

**II B.SC PSYCHOLOGY**  
**SKILL BASED PAPER-IV**  
**19SPS4A-STRESS MANAGEMENT**

**UNIT-I (6 HOURS)**

**THE NATURE OF STRESS**

Definition - Major Type of Stress: Frustration-Conflict-Change-Pressure.

Response Twisters: Emotional Responses-Physiological Responses-Behavioral Responses.

The Potential Effects of Stress- Factors Influences in Stress Tolerance.

**UNIT-II (6 HOURS)**

**STYLES OF COPING**

Meaning and Definition of Coping - Common Coping Patterns-The Nature of Contracting Coping-Types of Coping Appraisal for Focused Coping-Problem Focused Coping-Emotional Focused Coping.

**UNIT-III (6 HOURS)**

**STRESS MANAGEMENT TECHNIQUES**

Setting New Goal-Positive Self Talk-Relaxation Training-Time Management and Planning- Assertiveness Training-Bio Feedback

**UNIT-IV (6 HOURS)**

**COPING INTERVENTIONS**

Physical Control- Emotional Control- Spiritual Control- Social Support - Systematic Desensitization-Cognitive Modification -Rational Emotional Therapy (RET)-Mindfulness

**UNIT-V (6 HOURS)**

**ALTERNATIVE TECHNIQUES**

Meditation-Exercise-Play Therapy-Sharing and Ventilating-Hypnosis-Yoga-Nutrition and Diet-Cultivating Happiness-Laughter Therapy -Mental Imaginary-Massage therapy-Self Hypnosis-Leisure and recreation

## UNIT I - STRESS

### Definition:

- ❖ Stress is defined as a state of mental or emotional strain or tension resulting from adverse or demanding circumstances.
- ❖ “Stress is a biological term which refers to the consequences of the failure of a human or animal to respond appropriately to emotional or physical threats to the organism, whether actual or imagined.
- ❖ Common stress symptoms include irritability, muscular tension, inability to concentrate and a variety of physical reactions, such as headaches and elevated heart rate”.

### Nature of stress:

The nature of stress includes

- ✚ Stress is everyday life event:
- ✚ Stress lies in the eye of the beholder:
- ✚ Stress may be embedded in the environment
- ✚ Stress may be self imposed:
- ✚ Stress is influenced by culture:

### MAJOR TYPES OF STRESS

- ❖ An enormous variety of events can be stressful for one person or another. To gain better understanding the stress events are divided into subtypes;

**Acute stress:** Acute stress is a threatening event only for shorter duration. E.g.: Exam result.

**Chronic stress:** Chronic stress is a threatening event for a longer duration. E.g.: fatal disease.

Beside this there are another four major types of stress



### FRUSTRATION:

- ❖ Frustration occurs when in any situation when someone cannot pursue the goal.
- ❖ Frustration is experienced when we want something and we cannot have it.
- ❖ In psychology, **frustration** is a common emotional response to opposition.

### Types of frustration:

There are two types of frustration;

- *Internal frustration* : Internal frustration may arise from challenges in fulfilling [personal goals](#), [desires](#).
- *External frustration* : External causes of frustration involve conditions outside an individual's control, such as a physical roadblock, a difficult task, or the perception of wasting time

### Causes of frustration:

- ✚ Frustration is very stressful due to failures and losses.
- ✚ Setting up unrealistic goals
- ✚ Frustration originates from feelings of uncertainty and insecurity .

## CONFLICT

- ❖ Conflict is an unavoidable feature of everyday life.
- ❖ Conflict occurs when two or more incompatible motivations or behavior urge to compete for expression.

**TYPES OF CONFLICT:** Kurt Lewin has given three types of conflict.Namely,

#### 1. Approach-approach conflict:

- Approach-approach conflict is a choice must be made between two attractive goals.

Eg: You have a free afternoon, what to be planned? Should go to the movies or to play tennis?

- Among the three kinds of conflict, approach-approach type tends to be less stressful.

Eg: Which one to order? Pizza or spaghetti?

#### 2. Avoidance-avoidance conflict:

- In an avoidance-avoidance conflict a choice must be made between two unattractive goals.
- The person is forced to choose one compulsorily among the two alternatives.

For eg: The choice to be made between for painful backache is either to live with the pain or opt for a surgery.

- This conflict is highly stressful and unpleasant.

#### 3. Approach-avoidance conflict:

- In approach-avoidance conflict a choice have to be made whether to follow a single goal that has both attractive and unattractive goals.

Eg: The individual had got promotion and he have to move a new city.

- Approach-avoidance conflict is highly stressful.
- Approach approach conflict produce vacillation. That is people go back and forward to decide whether to go ahead or not to.

### **PRESSURE**

- At some point of time we all will be “under pressure”.
- Pressure involves expectations or demands that one behave in a certain way.

#### **TYPES OF PRESSURE:**

The two types of pressure are

1. Pressure to perform
2. Pressure to conform.

✚ Pressure to perform is when you are expected to perform your responsibility quickly and effectively.

Eg: Sales people are pressured to meet targets before deadlines.

Comedians are put under pressure to make everyone smile.

✚ Pressure to conform is to meet other's expectation.

Eg: Businessmen should wear suits to attend meetings.

Young adults are under pressure to get marry before 30.

### **RESPONSE TWISTERS**

The human response to stress is complex and multidimensional.

The multidimensional responses to stress are

✚ Emotional responses

✚ Physiological responses

✚ Behavioral responses.

Emotional response

- Annoyance, anger, anxiety
- fear, envy, shame, guilt.

Physiological  
response










- automatic, arousal, hormonal changes
- neurological changes so on.

Behavioral  
response


- coping efforts, blaming oneself, seeking help
- solving problems and releasing emotions.

## THE STRESSOR

A stressor is the stimulus (or threat) that causes stress, e.g. exam, divorce, death of loved one, moving house, loss of job. The major stressors which become unnoticeable are money trouble, job issues, relationships conflicts, long travels, colleagues pressure and so on. The following are the few major sources of stress.

1. Personal problems	2. Emotional problem	3. Social problems:
 Health  Relationships  Personal beliefs	 Life changes  Money	 Occupation.  Discrimination  Environment  Traumatic events

## THE POTENTIAL EFFECTS OF STRESS

 The problems due to high levels of stress and conflict can be exhibited physically, psychologically, or behaviorally by the individual.

### Physical Problems Due to Stress and Conflict

Specific physical health concerns that have been linked to stress include the following:

- (1) immune system problems, where there is a lessened ability to fight off illness and infection;
- (2) cardiovascular system problems, such as high blood pressure and heart disease;
- (3) musculoskeletal system problems, such as tension headaches and back pain; and
- (4) gastrointestinal system problems, such as diarrhea and constipation

### Psychological Problems Due to Stress and Conflict

High levels of stress may be accompanied by

- anger,
- anxiety,
- depression,
- nervousness,
- irritability,

- tension, and
- boredom.

One study found that stress had the strongest impact on aggressive actions, such as

- sabotage,
- interpersonal aggression,
- hostility, and
- complaints

These types of psychological problems from stress, in turn, are especially relevant to

- poor job performance,
- lowered self-esteem,
- resentment of supervision,
- inability to concentrate and make decisions, and
- job dissatisfaction.

### **Behavioral Problems Due to Stress and Conflict**

Direct behaviors that may accompany high levels of stress include

- Undereating or overeating,
- Sleeplessness,
- increased smoking and drinking, and drug abuse
- absenteeism and turnover.
- A drop in work performance
- Problems with interpersonal relationships
- Mood swings and irritability
- Lower tolerance of frustration and impatience
- Disinterest
- Isolation.
- eventually quit or are fired from the job

## **FACTORS THAT INFLUENCE STRESS TOLERANCE**

### **I. Our support network.**

- A strong network of supportive friends and family members is an enormous buffer against stress.  
When we have people we can count on, life's pressures don't seem as overwhelming.

**II. Our sense of control.**

- If we have confidence in oneself and have ability to influence events and persevere through challenges, it's easier to take stress in stride.

**III. Our attitude and outlook.**

- The way we look at life and its inevitable challenges makes a huge difference in our ability to handle stress.
- If we're generally hopeful and optimistic, we'll be less vulnerable.
- Stress-hardy people tend to embrace challenges, have a stronger sense of humor, believe in a higher purpose, and accept change as an inevitable part of life.

**IV. Our ability to deal with our emotions.**

- If we don't know how to calm and soothe oneself when we're feeling sad, angry, or troubled, we're more likely to become stressed and agitated.
- Having the ability to identify and deal appropriately with our emotions can increase our tolerance to stress and help we bounce back from adversity.

**V. Our knowledge and preparation.**

- The more we know about a stressful situation, including how long it will last and what to expect, the easier it is to cope.

*For example, if we go into surgery with a realistic picture of what to expect post-op, a painful recovery will be less stressful than if we were expecting to bounce back immediately.*

## UNIT-II

### STYLES OF COPING

Meaning and Definition of Coping - Common Coping Patterns-The Nature of Contracting Coping-Types of Coping Appraisal for Focused Coping-Problem Focused Coping-Emotional Focused Coping.

#### MEANING AND DEFINITION OF COPING

- ❖ **Coping** is conscious or unconscious strategies used to reduce unpleasant emotions. Coping strategies can be cognitions or behaviors and can be individual or social.

#### COMMON COPING PATTERNS

Among the more commonly used adaptive coping mechanisms are:

a) **Support:**

- Talking about a stressful event with a supportive person can be an effective way to manage stress.
- Seeking external support instead of self-isolating and internalizing the effects of stress can greatly reduce the negative effects of a difficult situation.

b) **Relaxation:**

- Relaxing activities may include practicing meditation, progressive muscle relaxation or other calming techniques, sitting in nature, or listening to soft music.

c) **Problem-solving:**

- This coping mechanism involves identifying a problem that is causing stress and then developing and putting into action some potential solutions for effectively managing it.

d) **Humor:**

- Making light of a stressful situation may help people maintain perspective and prevent the situation from becoming overwhelming.

e) **Physical activity:**

- Exercise can serve as a natural and healthy form of stress relief. Running, yoga, swimming, walking, dance, team sports, and many other types of physical activity can help people cope with stress and the aftereffects of traumatic events.

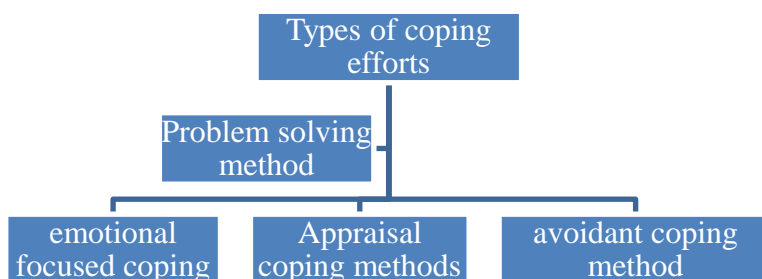


## THE NATURE OF CONTRACTING COPING

### TYPES OF COPING

✚ Coping with a stressful event is a dynamic process.

These are few types of coping efforts to handle stressful events namely



#### Problem solving effort:

✚ These are attempts to something constructive to change the stressful events.

Eg: Seek help from others, apologizing.

#### Avoidant coping methods:

✚ Which involve disengaging behaviorally or mentally from the stressful situation.

It includes

- ✓ Abusing
- ✓ Distancing from the problematic area.

Generally active coping is found more adaptive to any situations that are willing to find a solution. Emotional focused may suit to the problem where the situation cannot be changed. Avoidance coping method should not be implemented as it only worsens the situation further.

#### Appraisal-focused coping strategies

✚ Appraisal-focused (adaptive cognitive) strategies occur when the person modifies the way they think,

For example: employing *denial*, or distancing oneself from the problem.

✚ Individuals who use appraisal coping strategies purposely alter their perspective on their situation in order to have a more positive outlook on their situation.

*An example of appraisal coping strategies could be an individual purchasing ticket to a football game, knowing their medical condition would likely cause them to not be able to attend.*

### **Emotion-focused coping strategies**

🚦 Emotion-focused coping "is oriented toward managing the emotions that accompany the perception of stress".

Emotion-focused coping is a mechanism that can be applied through a variety of ways, such as:

- seeking social support
- reappraising the stressor in a positive light
- accepting responsibility
- using avoidance
- exercising self-control
- distancing

### UNIT-III

#### STRESS MANAGEMENT TECHNIQUES

*Setting New Goal-Positive Self Talk-Relaxation Training-Time Management and Planning- Assertiveness Training-Bio Feedback*

#### SETTING NEW GOALS

⇒ Goal setting is a powerful process for thinking about our ideal future.

##### The Five Golden Rules of goal setting:

##### 1. Set Goals That Motivate We

##### 2. Set SMART Goals

There are many variations of what SMART stands for, but the essence is this – goals should be:

- Specific.
- Measurable.
- Attainable.
- Relevant.
- Time Bound.

##### 3. Set Goals in Writing

###### Ways to write goals:

- ✓ Frame our goal statement positively.
- ✓ make our self a To-Do List template .
- ✓ Post our goals in visible places to remind werself every day

##### 4. Make an Action Plan

- By writing out the individual steps, and then crossing each one off as we complete it, we'll realize that we are making progress towards our ultimate goal.

##### 5. Stick With It!

- ✓ Build in reminders to keep our self on track, and
- ✓ Make regular time-slots to finish goals.

#### POSITIVESELF TALK

- ❖ When negative events or mistakes happen, **positive self-talk** seeks to bring the **positive** optimism, hope, and joy in any given situation.

**Importance of positive talk:**

- 1) It helps boost our confidence.
- 2) It introduces optimistic thoughts — that save we from depression.
- 3) It eliminates stress.
- 4) It protects our heart.
- 5) It can help us improve our performance

## **RELAXATION TRAINING**

- ❖ Relaxation training is a process that decreases the effects of stress on our mind and body.

**Types of relaxation techniques:**

**1. Deep breathing:** The key to deep breathing is to breathe deeply from the abdomen, getting as much fresh air as possible in our lungs and inhale more oxygen.

- Sit comfortably with you back straight.
- Breathe in through your nose.

Exhale through your mouth, pushing out as much air as we can while contracting your abdominal muscles. Continue to breathe in through your nose and out through your mouth.

**2. Progressive muscle relaxation:**

- Progressive muscle relaxation is a two-step process in which we tense and relax different muscle groups in the body.

Start at your feet and work your way up to your face, trying to only tense those muscles intended.

1. Loosen clothing, take off your shoes, and get comfortable.
2. Take a few minutes to breathe in and out in slow.
3. Slowly tense the muscles in your right foot, squeezing as tightly as we can. Hold for a count of 10.
4. Relax your foot.
5. Stay relaxed and breathe deeply and slowly.
6. Shift your attention to your left foot. Follow the same steps.
7. Move slowly up through your body, contracting and relaxing the different muscle groups.
8. It may take some practice at first, but continue doing for better results

**3. Mindfulness meditation:**

- Rather than worrying about the future or dwelling on the past, mindfulness meditation focuses to what's happening right now and engages we in the present moment

## **TIME MANAGEMENT AND PLANNING**

### **Definition:**

- ❖ Time Management refers to managing time effectively so that the right time is allocated to the right activity.

### **WAYS OF TIME MANAGEMENT AND PLANNING:**

The following are the ways to manage time in personal and workplace as well

#### **Effective Planning**

- Plan our day well in advance.
- Prepare a To Do List or a “TASK PLAN”.
- High Priority work should come on top followed by those which do not need much of your importance at the moment.
- Tick the ones we have already completed

#### **Setting Goals and Objectives**

- Set targets for our self and make sure they are realistic ones and achievable.

#### **Setting Deadlines**

- Set deadlines and strive hard to complete tasks ahead of the deadlines.
- We should Use a planner to mark the important dates against the set deadlines.

#### **Delegation of Responsibilities**

- The roles and responsibilities must be delegated as per interest and specialization of employees for them to finish tasks within deadlines.

#### **Prioritizing Tasks**

- Prioritize the tasks as per their importance and urgency.
- We should know the difference between important and urgent work.

#### **Spending the right time on right activity**

- Develop the habit of doing the right thing at the right time.
- Work done at the wrong time is not of much use.

#### **Do one thing at a time**

- 🌈 Successful people don't take on too much. They concentrate on doing and finishing one thing at a time as far as possible.

## ASSERTIVENESS TRAINING

- ❖ **Assertiveness** is a communication style where we express our personal rights and feelings more openly.
- ❖ **Assertiveness** training is a form of behavior therapy designed to help people stand up for themselves—to employ our ourselves, in more contemporary terms.

For example, a man could be very assertive with his colleagues at work, but not with his wife and kids.

### Assertive Behavior

The behavioral characteristics of assertion include:

1. **Openness** implies being clear and specific about what we want, think and feel.
2. **Directness** means addressing the person / situation directly. *For example, if we are in a group and want to say something to someone, communicate directly with that person instead of addressing the whole group .*
3. **Honesty** in communication implies that we be truthful and not mislead the other person.

*Example: your friend says, "I don't like your hairstyle" and we reply, "Yes, I don't too" when in fact we actually do.*

4. **Appropriateness** implies thinking in social and cultural aspects before communicating. *Eg: Asking out a girl in a bar might be appropriate, but trying to get a date with a widow on her husband's funeral can certainly get we into trouble.*

### Steps in Assertive training:

After understanding the basic concepts, the next step in assertiveness training is practicing it out.

First Phase	Second phase	Third phase
<ul style="list-style-type: none"><li>• Stand straight</li><li>• Make eye contact</li><li>• Speak loud enough</li></ul>	<ul style="list-style-type: none"><li>• saying yes or no,</li><li>• ask favors and make requests</li><li>• communicate our feelings and thoughts openly</li></ul>	<ul style="list-style-type: none"><li>• Develop adaptive behaviors</li><li>• maintain a social network</li><li>• develop close, personal relationships</li></ul>

## BIO-FEEDBACK

- ❖ Biofeedback is an alternative medicine approach that teaches people to change the way their body's function. It is a mind-body therapy that may improve your physical and mental health.
- ❖ During a biofeedback session, a practitioner uses monitoring equipment and instruments to measure your body's functions. Based on feedback from the instruments, the practitioner suggests how you can create physiologic changes. With education and practice, you can learn to make those bodily changes without equipment.

**People use biofeedback to help relieve many issues, such as:**

- Anxiety, depression and post-traumatic stress disorder.
- Attention-deficit disorders.
- Breathing problems, such as asthma.
- Digestive issues, such as irritable bowel syndrome and constipation.
- Insomnia.
- Pain, including headaches, fibromyalgia, and joint and muscle pain

During a biofeedback session, the provider places painless sensors on your skin.

The sensors measure physiological signals from your body, such as:

- Breathing.
- Heart rate.
- Muscle activity.
- Sweat.
- Muscle movement and tension, using surface electromyography, or sEMG.
- Electrical brain activity, using neurofeedback\_ or \_EEG biofeedback.
- Skin temperature.

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## UNIT-IV

### COPING INTERVENTIONS

*Physical Control- Emotional Control- Spiritual Control- Social Support - Systematic Desensitization-Cognitive Modification -Rational Emotional Therapy (RET)-Mindfulness*

#### **SOCIAL SUPPORT**

- ❖ Social support means having friends and other people, including family, to turn to in times of need or crisis to give you a broader focus and positive self-image.
- ❖ Social support, when studied by psychologists, is often defined as “acts that communicate caring; that validate the other’s words, feelings or actions; or that facilitate adaptive coping with problems through the provision of information, assistance, or tangible resources”
- ❖ Social support *enhances quality of life and provides a buffer against adverse life events.*

#### **Importance of social support**

- Social support is one aspect of social interactions and has been linked with many facets of health, including emotional health, mental health, physical health and well-being.
- Research on perceived support has found that when individuals perceive a high level of social support they tend to be healthier and better at coping with stress.
- Improving the ability to cope with stressful situations
- Alleviating the effects of emotional distress
- Promoting lifelong good mental health
- Enhancing self-esteem
- Lowering cardiovascular risks, such as lowering blood pressure
- Promoting healthy lifestyle behaviours
- Encouraging adherence to a treatment plan

#### **Types of Social Support**

Different forms of support carry different benefits. Here are some of the main types.<sup>3</sup>

- **Emotional Social Support** includes affirmations of one’s worth, concern about one’s feelings, and the sharing of positive regard. This falls along the lines of listening to and validating feelings, letting others know they are valued, and offering a shoulder to cry on.

- **Informational Social Support** involves the sharing of advice or information that can help someone who is experiencing a stressor or challenge they don't know how to handle. This includes offering advice that people may find useful, pointing people to experts who may offer advice, and sharing experiences.
- **Tangible Social Support** includes sharing resources, either material or financial. Obviously, this can include providing loans of monetary gifts, but it can also involve offers to share childcare duties, helping a friend move, or even bringing a casserole to a grieving family.
- **Belonging Social Support** involves providing social leisure and belonging. This means including friends in the group, and spending time with friends who need support and may feel alone.

### **Benefits of Social Support for relieving stress**

The benefit of a network of social support, including the following:

- Improving the ability to cope with stressful situations
- Alleviating the effects of emotional distress
- Promoting lifelong good mental health
- Enhancing self-esteem
- Lowering cardiovascular risks, such as lowering blood pressure
- Promoting healthy lifestyle behaviours
- Encouraging adherence to a treatment plan

### **SYSTEMATIC DESENSITIZATION**

- ❖ **Systematic desensitization is one form of exposure therapy used in cognitive behavioral therapy (CBT)** developed by Wolpe during the 1950s. This therapy aims to remove the fear response of a phobia, and substitute a relaxation response to the conditional stimulus gradually using counter-conditioning.
- ❖ Systematic desensitization aims to reduce anxiety, stress, and avoidance by gradually exposing a person to the source of their discomfort in a thoughtfully planned way.
- ❖ The patient is counterconditioned, taught a new association that is to counter the original behavior learnt. The new response they learn is relaxation instead of fear (being mindful) because fear and relaxation cannot coexist (reciprocal inhibition).

- ❖ A desensitization hierarchy is constructed and the patient works their way through, visualising each anxiety provoking event while engaging in the relaxation response.

Exposure can be done in two ways:

- **In vitro** – the client imagines exposure to the phobic stimulus.
- **In vivo** – the client is actually exposed to the phobic stimulus.

***There are three phases to the treatment:***

1. First, the patient is taught a ***deep muscle relaxation technique and breathing exercises***.E.g. control over breathing, muscle detensioning or meditation.

This step is very important because of reciprocal inhibition, where once response is inhibited because it is incompatible with another. In the case of phobias, fears involves tension and tension is incompatible with relaxation.

2. Second, ***the patient creates a fear hierarchy starting at stimuli that create the least anxiety (fear) and building up in stages to the most fear provoking images***. The list is crucial as it provides a structure for the therapy.

Behavior	Fear rating
Think about a spider.	10
Look at a photo of a spider.	25
Look at a real spider in a closed box.	50
Hold the box with the spider.	60
Let a spider crawl on your desk.	70
Let a spider crawl on your shoe.	80
Let a spider crawl on your pants leg.	90
Let a spider crawl on your sleeve.	95
Let a spider crawl on your bare arm.	100

3. Third, the ***patient works their way up the fear hierarchy, starting at the least unpleasant stimuli and practising their relaxation technique as they go***.

When they feel comfortable with this (they are no longer afraid) they move on to the next stage in the hierarchy. If the client becomes upset they can return to an earlier stage and regain their relaxed state.

The client repeatedly imagines (or is confronted by) this situation until it fails to evoke any anxiety at all, indicating that the therapy has been successful.

This process is repeated while working through all of the situations in the anxiety hierarchy until the most anxiety-provoking.

## COGNITIVE MODIFICATION

- ❖ Donald Meichenbaum is a psychologist noted for his contributions to cognitive behavioral therapy (CBT). He developed a therapeutic technique called cognitive behavior modification (CBM), which **focuses on identifying dysfunctional self-talk in order to change unwanted behaviors**
- ❖ **Cognitive-behavioral modification** (CBM) is an approach to cognitive-behavioral therapy that focuses on changing negative self-talk and life narrative to positive self-talk

### PHASES OF CBM:

Using CBM, changing thoughts and behaviours, including avoidance behaviours and panic responses, is a three-phase process:

#### Phase 1: Self-Observation

This phase involves listening closely to your internal dialogue or self-talk and observing your own behaviours. You want to be especially aware of any negative self-statements that are actually contributing to your anxiety and symptoms. For example, do you tell yourself negative messages, such as "I'm not smart enough," "People don't like me," or "Everyone can see how neurotic I am."

To help you become more aware of your negative self-statements, it may be beneficial to write them down. Tracking this type of dialogue will help you become even more aware of when it's happening.

If you can, try jotting it down in a notebook as soon as possible after it occurs. If that doesn't work for you, try journaling at the end of the day, writing down the entire negative self-talk you can remember. You may be surprised to discover just how often you are setting yourself up for anxiety throughout the day.

The Toxic Effects of Negative Self-Talk

#### Phase 2: Begin New Self-Talk

Once you recognize your negative self-talk, you can begin to change it.

As you “catch” yourself in familiar negative thought patterns, you recreate a new and positive internal dialogue. “I can’t” becomes “It may be difficult, but I can.”

Scratch off the negative statements in your journal and write these down in their place. Practice saying them until you start to believe them.

These new self-statements or affirmations now guide new behaviours. Rather than using avoidance behaviours to cope with panic disorder and anxiety, you become willing to experience the anxiety-provoking situations. This leads to better coping skills, and as your small successes build upon one another, you make great gains in your recovery.

How to Talk to Yourself in a Positive Way

### **Phase 3: Learn New Skills**

Each time you are able to identify and restructure your negative thoughts and change your response to panic and anxiety, you are learning new skills. When you are now acutely aware of your thoughts, you are better able to gauge your anxiety and react in a more useful manner.

## **RATIONAL EMOTIONAL THERAPY (RET)**

- Rational emotive behaviour therapy (REBT) is a type of therapy introduced by Albert Ellis in the 1950s. It’s an approach that helps you identify irrational beliefs and negative thought patterns that may lead to emotional or behavioural issues.
- REBT is an action-oriented approach that’s focused on helping people deal with irrational beliefs and learn how to manage their emotions, thoughts, and behaviors in a healthier, more realistic way.

**Benefits of REBT:**

REBT can be particularly helpful for people living with a variety of issues, including:

- depression
- anxiety
- addictive behaviors
- phobias
- overwhelming feelings of anger, guilt, or rage
- procrastination
- disordered eating habits
- aggression
- sleep problems

**Problem-solving techniques**

**These strategies can help address the activating event (A).**

They often include working to develop:

- problem-solving skills
- assertiveness
- social skills
- decision-making skills
- conflict resolution skills

**Cognitive restructuring techniques**

These strategies help you to change irrational beliefs (B).

They might include:

- logical or rationalizing techniques
- guided imagery and visualization
- reframing, or looking at events in a different way
- humor and irony
- exposure to a feared situation
- disputing irrational thoughts

**Coping techniques**

Coping techniques can help you better manage the emotional consequences (C) of irrational thoughts.

These coping techniques may include:

- relaxation
- hypnosis
- meditation

### MINDFULNESS

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves **breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.**

Mindfulness-based interventions, generally aimed at relieving symptoms of stress, mental health concerns, and physical pain, can be used to address and treat a range of symptoms and concerns.

**Mindfulness-based interventions**, therapeutic approaches grounded in mindfulness, promote the practice as an important part of good physical and mental health. Mindfulness-based stress reduction, mindfulness-based cognitive therapy (MBCT), dialectal behavior therapy (DBT), and acceptance and commitment therapy (ACT) are some mindfulness-based interventions currently utilized in therapy.

- **Mindfulness-based stress reduction** can often help people address stress, chronic pain, cancer, anxiety, depression, and other chronic issues.
- **MBCT** often forms part of the approach to treatment of recurrent depression, anxiety, psychosis, eating and food issues, bipolar, panic attacks, attention deficit hyperactivity, and posttraumatic stress, among others.
- **DBT** is used primarily in the treatment of suicidal ideation, borderline personality, self-harm, substance dependence, eating and food issues, depression, and PTSD
- **ACT** is an approach often used in the treatment of anxiety, depression, substance dependence, chronic pain, psychosis, and cancer.

## UNIT-V

### ALTERNATIVE TECHNIQUES

*Meditation-Exercise-Play Therapy-Sharing and Ventilating-Hypnosis-Yoga-Nutrition and Diet-Cultivating Happiness-Laughter Therapy -Mental Imaginary-Massage Therapy-Self Hypnosis-Leisure and recreation*

### MEDITATION

- ❖ Meditation is considered a type of mind-body complementary medicine. Meditation can produce a deep state of relaxation and a tranquil mind.
- ❖ During meditation, you focus your attention and eliminate jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.

#### Types of meditation

There are many types of meditation and relaxation techniques that have meditation components. All share the same goal of achieving inner peace.

Ways to meditate can include:

- **Guided meditation.** Sometimes called guided imagery or visualization, with this method of meditation you form mental images of places or situations you find relaxing.
- **Mantra meditation.** In this type of meditation, you silently repeat a calming word, thought or phrase to prevent distracting thoughts.
- **Mindfulness meditation.** This type of meditation is based on being mindful, or having an increased awareness and acceptance of living in the present moment.

In mindfulness meditation, you broaden your conscious awareness. You focus on what you experience during meditation, such as the flow of your breath. You can observe your thoughts and emotions. But let them pass without judgment.

- **Tai chi.** This is a form of gentle Chinese martial arts training. In tai chi (TIE-CHEE), you perform a self-paced series of postures or movements in a slow, graceful manner while practicing deep breathing.
- **Transcendental meditation.** Transcendental meditation is a simple, natural technique. In this form of meditation, you silently repeat a personally assigned mantra, such as a word, sound or phrase, in a specific way.
- **Yoga.** You perform a series of postures and controlled breathing exercises to promote a more flexible body



**Benefits of meditation:**

When you meditate, you may clear away the information overload that builds up every day and contributes to your stress.

The emotional and physical benefits of meditation can include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance
- Lowering resting heart rate
- Lowering resting blood pressure
- Improving sleep quality
- Tension headaches

*Some research suggests that meditation may help people manage symptoms of conditions such as:*

- Anxiety
- Asthma
- Cancer
- Chronic pain
- Depression
- Heart disease
- High blood pressure
- Irritable bowel syndrome
- Sleep problems

**EXERCISE**

You don't need to be a marathon runner or elite athlete to experience stress relief from exercise. Almost any kind of exercise can be helpful.

*For example, consider trying moderate aerobic exercises such as:*

- biking
- brisk walking or jogging
- swimming or doing water aerobics
- playing tennis or racquetball
- dancing
- rowing

Any type of exercise can increase your fitness and decrease your stress. However, it's important to choose an activity that you enjoy rather than dread

some of its additional benefits, exercise can help:

- strengthen your muscles and bones
- strengthen your immunity,
- lower your blood pressure
- boost levels of good cholesterol in your blood
- improve your blood circulation
- improve your ability to control weight
- help you sleep better at night
- boost your energy and improve your self-image

### **PLAY THERAPY**

- Play Therapy is a form of counseling or psychotherapy that uses play to communicate and help the people (especially for children) to prevent or to solve psychosocial challenges.
- Play Therapy can also be used as a tool for diagnosis in children.
- A play therapist observes a clients while playing with toys to determine the cause of the disturbed behavior.
- In this way play therapy can be used as a self-help mechanism, as long as children are allowed time for "free play" or "unstructured play" .
- Normal play is an essential component of healthy child development. The play has been recognized as an important in child development since the time of Plato, who reported and observed “You can discover more about a person in an hour of play than in a year of conversation”.
- In the eighteenth century Rousseau , in his book wrote about the importance of observing play as a vehicle to learn and understand about a child.

### **ADVANTAGES OF PLAY THERAPY**

- ✓ Play is a natural way for children to regulate their emotions.
- ✓ Children develop stronger bonds with their therapist.
- ✓ Play therapy is most effective when the source of a child's distress is unknown.

### **DISADVANTAGES OF PLAY THERAPY**

- ✓ The effectiveness of play therapy show mixed results.play therapy draws out hidden fears and concerns simply through the way a child plays.
- ✓ Play therapy is largely dependent on the therapist's skills.

## **HYPNOSIS**

Hypnosis can be used for stress management in two ways.

- First, to get into a deeply relaxed state, fighting tension and triggering your relaxation response.
- Next, hypnosis can also help you achieve various healthy lifestyle changes to overcome stress.

### **Benefits of hypnosis:**

. It's easy to do, can be quite inexpensive, and the results are lasting.

Rarely, upsetting information can come up from your subconscious mind and can be discussed and processed in therapy.

### **Drawbacks**

- Hypnosis doesn't suit everyone.
- Some people have trouble getting past in general.
- Some have a more difficult time getting into the trance-like state .
- Others find that they simply can't find the time or focus.

## **YOGA**

- ❖ Yoga is considered one of many types of complementary and integrative medicine approaches.
- ❖ Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind.
- ❖ This can help you relax and manage stress and anxiety.

*.The core components of hatha yoga and most general yoga classes are:*

- **Poses.** Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from simple to difficult. In a simple post, you might lie on the floor while completely relaxed. A difficult posture may have you stretching your physical limits.
- **Breathing.** Controlling your breathing is an important part of yoga. Yoga teaches that controlling your breathing can help you control your body and quiet your mind.
- **Meditation or relaxation.** In yoga, you may incorporate meditation or relaxation. Meditation may help you learn to be more mindful and aware of the present moment without judgment.

### **The health benefits of yoga**

The potential health benefits of yoga include:

- ✓ Stress reduction
- ✓ Improved fitness. .
- ✓ Management of chronic conditions **as heart disease and high blood pressure.**

### **NUTRITION AND DIET**

- ❖ **Balanced diet can support a healthy immune system and the repair of damaged cells.**
- ❖ It provides the extra energy needed to cope with stressful events.
- ❖ Early research suggests that certain foods like polyunsaturated fats including omega-3 fats and vegetables may help to regulate cortisol levels.

### **Nutrition and stress are interlinked. Here are some tips to eat well for academic success:**

1. **Eat regularly.** Your brain needs glucose to work at its best. Eating regularly throughout the day helps keep your blood glucose stable. Studies have shown that more stable blood sugar levels are associated with better academic performance.
2. **Get your healthy fats.** Omega-3 fatty acids found in walnuts, flax seed and fish oil are associated with brain function. Deficiencies of this fatty acid can result in depression and/or anxiety.
3. **Eat your veggies.** Fruits and vegetables contain vitamins and minerals like copper, zinc, manganese, and vitamins A, E and C. Leafy greens are especially good for you. These vitamins and minerals work to neutralize harmful molecules produced when your body is under stress.
4. **Add high-fiber foods.** High fiber intake has been associated with greater alertness and decreased perceived stress. So add fiber-rich foods like oatmeal, nuts, beans, fruits and vegetables to your diet.

5. **Trade caffeine for more sleep.** Caffeine leads to increased blood pressure and may make you anxious, especially if you are already prone to anxiety. While consuming caffeine may seem to help you concentrate better, some studies show that caffeine only restores what is lost through lack of sleep. Instead of turning to caffeine, try the natural grade booster – sleep!
6. **Stock up on healthy snacks.** If you know that a stressful or busy time is approaching, prepare by stocking up on quick, healthy snacks. Healthy snacks are high in protein and/or fibre. Some examples are granola, almonds, peanuts, carrots with hummus or yogurt with fresh fruits.

### **Tips for Reducing Stress Through Diet**

- ✚ **Eat Well Throughout the Day**-Make sure you eat at least five portions of fruit and vegetables each day and focus on foods containing Vitamins B and C, and Magnesium:
- ✚ **Reduce intake of Caffeine**-Caffeine is found mostly in coffee, tea, some soft drinks and chocolate, can have negative effects on the body if taken in high quantities.
- ✚ **Say no to Alcohol, Sugar, Salt and Nicotine**-You should aim to reduce your intake of alcohol, sugar and salt. Consumption of these items are all known to strip the body of essential nutrients and undo the work of a healthier diet.

### **CULTIVATING HAPPINESS**

- ❖ Happiness is a positive emotional state that is subjectively defined by each person.

Researchers in the field of positive psychology have found that you can genuinely increase your happiness and overall satisfaction with life—and it doesn't require a winning lottery ticket or some other drastic change of circumstances.

#### **Tip to cultivate happiness:**

Tip 1: Train your brain to be more positive

But in today's comparatively safe world, this biological predisposition to focus on the negative contributes to stress and unhappiness. While we can't change our nature, we can train our brains to be more positive. This doesn't mean putting on a smiley face and whistling a happy tune no matter what's going on. You don't have to ignore reality or pretend things are wonderful even when they're not. But just as dwelling on negative things fuels unhappiness (and plays a big role in depression and anxiety), choosing to notice, appreciate, and anticipate goodness is a powerful happiness booster.

- ✓ Express gratitude
- ✓ Give sincere thanks to others. .
- ✓ Keep a gratitude journal.
- ✓ Count your blessings.
- ✓ Write a letter of gratitude. \
- ✓ Find the positivity in a negative event from your past.

### **Tip 2: Nurture and enjoy your relationships**

Relationships are one of the biggest sources of happiness in our lives. Studies that look at happy people bear this out. The happier the person, the more likely that he or she has a large, supportive circle of family and friends, a fulfilling marriage, and a thriving social life.

- ✓ Make a conscious effort to stay connected.
- ✓ Invest in quality time with the people you care about.
- ✓ Offer sincere compliments.
- ✓ Seek out happy people.
- ✓ Take delight in the good fortune of others.

### **Tip 3: Live in the moment and savor life's pleasures**

Think about a time when you were depressed or anxious. Chances are, you were either dwelling on something negative from the past or worrying about something in the future. In contrast, when you focus on the present moment, you are much more likely to feel centered, happy, and at peace.

### **Do Meditate**

- Mindfulness meditation is a powerful technique for learning to live in and enjoy the moment. And you don't have to be religious or even spiritual to reap its benefits. No pan flutes, chanting, or yoga pants required.

*Here are a few mindfulness exercises that can help you get started:*

- ✓ Body scan
- ✓ Walking meditation
- ✓ Mindful eating –
- ✓ Adopt enjoyable daily rituals.
- ✓ Minimize multi-tasking.

- ✓ Stop to smell the roses.
- ✓ Replay happy memories. \

#### **Tip 4: Focus on helping others and living with meaning**

There is something truly fulfilling in helping others and feeling like your actions are making a difference for the better in the world. That's why people who assist those in need and give back to others and their communities tend to be happier.

Here are some ways to live a more altruistic, meaningful life:

- ✓ Volunteer.
- ✓ Practice kindness.
- ✓ Play to your strengths.

#### **Tip 5: Take better care of your health**

- ❖ You can be happy even when you're suffering from illness or bad health, but that doesn't mean you should ignore the aspects of your health that are in your control.
- ❖ Exercise and sleep are particularly important when it comes to happiness.

#### **Make exercise a regular habit**

- ✓ Exercise isn't just good for the body. It also has a powerful effect on mental well-being. People who exercise regularly are happier across the board. Plus, they're also less stressed, angry, anxious, and depressed.
- ✓ For best results, aim for an hour of exercise at least five days a week. If you find something you enjoy, you'll be more likely to stick to it.
- ✓ It could be taking a dance class, shooting hoops, walking in nature, joining a community sports league, playing tennis, running with your dog, swimming laps at the pool, hiking, biking, or doing yoga in the park

#### **Get the sleep you need**

- ✓ Getting quality sleep every night directly affects your happiness, vitality, and emotional stability during the day.
- ✓ When you're sleep deprived, you're much more susceptible to stress. It's harder to be productive, think creatively, and make wise decisions.

- ✓ According to sleep scientists, the average person needs at least 7.5 – 9 hours each night.

### LAUGHTERTHERAPY

- ❖ Laughter **enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.** Activate and relieve your stress response.
- ❖ A type of therapy that uses humor to **help relieve pain and stress and improve a person's sense of well-being.** It may be used to help people cope with a serious disease, such as cancer. Laughter therapy may include laughter exercises, clowns, and comedy movies, books, games, and puzzles.

### Stress Management Benefits of Laughter

Here are some of the many ways laughter reduces stress.

#### a) **Hormones**

Laughter reduces the level of stress hormones like [cortisol](#), [epinephrine](#) (adrenaline), [dopamine](#), and growth hormone. It also increases the level of health-enhancing hormones, like endorphins. Laughter increases the number of antibody-producing cells we have working for us and enhances the effectiveness of T cells. All this means a stronger immune system, as well as fewer [physical effects](#) of stress.

#### b) **Physical Release**

Laughter provides a physical and emotional release.

#### c) **Internal Workout**

A good belly laugh exercises the diaphragm, contracts the abs, and even works out the shoulders, leaving muscles more relaxed afterward. It even provides a good workout for the heart.

#### d) **Distraction**

Laughter brings the focus away from [anger](#), guilt, [stress](#), and [negative emotions](#) in a more beneficial way than other mere distractions.

#### e) **Perspective**

Studies show that our response to stressful events can be altered by whether we view something as a [threat or a challenge](#). Humor can give us a more light-hearted perspective and help us view events as challenges, thereby making them less threatening and more positive.<sup>3</sup>



#### **f) Social Benefits**

Just as with smiling and kindness, most people find that laughter is contagious. So, if you bring more laughter into your life, you can most likely help others around you to laugh more and realize these benefits as well.

### **MENTAL IMAGINERY**

- ❖ Guided imagery is a stress management technique, where you use your imagination to picture a person, place, or time that makes you feel relaxed, peaceful and happy.
- ❖ Imagery is slightly different from other stress management techniques, in that it relies on the use of all of your senses.

#### **According to research, guided imagery may help:**

1. Reduce stress and anxiety.
2. Promote relaxation.
3. Ease various symptoms related to stress.

### **MASSAGE THERAPY**

- ❖ Massage is an effective and beneficial treatment to decrease the feeling of stress. Stress is the body's way of responding to physical and emotional demands.
- ❖ Massage helps to reduce stress by lowering the heart, promoting relaxation and simulating the release of feel good hormones. Stress can be related to sport and exercise.
- ❖ Massage can help to control and relieve emotions of stress pre and post sport events.
- ❖ Massage helps relieve stress by lowering the heart rate, increasing relaxation, and releasing feel good hormones. Emotions such as anxiety and depression can be reduced once stress levels are decreased. Receiving a massage is beneficial to increasing the feeling of content and well-being.

### **SELF HYPNOSIS**

- ❖ Self-hypnosis or hypnotherapy can be a successful way of reducing stress and opening the mind to new ideas or thought processes, especially when dealing with problem behaviour such as certain addictions.
- Hypnotherapy is essentially a way of reprogramming how we think. There are many self-hypnosis resources available including CDs, tapes, MP3s and other recordings. Before using any such materials ensure that the recordings have been produced by a reputable and trained hypnotherapist. .

**Such self hypnotize statements need to be:**

- a) **Genuine and honest** – you will not be successful in planting ideas of things you really do not want to do or achieve into your subconscious.
- b) **Positive** – your statements need to be of a positive nature
- c) **Simple** – your statements need to be very straightforward no more than a few words long

*Some examples of personal hypnotic statements include:*

To relieve stress at work you may use: *'I am relaxed at work'*

To help with an addictive habit, like smoking, you may use: *'I am a non-smoker'*

To help reduce your nervousness before a public speaking event you may choose: *'I am a confident speaker'*

**Remember these statements are messages to your own subconscious** – use 'I', focus on specific actions and always prepare your statements as present-tense facts. Concentrate on one or two statements to start with – commit these to memory and focus on them in your mind.

**Steps to Enable Self-Hypnosis**

- To start the process you need to feel physically relaxed and comfortable. .
- Find an object that you can focus your vision and attention on
- Clear your mind of all thoughts and just focus on your object.
- Become aware of your eyes, think about your eyelids becoming heavy and slowly closing.
- Tell yourself that you will relax more every time you breathe out.
- Use your mind's eye to visualise a gentle up and down or sideways movement of an object.
- Softly, slowly and monotonously count down from ten in your head, saying I am relaxing after each number.
- Believe and remind yourself that when you finish counting down you will have reached your hypnotic state.
- When you have reached your hypnotic state it is time to focus on the personal statements that you prepared.
- Relax and clear your mind once more before bringing yourself out of your hypnotic state.
- Slowly but increasingly energetically count up to 10.
- When you reach 10 you will feel fully awake and revived

**LEISURE AND RECREATION**

**Definitions of Leisure**

However, there is a general consensus that there are three primary ways in which to consider leisure:

- ❖ leisure as time,
- ❖ leisure as activity, and
- ❖ leisure as state of mind.

### ***Leisure as Time***

- By this definition leisure is time free from obligations, work (paid and unpaid), and tasks required for existing (sleeping, eating). Leisure time is residual time. Some people argue it is the constructive use of free time.

### ***Leisure as Activity***

- Leisure can also be viewed as activities that people engage in during their free time—activities that are not work oriented or that do not involve life maintenance tasks such as housecleaning or sleeping.
- Leisure as activity encompasses the activities that we engage in for reasons as varied as relaxation, competition, or growth and may include reading for pleasure, meditating, painting, and participating in sports.
- This definition gives no heed to how a person feels while doing the activity; it simply states that certain activities qualify as leisure because they take place during time away from work and are not engaged in for existence.

### ***Leisure as State of Mind***

The definition of leisure as state of mind is a concepts such as perceived freedom, intrinsic motivation, perceived competence, and positive affect are critical to determining whether an experience is leisure or not leisure.

- ❖ Perceived freedom refers to an individual's ability to choose the activity without control from others.
- ❖ The second requirement of leisure as state of mind, intrinsic motivation, means that the person is moved from within to participate. The person is not influenced by external factors (e.g., people or reward)
- ❖ Perceived competence is also critical to leisure defined as state of mind. Perceived competence refers to strongly to satisfaction.
- ❖ Positive affect, the final key component of leisure as state of mind, refers to enjoyment, and this enjoyment comes from a sense of choice.

### **Factors of leisure:**

What may be a leisure experience for one person may not be for another; whether an experience is leisure depends on many factors.

- ❖ Enjoyment,
- ❖ motivation, and
- ❖ Choice is three of the most important of these factors.

### RECREATION

- Recreation is an activity that people engage in during their free time, that people enjoy, and that people recognize as having socially redeeming values.
- Unlike leisure, recreation has a connotation of being morally acceptable not just to the individual but also to society as a whole.
- While recreation activities can take many forms, they must contribute to society in a way that society deems acceptable.

Examples of recreational activities are endless and include sports, music, games, travel, reading, arts and crafts, and dance.

#### **Types of recreation:**

The two types of recreation are:

**Commercial recreation:** Any recreation activity for which a guest pays a fee is commercial recreation.

**Public recreation:** Any free or paid recreation that takes place on state or city or someother land or park is public recreation.

**Indoor Recreation:** If you are not an outdoor person, or if you can't go out due to bad weather or any other reason, there are always a number of activities that you can indulge in.

#### **Few indoor recreational activities:**

- ✓ Reading
- ✓ Internet surfing.
- ✓ Dancing
- ✓ Writing.
- ✓ Playing video games, cards.
- ✓ Music

**Outdoor recreation:** Outdoor recreation or outdoor activity refers to leisure pursuits engaged in the outdoors, often in natural or semi-natural settings out of town.

Examples include adventure racing, backpacking, cycling

**Benefits of recreation:**

The following are the positive effect of recreations on human.Values derived from Recreation:

1. Mental Health
2. Physical Health and Growth
3. Emotional Stability
4. Social Fitness
5. Psychological Awareness

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