

# Aiming for homoeostasis

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Homoeostasis means equilibrium being maintained through physiological processes. Can our present lifestyles alter our mental balance? Moderation in the way we perform professional work and dealing with pleasure and pain, for example, can enhance our psychological equilibrium. While we may have access to yoga, relaxation techniques, meditation and even mood elevators, the basics of homoeostasis emphasise moderation with respect to any mental activity, including emotions like grief. Nobel laureate Gerald Edelman, neuroscientist, says, 'The occurrence of a single conscious state rules out billions and billions of other conscious states, each of which may lead to different potential consequences.'



In 2009, UCLA's Naomi Eisenberger and her colleagues discovered that physical pain can be caused by a feeling of social pain when one feels socially isolated. The mind-body linkages are well known. Therefore, we need to be conscious of our thoughts, both in terms of quality and magnitude. This will depend on the individual and the role played by nature and nurture.

Carl Jung adds another dimension, that we may be experiencing something and not be conscious of it. Homoeostasis of the mind achieved through moderation enables us to imbibe spiritual messages and practise techniques of relaxation. Psychological balance is as important as physiological balance; the two are linked.