

The program in a few words

What is the Pythagorean Self-Awareness Technique (PSAT)?

PSA is a scientific innovative holistic non-pharmaceutical technique of "cognitive restructuring" Based on the new concept of Health "Lifestyle Medicine". It is based on the principles of Pythagorean philosophy which have been updated and adapted to today. It strengthens memory, self-awareness, self-control and increases the overall feeling of satisfaction and well-being from life. It is applied to adults and children which helps them increase their academic performance and establish healthy behaviors. Many studies have been conducted, the results of which have been published in reputable scientific journals.

How does the technique work?

The technique activates the process of introspection, which allows individuals to evaluate, reward or criticize their actions (Pythagoras), regardless of the toxic consequences of the stressful event and the negative emotion that alters thinking and choices. Overall, PSAT discourages individuals from operating automatically and thoughtlessly (e.g. eating fast food, smoking, problematic interpersonal relationships, etc.), known as the Pythagorean Automatic being, and promotes a way of life with meaning and reward. This change in lifestyle, thinking, being and stress reduction helps to reverse biological age.



Contact for your participation in the Program

Pythagorean Academy of Sciences and Values <International Center for Stress Science and Health Promotion>

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Programs' duration: 4 days, 1, 2 or 3 weeks

Individual/group /Family programs with online follow up.



"Pythagorean Self-Awareness Program for stress management, Biological Age Reversal, memory improvement and well-being

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Biological Age

Special biomarkers are tested, which are the main mechanisms of cellular aging, before the program begins and the technique for reversing is learned. For example, someone who has a chronological age of 40 years may be 55 in biological age, or someone who is 55 years old may be 40.

What is weighing biological age down?

The main factor is stress, anxiety, depression and an unhealthy lifestyle (diet, exercise, sleep). Stress management through the use of documented scientific non-pharmaceutical methods (such as the holistic program of Pythagorean Self-Awareness) aims at developing new skills and empowering individuals, so that they can successfully face the challenges of everyday life and have the ability to control themselves, their health and their environment..



Measurements

Sometric characteristics, measurement of visceral fat.

Self-report questionnaires: [measurement of individual levels: lifestyle, stress, anxiety, depression, health control center, sleep quality, mental and physical fatigue indicators.]

Correct blood pressure measurement. Measurement of heart rate variability using a biofeedback machine.

Measurement of cognitive functions and memory.

Testing specific biomarkers such as: Hair Cortisol Telomere length (the main mechanisms regulating cellular aging and determining true age versus chronological age). BIOLOGICAL AGE IDENTITY

Benefits of PSAT

- ✓ Reversal of biological age
- ✓ Reduction of stress and anxiety improvement of unhealthy behavior,
- ✓ Reduction of obesity,
- ✓ Reduction of hypertension.
- ✓ Reduction of depressive symptoms
- ✓ Improvement of sleep - Improvement of cognitive functions & memory
- ✓ Reduction of remorse & guilt - Improvement of self-image - Increase in self-confidence & self-esteem
- ✓ Self-control/control over life - Improvement & setting boundaries in interpersonal relationships. Wellness & better health

Scientifically responsible for the program:
Dr. Christina Darviri, Dr. Georgios Chrousos.
Founders and professors of the Postgraduate Program <The Science of Stress and Health Promotion> of the Medical School of the University of Athens
www.stressmaster.med.uoa.gr

The program is taught by the above professors and the measurements are made by specialized stress scientists.

The above professors have significant distinctions at an academic, research and clinical level within the international and Greek academic community.

<https://hub.uoa.gr/chroussos-2023->

[transatlantic-alliance-award/](https://hub.uoa.gr/chroussos-2023-transatlantic-alliance-award/)

<https://www.researchgate.net/profile/Christina-Darviri>

Chairman
Dr. Christina Darviri, Professor

Honorary president
Dr. Georgios P. Chrousos, Professor

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