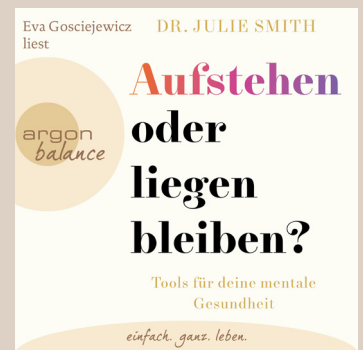




# Dr. Julie Smith

## Aufstehen oder liegen bleiben?



### Quellenangaben

#### 1: Über dunkle Orte

- Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G., Kognitive Therapie der Depression, Weinheim, Basel: Beltz, 2017 (5. Auflage).
- Breznitz, S., & Hemingway, C., Maximum Brainpower: Challenging the Brain for Health and Wisdom. New York: Ballantine Books, 2013.
- Brown, S., Martinez, M. J., & Parsons, L. M. (2004), «Passive music listening spontaneously engages limbic and paralimbic systems», in: Neuroreport, 15 (13), S. 2033–37.
- Clarke, I., & Nicholls, H., Third Wave CBT Integration for individuals and teams: Comprehend, cope and connect. London: Routledge, 2017.
- Colcombe, S., & Kramer, A. F. (2003), «Fitness effects on the cognitive function of older adults. A meta-analytic study», in: Psychological Science, 14 (2), S. 125–30.
- Cregg, D. R., & Cheavens, J. S. (2020), «Gratitude Interventions: Effective Self-help? A Meta-analysis of the Impact on Symptoms of Depression and Anxiety», in: Journal of Happiness Studies, <https://doi.org/10.1007/s10902-020-00236-6>.
- DiSalvo, David, Brain Changer: Denken Sie Ihr Leben neu. Berlin, Heidelberg: Springer Spektrum, 2016.
- Feldman Barrett, Lisa, How Emotions Are Made. The Secret Life of The Brain, London: Pan Macmillan, 2017.
- Gilbert, Paul, Depressionen verstehen und bewältigen. Göttingen, Bern, Toronto, Seattle: Hogrefe Verlag für Angewandte Psychologie, 1999.
- Greenberger, D., & Padesky, C. A., Gedanken verändern Gefühle. Fertigkeiten, um Stimmungen, Verhalten und Beziehungen grundlegend zu verbessern. 2. Auflage, Paderborn: Junfermann, 2017.
- Inagaki, Tristen K., & Eisenberger, Naomi I. (2012), «Neural Correlates of Giving Support to a Loved One», in: Psychosomatic Medicine, 74 (1), S. 3–7.
- Jacka, Felice N., Brain Changer. How diet can save your mental health. London: Yellow Kite, 2019.
- Jacka, Felice N., et al. (2017), «A randomized controlled trial of dietary improvement for adults with major depression (the «SMILES» trial)», in: BMC Medicine, 15 (1), S. 23.
- Josefsson, T., Lindwall, M., & Archer, T. (2013), «Physical Exercise Intervention in Depressive Disorders: Meta Analysis and Systemic Review», in: Medicine and Science in Sports, 24 (2), S. 259–72.
- Joseph, N. T., Myers, H. F., et al. (2011), «Support and undermining in interpersonal relationships are associated with symptom improvement in a trial of antidepressant medication», in: Psychiatry, 74 (3), S. 240–54.
- Kim, W., Lim, S. K., Chung, E. J., & Woo, J. M. (2009), «The Effect of Cognitive Behavior Therapy-Based Psychotherapy Applied in a Forest Environment on Physiological Changes and Remission of Major Depressive Disorder», in: Psychiatry Investigation, 6 (4), S. 245–54.
- McGonigal, Kelly, The Joy of Movement, Canada: Avery, 2019.
- Mura, G., Moro, M. F., Patten, S. B., & Carta, M. G. (2014), «Exercise as an Add-On Strategy for the Treatment of Major Depressive Disorder: A Systematic Review», in: CNS Spectrums, 19 (6), S. 496–508.
- Nakahara, H., Furuya, S., et al. (2009), «Emotion-related changes in heart rate and its variability during performance and perception of music», in: Annals of the New York Academy of Sciences, 1169, S. 359–62.
- Olsen, C. M. (2011), «Natural Rewards, Neuroplasticity, and Non-Drug Addictions», in: Neuropharmacology, 61 (7), S. 1109–22.
- Petruzzello, S. J., Landers, D. M., et al. (1991), «A meta-analysis on the anxiety-reducing effects of acute and chronic exercise. Outcomes and mechanisms», in: Sports Medicine, 11 (3), S. 143–82.
- Raichlen, D. A., Foster, A. D., Seillier, A., Giuffrida, A., & Gerdeman, G. L. (2013), «Exercise-Induced Endocannabinoid Signaling Is Modulated by Intensity», in: European Journal of Applied Physiology, 113 (4), S. 869–75.

- Sanchez-Villegas, A., et al. (2013), «Mediterranean dietary pattern and depression: the PREDIMED randomized trial», in: *BMC Medicine*, 11, S. 208.
- Schuch, F. B., Vancampfort, D., Richards, J., et al. (2016), «Exercise as a treatment for depression: A Meta-Analysis Adjusting for Publication Bias», in: *Journal of Psychiatric Research*, 77, S. 24–51.
- Singh, N. A., Clements, K. M., & Fiatrione, M. A. (1997), «A Randomized Controlled Trial of the Effect of Exercise on Sleep», in: *Sleep*, 20 (2), S. 95–101.
- Tops, M., Riese, H., et al. (2008), «Rejection sensitivity relates to hypocortisolism and depressed mood state in young women», in: *Psychoneuroendocrinology*, 33 (5), S. 551–59.
- Waldinger, R., & Schulz, M. S. (2010), «What's Love Got to Do With It?: Social Functioning, Perceived Health, and Daily Happiness in Married Octogenarians», in: *Psychology and Aging*, 25 (2), S. 422–31.
- Wang, J., Mann, F., Lloyd-Evans, B., et al. (2018), «Associations between loneliness and perceived social support and outcomes of mental health problems: a systematic review», in: *BMC Psychiatry*, 18, S. 156.
- Watkins, E. R., & Roberts, H. (2020), «Reflecting on rumination: Consequences, causes, mechanisms and treatment of rumination», in: *Behaviour Research and Therapy*, Vol. 127, April 2020, S. 127.

## 2: Über Motivation

- Barton, J., & Pretty., J. (2010), «What is the Best Dose of Nature and Green Exercise for Improving Mental Health? A Multi-Study Analysis», in: *Environmental Science & Technology*, 44, S. 3947–55.
- Crede, M., Tynan, M., & Harms, P. (2017), «Much ado about grit: A meta-analytic synthesis of the grit literature», in: *Journal of Personality and Social Psychology*, 113 (3), S. 492–511.
- Duckworth, A. L., Peterson, C., Matthews, M. D., & Kelly, D. R. (2007), «Grit: Perseverance and passion for long-term goals», in: *Journal of Personality and Social Psychology*, 92 (6), S. 1087–1101.
- Duhigg, Charles, *Die Macht der Gewohnheit: warum wir tun, was wir tun*, München, Zürich: Piper, 2014.
- Gilbert, P., McEwan, K., Matos, M., & Rivis, A. (2010), «Fears of Compassion: Development of Three Self-Report Measures», in: *Psychology and Psychotherapy*, 84 (3), S. 239–55.
- Huberman, A. (2021), diverse Online-Formate. In seinem Podcast und seinem Youtube-Kanal <https://hubermanlab.com> beschreibt Professor Andrew Huberman den biologischen Fußabdruck kurzfristiger interner Belohnungen.
- Lieberman, Daniel Z., & Long, Michel E., *Ein Hormon regiert die Welt. Wie Dopamin unser Verhalten steuert – und das Schicksal der Menschheit bestimmt*, München: Riva, 2018.
- Linehan, Marsha, *Dialektisch-behaviorale Therapie der Borderline-Persönlichkeitsstörung*, München: CIP-Medien, 1996/2008.
- McGonigal, Kelly, *Bergauf mit Rückenwind: Willenskraft effizient einsetzen*, München: Goldmann, 2012.
- Oaten, M., & Cheng, K. (2006), «Longitudinal Gains in Self-Regulation from Regular Physical Exercise», in: *British Journal of Health Psychology*, 11, S. 717–33.
- Peters, J., & Buchel, C. (2010), «Episodic Future Thinking Reduces Reward Delay Discounting Through an Enhancement of Prefrontal-Mediotemporal Interactions», in: *Neuron*, 66, S. 138–48.
- Rensburg, J. V., Taylor, K. A., & Hodgson, T. (2009), «The Effects of Acute Exercise on Attentional Bias Towards Smoking Related Stimuli During Temporary Abstinence from Smoking», in: *Addiction*, 104, S. 1910–17.
- Wohl, M. J. A., Psychyl, T. A., & Bennett, S. H. (2010), «I Forgive Myself, Now I Can Study: How Self-forgiveness for Procrastinating Can Reduce Future Procrastination», in: *Personality and Individual Differences*, 48, S. 803–8.

## 3: Über emotionalen Schmerz

- Feldman Barrett, L. (2017), *How Emotions Are Made. The Secret Life of The Brain*, London: Pan Macmillan.
- Inagaki, Tristen, K., & Eisenberger, Naomi I. (2012), «Neural Correlates of Giving Support to a Loved One», in: *Psychosomatic Medicine*, 74 (1), S. 3–7.
- Kashdan, T. B., Feldman Barrett, L., & McKnight, P. E. (2015), «Unpacking Emotion Differentiation: Transforming Unpleasant Experience By Perceiving Distinctions in Negativity», in: *Current Directions In Psychological Science*, 24 (1), S. 10–16.
- Linehan, Marsha, *Dialektisch-behaviorale Therapie der Borderline-Persönlichkeitsstörung*, München: CIP-Medien, 1996/2008.

Starr, L. R., Hershenberg, R., Shaw, Z. A., Li, Y. I., & Santee, A. C. (2020), «The perils of murky emotions: Emotion differentiation moderates the prospective relationship between naturalistic stress exposure and adolescent depression», in: *Emotion*, 20 (6), S. 927–38, <https://doi.org/10.1037/emo0000630>.

Willcox, G. (1982), «The Feeling Wheel», in: *Transactional Analysis Journal*, 12 (4), S. 274–6.

#### 4: Über das Trauern

Bushman, B. J. (2002), «Does Venting Anger Feed or Extinguish the Flame? Catharsis, Rumination, Distraction, Anger, and Aggressive Responding», in: *Personality and Social Psychology Bulletin*, 28 (6), S. 724–31.

Kübler-Ross, Elisabeth (1969), *Über den Tod und das Leben danach*, Göllesheim: Silberschnur Verlag, 2002 (10. Auflage).

Rando, T. A. (1993), *Treatment of Complicated Mourning, USA: Research Press*.

Julia Samuel, *Trauert! Geschichten über das Leben, den Tod und die Kraft zum Weiterleben*. Weinheim, Basel: Beltz, 2018.

Stroebe, M. S., & Schut, H. A. (1999), «The Dual Process Model of Coping with Bereavement: Rationale and Description», in: *Death Studies*, 23 (3), S. 197–224.

Worden, J. W., & Winokuer, H. R. (2011), «A task-based approach for counseling the bereaved». In: R. A. Neimeyer, D. L. Harris, H. R. Winokuer & G. F. Thornton (Hrsg.), *Series in Death, Dying and Bereavement. Grief and Bereavement in Contemporary Society: Bridging Research and Practice*, Abingdon: Routledge/ Taylor & Francis Group.

Zisook, S., & Lyons, L. (1990), «Bereavement and Unresolved Grief in Psychiatric Outpatients», in: *Journal of Death and Dying*, 20 (4), S. 307–22.

#### 5: Über Selbstzweifel

Baumeister, R. F., Campbell, J. D., Krueger, J. I., & Vohs, K. D. (2003), «Does High Self-esteem Cause Better Performance, Interpersonal Success, Happiness, or Healthier Lifestyles?», in: *Psychological Science in the Public Interest*, 4 (1), S. 1–44.

Clark, D. M., & Wells, A. (1995), «A cognitive model of social phobia». In: R. R. G. Heimberg, M. Liebowitz, D. A. Hope & S. Scheier (Hrsg.), *Social Phobia: Diagnosis, Assessment and Treatment*, New York: Guilford Press.

Cooley, Charles H. (1902), *Human Nature and the Social Order*, New York: Scribner's, S. 183–84 (erstmalige Verwendung des Begriffs «gespiegeltes Selbstbild»).

Gilovich, T., Savitsky, K., & Medvec, V. H. (2000), «The spotlight effect in social judgment: An egocentric bias in estimates of the salience of one's own actions and appearance», in: *Journal of Personality and Social Psychology*, 78 (2), S. 211–22.

Gruenewald, T. L., Kemeny, M. E., Aziz, N., & Fahey, J. L. (2004), «Acute threat to the social self: Shame, social self-esteem, and cortisol activity», in: *Psychosomatic Medicine*, 66, S. 915–24.

Harris, Russ (2014), *Der Weg zu echtem Selbstvertrauen: Von der Angst zur Freiheit*, Freiburg: Arbor Verlag..

Inagaki, T. K., & Eisenberger, N. I. (2012), «Neural Correlates of Giving Support to a Loved One», in: *Psychosomatic Medicine*, 74, S. 3–7.

Irons, C., & Beaumont, E. (2017), *The Compassionate Mind Workbook: A step-by-step guide to developing your compassionate self*, London: Robinson.

Lewis, M., & Ramsay, D. S. (2002), «Cortisol response to embarrassment and shame», in: *Child Development*, 73 (4), S. 1034–45.

Luckner, R. S., & Nadler, R. S. (1991), *Processing the Adventure Experience: Theory and Practice*, Dubuque: Kendall Hunt.

Neff, K. D., Hseih, Y., & Dejittthirat, K. (2005), «Self-compassion, achievement goals, and coping with academic failure», in: *Self and Identity*, 4, S. 263–87.

Wood, J. V., Perunovic, W. Q., & Lee, J. W. (2009), «Positive self-statements: Power for some, peril for others», in: *Psychological Science*, 20 (7), S. 860–66.

#### 6: Über Ängste

Frankl, Viktor E., *Ärztliche Seelsorge: Grundlagen der Logotherapie und Existenzanalyse*, Wien: Deuticke, 1946/2005.

Gesser, G., Wong, P. T. P., & Reker, G. T. (1988), «Death attitudes across the life span. The development and validation of the Death Attitude Profile (DAP)», in: *Omega*, 2, S. 113–28.

Hayes, Steven C. et al., *Akzeptanz & Commitment Therapie: Achtsamkeitsbasierte Veränderungen in Theorie und Praxis*, Paderborn: Junfermann, 2014.

- Iverach, L., Menzies, R. G., & Menzies, R. E. (2014), «Death anxiety and its role in psychopathology: Reviewing the status of a transdiagnostic construct», in: *Clinical Psychology Review*, 34, S. 580–93.
- Neimeyer, R. A. (2005), «Grief, loss, and the quest for meaning», in: *Bereavement Care*, 24 (2), S. 27–30.
- Yalom, Irvin D., *In die Sonne schauen: wie man die Angst vor dem Tod überwindet*, München: btb, 2010.

## 7: Über Stress

- Abelson, J. I., Erickson, T. M., Mayer, S. E., Crocker, J., Briggs, H., Lopez-Duran, N. L., & Liberzon, I. (2014), «Brief Cognitive Intervention Can Modulate Neuroendocrine Stress Responses to the Trier Social Stress Test: Buffering Effects of Compassionate Goal Orientation», in: *Psychoneuroendocrinology* 44, S. 60–70.
- Alred, Dave (2016), *The Pressure Principle*, London: Penguin.
- Amita, S., Prabhakar, S., Manoj, I., Harminder, S., & Pavan, T. (2009), «Effect of yoga-nidra on blood glucose level in diabetic patients», in: *Indian Journal of Physiology and Pharmacology*, 53 (1), S. 97–101.
- Borchardt, A. R., Patterson, S. M., & Seng, E. K. (2012), «The effect of meditation on cortisol: A comparison of meditation techniques to a control group». Ohio University: Department of Experimental Health Psychology. PDF im Internet abrufbar.
- Crocker, J., Olivier, M., & Nuer, N. (2009), «Self-image Goals and Compassionate Goals: Costs and Benefits», in: *Self and Identity*, 8, S. 251–69.
- Feldman Barrett, L. (2017), *How Emotions Are Made. The Secret Life of The Brain*, London: Pan Macmillan.
- Frederickson, L. B. (2003), «The Value of Positive Emotions», in: *American Scientist*, USA: Sigma.
- Huberman (2021). Die Vorlesungen von Professor Andrew Huberman in seinem Podcast «The Huberman Lab» finden sich auf YouTube und auf seiner Website: <https://hubermanlab.com>.
- Inagaki, T. K., & Eisenberger, N. I. (2012), «Neural Correlates of Giving Support to a Loved One», in: *Psychosomatic Medicine*, 74, S. 3–7.
- Jamieson, J. P., Crum, A. J., Goyer, P., Marotta, M. E., & Akinola, M. (2018), «Optimizing stress responses with reappraisal and mindset interventions: an integrated model», in: *Stress, Anxiety & Coping: An International Journal*, 31, S. 245–61.
- Kristensen, T. S., Biarritz, M., Villadsen, E., & Christensen, K. B. (2005), «The Copenhagen Burnout Inventory: A new tool for the assessment of burnout», in: *Work & Stress*, 19 (3), S. 192–207.
- Kumari, M., Shipley, M., Stafford, M., & Kivimaki, M. (2011), «Association of diurnal patterns in salivary cortisol with all-cause and cardiovascular mortality: findings from the Whitehall II Study», in: *Journal of Clinical Endocrinology and Metabolism*, 96 (5), S. 1478–85.
- Maslach, C., Jackson, S. E., & Leiter, M. P. (1996), *Maslach Burnout Inventory* (3. Auflage), Palo Alto, CA: Consulting Psychologists Press.
- McEwen, B. S., & Gianaros, P. J. (2010), «Stress- and Allostasisinduced Brain Plasticity», in: *Annual Review of Medicine*, 62, S. 431–45.
- McEwen, B. S. (2000), «The Neurobiology of Stress: from serendipity to clinical relevance», in: *Brain Research*, 886, S. 172–89.
- McGonigal, Kelly, *Bergauf mit Rückenwind: Willenskraft effizient einsetzen*, München: Goldmann, 2012.
- Mogilner, C., Chance, Z., & Norton, M. I. (2012), «Giving Time Gives You Time», in: *Psychological Science*, 23 (10), S. 1233–38.
- Moszeik, E. N., von Oertzen, T., & Renner, K. H., «Effectiveness of a short Yoga Nidra meditation on stress, sleep, and well-being in a large and diverse sample», in: *Current Psychology* (2020), <https://doi.org/10.1007/s12144-020-01042-2>.
- Osmo, F., Duran, V., Wenzel, A., et al. (2018), «The Negative Core Beliefs Inventory (NCBI): Development and Psychometric Properties», in: *Journal of Cognitive Psychotherapy*, 32 (1), S. 1–18.
- Sapolsky, Robert, *Gewalt und Mitgefühl. Die Biologie des menschlichen Verhaltens*. München: Hanser, 2017.
- Stellar, J. E., John-Henderson, N., Anderson, C. L., Gordon, A. M., McNeil, G. D., & Keltner, D. (2015), «Positive affect and markers of inflammation: discrete positive emotions predict lower levels of inflammatory cytokines», in: *Emotion* 15 (2), S. 129–33.
- Strack, J., & Esteves, F. (2014), «Exams? Why Worry? The Relationship Between Interpreting Anxiety as Facilitative, Stress Appraisals, Emotional Exhaustion, and Academic Performance», in: *Anxiety, Stress, and Coping: An International Journal*, S. 1–10.
- Ware, Bronnie, *5 Dinge, die Sterbende am meisten bereuen: Einsichten, die Ihr Leben verändern werden*, München: Goldmann, 2015.

## 8: Über ein sinnerfülltes Leben

- Clear, James, Die 1% Methode. Minimale Veränderung, maximale Wirkung: mit kleinen Gewohnheiten jedes Ziel erreichen, München: Goldmann, 2020.
- Feldman Barrett, L. (2017), How Emotions Are Made. The Secret Life of The Brain, London: Pan Macmillan.
- Fletcher, Emily, Meditation für Busy People: 15 Minuten am Tag für weniger Stress und mehr Erfolg, München: Knauer Balance, 2021.
- Gottman, J. M., & Silver, N. (1999), The Seven Principles for Making Marriage Work, London: Orion.
- Hari, Johan (2018), Der Welt nicht mehr verbunden. Die wahren Ursachen von Depressionen – und unerwartete Lösungen, Hamburg: HarperCollins, 2019.
- Dr. Sue Johnson, Halt mich fest. Paderborn: Junfermann, 2019.
- Sapolsky, Robert, Gewalt und Mitgefühl. Die Biologie des menschlichen Verhaltens. München: Hanser, 2017.
- Siegel, Daniel J., & Hartzell, Mary, Gemeinsam leben, gemeinsam wachsen: wie wir uns selbst besser verstehen und unsere Kinder einfühlsam ins Leben begleiten können, Freiamt am Schwarzwald: Arbor-Verlag, 2009.
- Thomas, Michaela, The Lasting Connection: Developing Love and Compassion for Yourself and Your Partner, London: Robinson, 2021.
- Waldinger, Robert (2015), What makes a good life? Lessons from the longest study on happiness, TEDx Beacon Street, [https://www.ted.com/talks/robert\\_waldinger\\_what\\_makes\\_a\\_good\\_life\\_lessons\\_from\\_the\\_longest\\_study\\_on\\_happiness](https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness).
- Ware, Bronnie, 5 Dinge, die Sterbende am meisten bereuen: Einsichten, die Ihr Leben verändern werden, München: Goldmann, 2015.

## Weiterführende Literatur und Orientierung

Dieses Hörbuch ist ein Werkzeugkasten, der benutzt werden soll, um mentale Gesundheit und individuelles Wohlbefinden zu verbessern. Für alle, die ein bestimmtes Werkzeug oder einen bestimmten Ansatz besonders hilfreich finden und mehr darüber wissen wollen, gibt es hier eine Liste mit passenden Selbsthilfebüchern und Organisationen, die passgenaue Unterstützung anbieten.

- Isabel Clarke, How to Deal with Anger: A 5-step CBT-based Plan for Managing Anger and Frustration. London: Hodder & Stoughton, 2016.
- Paul Gilbert, Depressionen verstehen und bewältigen. Göttingen, Bern, Toronto, Seattle: Hogrefe Verlag für Angewandte Psychologie, 1999.
- John Gottman & Nan Silver, The Seven Principles for Making Marriage Work. London: Orion, 1999.
- Alex Korb, Die Aufwärtsspirale gegen Depressionen. Mit Neurowissenschaften Schritt für Schritt genesen. Freiburg, Basel, Wien: Herder, 2016.
- Felice Jacka, Brain Changer: How diet can save your mental health. London: Yellow Kite, 2019.
- Dr. Sue Johnson, Halt mich fest. Paderborn: Junfermann, 2019.
- Helen Kennerley, Overcoming Anxiety: A Self-Help Guide Using Cognitive Behavioural Techniques. London: Robinson, 2014.
- Kristin Neff & Christopher Germer, Selbstmitgefühl – Das Übungsbuch: Ein bewährter Weg zu Selbstakzeptanz, innerer Stärke und Freundschaft mit sich selbst. Freiburg: Arbor, 2020.
- Joe Oliver, Jon Hill & Eric Morris, ACTivate Your Life: Using Acceptance and Mindfulness to Build a Life that is Rich, Fulfilling and Fun, London: Robinson, 2015.
- Julia Samuel, Trauert! : Geschichten über das Leben, den Tod und die Kraft zum Weiterleben. Weinheim, Basel: Beltz, 2018.
- Michaela Thomas, The Lasting Connection: Developing Love and Compassion for Yourself and Your Partner, London: Robinson, 2021.

### Hilfsorganisationen, die Unterstützung anbieten:

Sozialpsychiatrische Dienste:  
<https://www.sozialpsychiatrische-dienste.de/>  
Telefonseelsorge: 0800-1110111