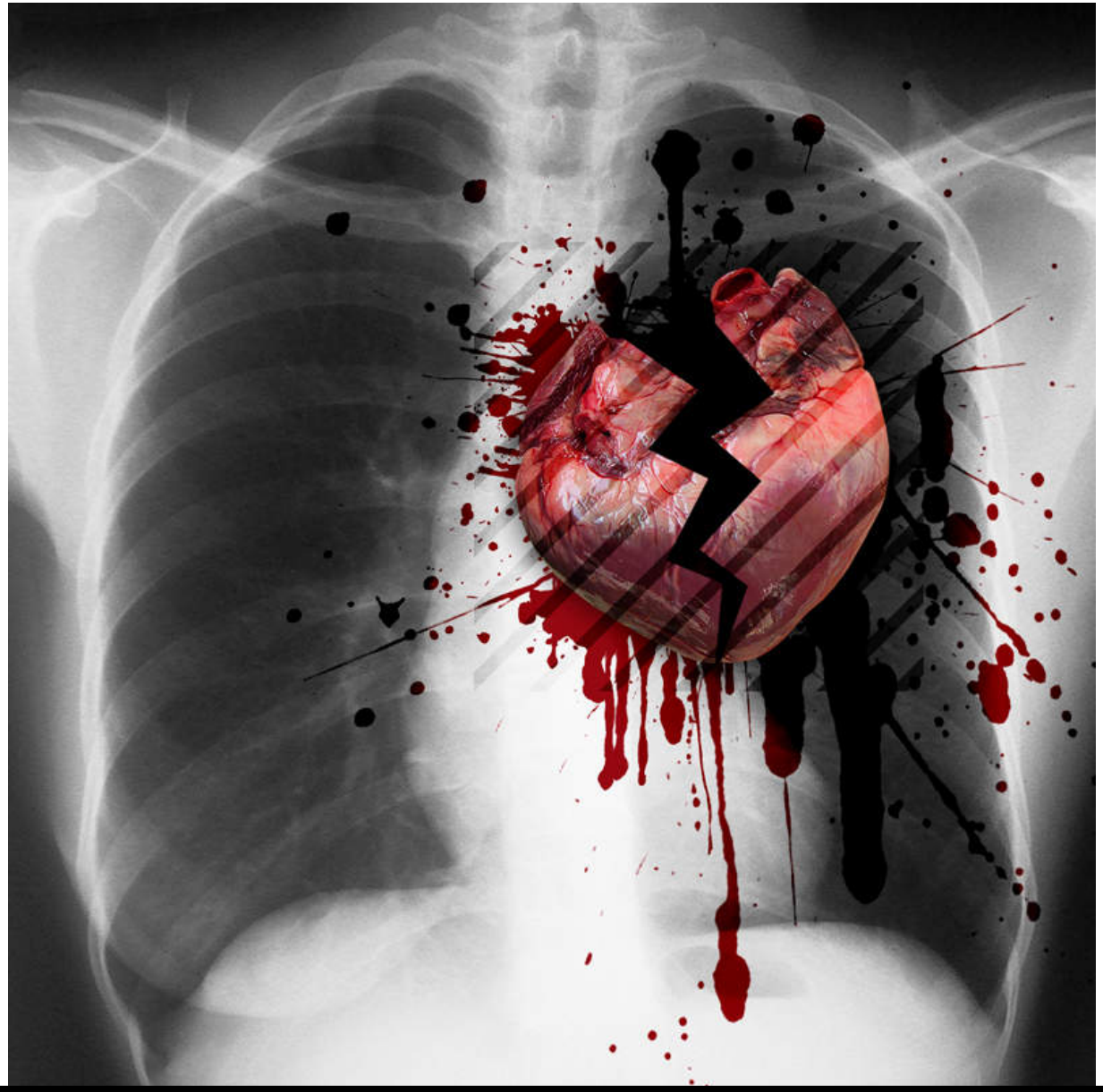


TU ME FENDS LE COEUR

Tant que l’homme sera mortel,
je ne serai pas totalement rassuré

Ces émotions qui nous brisent le cœur

Et celles qui nous guérissent…

Les émotions

- **Un ressenti corporel**
- **Un mode de pensée**
- **Une vision du monde**

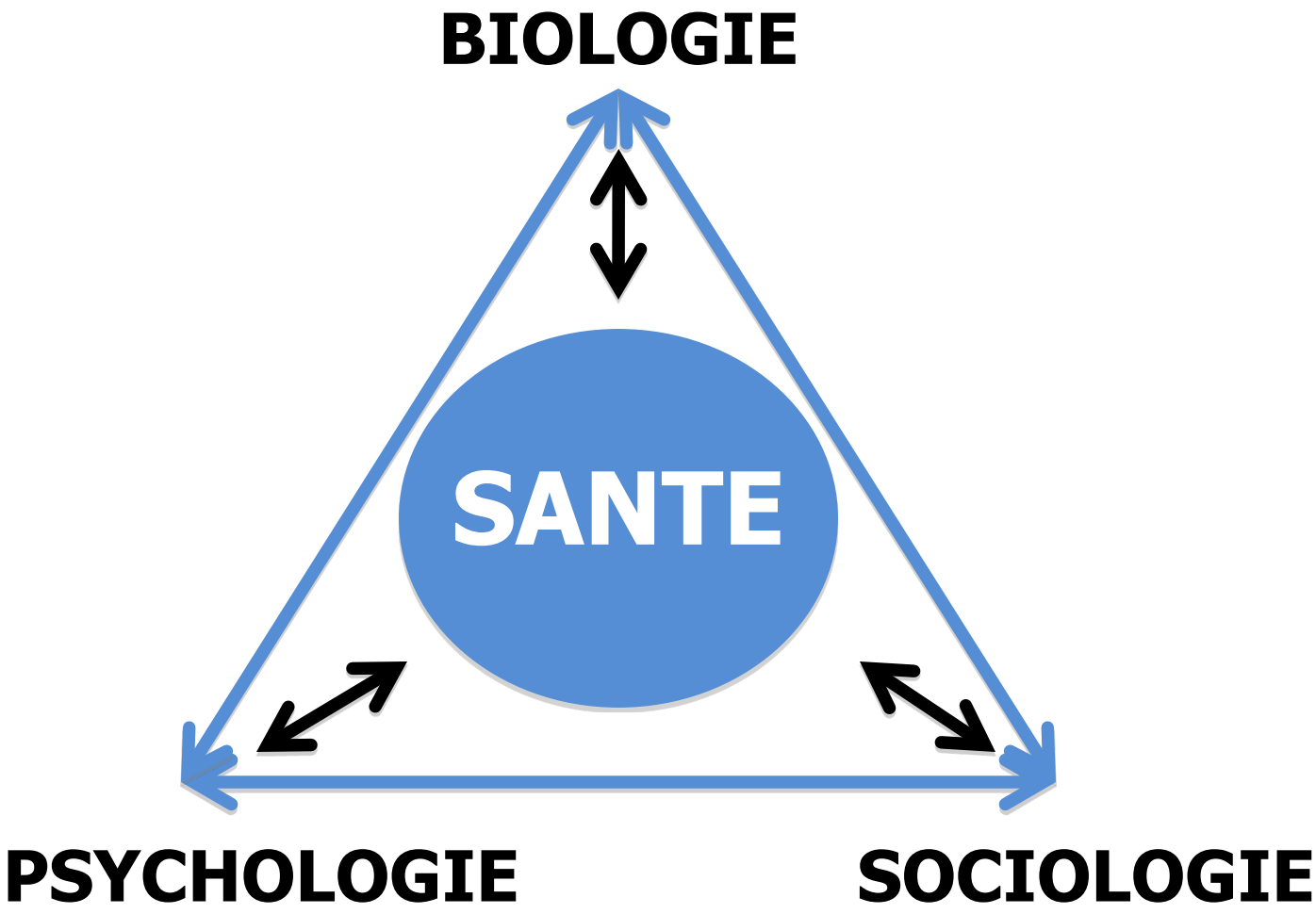
« Comme le ver mange le vêtement, et la pourriture le bois, ainsi la tristesse de l'homme lui ronge le cœur »

Proverbes de Salomon. Chapitre XXV Verset 20

Les mots et les maux du cœur

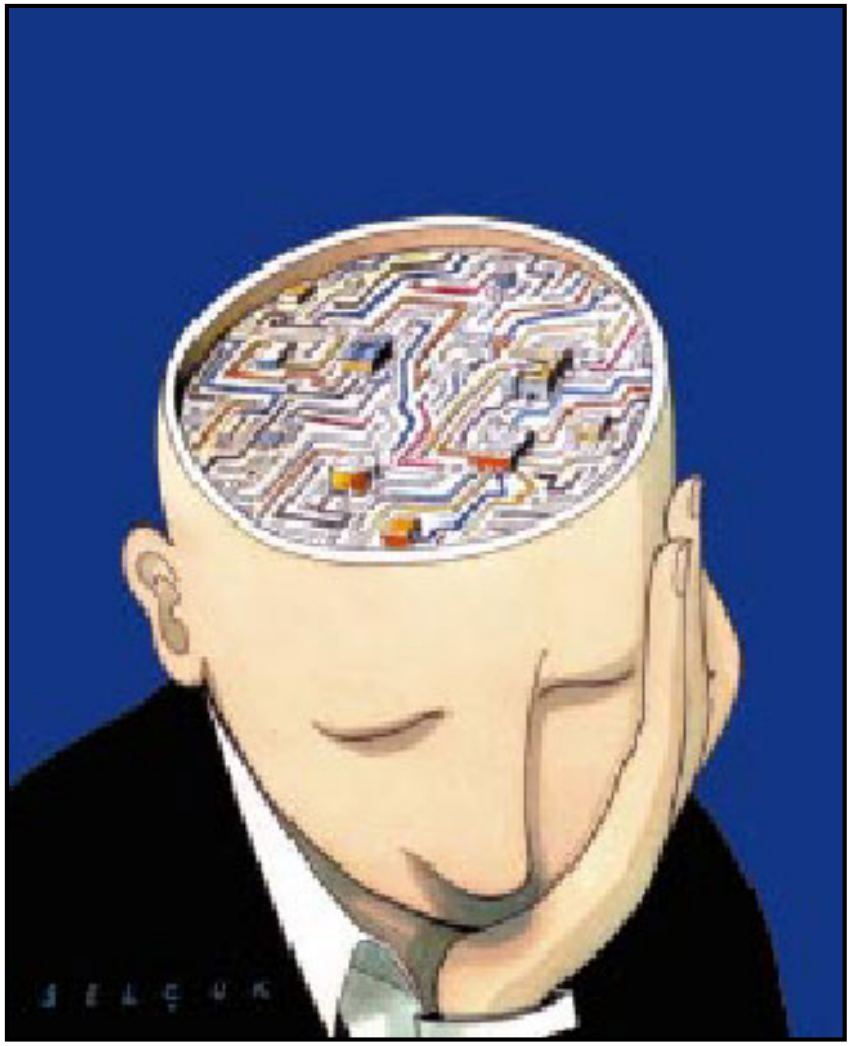
- **Avoir le cœur brisé**
- **En avoir gros sur le cœur**
- **Y mettre tout son cœur**
- **Faire quelque chose à contre cœur**
- **Avoir le cœur serré**
- **Prendre quelque chose à cœur**

Le modèle biopsychosocial



- Engel GL. Science. 1977 ;196(4286):129-36.

Facteurs psychosociaux et Cardiologie



1. PSYCHOLOGIE
    1. Stress, anxiété, dépression
    2. Hostilité, cynisme
    3. Pessimisme, désespoir
    4. Colère
    5. Personnalité Type D
    6. SSPT
    7. BURN-OUT
2. SOCIOLOGIE
    1. Origine et support sociaux
    2. Relation de couple, solitude
    3. Sentiment religieux
3. STATUT SOCIO-ECONOMIQUE
    1. Revenu financier
    2. Position sociale
    3. Niveau d ’études

SOCHI 2014

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42
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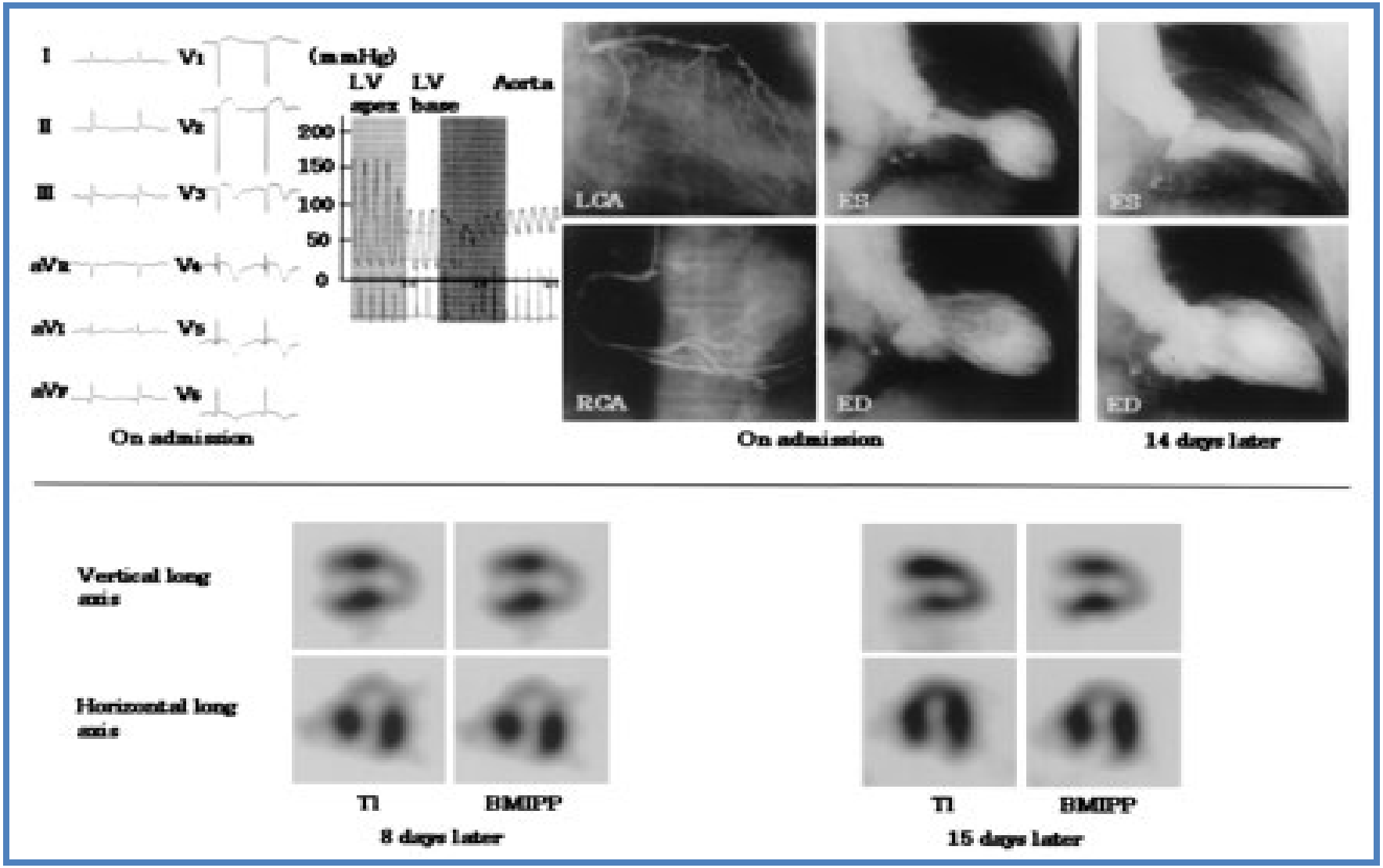
2
3

Le TAKO-TSUBO

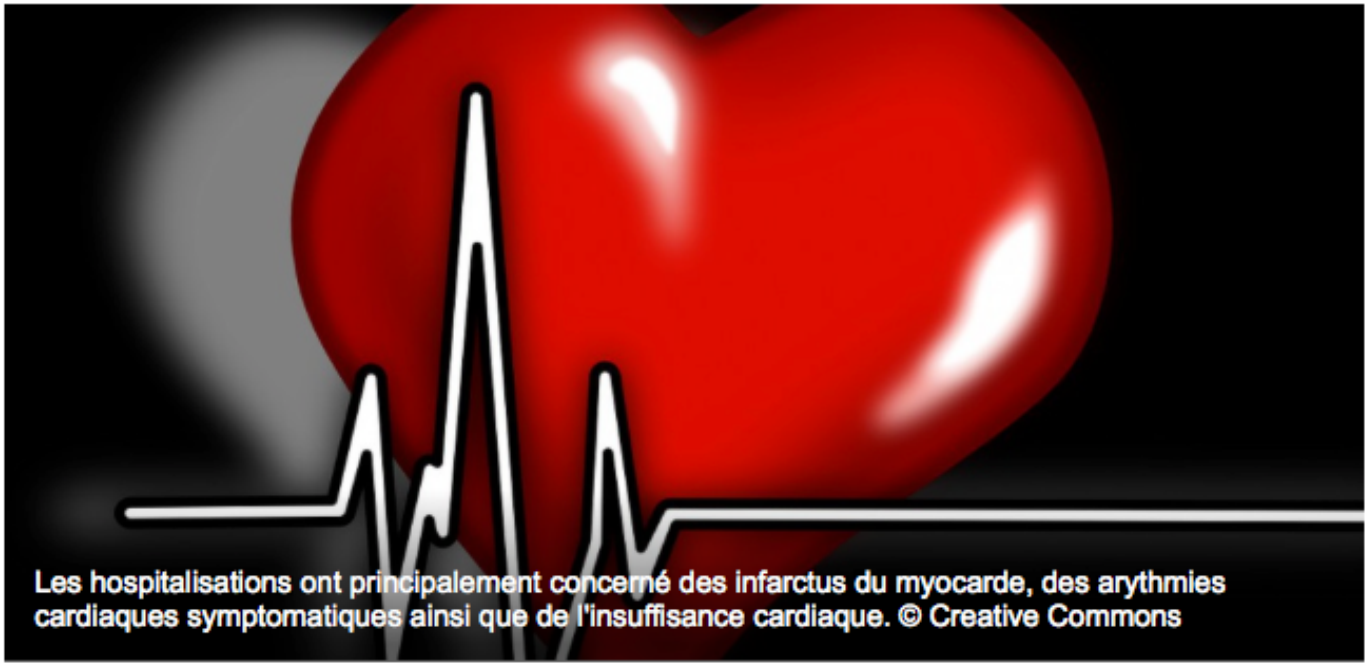


Les attentats de janvier ont fait grimper les accidents cardiaques à Toulouse

Par Sciences et Avenir avec AFP
Voir tous ses articles

Publié le 11-01-2016 à 13h30

Les hospitalisations ont principalement concerné des infarctus du myocarde, des arythmies cardiaques symptomatiques ainsi que de l'insuffisance cardiaque.



Les hospitalisations ont principalement concerné des infarctus du myocarde, des arythmies cardiaques symptomatiques ainsi que de l'insuffisance cardiaque. © Creative Commons

PHASE QUALIFICATIVE

COSTA-RICA	4-2	
POLOGNE	1-0	
EQUATEUR	3-0	

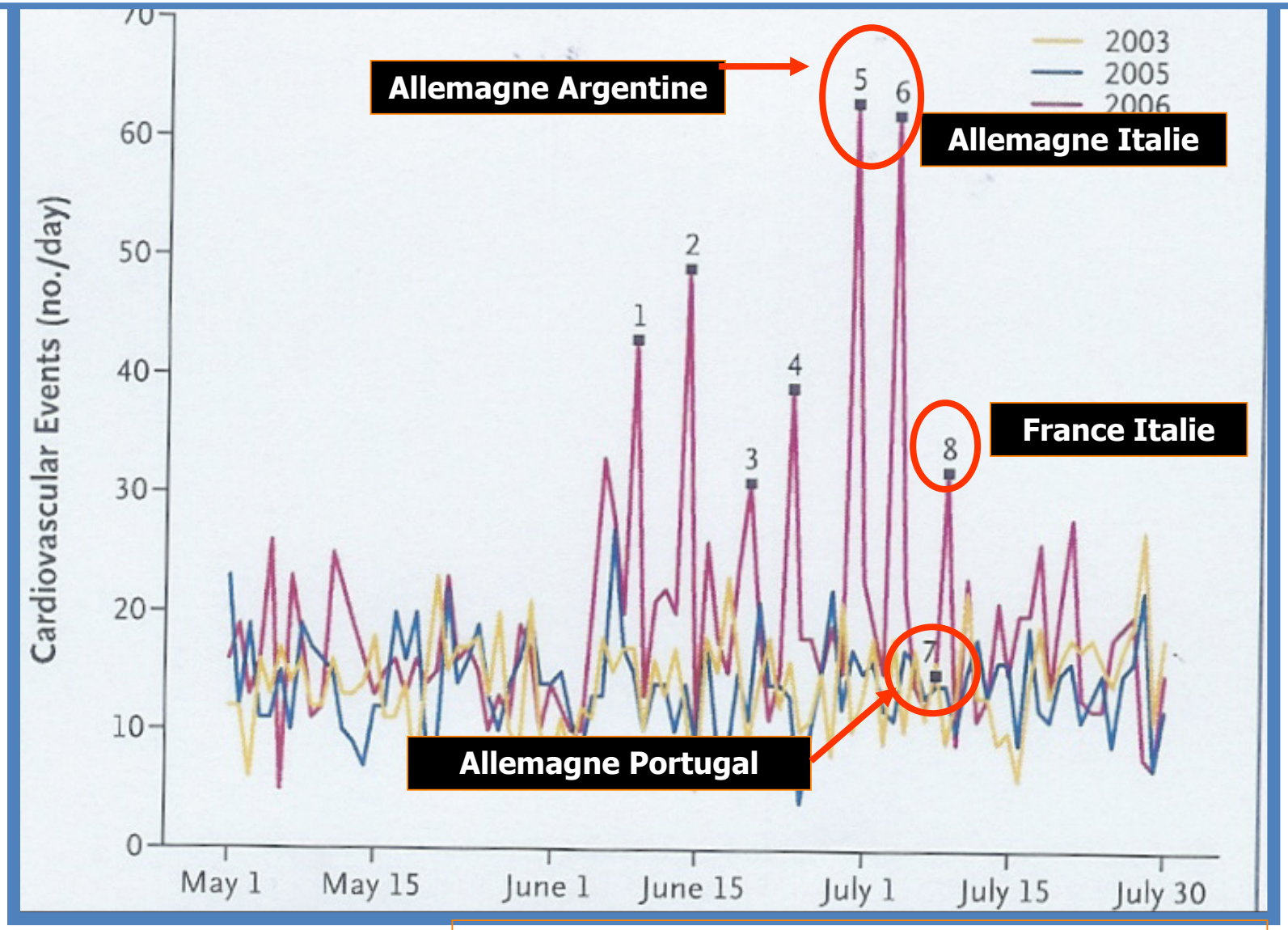
ALLEMAGNE

HUITIEME →	SUEDE	2-0	
QUART →	ARGENTINE	1-1 → 4-2	
DEMI →	ITALIE	0-2	

PETITE FINALE →	PORTUGAL	3-1	

COUPE DU MONDE DE FOOTBALL 2006

INFARCTUS et COUPE DU MONDE de FOOT . ALLEMAGNE 2006



Ute Wilbert-Lampen. N England J Med 2008;358:475-83

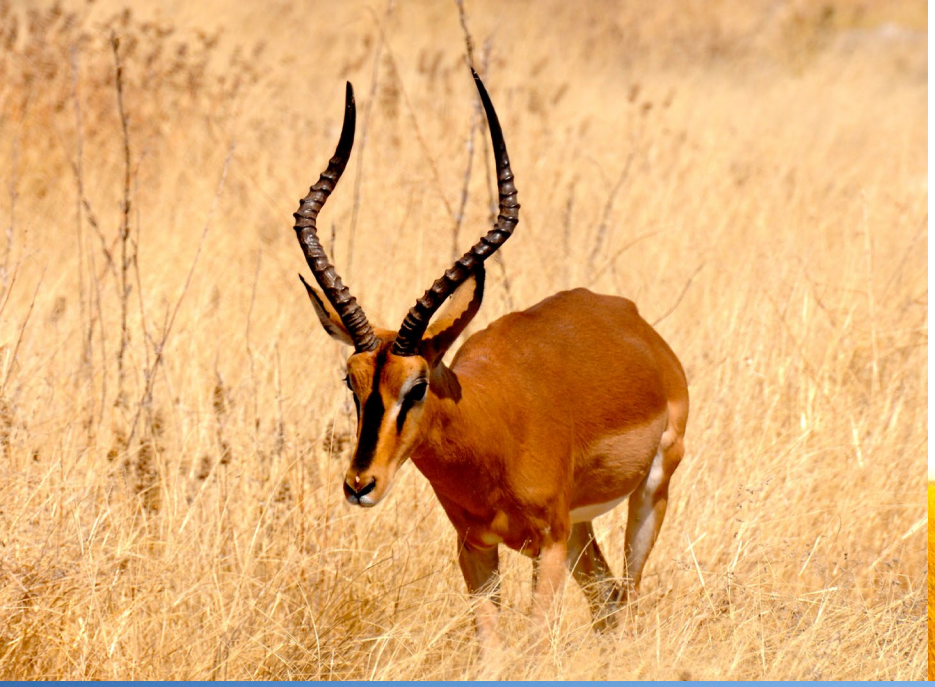
Pourquoi un tel retentissement entre psychisme (cerveau) et corps

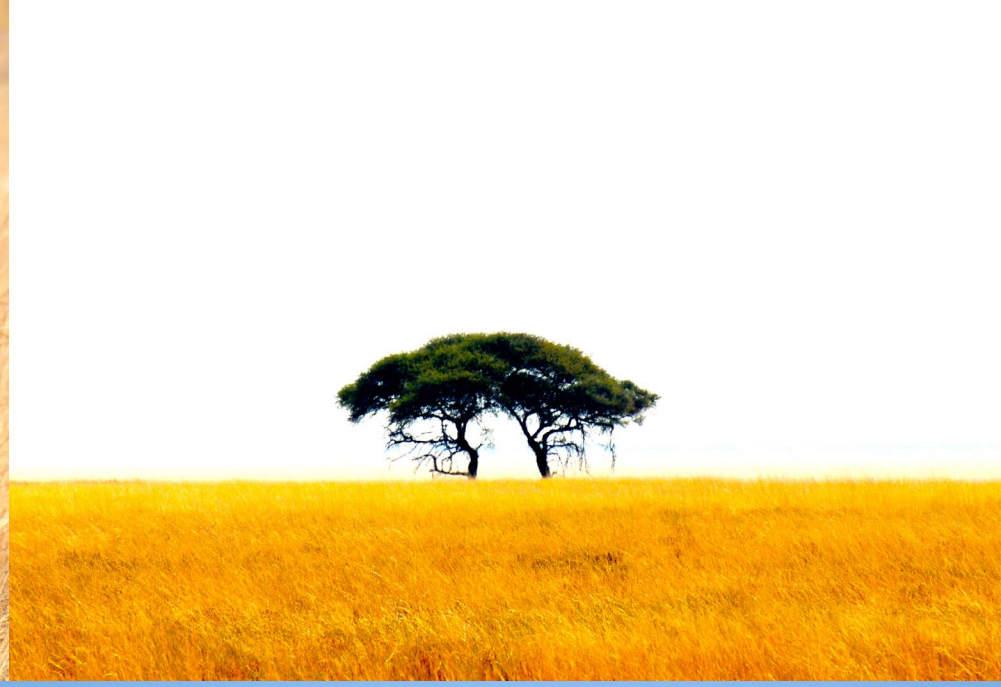
Les lois de l'adaptation

Dans un sens, nous prenons rarement de décision au cours de notre vie.
Nous nous adaptons et si nous ne nous adaptons pas, nous dépérissons.

Nicolas de Tonnac.

Chacun porte en soi une force insoupçonnée.





La loi du vivant

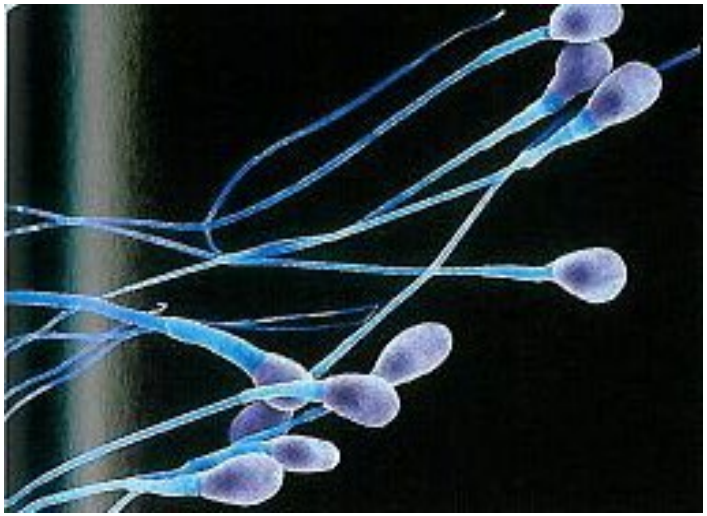
La seule raison d'être d'un être
c'est d'être, c'est-à-dire de maintenir sa structure en vie
Henri Laborit

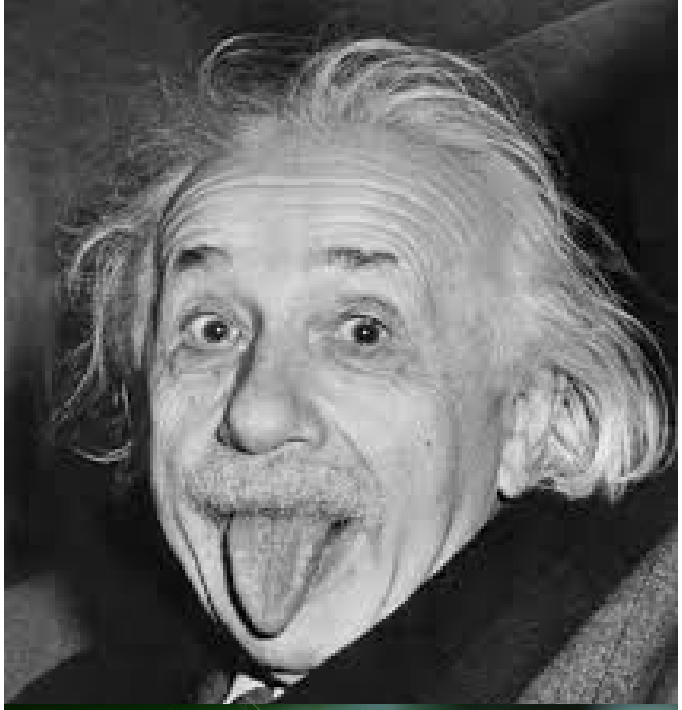
La loi de l’équilibre dynamique

La maladie est un effort de la nature en l'homme
pour trouver un nouvel équilibre.
Georges Canguilhem

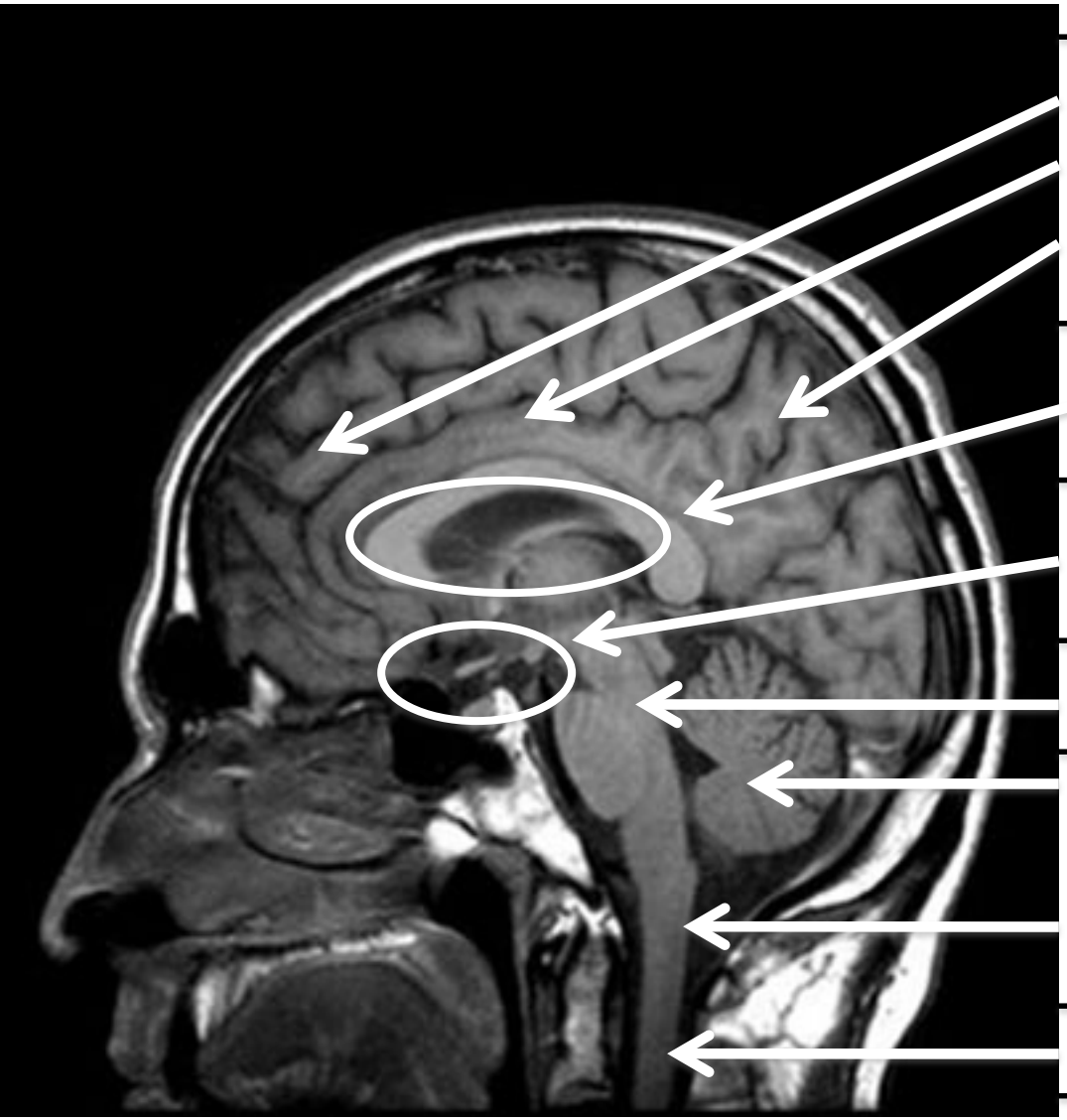
La loi du juste milieu

La loi de l’évolution cérébrale





C’est dans la tête !!



NEOCORTEX

CERVEAU LIMBIQUE

THALAMUS
HYPOTHALAMUS
HYPOPHYSE
EPIPHYSE

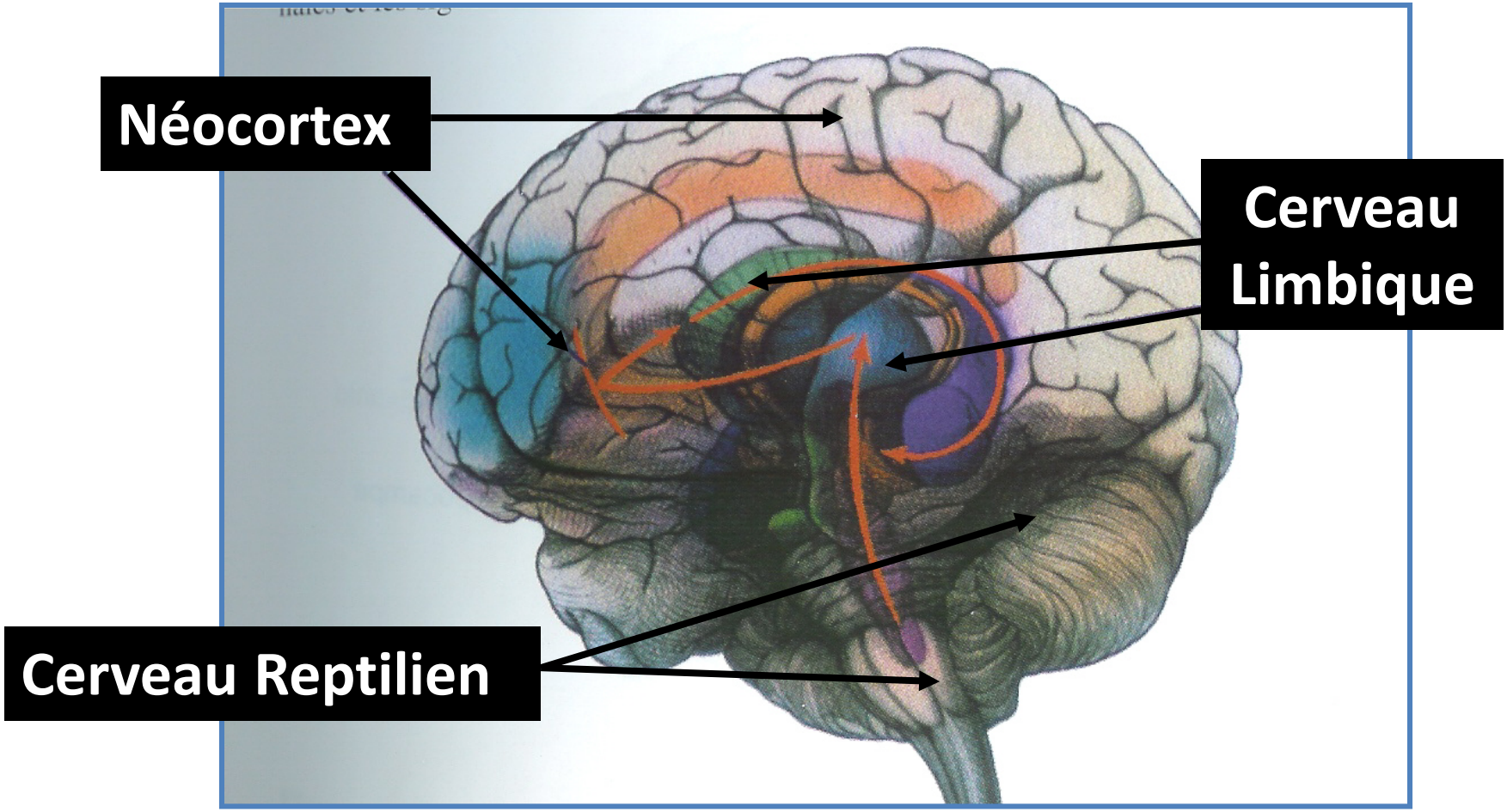
TRONC CEREBRAL

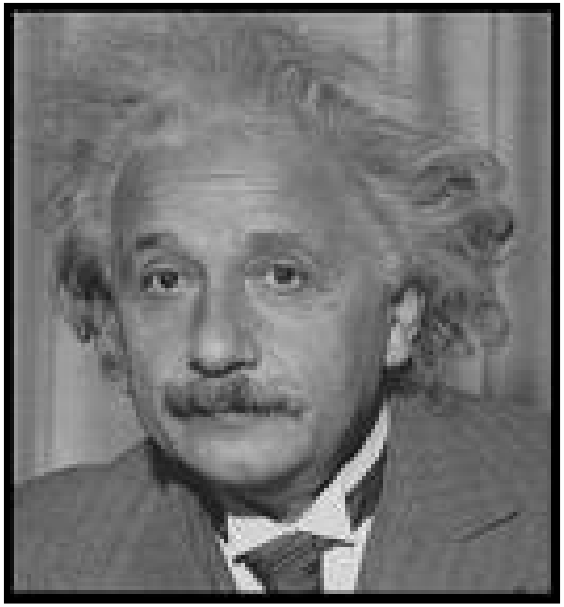
CERVELET

BULBE RACHIDIEN

MOELLE EPINIERE

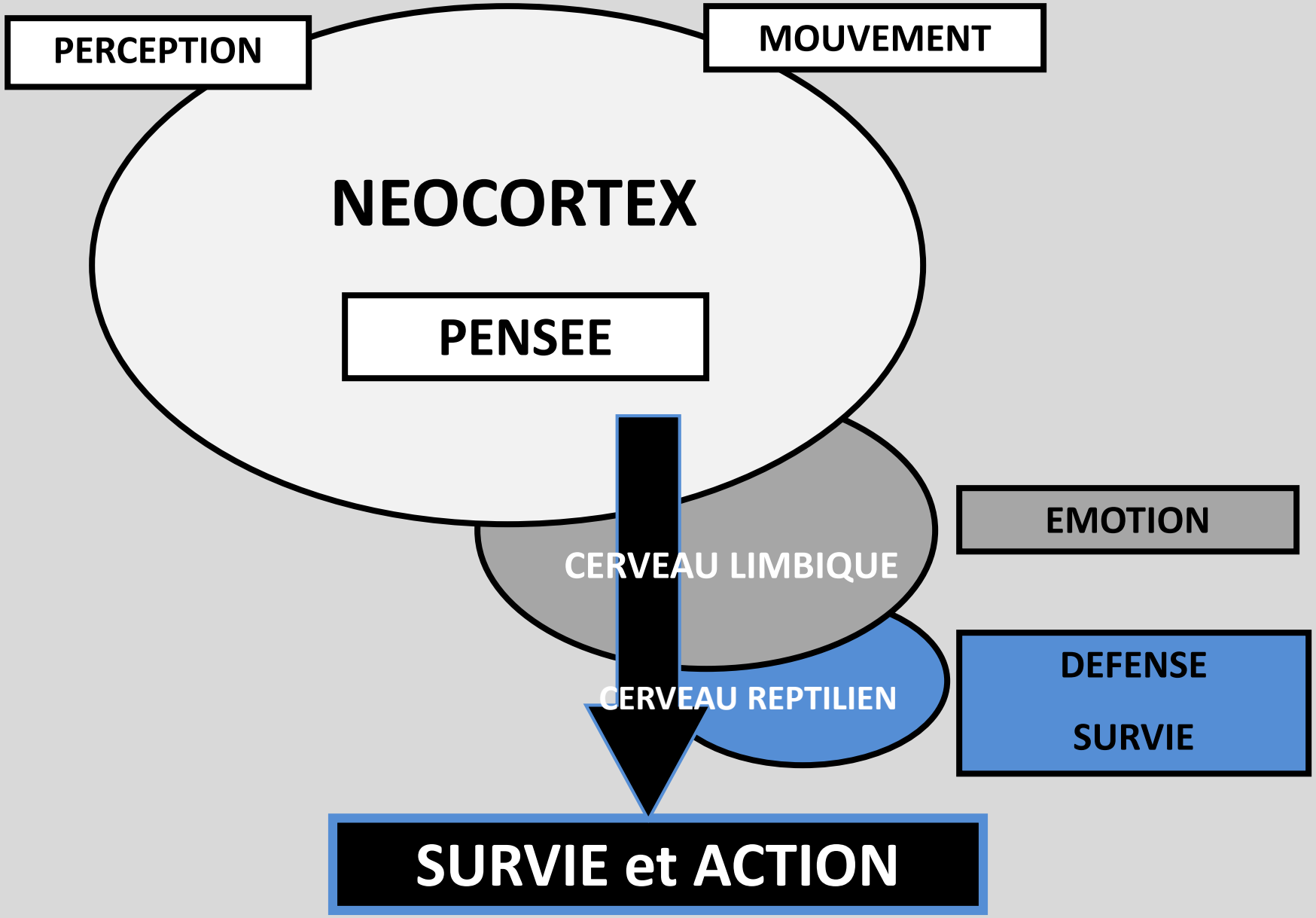
ORGANISATION FONCTIONNELLE DU CERVEAU

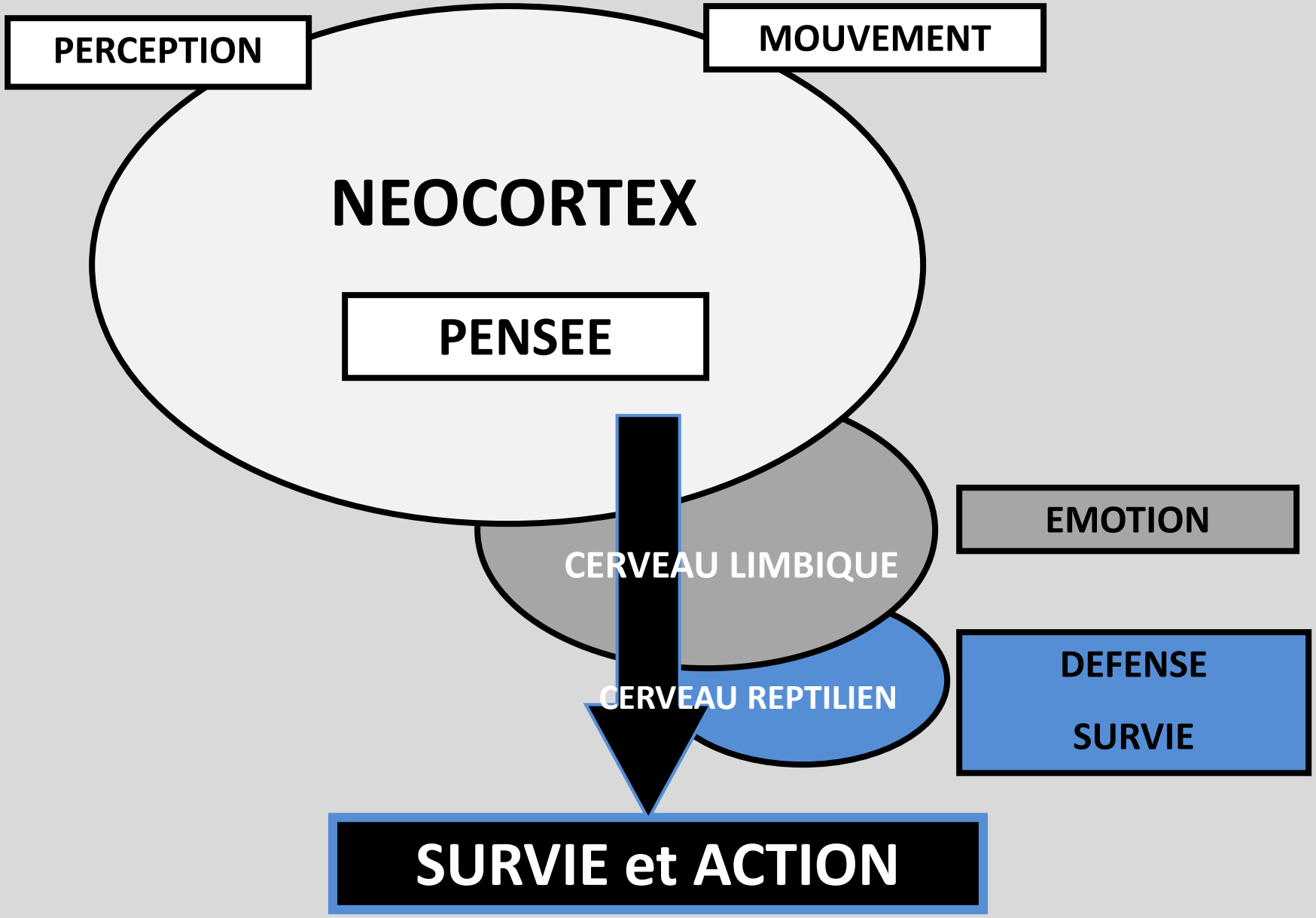




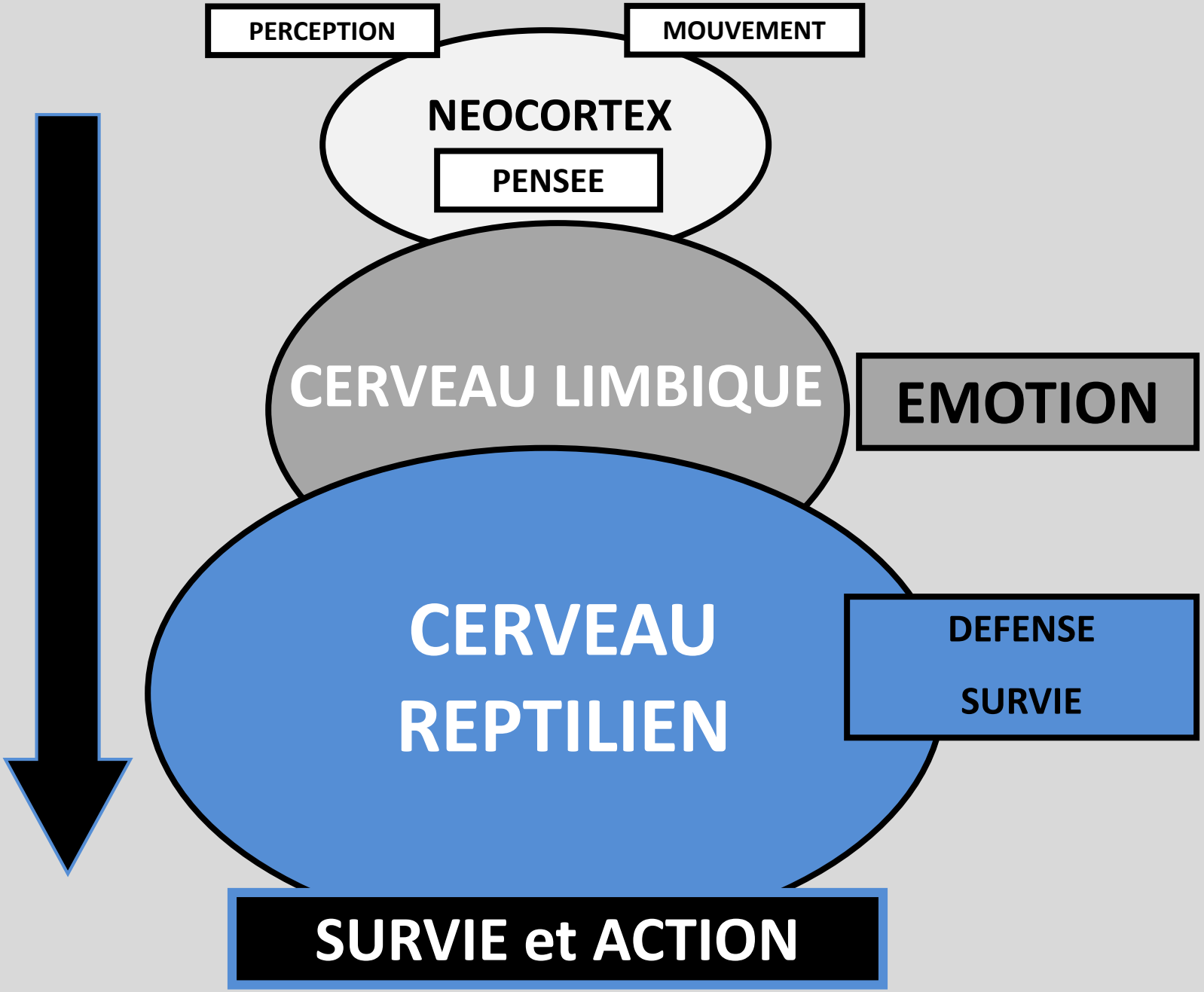
« La présence chez l' homme d'un appareil mental qui le fait penser, se souvenir, fantasmer, confère à la notion de stress en clinique humaine toute sa spécificité »

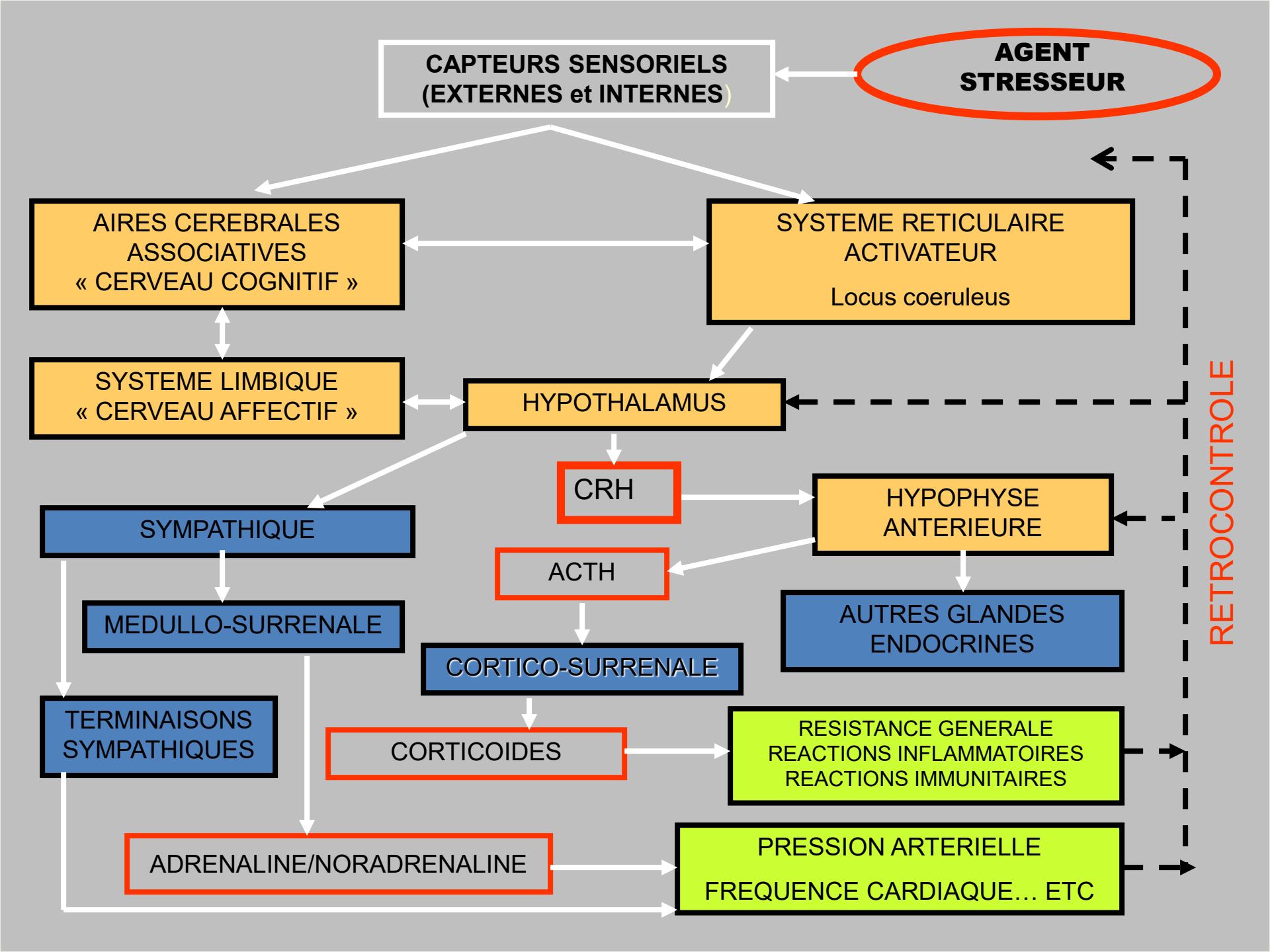
Silla CONSOLI


PERCEPTION
MOUVEMENT
NEOCORTEX
PENSEE
EMOTION
CERVEAU LIMBIQUE
CERVEAU REPTILIEN
DEFENSE
SURVIE
SURVIE et ACTION



...STAYING ALIVE...


PERCEPTION
MOUVEMENT
NEOCORTEX
PENSEE
CERVEAU LIMBIQUE
EMOTION
CERVEAU REPTILIEN
DEFENSE
SURVIE
SURVIE et ACTION


CAPTEURS SENSORIELS
(EXTERNES et INTERNES)
AGENT
STRESSEUR
AIRES CEREBRALES
ASSOCIATIVES
« CERVEAU COGNITIF »
SYSTEME RETICULAIRE
ACTIVATEUR
Locus coeruleus
SYSTEME LIMBIQUE
« CERVEAU AFFECTIF »
HYPOTHALAMUS
CRH
HYPOPHYSE
ANTERIEURE
SYMPATHIQUE
ACTH
MEDULLO-SURRENALE
AUTRES GLANDES
ENDOCRINES
CORTICO-SURRENALE
TERMINAISONS
SYMPATHIQUES
CORTICOIDES
RESISTANCE GENERALE
REACTIONS INFLAMMATOIRES
REACTIONS IMMUNITAIRES
ADRENALINE/NORADRENALINE
PRESSION ARTERIELLE
FREQUENCE CARDIAQUE… ETC
RETROCONTROLE

Nous maintenir en vie…

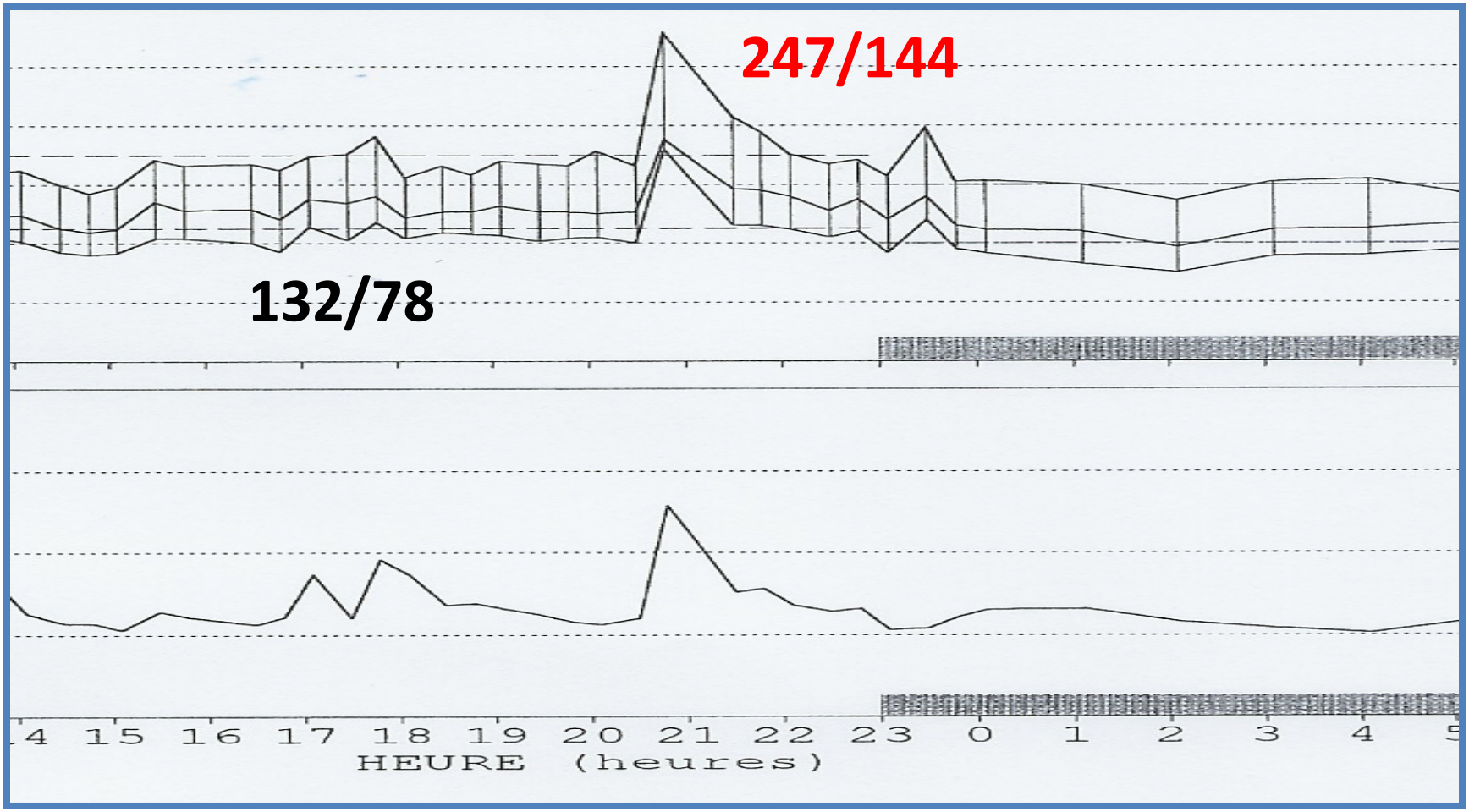
- Chaîne de réactions très sophistiquée
- Processus qui
  - paraît extrêmement complexe dans ses détails.
  - extrêmement simple dans sa finalité.
- Nous maintenir en vie coûte que coûte.
- Problème : la réaction est univoque :
  - peu ou pas de différence entre la réaction à adopter face à un tigre et face à un client de mauvaise humeur ou un patron trop exigeant…
  - pire : il n'y a pas de différence entre une menace réelle ou imaginaire…

Le syndrome du Bazooka

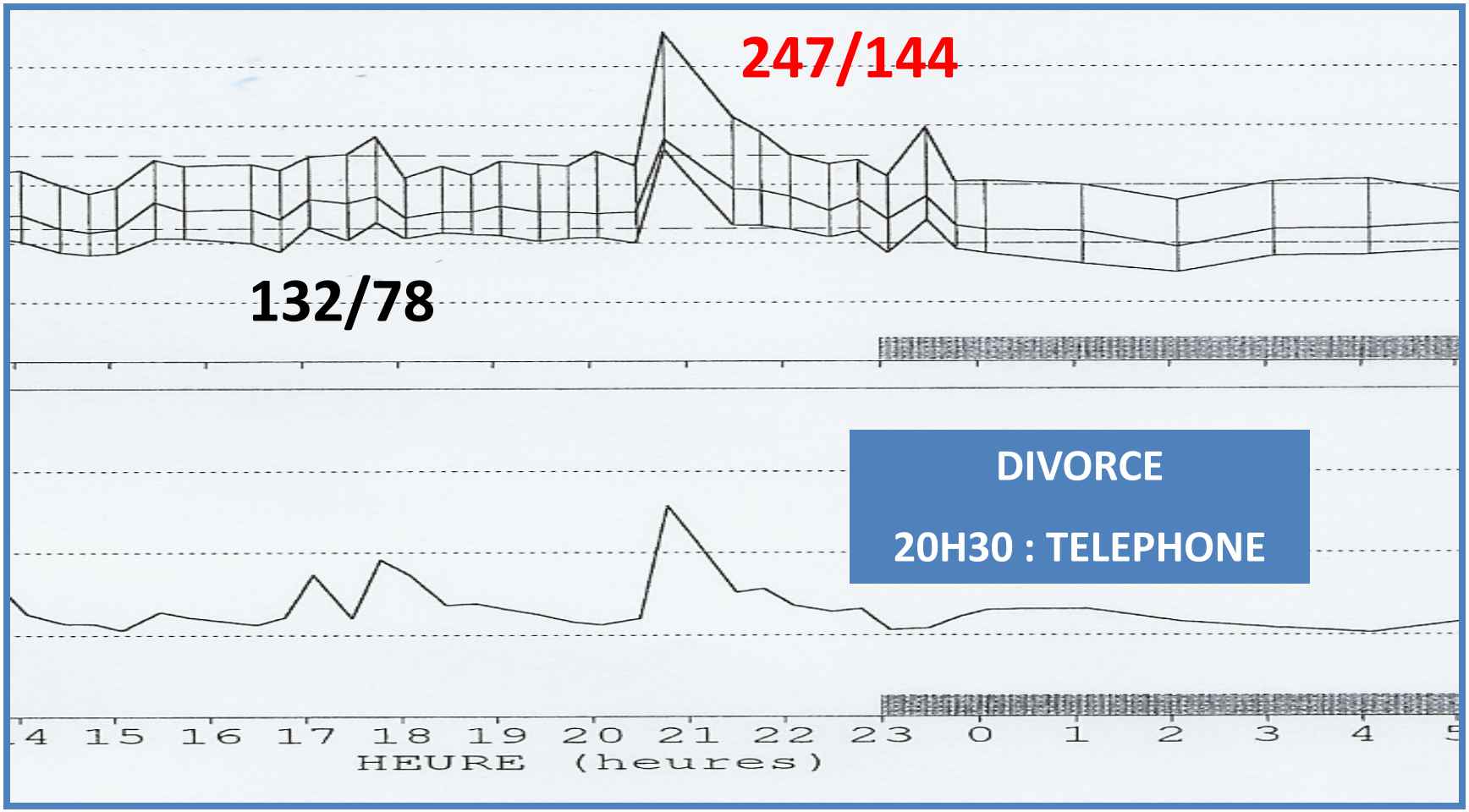
Notre réaction de stress ressemble souvent à une chasse au lapin armé d'un Bazooka…

et… un bazooka… c'est plus dangereux qu'un lapin !

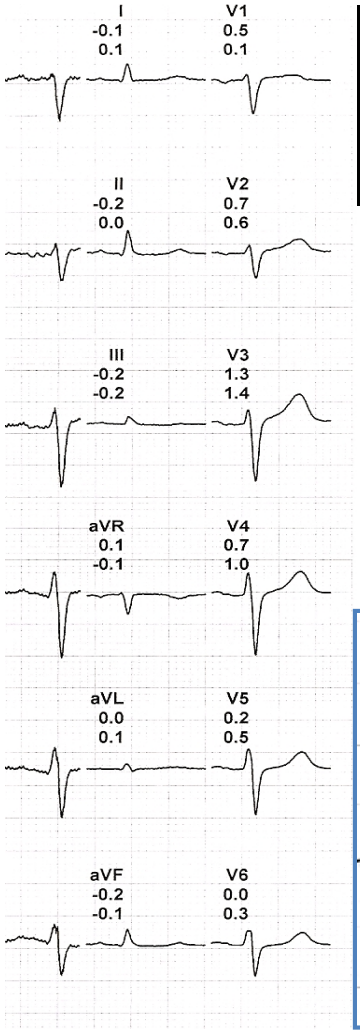
HYPERTENSION et COLERE



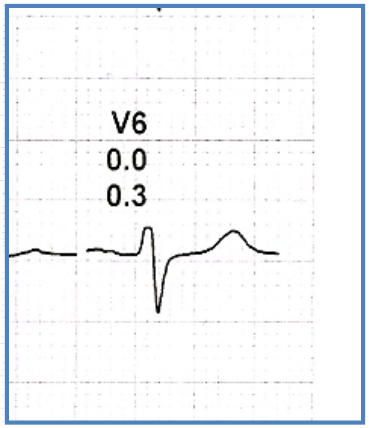
HYPERTENSION et COLERE



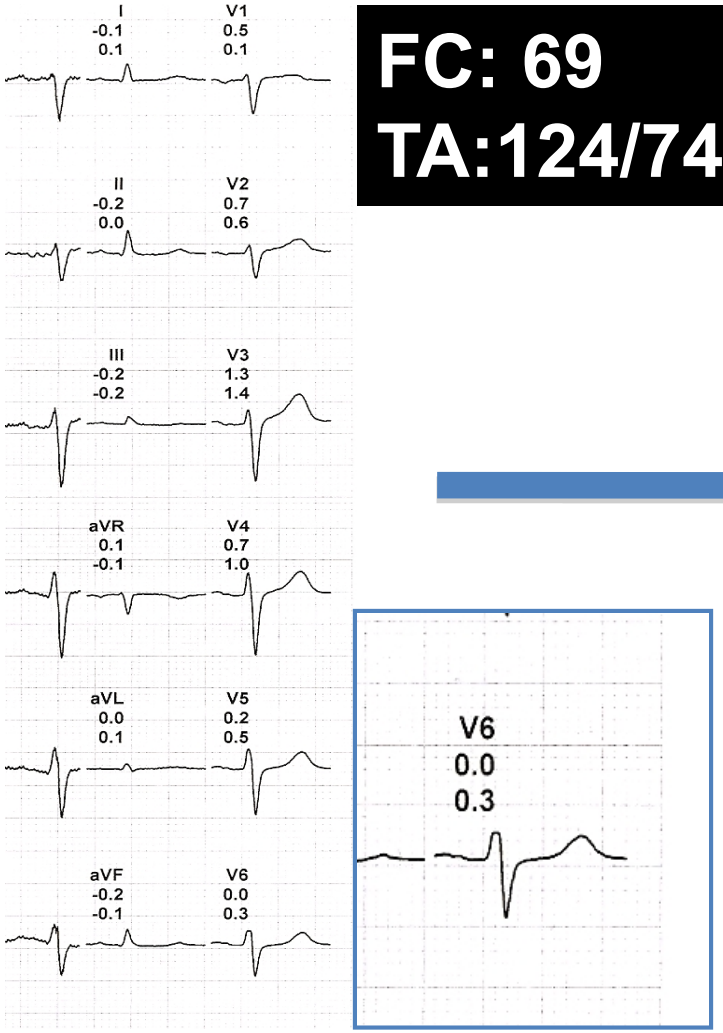
ANGER RECALL



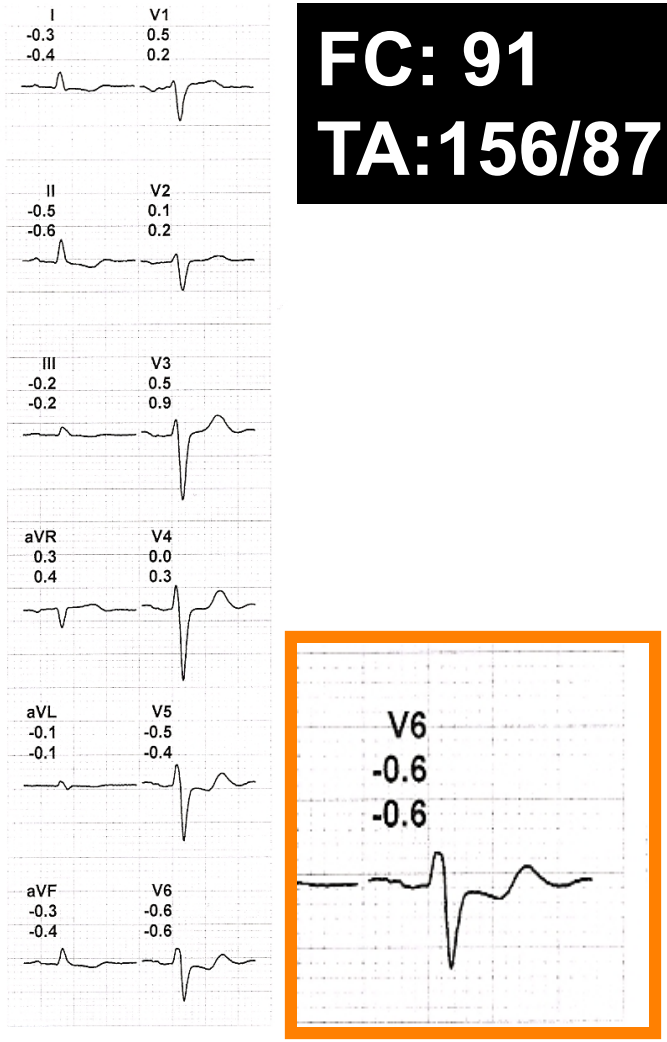
FC: 69
TA:124/74



ANGER RECALL



FC: 69
TA:124/74



FC: 91
TA:156/87

Sommes nous émotionnellement égaux?

L’émotion est une réponse à une question qui n’a pas été posée

Marc Alain Ouaknin

La place de l’autre dans notre réactivité émotionelle

Logiciels innés et logiciels acquis

L’hiver de la faim. Pays-Bas 1944-45

Audrey Hepburn. 1929-1993

580 CALORIES /JOUR

L'Hiver de la faim

See corresponding editorial on page 271.

See corresponding CME exam on page 466.

Early onset of coronary artery disease after prenatal exposure to the Dutch famine[1–3]

Rebecca C Painter, Susanne R de Rooij, Patrick M Bossuyt, Timothy A Simmers, Clive Osmond, David J Barker, Otto P Bleker, and Tessa J Roseboom

ABSTRACT

Background: Limited evidence suggests that maternal undernutrition at the time of conception is associated with increased cardiovascular disease risk in adult offspring.

Objective: We investigated whether persons conceived during the Dutch famine of World War II had an early onset of coronary artery disease (CAD).

Design: We compared the age at onset and cumulative incidence of CAD between persons born as term singletons who were exposed to the 1944–1945 Dutch famine during late ($n = 160$), mid- ($n = 138$), or early ($n = 87$) gestation and 590 unexposed subjects at age 50 or 58 y. Age at CAD onset was defined as the age at which angina pectoris was identified (according to the Rose questionnaire), Q waves were observed on an electrocardiogram (Minnesota codes 1–1 or 1–2), or coronary revascularization was performed (by angioplasty or bypass surgery).

Results: Of the 83 CAD cases identified, persons conceived during the famine were 3 y younger than the unexposed persons at the time of CAD diagnosis (47 y compared with 50 y) and had a higher

changes in cardiovascular function can result from maternal or fetal undernutrition without affecting birth weight (3). To gain more insight into the mechanisms of disease in later life in humans after restricted prenatal nutrition, the sequelae of restricted maternal nutrition during gestation have been studied in the Leningrad Siege Study (4) and the Dutch Famine Birth Cohort Study. The Dutch famine was a 5-mo period of extreme food shortage during the winter of 1944–1945 in World War II. The Leningrad Study reported no effect of maternal malnutrition on the adult offspring's CAD prevalence. The Dutch famine, however, was relatively short compared with the Leningrad Siege Study, which allowed the effects to be studied by trimester of prenatal famine exposure. The previous findings from the Dutch Famine Birth Cohort Study support the hypothesis that the timing of the nutritional insult is important in determining its effect in later life; exposure to the Dutch famine in late gestation was associated with decreased glucose tolerance (5), whereas more microalbuminuria (6) was present among subjects exposed during mid-gestation. The most marked effects were described in the group

e American Journal of Clinical Nutrition

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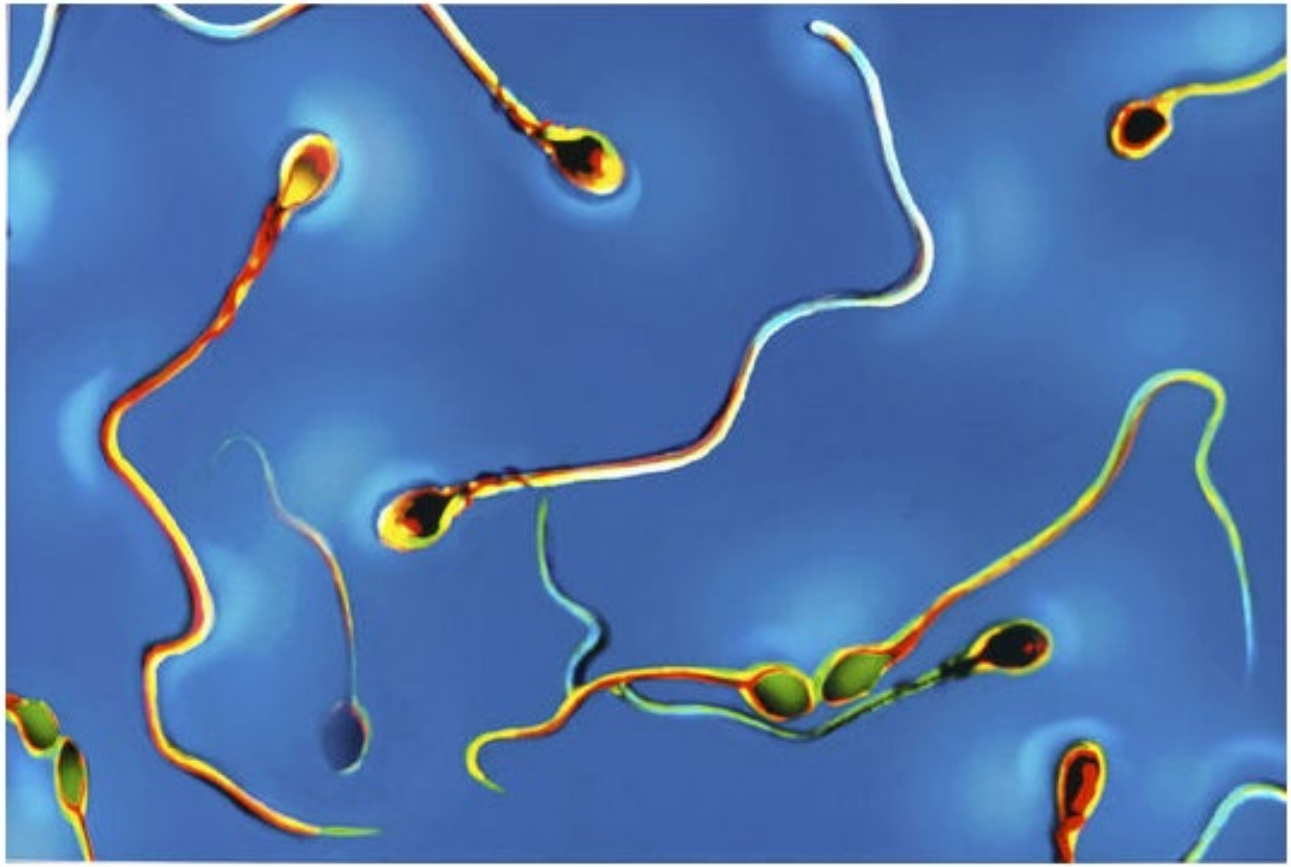
Painter RC, de Rooij SR, Bossuyt PM, Simmers TA, Osmond C, Barker DJ, Bleker OP, Roseboom TJ. Early onset of coronary artery disease after prenatal exposure to the Dutch famine. Am J Clin Nutr. 2006 Aug;84(2):322-7.

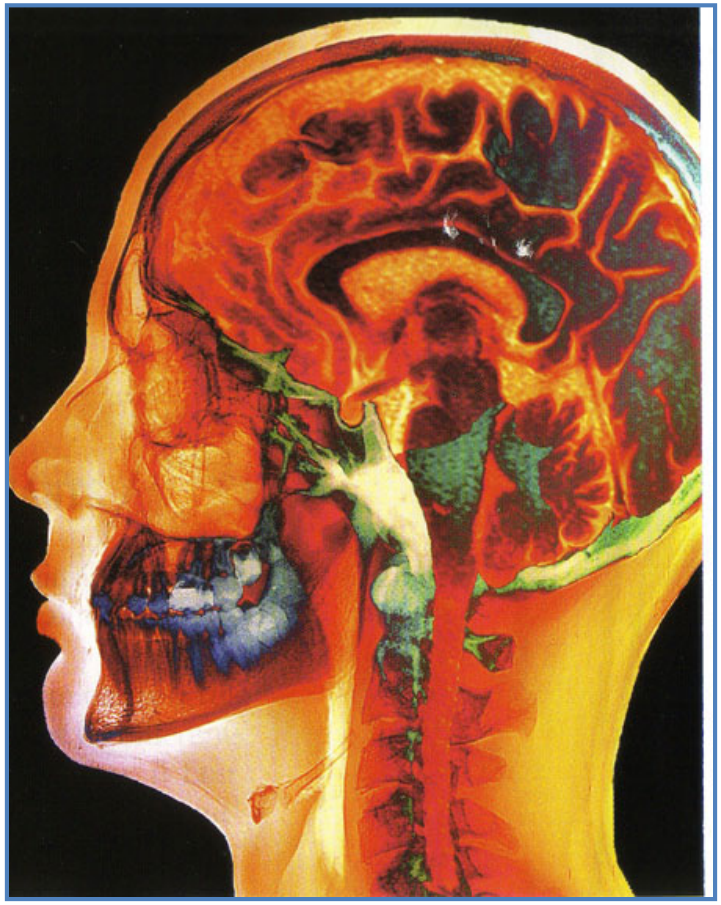
Des spermatozoïdes sous influence

LE MONDE SCIENCE ET TECHNO | 04.01.2016 à 16h54 • Mis à jour le 06.01.2016 à 21h07 |

Par Florence Rosier

Réagir Classer f Partager (1 712) Tweeter



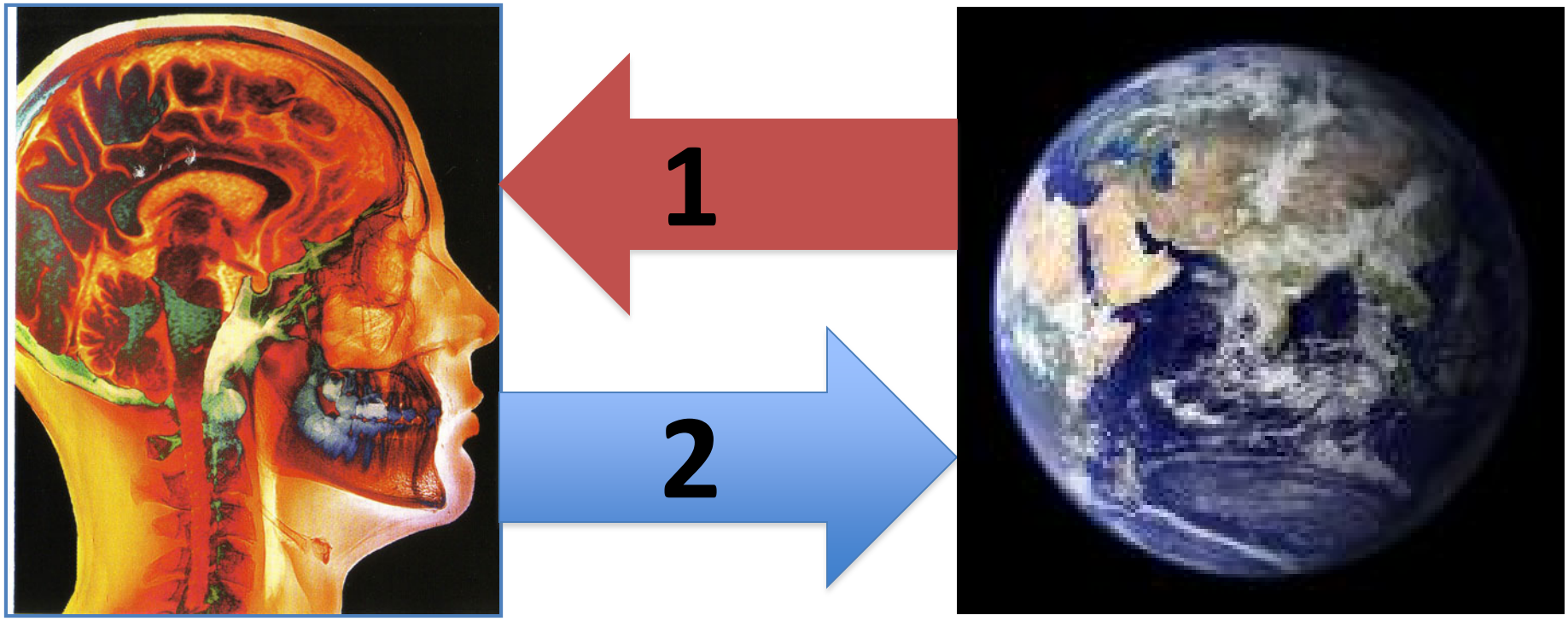


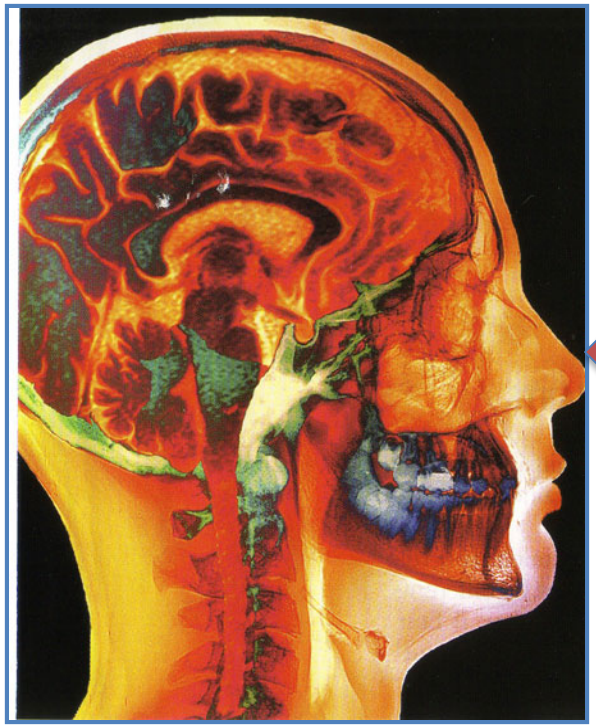
1. Le cerveau nous permet de nous adapter au monde
2. Le monde est l’agent formateur de notre cerveau

Le cerveau n’est pas la cause de l’élan vers le monde extérieur mais la conséquence de nos relations.

Sans la présence de l’autre, nous ne pouvons devenir nous mêmes.

Boris Cyrulnik . De chair et d’âme


1
2

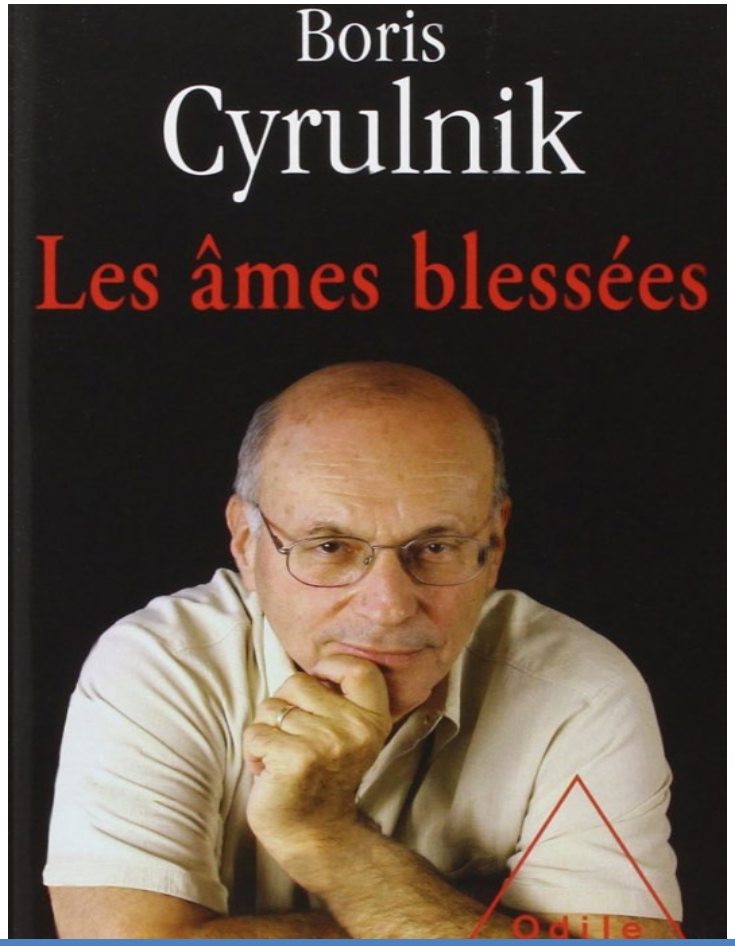


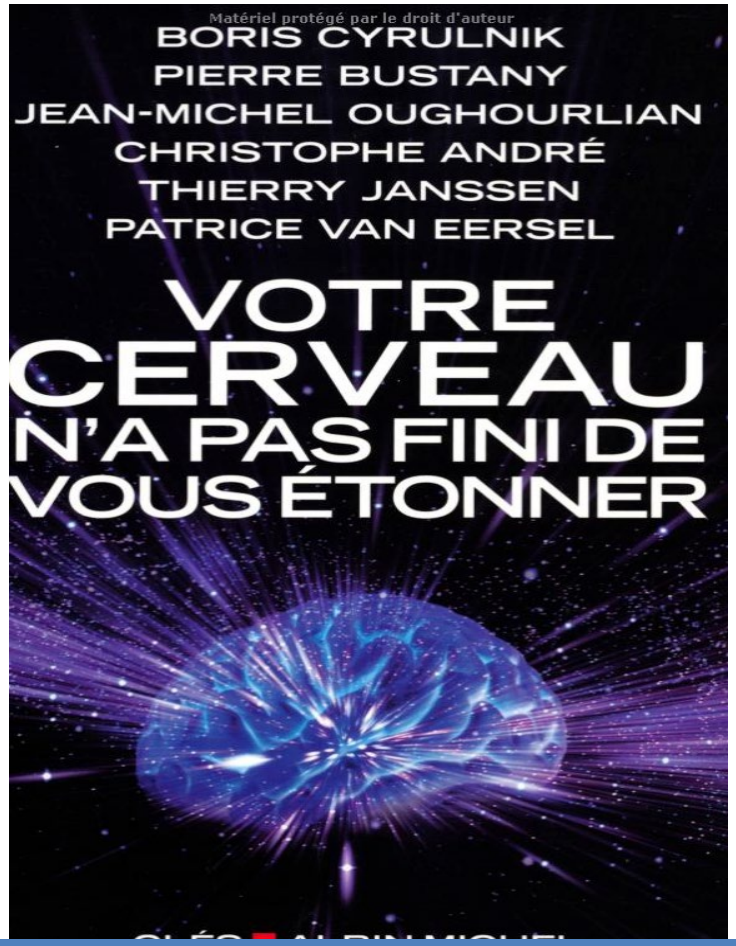
L’être humain est le résultat de son altérité

Conséquences

- **Notre formation cérébrale peut être plus ou moins harmonieuse**
- **Notre formation cérébrale est le fruit de notre culture, de notre milieu, de nos ancêtres, de nos parents, de notre environnement, de nos rencontres…**
- **Il y a autant de mondes et de visions du monde que d'individus**
- **Vivre, c'est se frotter au monde des autres**

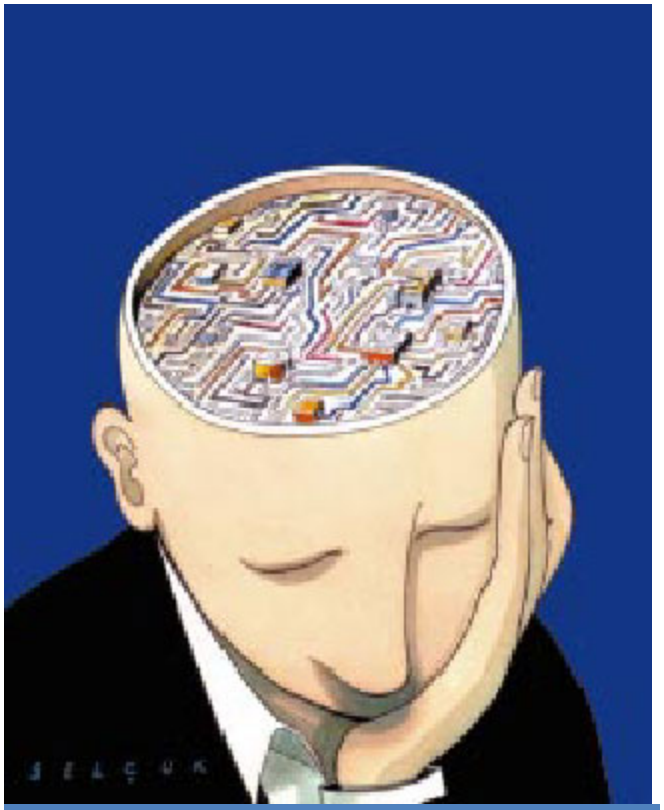
Rien n’est écrit d’avance



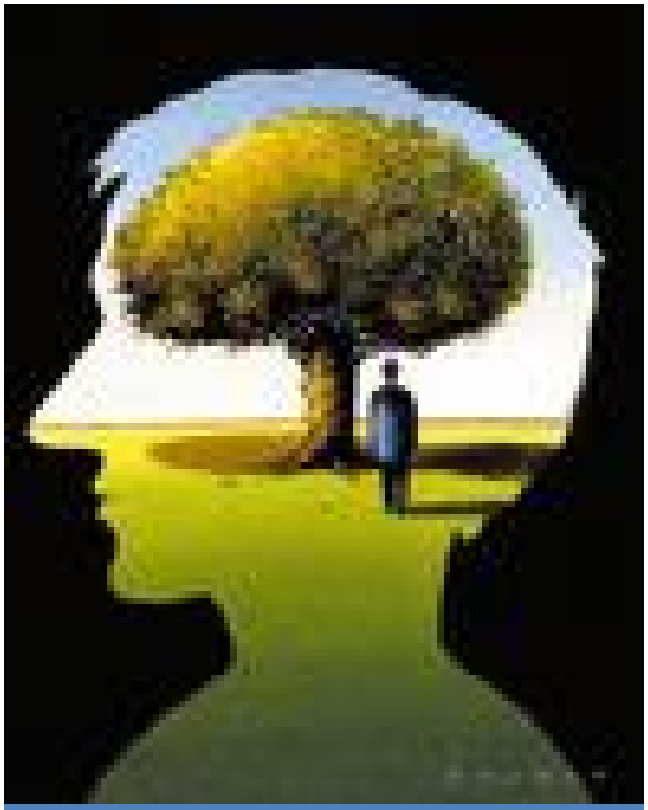


Restructuration cérébrale

Comment mieux gérer ses émotions



ADVERSAIRE

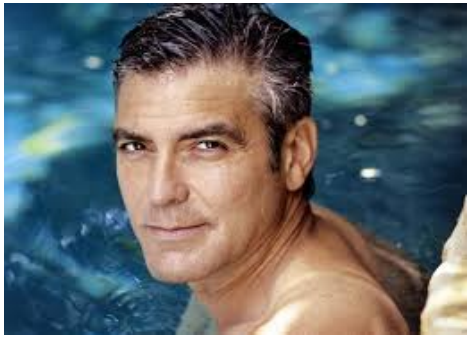


ALLIE

1. L’unité du corps et de l’esprit
2. Le vécu corporel
3. Place de la respiration
4. Le moment présent
5. La plasticité cérébrale
6. L’entraînement
7. L’autonomie

LES 7 PRINCIPES DE BASE

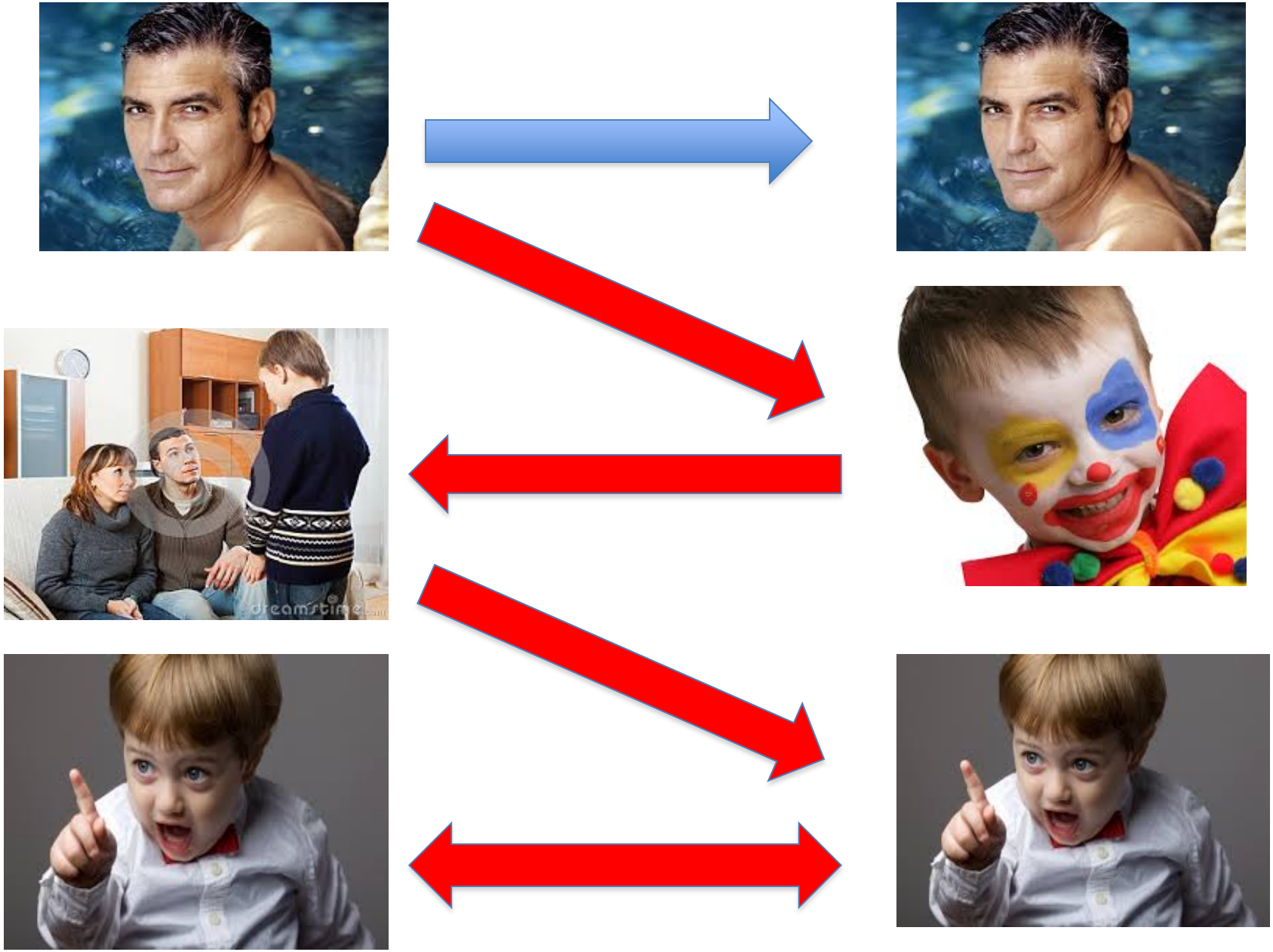
Communication efficace



De où je parle…?

Analyse transactionnelle

ETATS DU MOI	POSITIF	NEGATIF
PARENT NORMATIF	RAPPELLE LES REGLES	SANCTIONNE, DEVALORISE
PARENT BIENVEILLANT	PROTEGE ,CONSEILLE	ETOUFFE, CONTRAINT
ADULTE	ANALYSE ,OBSERVE	FROID, DISTANT
ENFANT SOUMIS	S’ADAPTE	SE DEVALORISE
ENFANT LIBRE	FRANC ,DROLE	CONFOND REVE ET REALITE
ENFANT REBELLE	APPREND ,SE PROTEGE	INSOLENT, INCONTROLABLE


dreamstime

Psychologie positive

La psychologie positive

- **OPTIMISME**
- **TROUVER UN SENS A SA VIE**
- **S’ENGAGER SELON SES PROPRES VALEURS**

Effets des émotions positives

- La joie
- La gratitude
- La sérénité
- L'espoir
- La fierté
- L'inspiration
- L'admiration
- L'amour

- La santé
- La coopération
- La créativité
- L'engagement
- Les capacités cognitives

PNAS

Positive affect and health-related neuroendocrine, cardiovascular, and inflammatory processes

Andrew Steptoe*, Jane Wardle, and Michael Marmot

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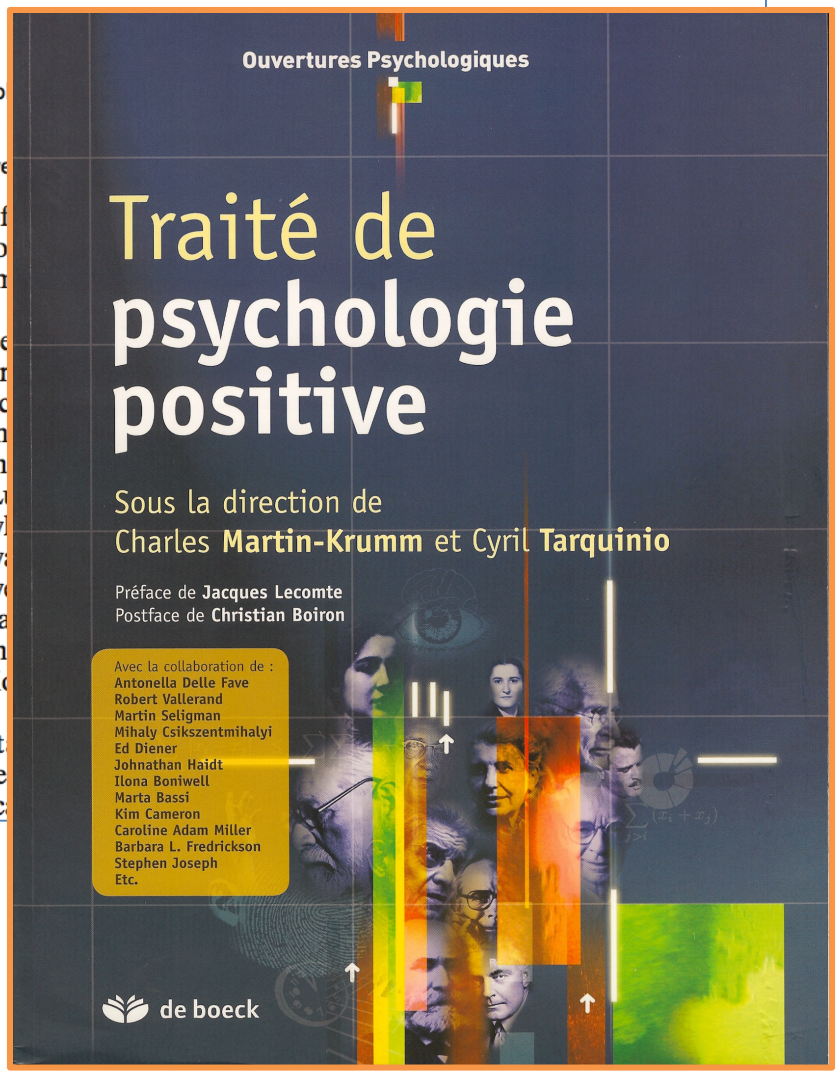
Negative affective states such as depression are associated with premature mortality and increased risk of coronary heart disease, type 2 diabetes, and disability. It has been suggested that positive affective states are protective, but the pathways through which such effects might be mediated are poorly understood. Here we show that positive affect in middle-aged men and women is associated with reduced neuroendocrine, inflammatory, and cardiovascular activity. Positive affect was assessed by aggregating momentary experience samples of happiness over a working day and was inversely related to cortisol output over the day, independently of age, gender, socioeconomic position, body mass, and smoking. Similar patterns were observed on a leisure day. Happiness was also inversely related to heart rate assessed by using ambulatory monitoring methods over the day. Participants underwent mental stress testing in the laboratory, where plasma fibrinogen stress responses were smaller in happier individuals. These effects were independent of psychological distress, supporting the notion that positive well-being is directly related to health-relevant biological processes.



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CLINICAL RESEARCH
Coronary heart disease

Don't worry, be happy: positive affect and reduced 10-year incident coronary heart disease: The Canadian Nova Scotia Health Survey

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See page 1036 for the editorial comment on this article

Aims Positive affect is believed to pred
higher levels of positive affect are a
study with 10 years of follow-up.

Methods and results We examined the association bet
women) in the 1995 Nova Scoti
coders rated the degree of outwa

-22 % à 10 ans

risk factors, positive affect predict
depressive symptoms continued t
95% CI 1.01–1.07 per point; $P =$

Conclusion In this large, population-based study
preventive strategies may be enhan

Keywords Positive affect • Coronary artery

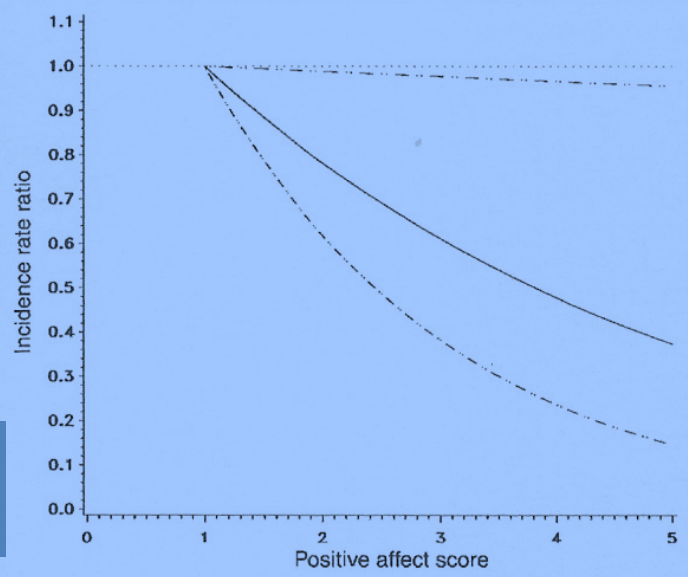

Figure 1 Cubic spline analysis of the incidence rate ratio comparing each level of positive affect to a score of 1. Solid line indicates point estimate and dashed lines indicate 95% confidence interval. Dotted line indicates no association.

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