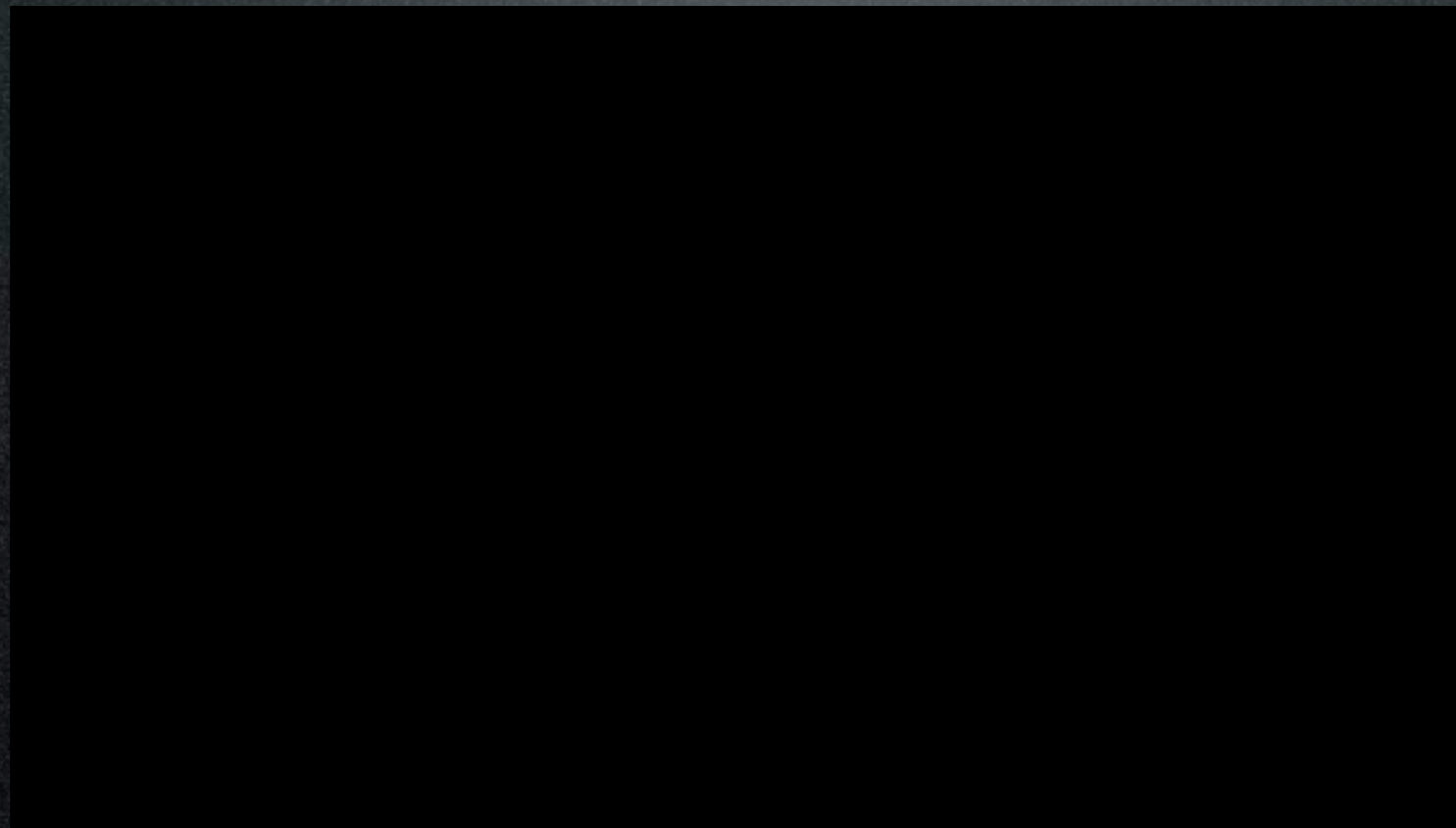
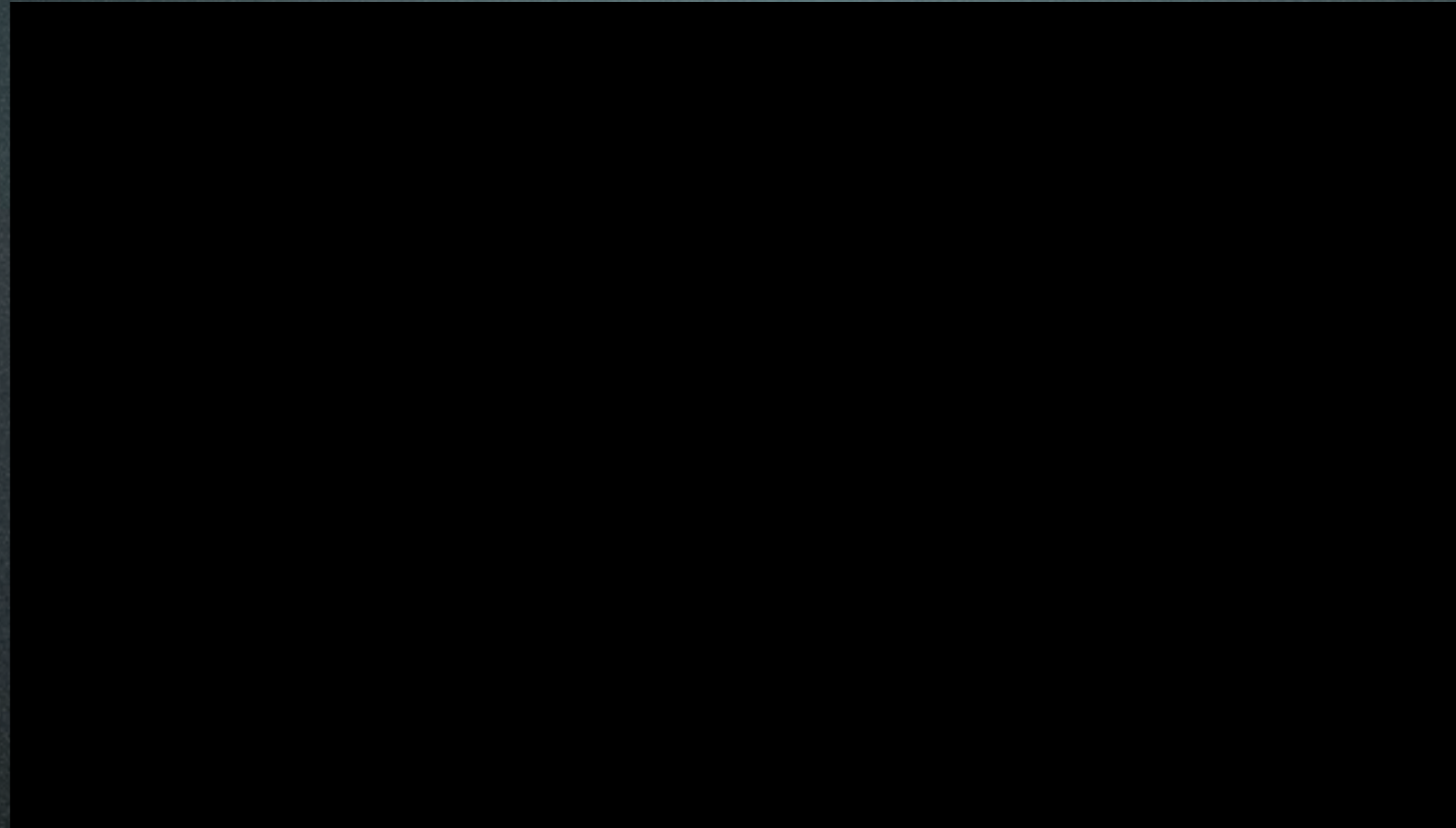


Anhedonia

Coming to a Theatre Near You



Why These Faces?



“I can think of nothing less pleasurable than a life devoted to pleasure.” John D. Rockefeller

What pleasure/stimulation does our culture pursue?

Anhedonia

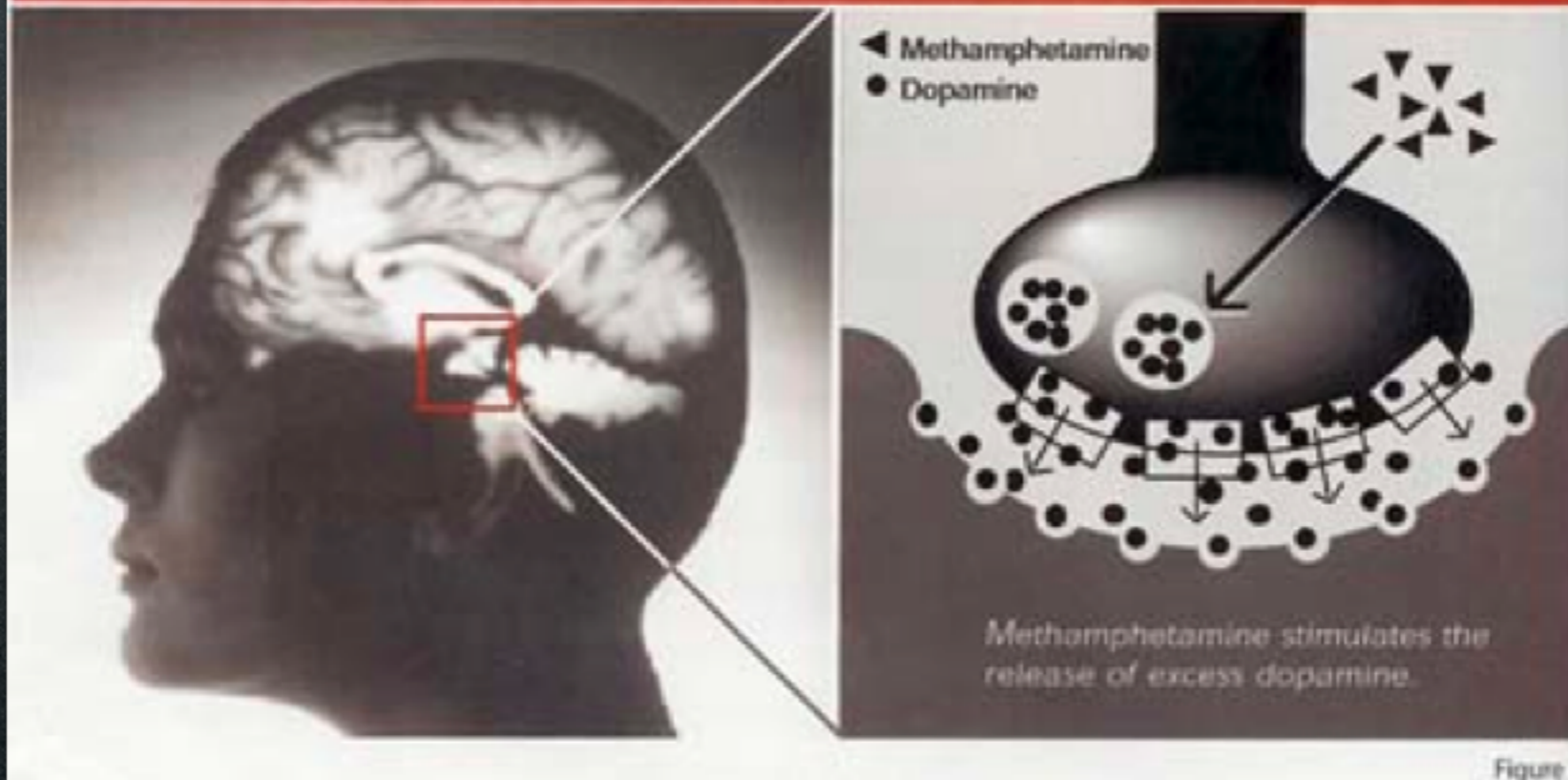
Loss of the capacity to experience pleasure.
The inability to gain pleasure from normally pleasurable experiences
due to chronic over-stimulation

"Anhedonia" is derived from the Greek "a-" (without) "hedone" (pleasure, delight).
Other words derived from "hedone" include hedonism (a philosophy that
emphasizes pleasure as the main aim of life), hedonist (a pleasure-seeker), and
hedonophobia (an excessive and persistent fear of pleasure)

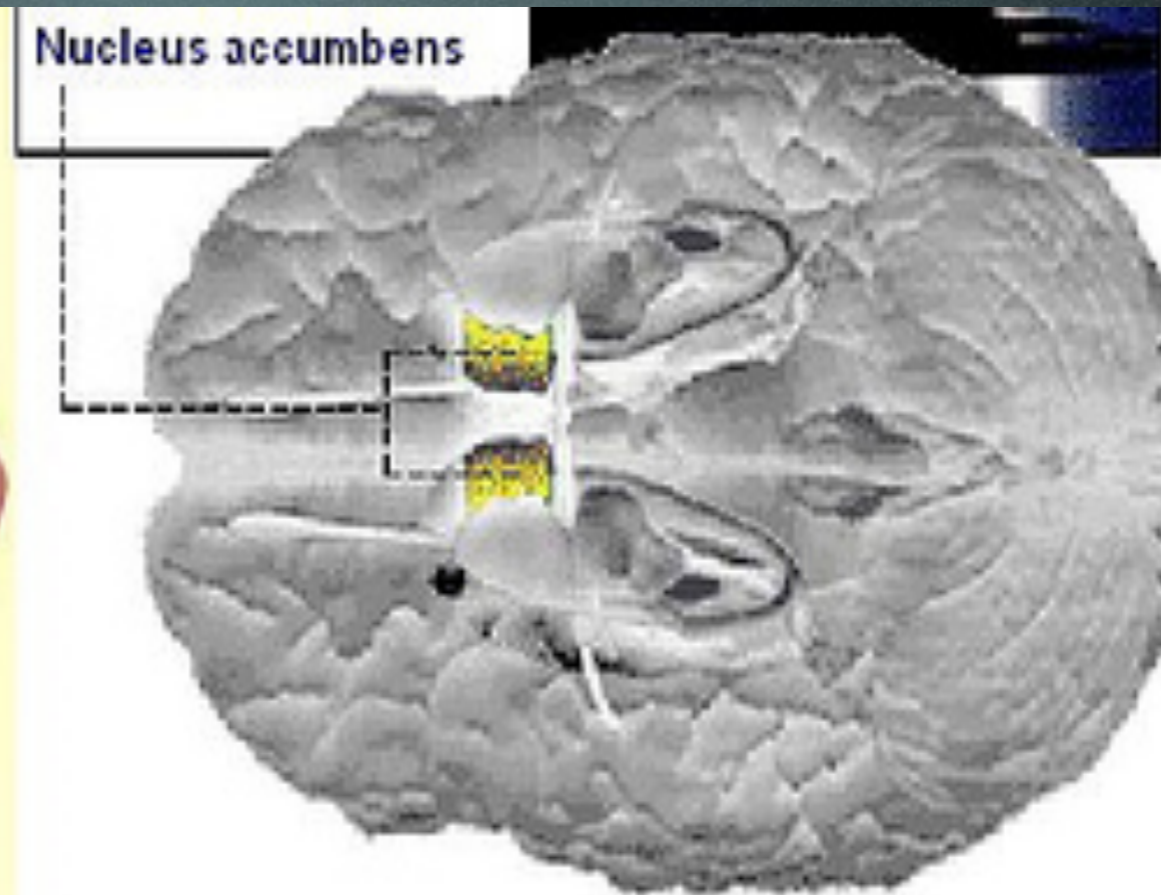
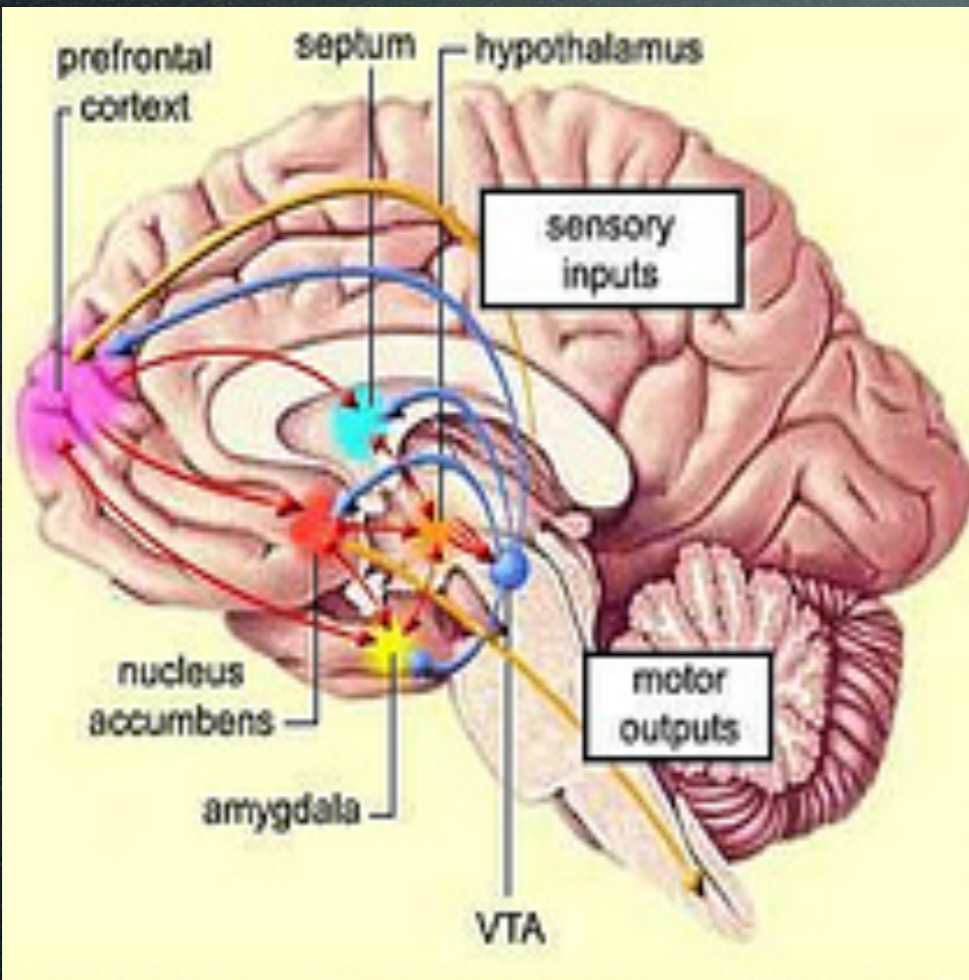


Dopamine's Role & the Brain

In the brain, dopamine plays an important role in the regulation of pleasure. In addition to other regions, dopamine is manufactured in nerve cells within the ventral tegmental area and is released in the nucleus accumbens and the frontal cortex.



Anhedonic Brain



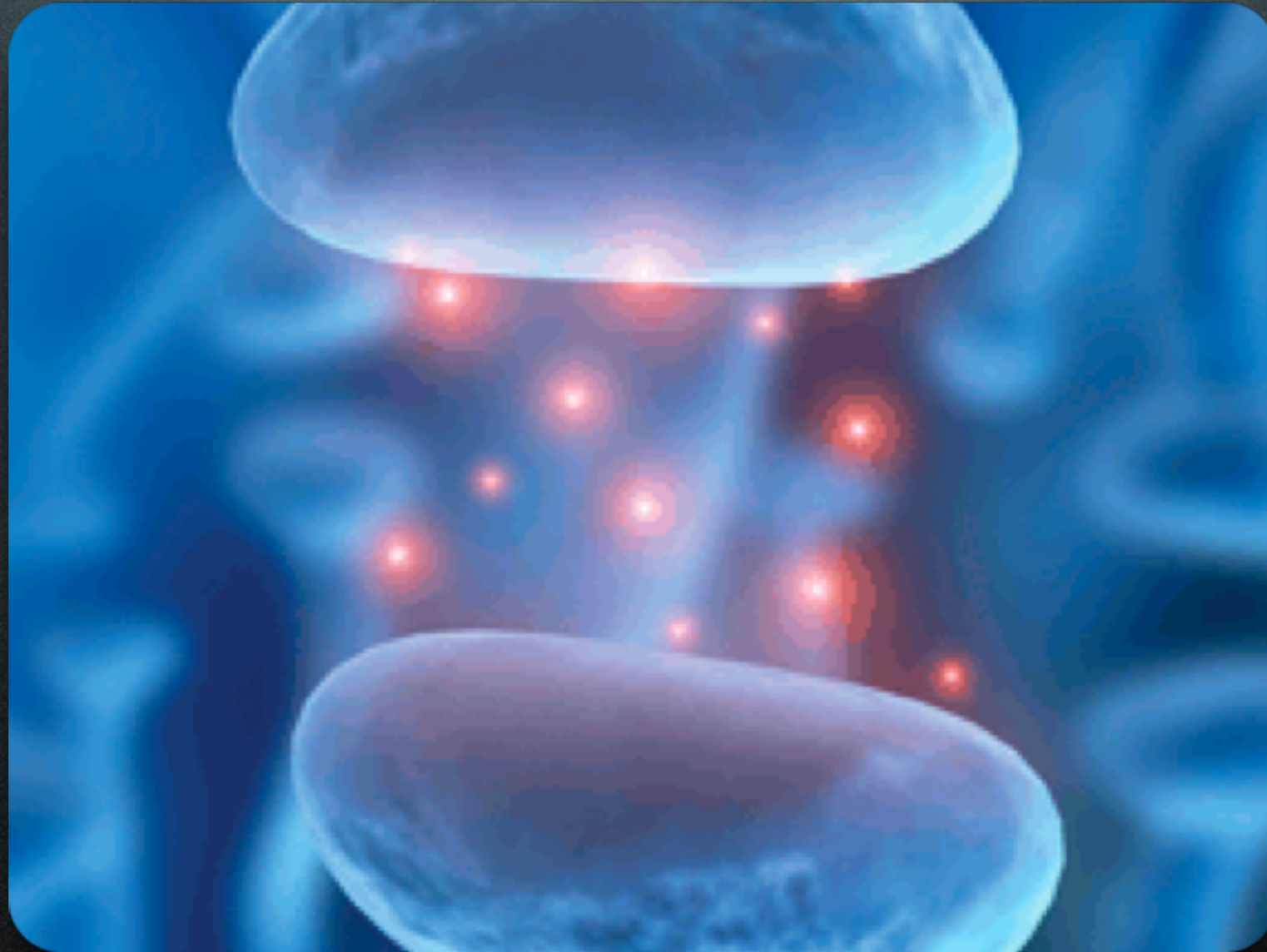
Nucleus accumbens or the brain's pleasure center - the key structure of the brain responsible for reward, motivation and addiction. Dependent drugs such as cocaine and nicotine trigger the release of dopamine from its shell. However, caffeine has no such effects.

These two areas of your brain specialize in recognizing patterns and choosing between conflicting alternatives. They turn on when the stimuli around you either repeat or alternate. After millions of years of evolution, our brains now respond to these simple patterns unconsciously, automatically and involuntarily.

The brain's pleasure center(nucleus accumbens)

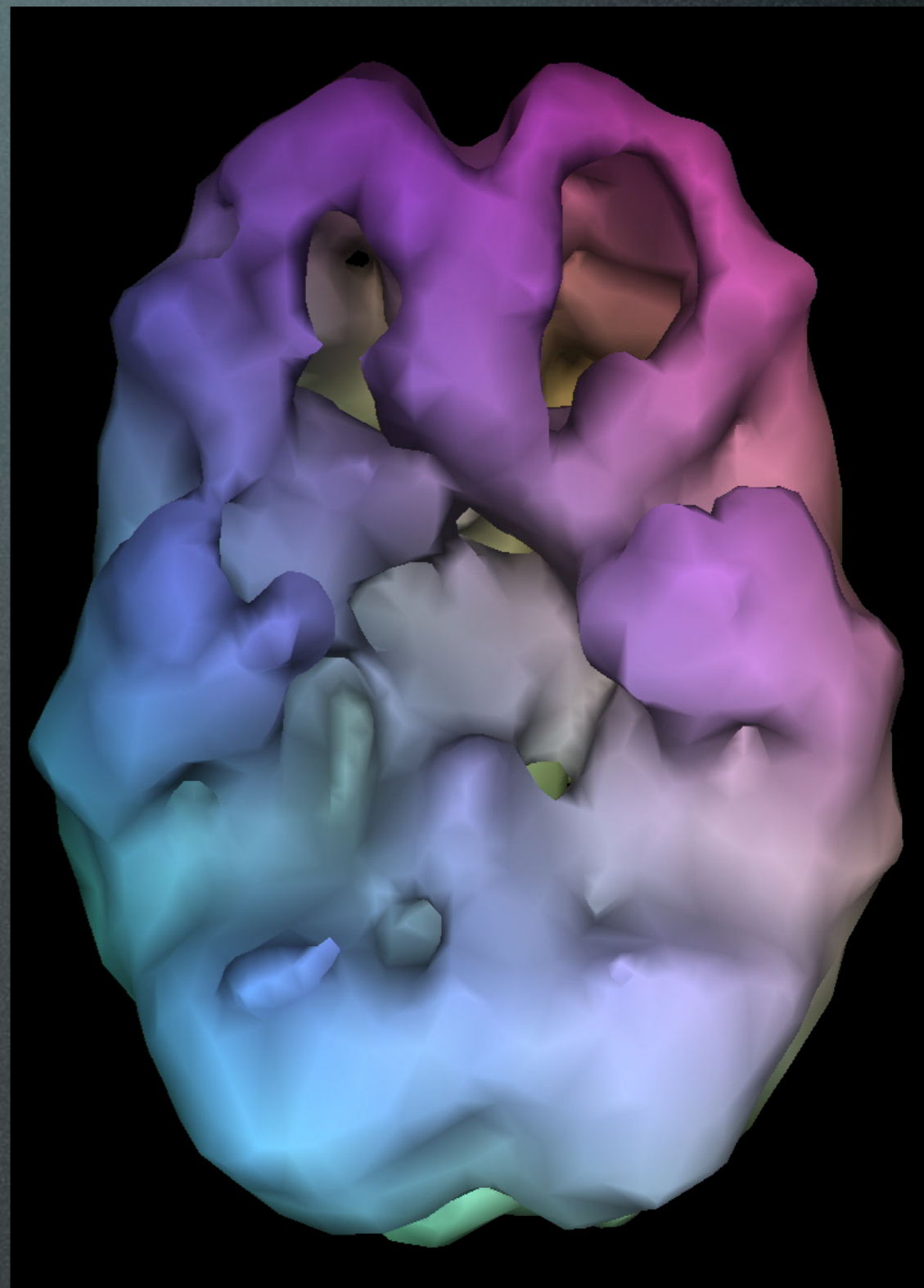
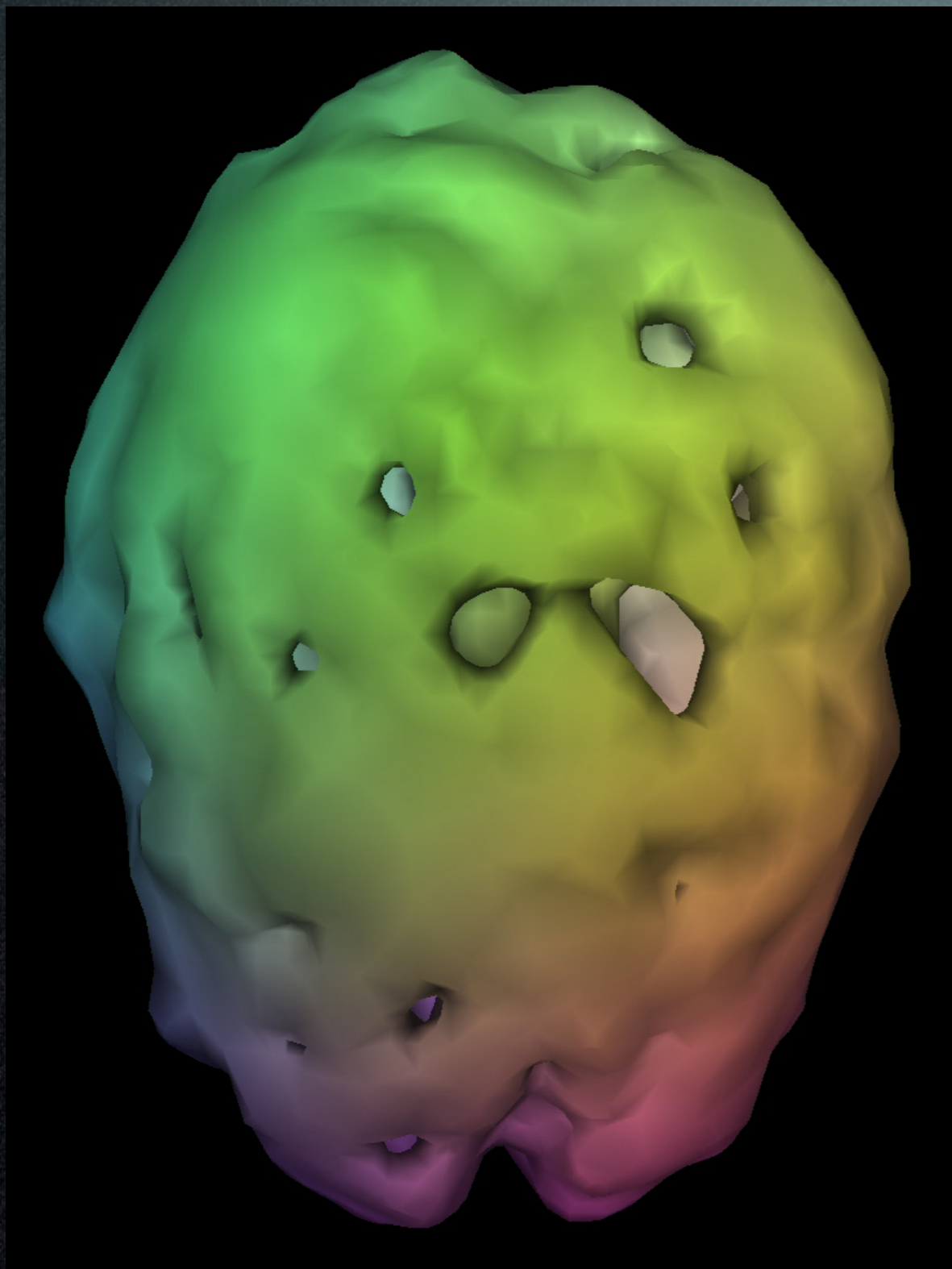
Reward Pathway

Dopamine's' Role in Anhedonia



Tolerance

Overstimulation & Pornography



Prefrontal Cortex Problems

☒ Short attention span

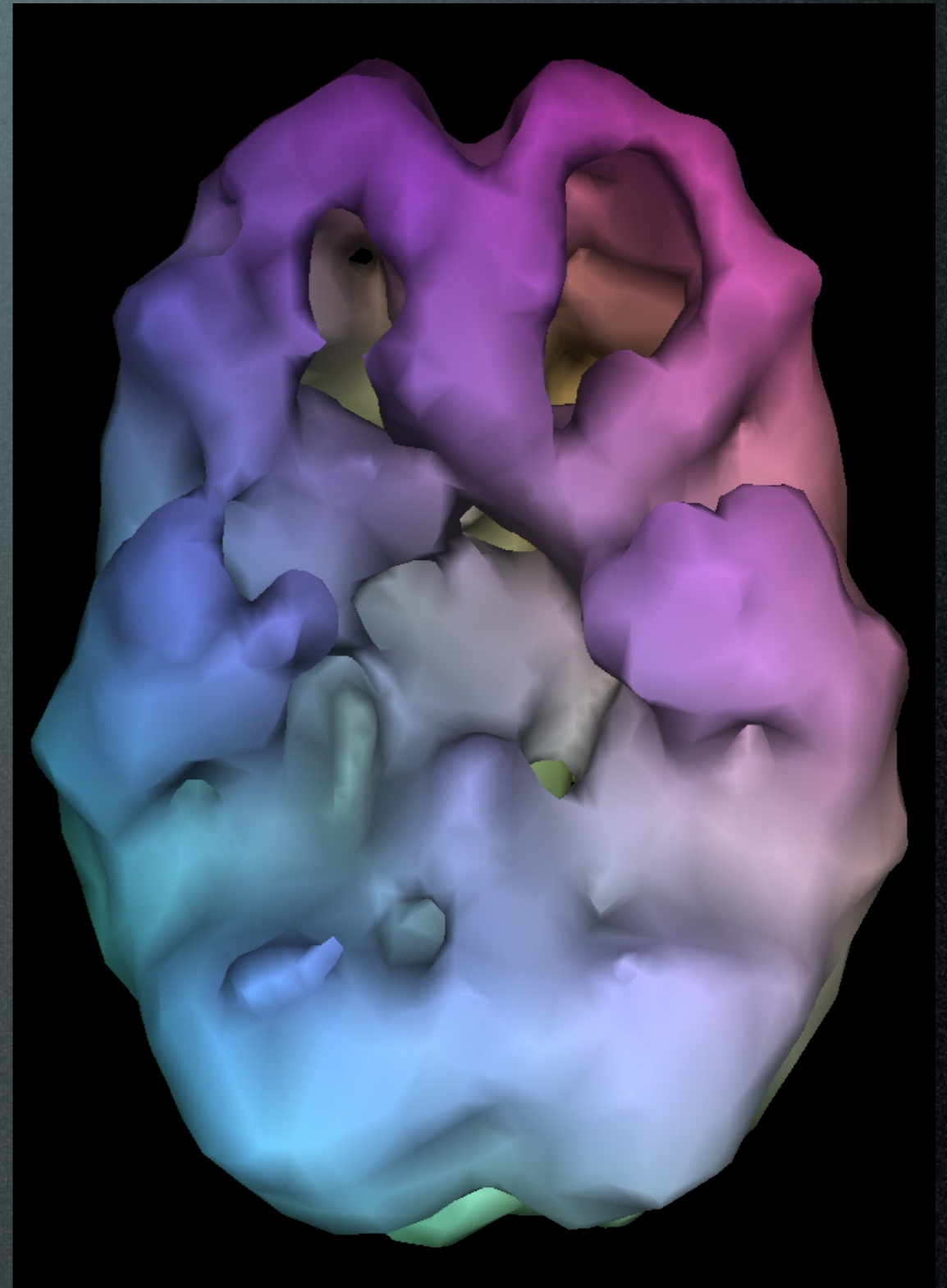
☒ Impulsivity

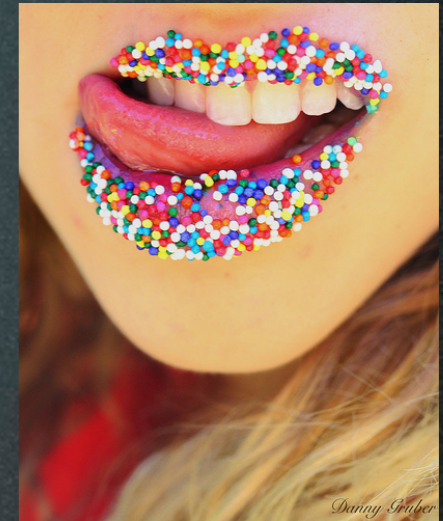
☒ Procrastination

☒ Disorganization

☒ Poor judgment

☒ Lack of empathy and
insight





competing images/experiences



Cortisol and Stress

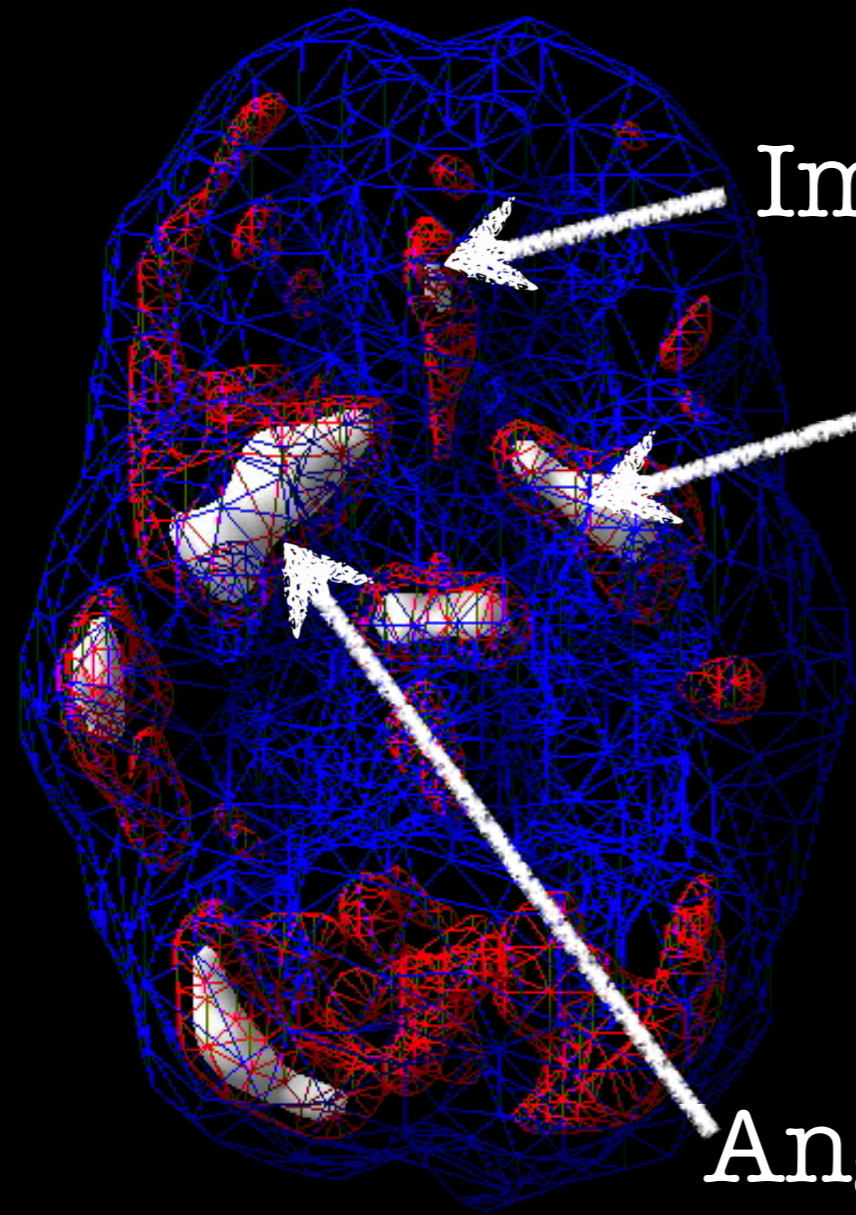
Adrenal Emergency System sends a signal to the pleasure system giving an enhanced feeling of well-being to cope with stress

Excessive use of the adrenal system shuts down pathways to the pleasure system

Cortisol blocks serotonin, norepinephrine, and dopamine

Stress & Anhedonia

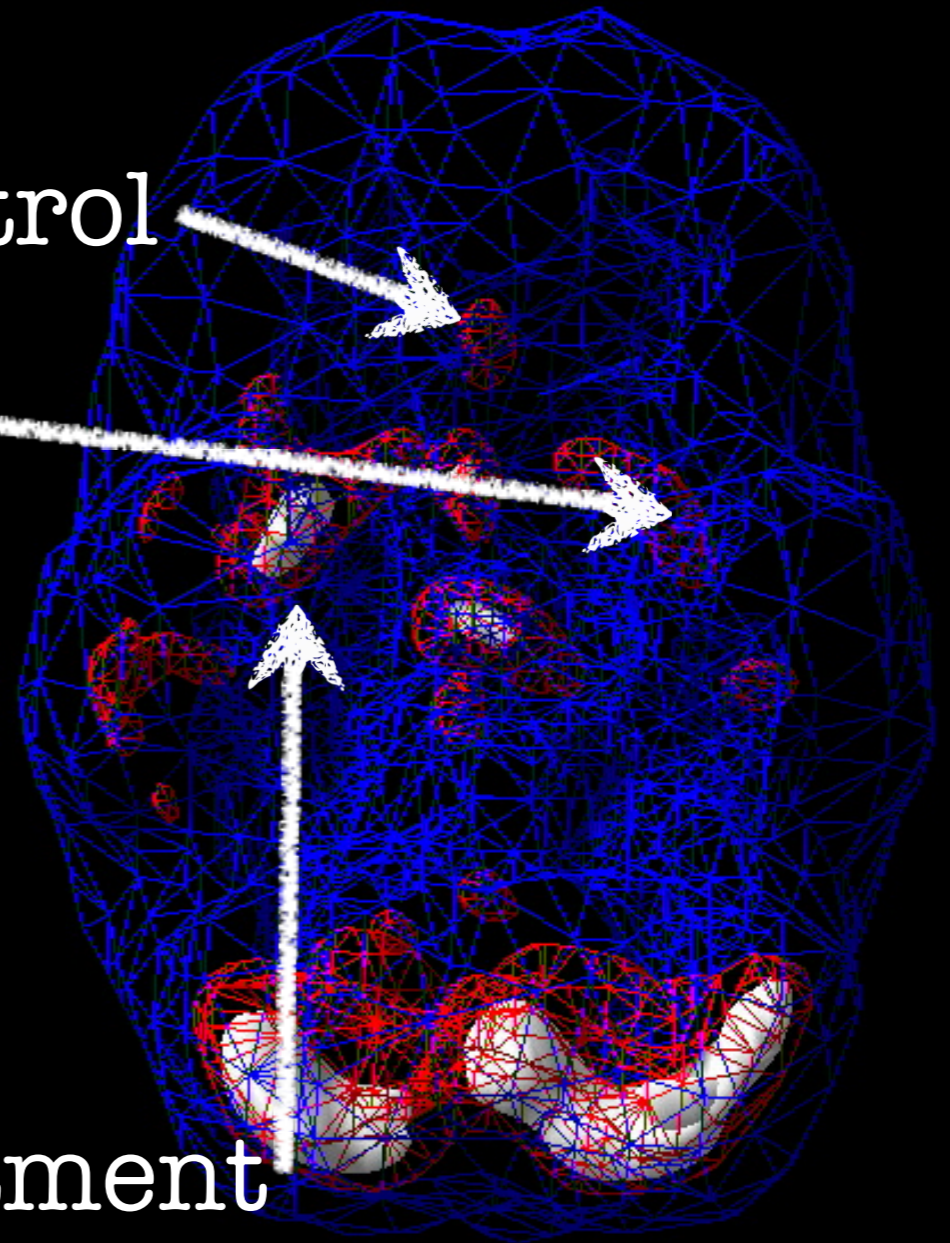
Rehabilitation



Impulse Control

Anxiety

Anger/Resentment



Reflective/Meditative Practices and Brain Activity



CONTROL YOUR ADRENALINE

USE HUMOR

SEEK THE RIGHT FORM OF PLEASURE-
HEALTHY PLEASURE BOOSTERS

RELAXATION/MEDITATION

PRACTICE GRATITUDE



References

- Hart, A.D. (2007). Thrilled to death: How the endless pursuit of pleasure is leaving us numb. Nashville, TN: Thomas Nelson.
- Cohen, W.E. & Inaba, D.S. (2004). Uppers, downers, all arounders: Physical and mental effects of psychoactive drugs. Medford, OR: CNS Publications.
- National Institute on Drug Abuse. (2011). The NIDA science fair award for addiction science. Retrieved from <http://www.nida.nih.gov/sciencefair/>.
- The Henry J. Kaiser Family Foundation. (2010). Daily media use among children and teens up dramatically from five years. Retrieved from <http://www.kff.org/entmedia/entmedia012010nr.cfm>.

Questions