 Kaplan University Kaplan University

HW499 Stress: Critical Issues in Management and Prevention

**Critical Issues in Management and Prevention Stress Management and Prevention Program Resource Guide**

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**Stress From A Global Perspective**

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| **1Unit** |

 I realize social economic settings influence or trigger stress and a higher stress hormone levels due to lower income and education levels. Job stress has been related with metabolic syndrome, diabetes, heart disease and other health problems. Over populations and demands on resources are obviously a large factor but so is Food, water (pollution/usage), the ozone layer, oil, and forest reserve. For example, Changes in precipitation patterns increase the likelihood of short-run crop failures and long-run production declines. In Philadelphia there is a present snow storm destroying our crops. The overall climate change on our agriculture is expected to be negative, threatening global food security. PA has several fields and crop farms and the temperature here (for the last month) has been less than 20 degrees. Climate change will result in additional price increases for the most important agricultural crops–rice, wheat, maize, and soybeans. Higher feed prices will result in higher meat prices. As a result, climate change will reduce the growth in meat consumption slightly and cause a more substantial fall in cereals consumption.

**Unit 1 Personal Stress Inventory (The Nature of Stress)**

Information to Remember

The first key learning point, when I see or hear the word stress, I instantly think of something negative or horrid. In this chapter I learned about keeping Personal Inventory of your current stressors such as issues of concerns, unexpected situations, or challenges that trigger the fight-or-flight response in your body **(Sapolsky, 2004).** The part of the brain the initiates the automatic part of the fight or flight response, the amygdala, can't distinguish between a real threat and a perceivedthreat. The first step to resolving any problem is learning to identify actual problem. Flight or fight describes a mechanism in the body that enables humans and animals to mobilize a lot of energy rapidly in order to cope with threats to survival.

The second key learning point, Health is important to all of us, that’s why it’s very important to reduce your stress level in order to evade preventable diseases like heart failure. In order for me to remain free of anxiety or disease, you need to nourish your body properly and beware of warning signs such as insomnia **(Sapolsky, 2004).**

 Sometime when we worry our self to the point of no return, we lack sleep which is important for brain functionality. Physical activity keeps our bodies in sync with the brain also, and in many cases it helps us to feel good about our appearance.

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The third key learning point, Left-brain thinking skills are associated with judgment, analysis, mathematical and verbal acuity, linear thought progression, and time consciousness; right-brain functioning is associated with global thinking, holistic thinking, imagination, humor, emotionality, spatial orientation, receptivity, and intuition**(Sapolsky, 2004).** My dominant thinking style comes from the right brain. I always focus on aesthetics, feeling, and creativity because this makes me the most happy. I complete a piece of art work daily. I’m always twisting objects or doodling on paper. I’m also better at completing a task if I view it first; I learn more from seeing and executing. My biological mother is very bad at math, but my dad is an expert. I have always picked artistic visual choices over academic ones. I see beauty in it and smile. Verbal keenness is a trait I do share with the left brain thinkers; I love to learn new words and then pronounce them.

**Resources Exercise 1.2:** **My Health Philosophy**

Everyone’s life is different and we all handle stress in many diverse spectrums. I chose this exercise because it helped me understand other individual’s Viewpoints as well as my own. I found out they are nothing more than our opinions or assumptions. It also helped me identify my own personal stressors by writing each one. We have philosophies on what we really think about some topic or ideal **(Sapolsky, 2004).** For example, I love Rap music because it helps me release stress but, some people find it stressful and confusing.

**Journal writing: Exercise 1.1: Are You *Stressed*?**

This section helps you identify whether or not you have or can identify stress signs. After reading statement, you then had to circle either the word Agree or Disagree. Then count the number of "Agree" points (one per question) and use the Stress Level Key to determine your personal stress level. For example,

**Statement: Agree Disagree**

1. I have a hard time falling asleep at night. Agree Disagree

2. I tend to suffer from tension and/or migraine headaches. Agree Disagree

3. I find myself thinking about finances and making ends meet. Agree Disagree

4 .I wish I could find more to laugh and smile about each day. Agree Disagree

5. More often than not, I skip breakfast or lunch to get things done. Agree Disagree

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| **2 Unit** |

**Unit 2 The Philosophy of stress**

Information to Remember

The first key learning point was about possessing the knowledge of how your body’s physiology works during times of stress gives you a better understand on how to promote a deeper sense of relaxation and healing. Catecholamines are released into the blood when a person is under physical or emotional stress by neural endings called epinephrine and norepinephrine **(Sapolsky, 2004).** Once in the bloodstream, these catecholamines reinforce efforts of the sympathetic drive, which has already released these same substances through sympathetic neural endings throughout the body. The hormone SEROTONIN decrease in serotonin levels is thought to be related to depression. Serotonin levels are affected by many factors including stress hormones and the foods you consume. MELATONIN is a hormone is associated with a good night’s sleep **(Sapolsky, 2004).** This hormone is secreted in the brain and it effects your sleeping patterns, mood, and perhaps several other aspects of physiology consciousness. For example, your decrease mood is associated with depression.

The second key learning point explained, when stress comes from our imagination. How we label things good or bad. We can deal with things better than we realize. Better than we give ourselves credit for. We just need to have the skills in place to deal with stress and then call upon them when we need them **(Sapolsky, 2004).** The more stress you are under, the more important it is to balance this by moving the body. Move the energy and don’t let things stagnate. Stagnation can cause illness and pain.

The third key learning point, describes conflict and values contemplate the mind which causes an one set of values dominance over another set of equally strong values. That is, we don't find balance in our lives and this leads to stress **(Sapolsky, 2004).** We can also have a conflict of methods to fulfill our values. This could occur when our attempts to fulfill one value run counter to another.

**Resource** **Exercise** **2.1: Stress Physiology Review**

Having this knowledge of how your body’s physiology works during times of stress augments your ability to promote a deeper sense of relaxation and healing. In this case, knowledge is power. Please Define the following terms:

1. This hormone is released from the hypothalamus? CORTICOTROPHIN

(CRF)

1. This hormone is released from the pituitary?adrenoctropic (acth); it produces antidiuretic hormone( ADH) or Vasopressin; it simulates the thyroid gland to produce thyoxine
2. This hormone is released from the thyroid?The secretion of TSH is stimulated by the arrival of [thyrotropin releasing hormone](http://users.rcn.com/jkimball.ma.ultranet/BiologyPages/H/Hypothalamus.html%22%20%5Cl%20%22trh) (TRH) from the hypothalamus.
3. These hormones and catecholamines are released from the adrenal gland?
4. **Corticosteroids** -The exterior of the adrenal gland is called the adrenal cortex, and it manufactures and releases hormones

 -Glucocorticoids- are a family of biochemical agents that includes cortisol and cortisone

B. **Mineralocorticoids-** specifically aldosterone, are secreted to maintain plasma volume and electrolyte (sodium and potassium) balance, two essential functions in the regulation of circulation.

**Resource Exercise 3.3: My Health Profile**

This journal theme invites you to take some time to explore your overall physical health. Once you have compiled all your personal health data, compare your values with the norms discussed in class, or in the book *Health and Wellness*. If you have any questions regarding your profile, bring these to the attention of your physician.

**My Health Profile:**

Name: **AtALAYA HUDSON**

Height 4’11’’

Weight 132

Age 41

Resting heart rate 130/90

Target heart rate 120/80

Maximal heart rate -120/60

Resting systolic blood pressure 72

Resting diastolic blood pressure 62

Total cholesterol 154

HDL level-85

LDL level -60

Vision status- 20/20

Dental status- good/ no cavities

Hearing status -good

Skin condition -clear always and I HAVE NEVER HAD A PIMPLE IN MY LIFE. Great Brown skin, No blemishes (but I do have dark circles under my eye due to lack of sleep).

Gastrointestinal (GI) tract –good, because I get a colon cleaning weekly

Tense areas, muscular –Sometimes my back because of my breast

Reproductive system –no problem

Skin clear

Sinuses Results-good

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| **3 Unit** |

 Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Unit 3-The Psychology of Your Stress-** Subtleties of Predictability

Information to Remember

 The first key learning point, taught me to becomeaware of my perceptions, attitudes, and behaviors during episodes of stress:My uncle recent was admitted to a hospice center on Shelton Avenue, Philadelphia PA. He was diagnosis with Cancer last stage. I recently shared with you my own Cancer scare from the Biopsy I had 3 weeks ago. I went thought denial and later on bargaining, Anger, Acceptance, then Depression.

Secondly, in this unit I also learned, that stress will mentally take ahold of your life and cloud your judgment. Which brings me to the subject at hand, stress is controlling me, and I am not controlling it. According to Sapolsky subtleties of predictability’ take place when predictability does not work to help relieve the anticipated stress **(Sapolsky, 2004).** His point is predictability does not work when the stressor is very rare because it is not known just how to prepare for the stressor and you believe that it so rarely happens that it, in fact, won’t happen. Predictability will not work when the stressor is very common and is therefore an automatically understood set of circumstances. The stressor is just going to be there no matter what.

The Third lesson spoke of Predictability openness, explaining why I does not work when the caution notice is too direct, not having some period to adjust to the coming stressor or if the warning is too far in advance giving too much time for the readiness to disappear **(Sapolsky, 2004).**

**Resource: Exercise** **4.1: The Psychology of Your Stress**

This section addressed several theories from Chapter 4 to help you become more aware of your perceptions, attitudes, and behaviors during episodes of stress:

**1.** In hindsight (because Freud said people are not aware at the time that they are doing it), do you find that you use one or more defense mechanisms to protect your ego? Reflecting on your behavior, which of the following do you see as common behaviors in your psychology of stress profile?

[**Denial**](http://en.wikipedia.org/wiki/Denial) — "I feel fine."; "This can't be happening, not to me."
[**Anger**](http://en.wikipedia.org/wiki/Anger) — "Why me? It's not fair!” Who is to blame?"
[**Bargaining**](http://en.wikipedia.org/wiki/Bargaining) —"I will give my life savings if..."
The third stage involves the hope that the individual can somehow postpone or delay death trauma can bargain or seek to negotiate a compromise.

[**Depression**](http://en.wikipedia.org/wiki/Depression_%28mood%29) — "I'm so sad, why bother with anything?"; "I'm going to die soon so what's the point?"; "I miss my loved one, why go on?"
During the fourth stage, the dying person begins to understand the certainty of death. Because of [**Acceptance**](http://en.wikipedia.org/wiki/Acceptance) —"I can't fight it, I may as well prepare for it."
In this last stage, individuals begin to come to terms with their mortality, or that of a loved one, or other tragic event

**Sapolsky, R. M. (2004). *Why zebras don't get ulcers* (Third ed.), pp 268**

**Journal Writing Exercise 1.5** **Personal Stress Inventory:** Top Ten Stressors”). You had to list your stressors as predominantly anger-based or fear-based stressors.

*Anger-Based Stressors*

**1**. I take care of two diseased individuals, battle serious conditions daily. Fear

**2**. I work at UPS for 12 to sometimes 16 hours a day, sometimes 7 days out of the week. Anger

**3.** I am working on getting a career in Wellness and Nutrition to omit my current job status as a Hazardous Waste Responder (Dangerous). Fear

**4**. I am having problems finding the time to complete homework or test assignments.fear

**5.** I tend to get nervous at the thought of a test, my calm get sweaty and after the test I feel sad. Anger

**6.** I lost 80 ponds 7 years ago and never gained it back. Sometimes I overwork out to compensate. Fear

**7.** I do not have enough personal time to improve my own health issues. Anger

**8**. Lately I have been forgetting to complete things at work, so I believe my stress level is the problem. Fear

**9.** The people at my job and in my family life are dying all around me from disease like Cancer. Fear

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| **4 Unit** |

 **10.** I need a breast reduction to decrease the pain to my upper back, and I am not on medication because I get Acupuncture. Fear

**Unit 4- Personality Traits & Human Spirituality**

Information to Remember

The first key lesson spoke of how our Values are often categorized into two groups: basic values, a collection of three to five instrumental values that are the cornerstones of the foundation of our personalities, and supporting values, which augment our basic values. This unit taught me about self-love. We sometime cause ourselves stress by being critical or always being negative.

During the second lesson I learned everyone’s life has ***purpose*** and meaning and negativity does not help the body **(Sapolsky, 2004).** Bad language is a stressor because it creates bad emotion or sometimes anger. By being optimistic you create happy thoughts instead poor feelings. Happiness promotes good health so, it’s important to smile and see the world more positively. This can also develop from a love from your spiritual being. Whatever gives you inner hope and energy. Believing in the well-being of the Human spirit remaines as ways to enhance the health of your human spirit. It is an exercise to help you enhance and engage in your emotional

 The Third lesson taught me my own personal worth. My life ***purpose*** is to educate myself and others about the importance of total wellness. Diet and exercise are not enough; sometime you need a lifestyle change. I am usually the problem solver who will take on any problem without fear. I like trills and enjoy being around lots of people. I also want to bring my family closer because right now some of them aren’t speaking. I usually hold multiple events or gathering just to get the ball rolling and ease the tension. All I want is to travel, make others happy, and prevent illnesses like obesity.

**Journal Writing: EXERCISE 6.1 Under the Gun: Stress and Personality**

**You were asked to pick a stressor in your life and explain the characteristics that you feel you employ to deal with stress based on the concepts of the hardy personality.**

I selected this journal writing assignment because it was a lesson I learned last year that I still apply today. I was stressed daily from working 12-14 hour days during my peak season at UPS. It took ahold of me and I was no longer controlling it; stress was in charge. Roberts Sapolsky’s booklet gave me the information I needed in order to prevent my daily stressors **(Sapolsky,** **2004).**

1. Control: I nominated my work life because until this class, I had no control over it. I took control by taking more days off to travel and see all the things I love. Traveling always gives me a sense of pleasure. I even learned to control my anger by smiling and taking deep breaths, it has been working like a charm **(Sapolsky, 2004).** Yesterday I instead of yelling at the employee, I actually spoke softly and explained to him what he did wrong, and this made me feel good.

1. Commitment: I made the commitment to see more of the good in others, instead of being so negative all the time. I also committed to stop cursing and saying vulgar things to other people. Now before I speak, I think first and tell myself, no matter what the person tells me, I will think positive**(Sapolsky, 2004).** I have been a Type A individual for too long and a change was needed.

**Journal Writing Exercise 8.1 Reframing: Seeing a Bigger, Clearer Perspective**

I selected this journal writing assignment reframing your thoughts because I was always stressed about my weight gain and, eating healthy saved my life. Know I know why “Zebras Don’t Get Ulcers”. I was told remember a situation in my life that caused me stress and then use the Reframe Perspective for a solution. Below is an example:

1. **Situation:** I spend a lot of money on **Organic** and healthy items like **soy** products (Morning Star), which cost twice as much as inorganic/real meat. I sometimes struggle and have to readjust my bills in order to keep this lifestyle.

**2.** **Reframed Perspective**: This healthier lifestyle has kept me 80 pounds less than my original meat/ chemical induced food diet. I feel much better daily with lot energy, and no hot flashes. I also reduced my chances of getting diabetes II and my allergies have also improved less reactions/outbreaks **(Sapolsky, 2004).** I can find other materialistic pop culture items to spend less money on like shoes, which will help increase money for the food bill.

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| **5 Unit** |

**Unit 5 Dealing with Stress-Coping Strategies**

Information to Remember

My first key point involves how often we have no control over the unpleasant events that happen in our lives, but we can change what we say to ourselves about these events. All our feelings are greatly affected by what we say to ourselves. This is where a behavior change is needed. Behavior modification is a therapeutic technique based on the work of B.F. Skinner, a famous psychologist who is known as the "Father of Behaviorism. Behavior modification is an effective technique used to treat many disorders such as attention deficit disorder, autism or oppositional defiant disorder and can be used to increase desired behaviors in any individual, regardless of functional level. For example, an individual who wants to quit smoking cigarettes, or a parent who wants her child to consistently make the bed, may use behavioral techniques to help achieve those goals.

The second defines unhealthy coping strategies and why many of us are guilty of bad behaviors such as procrastination, angry outbursts, drinking too much alcohol, physical violence, video games, and smoking. Some of us like myself have emotional eating problem or staying obsessively busy to avoid facing problems

The third key point involves was learned though Humor therapy. Let’s face it, a smile really does make you feel less stress and more at ease about any threatening situation. I crack grin at flowers or even a handsome man. It makes me fill with delight. Laughing together can be a time of intimacy and communion, a time when we come forward, fully present and touch into each other's humanness and vulnerability. Through linking with humor and acknowledging our togetherness, we can have a profound experience of unit. It always seems to be a social perspective and ongoing communication.

# **Resources: Exercises: 9.1: Value Assessment and Clarification.**

I chose this exercise because it help me to put my priorities as far as values in perspectives When it comes to The Time-Crunch questionnaire, I chose this exercise to see where my priorities where as far as being in a time-crunch in my daily life that takes over me. Producing an optimistic mind set will be crucial when you begin to taking negative situation and making it in to a positive one. This is a way to help deal with the stressors of everyday life. Healing power of humor is another way for people to not only deal with stress but as well as dealing with other emotions like loss and depression. Simple Assertion and healthy boundaries is understanding what you are feeling and being able to display them in a way that is true to your personal mission statement or what you believe in.

**Journal Writing Exercise** **18.1: Too Much Information**

I chose this journal entry to get a clearer perspective on my stressful situations. It is a practice called meditation: cleaning the mind of all the clutter and useless information that bombards your attention span.

 **1.** List five ways to successfully decrease the quantity of information with which

you are barraged every day.

1. The extra data distracts away from our major tasks for the day. You have to turn off your computer, check the email after you rest your mind/ body, and comb the web for only minimal hours instead of all day?

 **b.** The noise created by media and other foundation of information, muddles our mind and takes away from our internal harmony. Have moments of pure science, by turning off all sound and staring at your favorite travel place.

 **c**. You have to first identify the problem by deciding how much time you truly need to spend on things entertainment like TV, Internet, magazines, newsstations.

 **d.** You should make a schedule for arranging and organizing the information that approaches at you. In your email this might mean setting up filter program to direct certain emails into their own folders automatically.

e. Onlyresearch specific things as you need to know them. This is generally more productive and efficient than trying to learn everything before you actually get any hands-on experience.

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| **6 Unit** |

**Unit 6 Relaxation Techniques Diaphragmatic breathing**

Information to Remember

During the First key learning Point, I learned why we must remember to inhale our total being without CAM techniques. Many of us depend air. We could never survive stress without diaphragmatic relaxation techniques which provide good energy to the body, oxygen to the brain, and nurture your soul. I believe this technique is effective because it can be used in combination with several other relaxation techniques, for example diaphragm breathing methods and meditation (Seaward, 2009).

My second key point explored taking a breath of fresh life. Breathing is a good method for clearing the lungs while taking in as full a breath as possible, then you empty your mind by using sitting meditation (Seaward, 2009). Meditation, when executed on a daily basis, is productive to your health because it decreases glucocorticoid and sympathetic tone **(Sapolsky, pg. 402).** Meditation also provides mental consciousness, without emotional opinion; this keeps us in a good mental state **(Seaward, 2009).**

The third point focused on visualizationRainbows usually remind me of the rains afterglow shadow. Mental imagining them add a little more peace to the mind because you keep the vision, especially with your eyes closed. **Chakra** is a form of Rainbow meditation that helps to slowly and gently guide you away from the things that are causing you stress and tension. It focuses on helping you to find inner peace & happiness, set free your creativity, and awakens personal power. **This process can make you lack emotion and think more visibly (Seaward, 2009).**

**Resource Exercise 17.**1 **Dolphin Breath Meditation**

Diaphragmatic breathing also loosens you up, and once you control you’re breathing, your emotions soon follow. It was effective for me because I have always had problems sleeping. Once I began breathing for 15 minutes before bed while lying down, I finally fell asleep. It works, and I am living proof. On behalf of those of you who have problems sleeping and nothing seems to work, try Acupuncture **(Seaward, 2009).** Breathing is perhaps, the most common way to promote relaxation. In this assignment you were asked to taking a few moments to focus on your breathing, to the exclusion of all other thoughts, helps to calm mind, body, and spirit.

**Journal exercise: 20: Have a Vision: The Art of Visualization**

The purpose of this exercise, then, is to sharpen your imagination and relaxation skills so that when you recognize your need to unwind you can escape, if only momentarily, to a place that gives you peace of mind. When drafting these images, give as much detail as possible so you can not only see them in your mind’s eye, but actually feel yourself there through all five senses.

For example: I use to stare at the ocean for hours when I visited my uncle in Dewy beach. I always gave me a sense of calmness and trust. I could even close my eyes and just listen to the sound, and suddenly the image would appear in my mind.

The visualizing images tend to make me feel like I am only imagining them, but my senses tell me that I’m not because I start to feel them. I instantly imagined a cool breeze on my skin, while standing with my foot on top of the mountain. The bright powdered blue sky reminded me of surfs. Little humps of joy going up and down. I wish I could climb it, oh wait; I can scale it in my mind.

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| **7 Unit** |

**Unit 7 Stress-Nutrition and Stress**

Information to Remember

My first key point in this chapter focuses on when individuals eat late after a night of stressful work responsibilities, they tend to gain more weight. They do not realize that eating right before bed time allows the food to lay dormant in their system. Your metabolism is at its lowest point **(Sapolsky, 2004).** If you work late hours, you must plan your meals by brown bagging, pack healthier snacks like peanut butter and celery.

My second key point discussed The American Diabetes Association, which reports that blacks have a higher risk of diabetes than other Americans **(Diabetes Report-ADA, 2012).** A study published in the October 2006 issue of "Diabetes Care" indicates that black women in the U.S. may decrease their chances of developing type 2 diabetes from eating steel-cut oats because of the food's fiber content Diabetic people with macular problems are encouraged to eat blueberries and take the herb bilberry (blue). Moreover, recent research suggests that the active ingredients in fruits and vegetables that give them their color, called bioflavonoids, help prevent cancer.

 My third key point is one Dieting and how it could be can be stressful. The most important thing if you are going on a diet is to balance it with exercise. Stress raises our metabolism and decreases our nutritional status, depleting our body of water- soluble vitamins and minerals. Therefore we must increase intake of the water-soluble vitamins, B and C. A deficiency of B vitamins leaves you feeling tired and lethargic, yet more reactive to stress. Minerals, particularly potassium, magnesium and zinc are also depleted during stress.

**Recourse: Exercise 27.3 The Rainbow Diet**

Food color is more important than just having a nice presentation on your dinner plate. Each color holds a specific vibration in the spectrum of light. When this is combined with the nutrient value of food, it can help to enhance the health of the physical body. For example, Sweet potatoes can be particularly stress-reducing because they can satisfy the urge you get for carbohydrates and sweets when you are under a great deal of stress. They are packed full of beta-carotene and other vitamins, and the fiber helps your body to process the carbohydrates in a slow and steady manner.

**Journal Exercise 27.2 Self-Assessment: Nutritional** **Eating Habits**

This assignment address how often, and what we consume daily. I chose this journal entry in order to figure out my stress levels related to Eating Behaviors. For example:

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | Do you regularly consume caffeine? | Yes | No |
| 2. | List the foods that you ingest that contain caffeine (e.g., coffee, tea, sodas, chocolate) and the estimated amounts you consume per day. | **Type of Food with Caffeine**a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Amount per Day**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **8 Unit** |

**Unit 8 Physical Exercise**

Information to Remember

This is my first Key learning Point and my favorite topicinvolved working out daily. Exercise makes me feel at ease and full of energy, that’s why I execute it daily for at least 30 minutes to an hour. This happens because exercise is a stress reliever for the whole body. You should exercise at least 30 minutes a day and consume a balanced diet; Seaward propose exercise needs to occur on a regular basis and for a sustained period in order to produce results. Saposky points out that aerobic is better than anaerobic because it’s done for an extended period of time at a level that forces your heart, lungs and blood vessels to increase the amount of oxygen and blood circulating through your body **(Saposky, 2004).**

The second key point is about using mind tricks works such as putting on exercise tape while sitting on the coach make me want to rise to the occasion. I also make my friends work out with me and call when I feel lazy. I also helps to set a daily routine or schedule with a timer or alarm.

My third key point is a slogan. My healthy philosophy is everything in moderation, so eat to live, don’t live to eat. I recommend Yoga and Pilates because they have a reflective impact on the body, not just by reshaping muscles or helping you to relax, but also by providing the organs with clean oxygenated blood and stimulating beta-endorphin release **(Seaward, 2009).** I also have 3 servings of organic fruit and veggies, along with a soy or protein item; this routine has kept my stress levels down for many years. It even helped me reduce my hot flashes.

**Resource Exercise 15.1 The Time-Crunch Questionnaire**

The following is a survey was based on the traits of the codependent personality. Please answer the following questions with the most appropriate number

 1 = rarely 2 = sometimes 3 = often

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. | I tend to procrastinate with projects and responsibilities.  | 1 | 2 | 3 |
| 2. | My bedtime varies depending on the workload I have each day.  | 1 | 2 | 3 |

**Resource Exercise 28.2 My Body, My Physique**

Although there is no doubt we seem to have a certain magnetic attraction to the couch and TV, this pattern of behavior has proved to be hazardous to our health. **1.** Describe your exercise habits, including the formula for success (intensity, frequency, and duration of exercise).

Deciding whether to work harder or longer depends on your goals and your current fitness level. If you are sedentary and overweight or obese, long-duration moderate-intensity exercise may help you lose weight.

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| **9 Unit** |

**Unit 9 Applying Stress-Critical Management/Prevent To your Personal Life**

Information to Remember

The first key point addressed how Stress management starts with identifying the sources of stress in your life. This isn’t as easy as it sounds. Your true sources of stress aren’t always obvious, and it’s all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Sure, you may know that you’re constantly worried about work deadlines **(Seaward, 2009).**

The second key point involves personal issues that consume our difficult lives not to mention, work time. You spend most of your time at work, so how is it possible to pull yourself out of a personal issue that may be stressful and sometimes even traumatic? Whether it is a minor family concern or something more serious, there are steps you can take to keep your personal life private at work so that it does not negatively affect or jeopardize you.

The third key point involves the reality is that you don't want to bring personal issues to the office. If you make your personal problems common knowledge, then they may be blamed whenever you have concerns at work. You also want to pick a friend with a positive attitude so he can be a motivating listener.

**Resources: Exercises** **28.3: Your Circadian Rhythms**

In this exercise, you imagine that your body runs on a twenty-four-hour-plus clock, based on the earth spinning on its axis around the sun. Research shows that people who keep to a regular schedule tend to be healthier (fewer colds, flus, etc.) than those whose lifestyle behaviors tend to be more erratic, because these tend to stress the body. In this exercise you are asked to monitor your lifestyle behaviors based on the time of day that these occur for the period of a full week. For example:

Week of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| *Circadian Rhythms* | *Sun.* | *Mon.* | *Tues.* | *Wed.* | *Thurs.* | *Fri.* | *Sat.* |
| 1. Time that you awake each morning |  |  |  |  |  |  |  |
| 2. Time that you go to bed |  |  |  |  |  |  |  |
| 3. Time that you fall asleep |  |  |  |  |  |  |  |

**Resource Exercise** **28.4: My Body’s Rhythms**

**Picture yourself……** You can eat dinner one day at 6:00 P.M. and the next day at 9:30 P.M. We won’t even talk about sleep! Perhaps at a young age your body can rebound from these cyclical irregularities. More likely than not, though, regular disruptions in the body’s rhythms will manifest quickly in various ways such as irritability, fatigue, lack of hunger, restless sleep and insomnia, low resistance to illness, and lowered mental capacities. Answer the following question:

1. What is your general sense of your body’s rhythms?

2. Do you keep to a regular schedule with regard to eating, sleeping, and exercise?

Or does the time you do these vary from day to day?

3. How closely are you connected with nature? Do you spend time outdoors every

Day? Do you find yourself more tired, perhaps even more irritable, as we shift from autumn into winter? Do you find yourself more energized, perhaps more positive or optimistic, as we shift from winter to spring?

4. If you are a woman, what is the regularity of your menstrual period? Can you identify a pattern with your nutritional habits, stress levels, and other daily rituals that may influence your menses?

**Resource Guide**

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