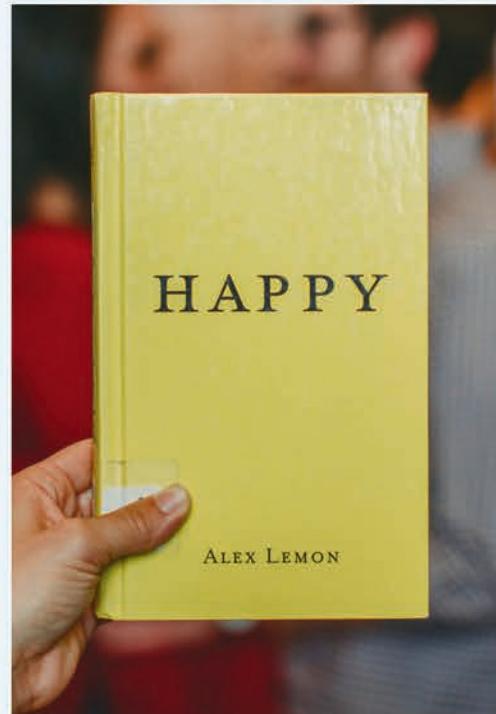




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# Postcard from the Editor

Hi there,

I know most of you aren't quite in an "academic" mood yet. It's that time again. Many of you might feel like the summer holiday wasn't long enough. Maybe you'd rather still be lying on the beach, hiking in the mountains, or just sipping lemonade, feeling like nothing could go wrong. But perhaps we can still capture that feeling. We often weigh ourselves down with too many worries – about procrastinating, staying productive all the time – and this constant pressure takes away our ability to feel at ease.

Maybe there are ways to change this. In this issue, we dive into topics like positive psychology and happiness. There could be a healthy way to start the academic year, incorporating habits that make it feel a little like a holiday, or at least not as bad as you may have thought.

There are ways to feel okay with yourself, to self-regulate, and to manage your social interactions. We've touched on these ideas, but I encourage you to explore positive psychology further – it's fascinating.

Finally, I want to thank the whole team for their hard work on this issue during the holidays.

Enjoy your reading!

Editor-in-chief



Dear PsychLingo readers  
The Maria Grzegorzewska  
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By Weronika Piebiak

# Loneliness Kills?



1938 was the start of the longest-running (and still going!) happiness study. The Harvard Study of Adult Development, as it is called, examined two groups of men: Harvard sophomore college boys and the poorest ones from Boston. They became doctors, addicts, schizophrenics, and lawyers. One of the participants, John F. Kennedy even became the president of the United States! Soon, researchers extended their study to include the wives and children of these men. They contacted medical facilities to obtain the participants' medical records, conducted interviews in their homes, regularly administered questionnaires, and performed brain scans and bloodwork. They are still conducting these activities with over two thousand participants today.

So, what is the main finding of such a long and detailed study? Dr Robert J. Waldinger, the study's current director, concludes that more socially connected people are happier, healthier, and live longer, as opposed to more isolated participants.

People who feel less connected to others than they desire tend to be (on average) less happy and healthy and have earlier health decline in midlife as well as cognitive decline and earlier onset of Alzheimer's disease symptoms. Researcher Julianne Holt-Lunstad says that prolonged loneliness is as dangerous as obesity or smoking half-pack cigarettes a day. It is particularly concerning today, for example, in Poland, where 53% of citizens declare feeling lonely. Almost one in two young people report the same thing, most notably young men (Instytut Pokolenia. (2022). *Poczucie samotności wśród dorosłych Polaków*).

Individualistic culture – common in most Western countries – puts more emphasis on an individual and their growth and less on their relationships with other people. In more developed countries, people have become more self-sufficient and less likely to rely on others. However, a person can't do one thing on their own – keep themselves away from feeling lonely. Now more than ever, it is common for people to move places or jobs in search of better opportunities. In doing so, they often leave their families and friends behind. Technology also plays a big role here – keeping yourself entertained has never been this easy. The Internet allows us to connect to others, but those virtual and parasocial interactions are not sufficient enough.

That is why now it is more important than ever to take care of our relationships, as they are important predictor of our health and happiness.

The good thing is, we don't need a hundred friends to gain all the mentioned benefits. A study has revealed that it's not the quantity of relationships that matters but their quality. For example, introverted people might need fewer connections compared to those who are more extroverted. People can be lonely in a crowd or while in a marriage. Toxic or high-conflict relationships might be even more detrimental to our well-being than loneliness itself.

The leading theory explaining why people experience the mentioned benefits when they are more connected suggests that it has to do with their stress levels. Talking, venting or hugging another person is a grounding experience that relieves stress. Stress causes cortisol spikes and inflammation. Those two factors are associated with numerous illnesses like heart disease, type II diabetes, premature ageing, and the breakdown of joints and coronary arteries. Stressed people are also more susceptible to making poor diet choices, developing addictions or experiencing mental illnesses.

All those things cause shorter lifespans, health complications, and general unhappiness. So remember, next time you feel stressed, socialise, call an old friend, go out, or visit your family. It's good for you!

## Glossary

**bloodwork** – a medical examination of a person's blood to determine how healthy they are

**cortisol spikes** – sudden increases in cortisol, a hormone that increases your blood pressure in times of stress

**detrimental** – injurious to health, well-being, or success

**extend** – to make something bigger or longer

**grounding experience** – an activity or moment that helps you feel calm and connected to the present

**health decline** – a slow worsening of physical or mental health

**inflammation** – a condition in which a part of the body becomes swollen, red, hot, and often painful when the tissue is fighting an infection or injury

**lifespan** – how long people or animals live

**obesity** – a condition where a person has too much body fat

**self-sufficient** – be able to take care of oneself without needing help from others

**sufficient** – adequate or enough

**susceptible** – likely to be affected by something



# Mind and Body

## BENEFITS OF PHYSICAL ACTIVITY

By Daria Fruní

Summer for many is associated with relaxation. People have varied preferences in this regard – some find it relaxing to engage in activities that bring them satisfaction and feel best when staying occupied, while others prefer to simply take a nap. But regardless of our personal preferences, it's important to find time for physical activity every day, especially since many people nowadays lead a rather sedentary lifestyle.



*Photo by Jesper Stechmann on Unsplash*

The need for physical movement is one of the four biological needs of humans, present from early childhood. While it fluctuates throughout life and varies slightly between individuals, fulfilling this need is essential for keeping good health at any age.

The World Health Organisation's guidelines recommend at least 60 minutes of physical activity per day for children over the age of 5 and adolescents, and 150 to 300 minutes per week for adults, with the suggestion that everyone who is able should aim for more than 300 minutes per week.

According to the forementioned guidelines, preschool children aged from 2 to 4 need at least 180 minutes of physical activity per day, varying from moderate to vigorous, and spread throughout the day. Moreover, physical activity is essential for children's harmonious development, as it allows them to explore their surroundings, stimulating both their cognitive and motor development by exposing them to new objects and presenting challenges that require new motor skills.

As people age, their general health tends to deteriorate, and physical activity is one of the factors that can slow this process. It also helps prevent cardiopulmonary insufficiency and osteoporosis, which are particularly common among elderly people. The first one is particularly dangerous, as it increases the risk of mortality from illnesses such as pneumonia.

The general benefits of physical activity apply to everyone, though specific benefits might be more pronounced for certain groups. Regular physical activity can improve sleep quality and ease difficulty falling asleep. It also helps regulate mood and increase alertness, thereby enhancing our ability to focus.

Natural dispositions to feel alert or sleepy at different times of the day vary among individuals. For some, peak productivity occurs in the early morning, while others may find getting out of bed challenging, but can keep focus into the late evening. Identifying your own activity pattern, or chronotype, can help you schedule tasks according to your energy levels and make it easier to incorporate physical activity into your routine.

It's good to start a day with light exercise that will get your body going after a night of stillness and boost your brain's oxygenation, which helps you focus and stay alert. However, exercising too strenuously could have the opposite effect. Morning exercises should engage no more than one-third of all muscle groups per activity (e.g., marching in place, arm or hip circles). Resistance and aerobic exercises should be scheduled for times when fatigue won't interfere with your other plans, preferably in the early afternoon.

*Photo by mr lee on Unsplash*



They primarily build up muscle strength, cardiopulmonary efficiency, and overall physical stamina.

You should avoid dynamic or strenuous exercises such as running up to two hours before bedtime, because high stimulation of the nervous system can make it harder to wind down and fall asleep. Instead, it's good to do some relaxing exercises that focus on breathing and the body awareness such as yoga, stretching, or walk around the neighbourhood. These exercises don't need to be lengthy or exhausting.

Any physical activity is better than none, and the key point here is consistency. It's better to start small and do one activity every day than to make a whole week-long plan that you won't be able to keep. Another important thing is personal outlook – looking at physical activity as a chore to be done may decrease your motivation. Instead, try to see it as a way to take care of yourself and enhance your well-being. Be flexible and mindful of your overall condition – some days you may have more time and energy, while on others additional push might be required. So, it's perfectly fine if you do more on one day and less on another.

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## Glossary

**sedentary lifestyle** – a lifestyle that involves little physical activity

**deteriorate** – to become worse over time

**insufficiency** – failure in the functioning of an organ, body part, etc.

**regulate** – to control, manage

**alertness** – the state of being watchful and ready to act

**enhance** – to improve the quality

**peak productivity** – the time when you work the best and get the most work done

**chronotype** – natural preference for waking up and going to sleep

**fluctuate** – to change continually

**vigorous** – full of energy

**boost** – to increase or improve

**strenuous** – requiring energy and effort, tiring

**resistance exercise** – any activity where you push or pull against something, like lifting weights to make your muscles stronger

**physical stamina** – the ability to sustain an activity for a long time

**wind down** – relax, slow down after being active

**chore** – a routine task, often a household duty



By Jan Wolicki

# Restorative Circles

What follows us through everyday life? What makes us overthink, bothers us, makes us nervous, wastes our time, and leaves us feeling unsettled? It's this thing: conflict. We've become anxious about it, treating it like something to fear, something overwhelming. Sure, sometimes it can be. But, in most cases, conflicts aren't as bad as we imagine.

In one sense, conflicts are always real because everything happening in your mind is real – since that's the world you experience. But many conflicts come from simple misunderstandings. "He said I'm ugly!" "Did you really say that?" "Well, I said she doesn't look good in that hat." So, what happened? We twisted the truth with our own imagination, seeing ourselves in a worse light than necessary.

It's complicated, right? Then, there are also the cognitive illusions we place on the world around us. And that's okay because we need those to navigate life. But some illusions are unnecessary, like overanalysing every glance and expression: "He looked angry. He must be angry. Why is he angry? Is it me? He was looking at me when he was angry. What did I do? Maybe it's because of that dinner when I said football is for kids, and now he holds a grudge." But maybe he doesn't. Maybe we should just ask.

When we think someone is angry, we see that person in our minds as angry. He may not be angry, but he definitely is in our perception.

In the 1990s, there was a man who understood conflict far better than most of us (at least more than I do). His name was Dominic Barter, and he eventually developed the concept of Restorative Circles. It was in violent favelas in Rio de Janeiro, where gangs fought and people bled every day, that he created a process to mediate conflicts. "Let's sit and talk," he said. Of course, it wasn't that simple. But by analysing the root causes of conflict, he introduced a process involving both sides of the dispute within the community – the restorative circle.



So, here's how it works: we sit together, only one person speaks at a time (with a moderator stepping in if needed), no one judges, and we simply listen. Everyone is equal in that space. It sounds too good to be true, right? And yes, it's not a perfect solution – we're not going to stop all wars or all violence in the world just by sitting in circles. But our small conflicts, often born out of our imagination, can be resolved this way.

Believe me, Barer did well. He went on to write programmes for the government and beyond. And it worked. People began seeing each other as humans, not enemies. And they, in turn, were seen as well. If this worked for gangs, maybe it could also work for our conflicts. I'm not offering a miracle cure here. I'm just suggesting it's a good tool to use. And remember, conflict isn't all bad. We learn from it. Disagreement is part of human nature, part of life, and it can bring positive change. But not through arguing – through tools like Restorative Circles.



Photo by Priscilla Du Preez on Unsplash



## Glossary

**favela** – a poor, crowded neighbourhood in Brazil, often with makeshift houses

**glance** – a fast, brief look

**hold a grudge** – to keep feeling angry at someone

**resolve** – to fix or solve a problem

**root causes** – the main reasons behind a problem

**step in** – to get involved to help or take control of a situation

**unsettled** – worried, upset



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# How to Measure Happiness ?



Can such intangible and elusive things as happiness be captured and measured in an objective and scientific way?

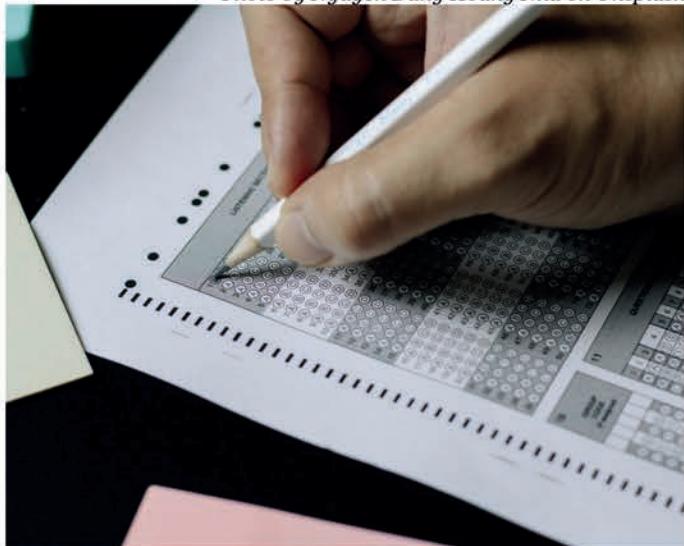
Many people struggle to define happiness for themselves and find it difficult to obtain or know for sure if they have already obtained it. People from all cultures, races, and religions have pondered this question for centuries. There are probably countless interpretations of happiness and every single one of them could be true for someone. So, how is it even possible that psychologists have been attempting to measure and explore happiness as a component of the mind without failing terribly? There's an entire branch of psychology focused on happiness called positive psychology.

As to what one person would require to achieve happiness is very personal and specific to their personality, family, values, culture, and thousands of other factors. Yet, when looking at it from a broader perspective, we can identify some common parts that represent generic principles. Imagine two people: one dreams of a classic nuclear family, and the other dreams of living alone with their partner. At first, those two life paths seem completely different with little to no common components. When we take a step back, we realise that these two individuals have made different choices concerning family and love life. Despite living different stories, the ultimate question is whether they are satisfied in this particular area of their life. The details are irrelevant to what we are interested in measuring. The same rule would apply to every other major aspect of human existence: fulfilment of primary needs, sense of security, health, housing, financial stability, career, education, and the list goes on. The more we generalise, the easier it gets to compare individuals on a larger scale.

However, there are two major flaws in this approach: the difficulty of self-assessment and the uncertainty if satisfaction can be the indicator of happiness.



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No one else can determine if you are satisfied with something. Only you can, but sometimes it can be difficult to know for sure. So, the next vital step is to define satisfaction itself. This is easier because of the fairly objective nature of satisfaction. There are no multiple variables sculpting one's idea of it. While there are many definitions of satisfaction, the one given by the Cambridge Dictionary seems to combine them all:

the pleasant feeling you have when you get something that you wanted, or do something that you wanted to do

Getting or doing "what you wanted" can be applied to a situation that has gone your way, a job that has been done according to your standards, a gift that you were really hoping for, a goal that you have finally achieved, etc. You would probably be satisfied too if you didn't want to change the way things have unravelled. So, knowing all that, it may be much easier to sit down and look at your current life situation from a somewhat "bystander's" perspective. For example, if you are currently in a relationship, and if that relationship continues functioning the way it does now without significant changes, does it satisfy your needs and make you feel good?

If generally (because no human is perfect and neither is any relationship) your answer would be "yes" that could indicate you are fairly satisfied with your relationship status, and vice versa. But even with this "guide", everyone will interpret questions regarding their satisfaction differently because they will look at the different aspects of that hypothetical relationship. Some might find the question obvious and easy to answer, while others might stop for a good moment to think about what it actually means for them. Self-assessment is a variable that must be considered when conducting studies because it largely impacts the results. People may not be fully honest or aware of their true feelings. They may want to please the researcher and unconsciously answer how they think they are expected to. Some individuals might feel completely uncertain about their current situation, and therefore they randomly answer sometimes more on the positive scale, sometimes more on the negative. We are not ideal test subjects when asked to describe ourselves. Even the presence of another person might interfere with our answers. A bad day, hunger, or a sleepless night might mess it up too. Those are just down-to-earth mundane human struggles that we could theoretically eliminate, but the differences in the interpretations of each sentence, or even a word, make self-assessment tests far from perfect as methodological tools.

There are no ultimate truths when measuring the human psyche. It's not something we can touch, put a ruler to, and measure what our imagination desires. We are left to rely on indicators that give us outcomes of varying probability, which will never equal 100%.

Thus, the next problem arises again: how do we even know if satisfaction is a good indicator of happiness in the first place? Well, we don't. The beauty and the challenge of psychological research is that we kind of blunder along the unknown world of the human brain and mind. The criteria we use as our "measuring tape" are based on many factors, but we can never be entirely certain how effective they are. We can only know if it is the best option available to us at the time. That's why many pilot studies are conducted before the actual study to evaluate whether our tools work properly. There are papers dedicated to specific indicators or tests measuring them. Those are immensely important for researchers to have a somewhat stable ground for exploring the human mind more in-depth.

Photo by Martin Widenka on Unsplash



Happiness is what many of us strive for as the ultimate purpose of our lives. Every person seeks it one way or another, knowingly or not. The feeling of contentment is something we are wired to seek, even through our most primal instincts. For our bodies, those are a full belly, proper hydration, adequate rest, a stimulated brain, and sexual gratification. We, like all other animals, gain pleasure from fulfilling these needs because otherwise we might neglect them. As we evolved into more intellectual and abstract beings, we began seeking satisfaction in more complex and advanced forms. We have learned to postpone gratification for better results in the future. But that's what we still go after. Happiness may be an abstract concept that is subjective and difficult to define, but it is nonetheless a common driving force behind our efforts to achieve our goals.

Many psychologists who have devoted their careers to this topic emphasise the importance of adding the emotional aspect to this happiness equation. Specifically, they highlight the presence of positive emotions and the absence of negative ones. Those three are often thought to be the recipe for happiness that most people can relate to, and many tests are constructed based on them. In very simple words: you feel good, you don't feel bad, and you are satisfied with where you are or what you do. Among the endless possible combinations of factors that could lead to happiness, this is what scientists have come up with as the ultimate foundation for a happy human.

Photo by Becca Lavin on Unsplash



Obviously, there will always be exceptions to this theory, but with so many people here on Earth it's inevitable. However, I believe this is the closest we can come to understanding such an intangible part of our existence as happiness. In 20 years, this may be a very outdated way of thinking, maybe even silly to future generations, but getting closer to what we think is the truth, even by the smallest steps, is what has brought our civilisation to where it is now. Our minds are still a big mystery, even our brains are, though they can be touched and dissected piece by piece.

Uncovering even small parts of it and making them less of the dark and unknown alleys they were before, and being able to describe whole populations while we are still so different from each other, is what drives scientists to do their job. Their goal is to explain us to ourselves in ways that are simpler and more detailed than ever before.

This is by no means a closed topic; it's very much a ground to explore more and form new theories and principles in the future. But if you have ever wondered how on earth we even measure happiness, that is a very short and simple answer.

If you want to know more, I highly recommend diving deeper into this subject through the sources listed below or embarking on this journey yourself.



Happiness Research Institute - Publications



The Science of Happiness in Positive Psychology



Tests & Scales to Measure Happiness



Wikipedia - Positive psychology



Longest Happiness Study



What Is Happiness?

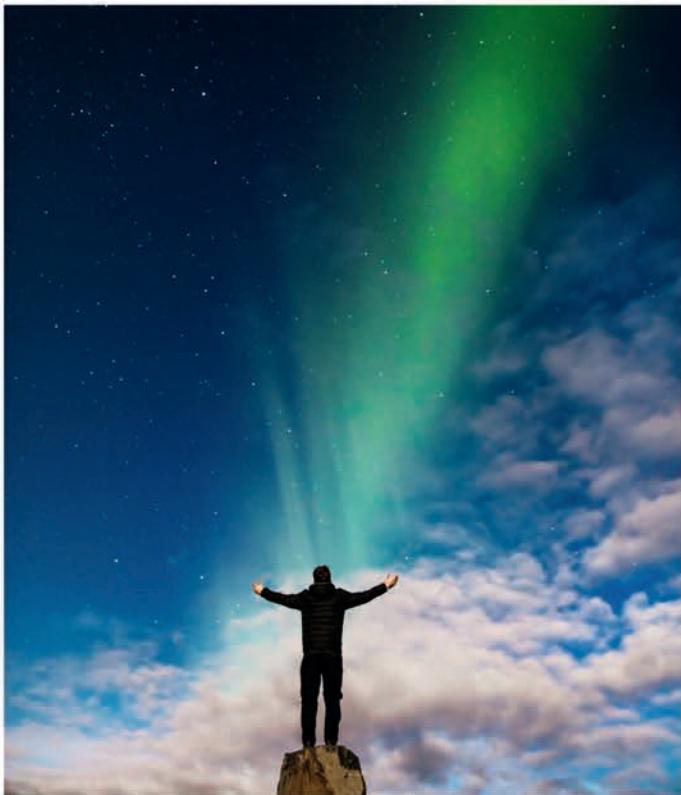


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## Glossary

**be wired** – to be born with genes that predispose one towards certain behaviours or preferences

**flaw** – a mistake or problem

**generic principles** – general guidelines or rules that apply to many situations, not just one

**gratification** – a feeling of pleasure or satisfaction from getting what you want

**hydration** – the process of getting your body to absorb water

**inevitable** – certain to happen or unavoidable

**intangible** – something you can't physically touch, like feelings or ideas

**nuclear family** – a family consisting of a couple and their children who live together in a single household

**sculpt** – to shape or form

**ultimate** – the most important or final

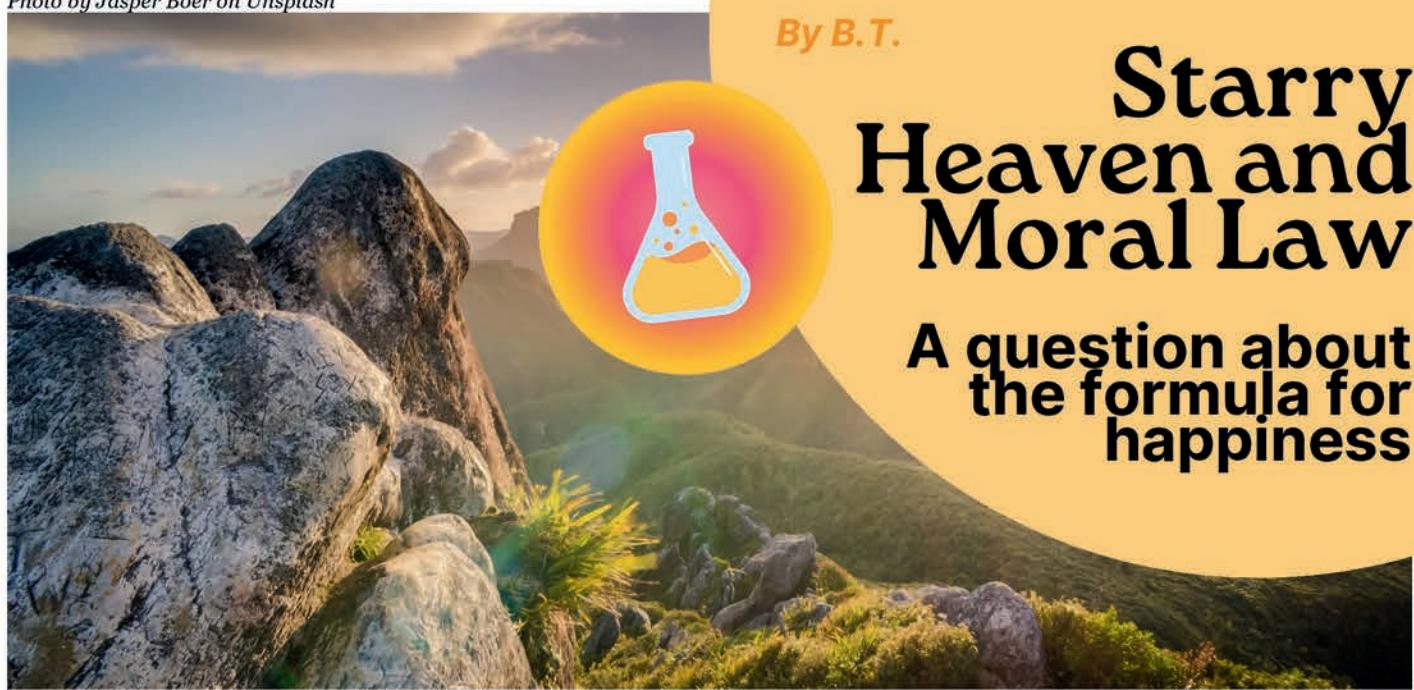
**unravel** – to turn out or make it clearer



By B.T.

# Starry Heaven and Moral Law

## A question about the formula for happiness



Questions about how to live a happy life have intrigued people since ancient times. We cannot overlook the ancient Greeks in this context. Let us briefly mention just one line of thought that has continually influenced human reflection on life satisfaction. This refers to Socrates, his students, and the many interpreters and followers who have reflected on his ideas over the centuries. Naturally, in such a short text, these fascinating issues can only be discussed in a simplified manner. Socrates' formula for happiness is a perfectionist and heroic moralism. A person is happy when, looking back at their life, they can confidently say, "I have never intentionally wronged anyone." Socrates' stance is moralistic because it places the highest value on moral principles, and heroic moralism because the Athenian believed that in situations of choice, it is better to suffer harm oneself than to inflict it on others. His conscience dictated this to him.

Socrates' arguments irritated some of his contemporaries, particularly certain followers of the Sophist school. Plato describes this well, especially in the early parts of one of his most important works, *The Republic*. A prominent lover of sophistry, Thrasymachus, claims there that the principles of human solidarity are a conspiracy of cowardly and weak beings. Such beings are terrified of being harmed and lack the courage to harm others. These fearful weaklings establish supposedly universally binding moral laws to restrain the brave individuals who fearlessly oppress others.

The views of Thrasymachus and other immoralists of antiquity fascinated Friedrich Nietzsche, a young professor of classical philology at the University of Basel, Switzerland. In his aphoristic tales, the main character, the "Übermensch" (superman), exists "beyond good and evil" and treats others purely as instruments to fulfil his desires, whims, and various goals.

In one of his books – like many of his works, complex and difficult to interpret – Nietzsche speaks of the followers of the master morality, "wild beast, as exultant monsters, who perhaps go away having committed a hideous succession of murder, arson, rape and torture, in a mood of bravado and spiritual equilibrium as though they had simply played a student's prank, convinced that poets will now have something to sing about and celebrate for quite some time. At the centre of all these noble races, we cannot fail to see the beast of prey, the magnificent blond beast avidly prowling round for spoil and victory."



Photo by Rusty Watson on Unsplash





Socrates is a thorn in the side of Thrasymachus, Nietzsche, and other similar immoralists. Much can be said about him, but without a doubt, he was not a coward. We know that as a soldier during the Peloponnesian War he bravely defended his homeland. He went into the battle at the front lines, and after his side lost, he was the last to leave the field, bravely fighting off his pursuing enemies – often carrying a wounded comrade on his back.

After Athens' defeat in the Peloponnesian War, when the terroristic regime of the Thirty Tyrants was established, Socrates refused to collaborate with the dictators in persecuting (sentencing to death) their opponents. As he recalls in his defence speech at the trial brought against him on absurd charges, "I should have been put to death if that government had not been speedily broken up." (Plato, *Apology*).

Socrates' stance is not that of a moraliser – someone who claims to be just a signpost: pointing the way, but not leading the journey through life. While Socrates was indeed a signpost, he bravely cleared the path for others as well.

The moral law is not just someone's whim. According to Kant, it is something that inspires our highest respect and admiration: "Two things fill the mind with ever new and increasing admiration and awe: the starry heavens above me and the moral law within me."

Moralism, the adherence to the moral law that commands us to act in such a way that the human being is, always and only, the end of our actions, never the means to achieve any other goal, is a recipe for happiness – a tough one to follow.



## Glossary

**aphoristic tale** – a short story that conveys a moral

**awe** – a feeling of great respect and wonder, often mixed with fear

**comrade** – a fellow soldier, a companion

**equilibrium** – a state of balance or stability

**hideous** – extremely ugly or disgusting

**inflict sth (on sb)** – to cause someone to experience something unpleasant or harmful

**prank** – a playful trick or joke

**restrain** – to hold back or limit

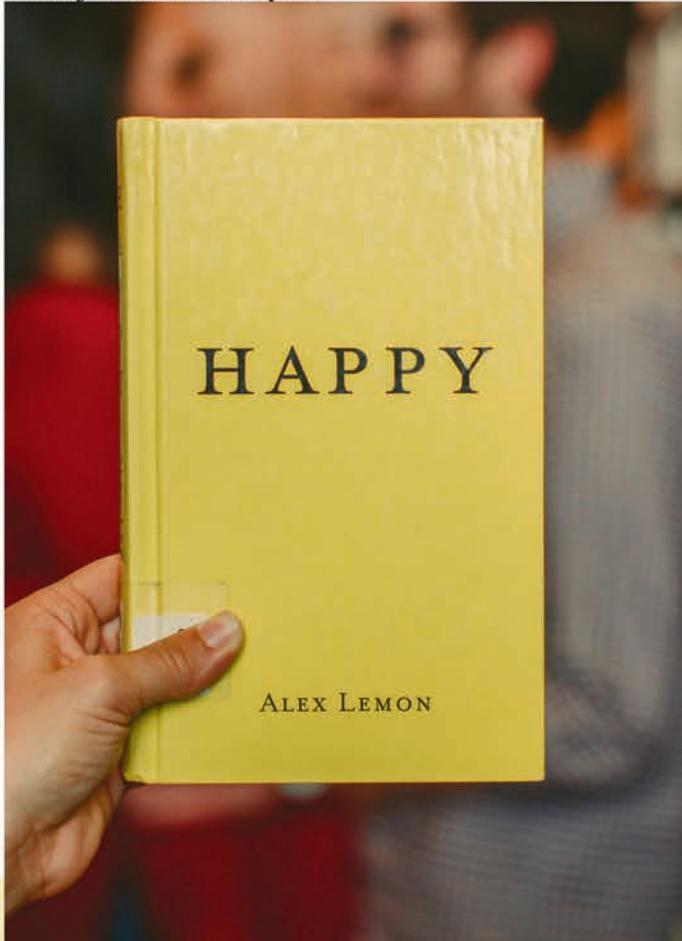
**sophistry** – a method of reasoning that seems clever but is actually misleading or deceptive

**spoil** – goods, treasures, or rewards taken from others, often after a victory or conquest

**stance** – a position or opinion

**weakling** – someone who is physically weak

**whim** – a sudden wish or idea



By Daria Fruń

# Holistic Relaxation

Stress is a permanent companion of many people – the fast pace of life, work, and relationships with other people are only a few factors contributing to it. Stress causes strain on both mental and physical health, and a primarily sedentary lifestyle nowadays doesn't help. However, after a long day of work, some people lack the energy even to want to do anything about it, and some feel needlessly guilty over taking time for themselves. After all, they could use it for so many actually productive things! But health plays an enormous role in our efficiency – and relaxing or resting is immeasurably advantageous to it.

Thankfully, there are methods of alleviating tension accumulated throughout the day that aim to reduce stress' effects holistically – soothe mental strain through releasing excessive muscle tension from the body. They are sometimes used in psychotherapy as self-help strategy taught to patients.

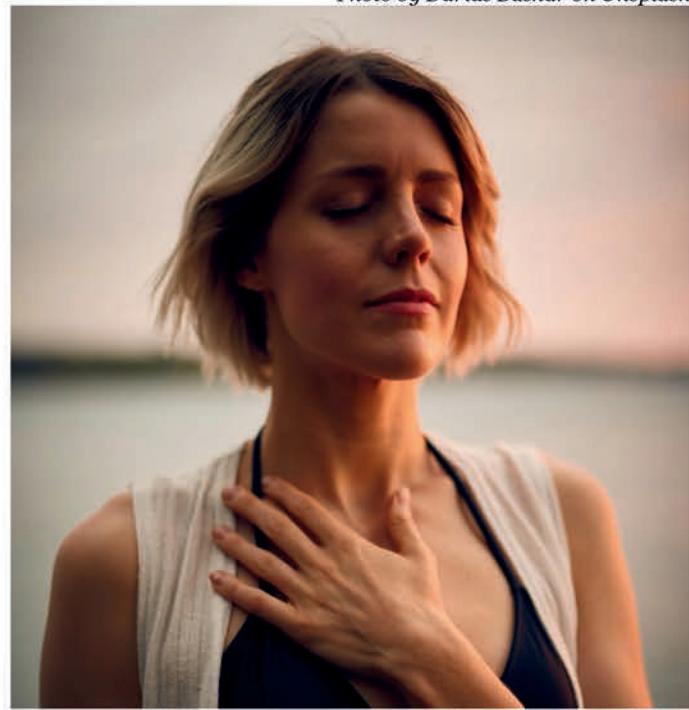
## Schultz's Autogenic Training (AT)

Johannes Schultz, a German psychiatrist, became interested in auto-suggestion as a result of research on the sleep and hypnosis he did along with the neurologist Oscar Volg, and his own experiences with patients during psychotherapy. Inspired further by yoga and zen, one of the schools of Buddhism, in 1932, he introduced a relaxation technique called autogenic training.

Despite Schultz being the creator of the AT, the credit for its popularisation is actually shared between him and Wolfgang Luthe, another German physician with whom he researched the connection between mind and body. After Luthe immigrated to Canada, they cooperated in writing a six-volume publication about it and it is still used as instruction for teaching this technique. Nowadays, there are several located in various countries across the globe facilities dedicated to propagating AT.

It is possible to perform AT in various settings – the position should primarily be comfortable, and the chosen place should provide as few distractions as possible. The technique utilises passive concentration, increased body awareness, aided by verbal instructions guiding the visualisation of certain physical sensations. The goal is to enter a state of deep relaxation, similar to hypnosis.





Learning the AT can be divided into six stages, each corresponding to one of the standard exercises that are considered the core of this technique. Every exercise involves visualisation guided by phrases that focus on one element at a time: heaviness and warmth in the limbs, pace of the heartbeat, breathing, warmth in the solar plexus, and coolness of the forehead. Once you become comfortable with each element and combine them, you can achieve full-body deep relaxation.

### Jacobson's Relaxation (progressive relaxation)

In 1938, Edmund Jacobson, an American psychiatrist, published *Progressive Relaxation*, a text detailing the techniques he developed for relaxation. It's rather simple: a person exercising alternates between tensing and relaxing subsequent muscle groups, starting from the feet and working all the way up to the face. The goal is to understand the difference between tense and relaxed muscles, which helps build body awareness. This aspect may also be useful when learning AT.

If discomfort or pain appears during practice, it's recommended to stop or ease up on problematic areas – these sensations might be a sign of injury that exercise might exacerbate. Remember not to hold your breath while tensing up muscles, as this can inadvertently cause additional stress for your body. Instead, you might try synchronising it with the shifts in muscles' tensility – inhale while creating tension, and exhale when releasing it. A steady breathing rhythm might also help you focus on the exercise.

### Effects

According to the research, both of these techniques are effective in achieving a state of bodily and psychological relaxation (who would have guessed?), helping to improve the quality of sleep and positively affect mood. AT specifically is considered an efficient tool in alleviating symptoms of tension headaches and migraines, coronary heart disease, bronchial asthma, somatoform pain disorder of unspecified type, excessive muscle tension, anxiety disorders, and Raynaud's disease – pathological narrowing of small arteries in response to stress or cold temperatures.

As with all types of exercises, the key is consistency. While neither of the techniques is very difficult to learn, they do require a certain amount of practice to master. The effects may also take some time to become noticeable. It's important to remember that relaxation, while undoubtedly beneficial, is just one among many factors contributing to our health, and that the rest of them should not be neglected.

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## Glossary

**alleviate** – to make something less severe

**exacerbate** – to make a problem or situation worse

**heartbeat** – the rhythm of the heart beating

**holistic relaxation** – relaxing your whole self: body, mind, and emotions all together

**inadvertently** – by accident, not on purpose

**solar plexus** – a network of nerves in the abdomen

**somatoform pain disorder** – a condition where a person feels pain that has no clear physical cause, often related to emotional issues

**soothe** – to reduce pain or discomfort; to calm someone



# Self-love 101

For when you are holding out for a hero

By Joanna Łukasiewicz

The summer rays brought an end to most of our duties. This time of year invites relaxation and regeneration, offering plenty of free time to spend on activities of your choice. The thing is, I'm convinced that having fewer responsibilities alone is not enough for true rest. Your mindset plays a crucial role here – do you actually allow yourself to rest and let go of the struggle?

*A little backstory...*

The topic is personal to me. I'd describe myself as a person who tends to put too much on my shoulders and expect too much from myself. Allowing myself to fail has never been a piece of cake. I used to believe that I had to earn the right to rest, even when I felt burned out. I was depressed for quite some time, and I did not realise it. I didn't understand what was happening to me, and I've found a solution in expecting even more from myself. I've begun to ignore my right to rest and put myself to work, even when I fell deeper into despair. It kind of worked as a distraction but at the same time, I hated losing and placed huge pressure on myself like an unjust, harsh judge. I was basically insulting myself whenever I failed. The word "gentle" lost its meaning to me to the point that I hated my stomach for hurting due to constant stress. This period of my life was a never-ending vicious cycle, leading to frustration and a deepening burnout. Over time, I learned to be a better friend to myself. The more I talked about it and listened to other people describe their approaches to rest and work, the more I realised that the tendency to work at the cost of one's well-being is not uncommon. I figured out that sharing the valuable aspects of my own journey could benefit many. So, what is self-love, and why is it important?



Photo by Bernard Hermant on Unsplash



Photo by Bernard Hermant on Unsplash

## Self-love

means accepting yourself fully, treating yourself with kindness and respect, and nurturing your growth and well-being. *[1]*

This approach allows you to be your best friend, which is important because you have to spend every single moment of your life with yourself and your thoughts. If you treat yourself harshly every day, learning to love yourself feels like falling into an abyss and discovering that the hard rocks at the bottom of it have been replaced with a ton of pillows. If you don't judge yourself harshly due to inconveniences, you are more likely to laugh at your flaws instead of stressing out or feeling guilty. Making your reality better can cost you making some important decisions and changes in your mindset, maybe a few broken "friendships", yet it is a beautiful process. How to incorporate self-love into your mindset?



Take a piece of paper and answer the following questions: "What forms of support helped me in the past?" "What can my friend/significant other do to make me smile?" "How do I support a friend in need?". This is a great way to start your journey or gather inspiration if you already have a decent relationship with yourself. You can begin by copying the behaviour of those who are kind to you or by treating yourself as you would treat those who are close to you. For example, if you support your loved one by making them hot chocolate and having a chat with them, do something nice for yourself like making a hot, yummy beverage for yourself and writing about your feelings in a diary when you're feeling low.

Self-love is as unique as music taste. There are many reasons why people forget to take care of themselves. It could be because they are too invested in helping others and think their needs are less important, or because they believe that self-development consists of mainly sweat and tears. It is worth taking your time to figure out what pushes you to block out kindness when you need it and your ways to bring a warm approach back. Don't be afraid to experiment with new activities. If you know someone who finds comfort in meditating or running, give it a try. But don't feel discouraged if their hobbies don't make you feel better – you are an individual with your own experiences, beliefs, and personality and your needs may change over time. It is important to adapt to your current needs and have a curiosity to explore and understand your own mind and body. You need to tailor your self-love to benefit from it.

Finding your own ways to care is a huge part of loving yourself, and there is a fundamental aspect that applies to everyone. Fulfilling basic human needs is a necessity so you should invest your energy into it in the first place. You can't expect well-being if you don't give yourself enough sleep or if your stomach aches due to the constant rush in the morning and skipping breakfast. Baby steps in the right direction are more than enough and can work magic. I noticed that lack of sleep and forgetting about a meal in the morning is a plague, so I have some advice

you might find helpful. Look up overnight oats recipes online. The base of it is just oats and the milk of your choice. You prepare it in the evening, and in the morning you do not have to put in any extra effort except for taking it out of the fridge and moving your jaw. If you struggle with falling asleep, try reading until your eyelids start closing on their own. Even if you are not a bookworm, this can help you relax, feel entertained, and get rid of unnecessary light before bed. Experimenting with different ways to meet your basic needs should help you find a way to have more energy and a better mood for your new hobbies.

Take cues from your body. Feeling tired and experiencing unpleasant emotions can actually be a blessing. I see it as a message from my body – maybe it's time to sleep or share your anxiety with a trusted person? Listen to your messenger – your body is assertive and expects you to react. It communicates its feelings and might say "no" to your plans for the day. The question is, can you handle it turning your request down?

*Photo by Nathan Dumlao on Unsplash*



In my experience, the mind can give you important information through the appearance of these "mysterious" emotions. Solve the mystery, and think outside your own box. For example, if you always feel like a misfit in a particular friend group, it may not be because you're shy. Maybe you need to invest your energy in relationships with those who don't clip your wings. Do not underestimate the importance of paying attention to the signals your body sends you and figuring out the appropriate response to them.

Do your own research – feel free to search the internet. Amazing content creators are sharing their experiences and posting about self-love, self-care, body-positivity, etc. They can inspire you to try out new things and keep yourself motivated when you struggle to treat yourself with kindness. At the same time, you can unfollow influencers, who act as a distorting mirror and lower your self-esteem with Photoshop and a fake lifestyle. Comparing yourself to others online is a risky game. Remember to be mindful of the influence your social media has on you.

I could write a book on this topic, but overcomplicating is not the purpose of this article. There are three things I want you to take away from this the most: your feelings are important, it is worth loving yourself, and the time spent figuring out what you need is never wasted. It takes a lot of time to change your habits, but you will benefit from it every day. I shared my story to show you that there are no lost causes, and you can go from self-hate to self-love if you allow yourself to do so. It doesn't mean that you'll never have a bad day, but fortunately, the number of them can significantly decrease.

## I BELIEVE IN YOU!

Photo by Allyssa Olaivar on Unsplash

## Glossary

**abyss** – a deep pit or a state of great sadness  
**clip someone's wings** – to restrict someone's freedom or ability

**distorting mirror** – a mirror that changes the reflection

**harshly** – in a very strict, unkind manner

**mindset** – a fixed attitude or way of thinking

**misfit** – someone who doesn't fit in with others

**tailor** – to change something to make it fit better or suit a need

**think outside the box** – to think in new and creative ways

**vicious cycle** – a situation where a problem keeps causing more problems

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# Lifestyle Corner



# FLEETING Happiness



It seems that walking down streets is a source of inspiration and reflection for me. In fact, it's not so much the act of walking as it is passing by sweet shops. Recently, while strolling along a street in Košice, I noticed a sign above an ice cream parlour that read, "You can't buy happiness, but you can buy ice cream." I couldn't agree more. While it's true that happiness can't be bought, just as health can't, money certainly helps in providing the opportunities that can help you feel more fulfilled.

I also believe that for many people, sitting at a table in a nice pavement café on a warm summer day with a scoop of ice cream can bring a touch of delight. It certainly does for me. Of course, it is not the same as being truly happy, but they share a common trait: both are fleeting.

Whenever I plan something exciting, I tend to feel a sense of happiness. The process of planning, the anticipation of going somewhere or doing something, is incredibly enjoyable. Not long ago, my husband and I were preparing for a hike up to the summit of Plačlivý Roháč. The hike was demanding, especially with temperatures around 30 degrees Celsius. I thought I'd be happy once I reached the summit. And indeed, just a few minutes before we arrived there, I felt a wave of happiness wash over me.

Once I stood at the summit, I felt happy, and when we took a photo there, I was still happy, though maybe not as much as just before. And then, just like that, the feeling was gone. My emotions returned to their usual state. It was wonderful to take in the breathtaking views and relaxing to sit down, but I couldn't hold on to my happiness. It faded as my mind wandered to the descent, the long hike back to the mountain shelter, and eventually to the car park. My thoughts drifted further to the next day, and what I might be doing then.

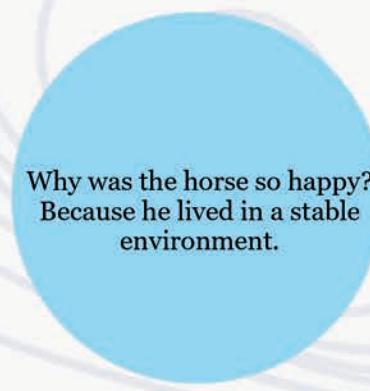
Some might argue, and perhaps rightly so, that climbing a mountain or achieving a small goal can't bring true happiness, that only big life events like starting a family, getting promoted, or buying a house can do that. But I somewhat disagree. Even those significant milestones bring euphoria that lasts for a few days, maybe weeks, and then, you eventually return to your usual state of mind, back at square one.

A.T.

*Fun  
Pecade*



Why was the horse so happy?  
Because he lived in a stable  
environment.



Why did the electron  
go to therapy?  
It couldn't be positive.

# Whimsical LANGUAGE

## Idioms

### Walking on air

Feeling very happy.



### The sun is shining on me

Experiencing a period of happiness.



### At sea

Confused or unsure about what to do.



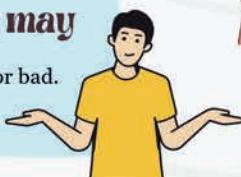
### Give it a whirl

To try something.



### Let the chips fall where they may

To let something happen, no matter if it's good or bad.



### Apple of someone's eye

Very precious or dear.



### Cut someone some slack

To not judge someone too harshly.



## Proverbs

### As you sow, so you shall reap

Your actions – good or bad – determine what you get.



### All that glitters is not gold

Things that look good outwardly may not be as valuable or good.



### Happiness is a warm puppy

Happiness comes from small things and everyday pleasures.

### As happy as a clam at high water

Feeling very pleased or satisfied.



### Beauty is only skin deep

A person's character, intellect, and other inner qualities are more important than their physical appearance.





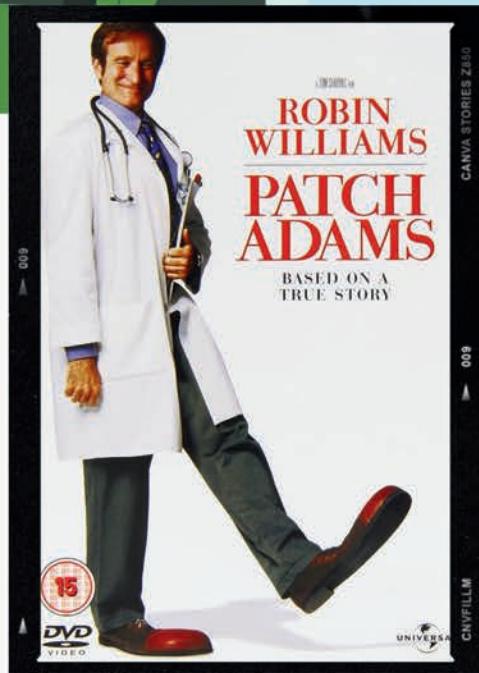
## "Patch Adams"



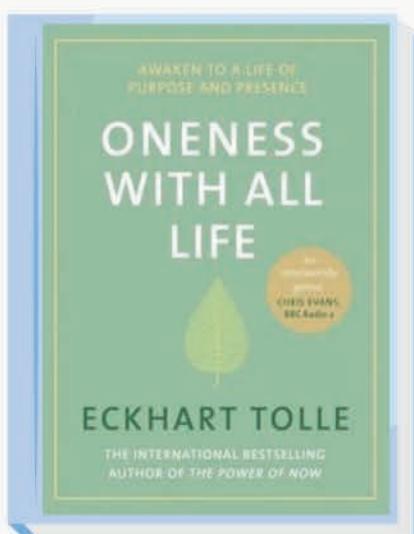
Positive psychology focuses on your well-being and overall comfort. To feel good in this complicated and quite disruptive world, you have to have one thing, which has always been important to us humans: hope in us and other people. I don't know if there is a movie that gives you more than Patch Adams. It's not a recent one. It was released in 1998 and directed by Tom Shadyac, known for comedies like *Ace Ventura* and *Liar, Liar*.

The film tells a story about a man who, at over 40 years old, starts college to become a doctor and fight the decayed psychiatric system. Drawing from his own experiences of wanting to end his life, he faces opposition from everyone. He has one mission: to make every patient laugh. The movie is a complex story with ups and downs, laughter, and tears, but there is a strong sense of hope throughout it all. You really connect with the main character, cry with him, laugh with him, and get serious with him. Robin Williams portrayed the main character remarkably, basing his performance on the true story of a real man, Hunter Doherty.

If you want to feel more hope in humankind or in yourself, I strongly encourage you to watch it.



## "Oneness With All Life"



I know *Oneness With All Life* is not a psychological book. It's not grounded in research, and on top of that, it's written by some spiritual person. So why would I tell you it's worth reading? Well, this book had an unexpectedly profound effect on me. I approached it with exactly that attitude: "Why would I read something like this? After all, I am someone who values science." The book was lying around somewhere in my home, and one lazy summer day a few years ago, I had nothing better to do, so I lay down and started reading. I ended up finishing the book the same day (it's not a long read), and it brought me a sense of calm and reflection.

Most of us want to be productive, constantly feeling like we're not enough, that we should do more, that we have to improve ourselves in the eyes of society, or some unattainable standard. This book invites you to consider that maybe, just maybe, you are already enough. It encourages you to embrace this idea and find peace. That's how it felt for me. So, if you have a free afternoon, I recommend trying. But of course, make a coffee or tea first, take a sip, and dive in.

Reviews by Jan Wolicki



# SELF-LOVE CALENDAR

CREATED BY  
JOANNA LUHASIEWICZ

1 I've found and prepared a funny coffee/tea recipe.	2 I hugged myself for a few minutes.	3 I wrote a nice letter to myself.	4 I wrote down 5 compliments for myself.	5 I wrote down my rights. Example: I have a right to say "no".
6 I wore comfortable clothes and didn't ask for anyone's permission.	7 I made myself a friendship bracelet.	8 I practised yoga.	9 I described my feelings without judging them.	10 I made a poster: "My feelings matter."
11 I danced in front of the mirror.	12 I bought a tasty beverage and went for a walk.	13 I gave myself a massage with a lotion that smells the way I like.	14 I made a plasticine figure of myself.	15 I found twenty minutes for reading.
16 I rewatched my favourite movie.	17 I made a poster: "I love myself the way I am."	18 I wrote about my feelings without judging them.	19 I found a quiet place and meditated.	20 I made a pleasant plan for the near future.
21 I soaked my feet in warm water with essential oil.	22 I looked up easy and healthy recipes.	23 I went on a picnic.	24 I thanked my body for keeping me alive.	25 I drank tea, thinking of things I was proud of.
26 I made a little piece of art.	27 I made pancakes and put a smile on them with sauce.	28 I gave myself a hand massage.	29 I watched an ASMR video of my choice.	30 I wrote down ten things I appreciate in my life.
31 I bought and used a face mask.				

# Language Exercises

## Exercise 1.

Guess the idioms and proverbs based on the given images.

Answers on page 30



1. ....



2. ....



3. ....



4. ....



5. ....



6. ....

## Exercise 2.

Fill in the blanks in the following sentences with the most appropriate word from the options in italics. Some sentences may have two correct answers.

1. The old building began to *decline/deteriorate/decay* after years of neglect.
2. Deep sleep can help repair your bones and tissues and *boost/enhance/exacerbate* your immune system.
3. The *vigorous/strenuous/sedentary* hike left us exhausted but happy.
4. After a busy day at work, I prefer to keep my time to myself. Instead, I sit *down/rest/wind down* by finding joy in simple everyday things like taking a long, hot bath.
5. An incremental *mind/brain/mindset* helps you embrace challenges and see them as growth opportunities.
6. He tried to *soothe/alleviate/release* her nerves by playing some relaxing music.
7. She stayed *alert/flexible/mindful* during her entire walk, taking in and enjoying the lovely sights and sounds.

## Exercise 3.

Fill in the blanks with the same word to create appropriate collocations. Then, choose one of the collocations you have formed to complete the sentence below.

**A** progressive \_\_\_\_\_  
holistic \_\_\_\_\_

\_\_\_\_\_ is about caring for your mind, body, and spirit all at once, whether that's through meditation, deep breathing, or whatever helps you wind down.

**B** \_\_\_\_\_-care  
\_\_\_\_\_ -love

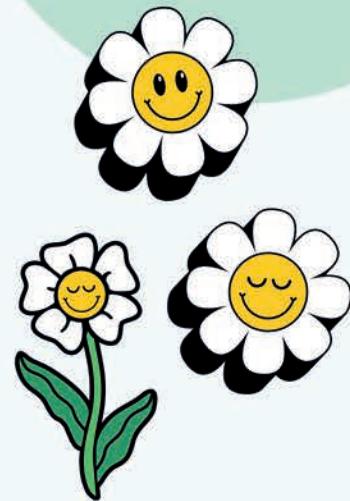
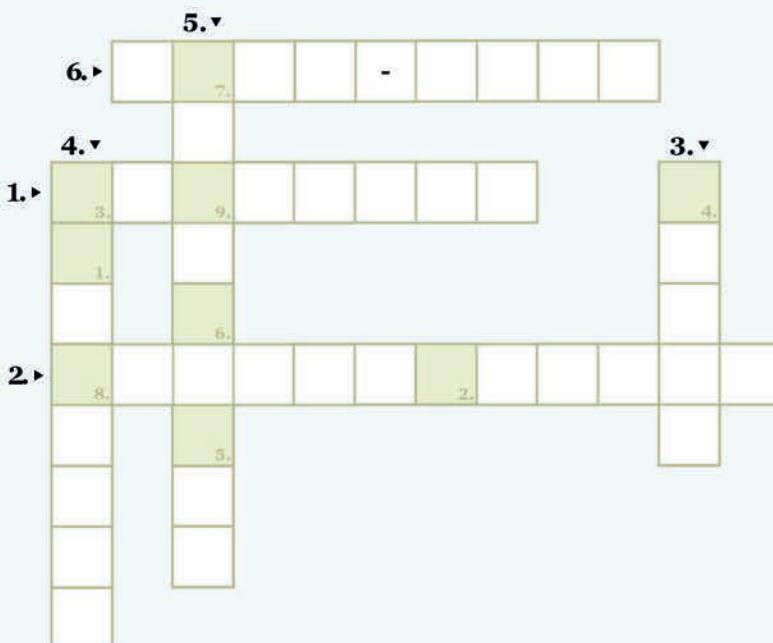
When your mood is low and dark clouds gather overhead, \_\_\_\_\_ helps you get through the day, especially when you treat yourself to small everyday pleasures like buying yourself flowers.

**C** aerobic \_\_\_\_\_  
resistance \_\_\_\_\_

When added to your workout routine, weightlifting, push-downs, and other types of \_\_\_\_\_ may increase your physical stamina and, in the long term, improve your well-being.

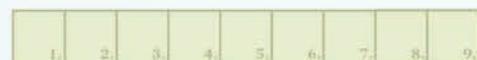
## Exercise 4.

Complete the crossword puzzle using the provided clues. The solution is indicated by the numbers in the green squares.



1. [...] psychology – a branch of psychology focused on happiness, called positive psychology.
2. The pleasant feeling you have when you get something you wanted or do something you wanted to do.
3. [...] studies are conducted before the actual study to evaluate whether our tools work properly.
4. A need for [...] movement is one of the four biological needs of humans, present from early childhood.
5. A synonym to crucial.
6. Accepting yourself fully, treating yourself with kindness and respect, and nurturing your growth and well-being.

### Solution



## Exercise 5.

Complete the text by filling in the blanks with the appropriate words from the list below. You may need to change the verb form to fit the sentence.

exacerbate

soothe

impact

inevitable

alleviate

tailor

detrimental

restore

lifespan

decline

Stress is one of life's certainties, much like taxes – it affects everyone. No one is immune from it, not even the thick-skinned or those who seem carefree. Stress is an \_\_\_\_\_ (1) part of life; sometimes, it arrives unexpectedly, but often times, it can be predicted due to a hectic lifestyle, conflicts at work or home, failures, loss, and personal tragedy.

When not managed properly, stress may be very \_\_\_\_\_ (2) to our overall well-being. It may lead to a \_\_\_\_\_ (3) in physical and mental health: \_\_\_\_\_ (4) existing conditions, such as heart disease, or cause new issues like high blood pressure or sleep disorders. Prolonged exposure to stress may also significantly shorten our \_\_\_\_\_ (5).

When stressed, we shouldn't just wait for it to go away. We should take matters into our own hands, knowing that physical activity can \_\_\_\_\_ (6) tension and \_\_\_\_\_ (7) balance. Engaging in holistic exercises, for example, \_\_\_\_\_ (8) the mind and body and reduces the \_\_\_\_\_ (9) of stress on our lives. Because everyone's response to stress is different, we should remember to \_\_\_\_\_ (10) relaxation techniques and physical activity to our needs and capacities to make the most of them.

# Glossary

## Loneliness Kills

**bloodwork** – a medical examination of a person's blood to determine how healthy they are

**cortisol spikes** – sudden increases in cortisol, a hormone that increases your blood pressure in times of stress

**detrimental** – injurious to health, well-being, or success

**extend** – to make something bigger or longer

**grounding experience** – an activity or moment that helps you feel calm and connected to the present

**health decline** – a slow worsening of physical or mental health

**inflammation** – a condition in which a part of the body becomes swollen, red, hot, and often painful when the tissue is fighting an infection or injury

**lifespan** – how long people or animals live

**obesity** – a condition where a person has too much body fat

**self-sufficient** – be able to take care of oneself without needing help from others

**sufficient** – adequate or enough

**susceptible** – likely to be affected by something

## Mind and Body

**sedentary lifestyle** – a lifestyle that involves little physical activity

**deteriorate** – to become worse over time

**insufficiency** – failure in the functioning of an organ, body part, etc.

**regulate** – to control, manage

**alertness** – the state of being watchful and ready to act

**enhance** – to improve the quality

**peak productivity** – the time when you work the best and get the most work done

**chronotype** – natural preference for waking up and going to sleep

**fluctuate** – to change continually

**vigorous** – full of energy

**boost** – to increase or improve

**strenuous** – requiring energy and effort, tiring

**resistance exercise** – any activity where you push or pull against something, like lifting weights to make your muscles stronger

**physical stamina** – the ability to sustain an activity for a long time

**wind down** – relax, slow down after being active

**chore** – a routine task, often a household duty

## How to Measure Happiness

**be wired** – to be born with genes that predispose one towards certain behaviours or preferences

**flaw** – a mistake or problem

**generic principles** – general guidelines or rules that apply to many situations, not just one

**gratification** – a feeling of pleasure or satisfaction from getting what you want

**hydration** – the process of getting your body to absorb water

**inevitable** – certain to happen or unavoidable

**intangible** – something you can't physically touch, like feelings or ideas

**nuclear family** – a family consisting of a couple and their children who live together in a single household

**sculpt** – to shape or form

**ultimate** – the most important or final

**unravel** – to turn out or make it clearer

## Starry Heaven and Moral Law

**aphoristic tale** – a short story that conveys a moral

**awe** – a feeling of great respect and wonder, often mixed with fear

**comrade** – a fellow soldier, a companion

**equilibrium** – a state of balance or stability

**hideous** – extremely ugly or disgusting

**inflict sth (on sb)** – to cause someone to experience something unpleasant or harmful

**prank** – a playful trick or joke

**restrain** – to hold back or limit

**sophistry** – a method of reasoning that seems clever but is actually misleading or deceptive

**spoil** – goods, treasures, or rewards taken from others, often after a victory or conquest

**stance** – a position or opinion

**weakening** – someone who is physically weak

**whim** – a sudden wish or idea





## Holistic Relaxation

**alleviate** – to make something less severe  
**exacerbate** – to make a problem or situation worse  
**heartbeat** – the rhythm of the heart beating  
**holistic relaxation** – relaxing your whole self: body, mind, and emotions all together  
**inadvertently** – by accident, not on purpose  
**solar plexus** – a network of nerves in the abdomen  
**somatoform pain disorder** – a condition where a person feels pain that has no clear physical cause, often related to emotional issues  
**soothe** – to reduce pain or discomfort; to calm someone

## Self-Love 101

**abyss** – a deep pit or a state of great sadness  
**clip someone's wings** – to restrict someone's freedom or ability  
**distorting mirror** – a mirror that changes the reflection  
**harshly** – in a very strict, unkind manner  
**mindset** – a fixed attitude or way of thinking  
**misfit** – someone who doesn't fit in with others  
**tailor** – to change something to make it fit better or suit a need  
**think outside the box** – to think in new and creative ways  
**vicious cycle** – a situation where a problem keeps causing more problems

## Restorative Circles

**favela** – a poor, crowded neighbourhood in Brazil, often with makeshift houses  
**glance** – a fast, brief look  
**hold a grudge** – to keep feeling angry at someone  
**resolve** – to fix or solve a problem  
**root causes** – the main reasons behind a problem  
**step in** – to get involved to help or take control of a situation  
**unsettled** – worried, upset

## Whimsical Language

**apple of someone's eye** – very precious or dear  
**at sea** – confused or unsure about what to do  
**cut someone some slack** – to not judge someone too harshly  
**give it a whirl** – to try something  
**let the chips fall where they may** – to let something happen, no matter if it's good or bad  
**walking on air** – feeling very happy  
**the sun is shining on me** – experiencing a period of happiness  
**All that glitters is not gold.** – Things that look good outwardly may not be as valuable or good.  
**As you sow, so you shall reap.** – Your actions – good or bad – determine what you get.  
**Beauty is only skin deep.** – A person's character, intellect, and other inner qualities are more important than his/her physical appearance.  
**As happy as a clam at high water.** – Feeling very pleased or satisfied.  
**Happiness is a warm puppy.** – Happiness comes from small things and everyday pleasures.



# Last but not least...



## TED

### How to live a meaningful life

Brian S. Lowery, April 2024

Watch here!



What makes for a meaningful life? Social psychologist Brian S. Lowery explores three ideas tied to the experience of meaning, and shows why simply pursuing personal achievements isn't the best way to find it.



## Linguistic Tidbit

The origin of **vacation** is the Latin word **vacare**, which means to be free from a duty or task. **Vacation**, thus, conveys the idea of being at leisure and enjoying it. In British English, the term **holiday** is commonly used for vacation, whereas in American English, it is the preferred term. Both reflect the same — taking time out in the summer, the season of relaxation, carelessness, and happiness.



## Did you know that...

there is a highly scholarly term called **felicitology**, which is the name of the the study or knowledge of happiness, originating from **felicitas** — Latin word for happiness.

One of more prominent treatises written on this topic is *De vita beata* ("On the Happy Life"). Its author is Seneca the Younger, who lived during the infamous reign of Nero. Władysław Tatarkiewicz, a Polish philosopher, wrote a comprehensive monograph about many concepts of happiness titled *O szczęściu* ("On Happiness").



## Answers to exercises

### Exercise 1.

1. happiness is a warm puppy
2. give it a whirl
3. as happy as a clam at high water
4. apple of someone's eye
5. walking on air
6. all that glitters is not gold

### Exercise 2.

1. deteriorate/decay
2. boost/enhance
3. vigorous/strenuous
4. rest/wind down
5. mindset
6. soothe/alleviate
7. mindful

### Exercise 3.

- a) relaxation; holistic relaxation
- b) self; self-love
- c) exercises; resistance exercises

### Exercise 4.

1. positive
2. satisfaction
3. pilot

4. physical

5. essential

6. self-love

*Solution:* happiness

### Exercise 5.

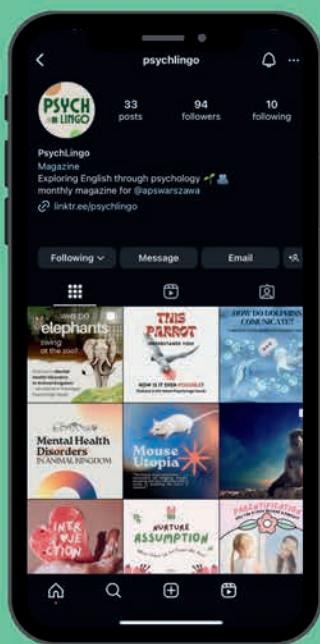
1. inevitable
2. detrimental
3. decline
4. exacerbate
5. lifespan
6. alleviate
7. restore
8. soothes
9. impact
10. tailor

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