



KAPLAN UNIVERSITY

HW410 Stress: Critical Issues in Management and Prevention

Stress Management and Prevention Program Resource Guide

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HW410: Stress: Critical Issues in Management and Prevention

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Unit 1: The Nature of Stress

Information to Remember:

Key Learning Point: There are three kinds of stress: eustress, neustress, and distress. Eustress is good stress that comes from positive encounters such as falling in love. Neustress is stress that is considered neither good nor bad. It comes from stress that does not directly affect a person for example a tornado in a remote area of the country. Distress is acute or chronic stress that negatively affect a person such as losing a job (Stahl and Goldstein, 2010).

Key Learning Point: “Mindfulness is about being fully aware of whatever is happening in the present moment, without filters or the lens of judgment” (Seaward, 2015). Mindfulness can positively affect a person wellbeing and can be applied all situations.

Key Learning Point: There are three stages of General Adaptation Syndrome (GAS). Stage one is known as alarm and the body responds by heightening its senses. Stage two is resistance. In this stage the body lowers its level of alertness in an attempt to become calm. Stage three is exhaustion. The body becomes exhausted and fails to function properly this can have an adverse effect on a person’s health (Seaward, 2015).

Self-Assessment Exercise:

A Mandala or wellness paradigm that consisted of the following four areas: mental, spiritual, and physical and emotional wellbeing and to determine the order of importance to them. The order of importance may be different for a lot of people. Everyone has an environment that fosters their wellbeing.

Seaward, B. (2015). *Managing stress: Principles and strategies for health and well-being*. Burlington, MA: Jones & Bartlett Learning.

Journal Writing:

Unit One Journal Writing

Complete the Journal Assignment entitled: “How Stressed Are You?” This exercise is found on pages 11 and 12 of the Mindfulness workbook. Use these directions please. List situations you have experienced on the left in which you can think through your levels of stress from the start, midway and end. Use a rating scale of 1 through 10 for each column. Provide at least 10 stressors; utilize all three types: eustress [good stress], neustress [neutral stress] and distress [bad stress]! At the end of the term you will prepare a stress resource manual. Revisit these and imagine how you could have handled differently now that you have learned stress prevention techniques throughout the term.

Situation	Start	Midway	End
1.Heading to the airport returning from vacation	6		
2.Getting luggage from baggage claim	2		
3.Unpacking luggage after returning home	5		
4.Prepping uniform for work	3		
5.Dropping kids off at school	2		
6.Taking daughter to doctor for immunizations	3		
7.Cleaning the house	4		
8.Cutting the grass	2		
9.Helping kids with homework	3		
10.Doing my homework	4		

Reference:

Stahl, B., & Goldstein, E. (2010). A mindfulness-based stress reduction workbook. Oakland, CA: New Harbinger Publications, Inc.

Unit 2: The Physiology of Stress

Information to Remember:

Key Learning Point: Three systems are directly involved with the physiology of stress: the nervous system, the endocrine system, and the immune system (Seaward, 2015). When stress affects these systems, it can cause a variety of conditions ranging from insomnia to chronic fatigue syndrome and illness due to a suppressed immune system

Key Learning Point: The human brain has three levels: vegetative level, limbic system, and neocortical level. Several stress physiologists believe that the vegetative is the bridge joining the mind (brain) and the body as one; this organ functions as a communications link between the mind and the body (Seaward, 2015).

Key Learning Point: The limbic system is also known as the midlevel of the brain. It consists of the thalamus, the hypothalamus, the amygdala, and the pituitary gland. “The hypothalamus also appears to be the center that registers pain and pleasure; for this reason, it is often referred to as the “seat of emotions” (Seward, 2015).

Self-Assessment Exercise:

In this assessment, I had to define what neuroscience and neuroplasticity are. Neuroscience is “The study of the brain and nervous system, including molecular neuroscience, cellular neuroscience, cognitive neuroscience, psychophysics, computational modeling and diseases of the nervous system” (Medicine.net, 2017). Neuroplasticity is the brain’s ability to adapt to environmental changes and to compensate for injury and illness (Medicine.net, 2017). Stress contributes to migraines, peptic ulcers, irritable bowel syndrome, hypertension, asthma, and infection. Stress can suppress the immune system and put one at risk for a viral infection.

Journal Writing:

Unit Two Journal Writing Assignment

Complete the Journal Assignment entitled, Explore: How is stress or anxiety affecting your life? Directions are found on pages 33 through 35 of the Mindfulness workbook. Upon completion of this Assignment, you will take the first step toward greater well-being and become aware of how stress is impacting your life. This should be a minimum of two full pages.

How is stress or anxiety about people affecting your life?

My wife and her college classes are currently cause me some stress. I feel anxious and nervous because we will remain in Hawaii for a few years after I retire in order for my wife to complete her nursing degree. Dealing with the uncertainty of finding a job and being able to maintain our current level of living does cause me to get occasional headaches.

How is stress or anxiety about work affecting your life?

Work is also causing me anxiety because I am beginning to transition out of the Army and I am currently running a platoon and trying to find time to do what I need to in order to retire. I also might be going to Fort Polk for a training exercise. That means that my wife will be handling the kids, her school work and other family activities.

How is stress or anxiety about the world affecting your life?

With Donald Trump being the new President and the current world events the thought of being stop lost or recalled after I retire is definitely a stressor. I tend to not let it stress me too much since I will have to deal with it if the time comes

How is stress or anxiety about food and eating habits affecting your life?

I have no stress in regards to my eating habits. I tend to eat pretty healthy and have no issues with maintaining my weight.

How is stress or anxiety about sleep and sleeplessness affecting your life?

I tend to get an average of eight hours of sleep every night.

How is stress or anxiety about exercise or lack of physical activity affecting your life?

In the Army I am required to workout daily and I follow a workout regimen of my own.

Reference:

Stahl, B., & Goldstein, E. (2010). *A mindfulness-based stress reduction workbook*. Oakland, CA: New Harbinger Publications, Inc.



Unit 3: Psychology of Stress

Information to Remember:

Key Learning Point: Denial, repression, projection, rationalization, displacement, and humor are all defensive mechanisms of the ego. “Our ego is *our identity*, and whether it is fear or anger that triggers the stress response, things that cause stress typically attack the integrity of our identity and perceptions of self-worth” (Seaward, 2015).

Key Learning Point: There are five stages denial, anger, bargaining, depression, and acceptance. Adaptation is the epitome of acceptance. Tragic optimism is defined as the ability to turn suffering into a meaningful experience (Seaward, 2015).

Key Learning Point: Chronic anxiety can affect the immune system and result in physical manifestations such as colds, warts, and the flu. Behavioral therapy can desensitize a person to his or stressors. (Seaward, 2015).

Self-Assessment Exercise:

Tibetans have been practicing Buddhism for more than a century. The Dalai Lama believes that suffering/stress is caused by strong desire. He also believes that there are positive and unreasonable/negative desires. Positive desires are a desire for happiness and peace. Unreasonable/negative desires are associated with fear, expectations, and conditions. Humans deal with rational and irrational fears daily. Overcoming these fears can reduce stress levels.

Journal Writing:

Unit Three Journal Writing Assignment

Complete the Journal Assignment entitled: Five-Minute Mindful Breathing and Bringing the Eight Attitudes of Mindfulness into Your Life. Directions are found on pages 45 and 46 of the Mindfulness workbook. Upon completion of this Assignment, you will begin to understand the importance of making them a part of your daily life. See what changes occur in relationships with

yourself and others around you. This should be a minimum of one full page.

Take some time to write about whatever you came up for you mentally, emotionally, and physically when doing this practice for the first time.

When I started the Five –Minute Mindful Breathing exercise I ensured that I picked a place where I would not be interrupted. I felt a little anxious at first because I felt that my children would not allow me to complete the exercise. Once the recording said to “congratulate yourself for taking some time for meditation practice” I felt a sense of self appreciation. I realized that I do spend a good amount of time doing things for others and that It felt good to take some time for myself. As the exercise continued I felt more and more relaxed my body was fully relaxed and I felt like I didn’t have a care in the world. It was nice to clear my mind and not have to worry about work, school, taking care of the family or any of the other task that require my attention throughout the day. To be fully submerge in just the present moment and focusing only on breathing felt amazing.

I found Bringing the Eight Attitudes of Mindfulness into Your Life a little difficult. I found myself getting hung up on judgment. I went along with book and tried cooking as the focus of this exercise. I enjoy cooking but anytime I try a recipe for the first time I always worried about how it’s going to come out. At the time, I conducted this exercise I was cooking pan seared steak, asparagus, and corn on the cob. Prepping the food was the easy part, noticing things such as textures and smells as a new experience made the experience more enjoyable. Then I began to worry about over cooking the steaks and that they would come out tough or dry. I tried to go with the book’s recommendation of just acknowledging that I am making my best effort but kept thinking about what if my best isn’t good enough. I was not able to let go of any reservations until I sampled the final product and realized that everything came out great.

Reference

Seaward, B. (2015). *Managing stress: Principles and strategies for health and well-being*. Burlington, MA: Jones & Bartlett Learning.

Unit 4: Personality Traits and the Human Spirituality

Information to Remember:

Key Learning Point: Certain personality types are more prone to stress than others. Type A personalities can be aggressive and exhibit free-floating hostility (Seaward, 2015).

Key Learning Point: Stress resistant personality types include Hardy and survivor. Traits possessed by the Hardy personality type are control, commitment, and challenge. Survivor traits include optimism, acceptance, creative problem solving (Seaward, 2015).

Key Learning Point: In some ways, human spirituality can be thought of as a form of self-government. It consists of both a domestic policy, or a personal philosophy and behavioral guidelines for the relationship with oneself, or the self, and a foreign policy concerning relationships with all other people in one's environment. (Seaward, 2015). For a person to have an insightful internal relationship a person he or she must know and love his or herself.

Self-Assessment Exercise:

According to Seward (2015), self-esteem is “the sense of underpinning self-values, self-acceptance, and self-love; thought to be a powerful buffer against perceived threats” (p. 162). Relationships, values, and meaningful purpose are all connected and can be negatively impacted by stress. Although values, attitudes, and beliefs are connected they are different. Prochaska's Stages of Change Model contains six phases: precontemplation, contemplation, determination, action, maintenance, and relapse.

Journal Writing:

Unit Four Journal Writing Assignment

Complete the Journal Assignment entitled: Explore: Identifying Emotions in the Body.

Directions are found on pages 74 through 77 of the Mindfulness workbook. Upon completion of this Assignment, practice taking a moment to mindfully tune in to your body and discover any physical sensations associated with strong emotions. This should be a minimum of three full pages.

FEAR: apprehension, anxiety, distress, edginess, jumpiness, nervousness, panic, tenseness, uneasiness, worry, fright, feeling overwhelmed.

Fear is produced from a belief that someone or something is dangerous or perceived as a threat. Variations of fear that are familiar to me are anxiety, nervousness, worry, and feeling overwhelmed. When I experience anxiety I feel the palms of my hands and my head getting sweaty, my chest getting tight, and my heart beating fast. The image I related to anxiety is being unprepared for a meeting. With nervousness my arms and legs begin to tingle, I my stomach feels queasy and my heart being to race. When I picture being nervous doing something for the first time is what appears. With worry I begin to feel tense especially in the back of neck and my shoulders. When I thought about being worried I thought about feeling like I wasn't going to meet a work deadline. Feeling overwhelmed causes me to feel tension in my head, shoulders, and back. I also feel a heavy sensation in my chest. Having tons of work with short deadlines is the first thing that came to mind when I thought of being overwhelmed.

CONFUSION: bewildered, uncertain, puzzled, mystified, perplexed, chaotic, foggy, or unaware.

Confusion is a sense of being uninformed or not being aware of what is taking place. Familiar variations of experience for me are being uncertain, chaotic, and unaware. When I experience these variations of emotions I have a dazed feeling in my head. When I imagine uncertainty I see a situation in which I have an assignment that is due and I am not sure if I am doing right. First thing I saw with chaotic was being involved in a situation where everyone is scrambling to accomplish a task at the last minute. When I think of being unaware I picture not being aware of a meeting that is going to

take and having no idea what the meeting will be about.

ANGER: aggravation, agitation, annoyance, destructiveness, disgust, envy, frustration, irritation, grouchiness, grumpiness, rage.

Anger is an extreme emotion caused by displeasure. Variations of anger that I am Familiar with are aggravation, annoyance, frustration, and rage. When I experience anger I feel my temperature begin to rise, and a tense sensation in my head, chest, neck, back, and arms. When I picture aggravation and annoyance I see myself wanting to be left alone but the person continues to disregard my wishes. An image that comes to mind with frustration is needing help with something and I am stuck doing it by myself and I am unable to do it alone. I associate rage with hitting a punching bag after reaching a boiling point in an argument.

SADNESS: alienation, anguish, despair, disappointment, gloom, grief, hopelessness, insecurity, loneliness, misery, unhappiness, rejection.

Sadness is an emotion caused by grief or disappointment. Alienation, disappointment, loneliness, and rejection are the variations of sadness that I am familiar with. I feel sadness throughout my entire body. I feel lethargic, tired, and numb. When I think of alienation I see someone not being included because he or she is different. When I see disappointment I picture a child being made a promise and the parent not following through on the promise. I associate loneliness with being locked in a dark room with no one to talk to. When I imagine rejection I see a person not being allowed in a group because the group feels that the person does not meet their standards.

SHAME: guilt, embarrassment, humiliation, invalidation, regret, remorse, mortification.

Shame is a painful emotion elicited by guilt and or humiliation. The emotional variations of guilt that I am familiar with are guilt, embarrassment, humiliation, and regret. When I feel shame I

experience a rush of blood to my head and experience a heavy sensation in my chest. When I imagine guilt I see a dog with his head down after using the bathroom in the house. When I see embarrassment I see a person falling down in front of a crowd after trying to look cool. When I see humiliation I see someone belittling a person because they failed to do something properly. With regret I see someone on their death bed wishing that they had took more risk.

LOVE: affection, arousal, attraction, caring, compassion, desire, fondness, infatuation, kindness, liking, longing, warmth, sympathy, sentimentality.

Love is a strong emotion based on compassion, affection, sympathy. I am familiar with all of the variations of emotions connected to love. I feel love throughout my entire body. It makes my heart race and body feels warm. When I imagine affection, arousal, desire, infatuation, and longing I see my wife and I spending a romantic weekend away from the kids. When I picture caring, compassion, fondness, kindness, warmth, sympathy, and sentimentality I see my wife taking care of our children.

JOY: amusement, bliss, contentment, eagerness, elation, enjoyment, enthusiasm, excitement, exhilaration, hope, optimism, pleasure, satisfaction.

Joy is an emotion brought on by my happiness and success. Variations of joy that I am familiar with are amusement, elation, excitement, and satisfaction. Joy is an emotion that I feel throughout my entire body. When I picture amusement I see my family bonding and having a good time playing together. I think of elation I picture how I felt on my wedding day watching my beautiful wife walk down the aisle. I picture my kids' reaction after being told that they are going to Chuck-e-cheese. When I picture satisfaction I see myself being congratulated for doing an outstanding job at work.

Emotions are responsible for connecting actions, thoughts, and feelings. Different emotions may be felt in certain areas of the body while others are felt throughout the entire body. According to Dr. Stahl and Dr. Goldstein (2015), when emotions are repressed they create stress in the mind and body (p.73). A person that is mindful of his or her emotions and how it makes them feel can improve their overall health. By dealing with physical or emotional pain in the present it can teach a person how to relieve or tolerate the pain rather than suffer.

Reference:

Stahl, B., & Goldstein, E. (2010). *A mindfulness-based stress reduction workbook*. Oakland, CA: New Harbinger Publications, Inc.



Unit 5: Dealing with Stress: Coping Strategies

Information to Remember:

Key Learning Point: Toxic thoughts originate from repeated exposure to feelings of shame and guilt in early childhood (Seaward, 2015). Negative thoughts are a learned response that is carried into adulthood.

Key Learning Point: Change involves a six-step process. Relapse is the final stage. Not all people that make a lifestyle change will experience a relapse. Stress can be a trigger to relapse for behaviors such as over eating, smoking or drinking (Seaward, 2015).

Key Learning Point: Humor is the only defensive mechanism that can simultaneously reduce pain and increase pleasure. The ten types of humor include: parody, slapstick, satire, absurd, the double entendre, black humor, irony, dry humor, bathroom humor, and sarcasm (Seaward, 2015).

Journal Writing:

Unit Five Journal Writing Assignment

Choose from either formal practice: Walking Meditation or Mindful Self-Inquiry for Stress and Anxiety. Directions are found on either pages 58 through 60 or 119 through 121 of the Mindfulness workbook. Upon completion of either practice, take a moment to reflect on whatever came up for you mentally, emotionally, and physically. This should be a minimum of two full pages.

Take some time to write about whatever came up for you mentally, emotionally and physically when doing this practice for the first time.

Before I began the walking meditation I was feeling a little stressed about leaving my family

to conduct training at Fort Polk. As I began walking my initial thought was I'm not in Hawaii any more. It was a blistering 38 degrees outside. Once I started walking I began to feel relaxed. I took the time to enjoy the environment. I noticed how clean and crisp the air smelled and how green the was. The more focused I was in the environment the better I began to feel. I began to realize that this wasn't the first time that I had been away from my family and that they will be fine. I felt a sense of relief especially knowing that if they need me that I was only a call away. As I finished my walk I felt energized and noticed I was walking faster. It could have been because of the energy or because of how cold I was.

Reference

Stahl, B., & Goldstein, E. (2010). A mindfulness-based stress reduction workbook. Oakland, CA: New Harbinger Publications, Inc.



Unit 6: Relaxation Techniques 1: Breathing, Meditation, and Mental Imagery

Information to Remember:

Key Learning Point: Diaphragmatic breathing is unequivocally the easiest method of relaxation to practice. It is easy because breathing is an action that we do normally without thought or hesitation. (Seaward, 2015). Diaphragmatic breathing involves finding a comfortable position, concentrating, and visualizing.

Key Learning Point: Meditation can be used to relieve chronic pain. Other health benefits of meditation include: decreased oxygen consumption, decreased blood lactate level, increased skin resistance, decreased heart rate, decreased blood pressure, decreased muscle tension, and increased alpha waves (Seaward, 2015).

Key Learning Point: Mental imagery can be used as a relaxation technique. Daydreaming may be the most common type of mental imagery used to relax. The daydreaming concept has been adapted to intercept the stress response and give the body a chance to unwind. (Seaward, 2015).

Self-Assessment Exercise:

Diaphragmatic breathing is thought to be an effective relaxation technique because it is easy. Diaphragmatic breathing interrupts the body's fight or flight response and triggers a normal relaxation response. Three important steps in engaging in diaphragmatic breathing are; assuming a comfortable position, concentrating, and visualizing. Meditation has the following effects on the body; decreases oxygen consumption, decreases blood, lactate levels, increases skin resistance, decreases heart rate, decreases blood pressure, decreases muscle tension, increases alpha waves and reduces chronic pain.

Reference

Seaward, B. (2015). *Managing stress: Principles and strategies for health and well-being*. Burlington, MA: Jones & Bartlett Learning.

Journal Writing:

Unit Six Journal Writing Assignment

Complete the Journal Assignment entitled: Explore: Is Your Body-Mind Happy? Directions are found on pages 151 through 153 of the Mindfulness workbook. Upon completion of this Assignment, practice identifying unkind messages you send to yourself and turn it around with positive affirmations. This should be a minimum of two full pages.

Mindful of how you interact with yourself?

When it comes to sending myself unkind message such as “I’m hopeless” or “I’m worthless” I rarely do it. I tend to stay optimistic about a lot of situations. I realize that I am my toughest critic and when these negative thoughts occurs I could never imagine saying to someone the things that I tell myself. When the negative thoughts occur I do find my stress, anxiety, and unhappiness levels raise. My mind begins to feels defeated, sad, and depressed as the unkind messages tend to flow in. My body begins to feel sluggish, tired, achy, and my muscles in my shoulders and upper back begin to tense up. I usually find that the unkind message occur after someone that I respect or value says something hurtfull such as “you put your work before your family” or “your work performance has decline recently”. I took a class called Master resiliency trainer a few years ago and learned a technique called real time resilience. As negative thoughts occur a person counters the thought with positive factual thoughts.

Seeds of suffering?

Earlier in life I used to find myself watering the seeds of suffering on a consistence basis. I regularly found myself doubting my ability to do a lot of things such as play sports. My self-confidence and self esteem levels were low. I did not want to play organized sports because I did not want to look silly and did not want to fail living up to the expectations that I set for myself. Had I not doubted myself I probably would have played football for all four years of high school instead of just my senior year. I also doubted myself academically. I thought that college would be tough and felt that I was not mentality prepared to take college level classes. Had I not doubted myself I would have went to school and I may have not joined the military or I would have joined as an Officer. As a

young Soldier in the military I found myself doubting my leadership ability and the ability to fulfill the job requirement of a Non-Commissioned Officer. I put off attending the promotion board and earning the points that I needed in order to get promoted. Had I not done this I would probably be a Sergeant First Class or a First Sergeant.

Day-to-day life feelings of resentment?

I recently had a conflict with my wife regarding taking a more active role in watching our children and cleaning the house. My wife was doing her homework and the kids were playing in their rooms. I was playing a game on my phone. The kids began getting loud and my wife was already getting frustrated with her homework. She snapped at me and told me that all I do is play games on my phone and that I need to help her with the kids and clean the house. The house was already clean minus the few dishes in the sink. After her comment we began arguing. If I approached the situation with an open heart then I could have been more opened to defusing the situation. My wife is usually a loving and understanding person. The stress of school and homework deadlines as well as the kids making too much noise caused her to snap. Being a full time student and parent can be very stressful but the important thing to do in any situation is to identify the real reason that a person is angry instead of firing back and escalating the situation.

Reflection on writing?

Now that I have an increased understanding of how self doubt can create feeling of resentment that can cause misplaced feeling of anger I will be more aware of how I address situations. When anger is involved it can be difficult to enter a situation with an open heart. By increasing one's own awareness he or she can approach the situation from an outside perspective. As I learned to combat negative thoughts my self confidence levels have significantly increased. I told myself for a long time that I was not ready to attend college due to a fear of not being able to complete the course work. Now

I am three classes away from completing my bachelors with a 4.0 GPA.

Reference

Stahl, B., & Goldstein, E. (2010). *A mindfulness-based stress reduction workbook*. Oakland, CA: New Harbinger Publications, Inc.

Unit 7: Nutrition and Stress

Information to Remember:

Key Learning Point: There are six components of fitness: cardiovascular endurance, muscular strength and endurance, flexibility, agility, power, and balance. The two categories of physical activity are aerobic and anaerobic and both parallel the two aspects of the fight-or-flight response (Seaward, 2015).

Key Learning Point: Stress depletes minerals which decreases the effectiveness of the immune system. The depletion of vitamins can result in depression, decreased mental alertness, and insomnia. Vitamin B requirements are known to increase during prolonged bouts of stress because they aid primarily in the function of the central nervous system, which is in a high state of arousal during periods of stress (Seaward, 2015).

Key Learning Point: Taken in concentrated form, vitamin, mineral, and protein supplements can actually block the absorption rate (decrease bioavailability) of other essential nutrients (other vitamins and minerals), thereby negating any positive effect (Seaward, 2015). Stress can increase cortisol levels causing a person to crave carbs and sweet that can lead to obesity

Self-Assessment Exercise:

Self-Assessment Assignment

Before beginning the Mindful Lying Yoga exercise all I could think about were my previous yoga sessions and how sore I was after. Since I am conducting training in the field I have had little time to exercise and when I finally did get into the gym I felt how sore my muscles were the next day so I thought this yoga session might be just what I need. As the session began I felt relaxed the supine pose got me mentally ready. The Supine Full Body Stretch was one of my favorite poses. I felt the stretch throughout my entire body. The supine twist was a little more difficult since I could not bring my knees to the ground. I had become aware of how tight my lower back had become from sleeping in my vehicle in the field and my lumpy mattress in the barracks. I tried to focus more on my breathing in order to get my muscles to relax. The leg stretch also felt great. My hamstrings were also tight due to the pain in my lower back. The breathing allowed me to relax decrease my pain level.

Once I had gone through all of the poses my mind and body felt great I felt relaxed. I noticed my pain levels decrease throughout my entire body and I felt rested but focused at the same time. I realized that I need to practice more self appreciation and take some time to focus on recovery. Being mindful of my movements and not worrying about trying to perfect the pose enabled me to feel refreshed. I now feel so relaxed that I'm going to take a nap.

References

Stahl, B., & Goldstein, E. (2010). *A mindfulness-based stress reduction workbook*. Oakland, CA: New Harbinger Publications, Inc.



Unit 8: Physical Exercise and Activity

Information to Remember:

Key Learning Point: Genetically Modified Organisms (GMOs) can be considered as a bioecological stressor to the body (Seaward, 2015). GMOs can contain pesticides that can lower the effectiveness of the immune system.

Key Learning Point: Food can become a “friend” when there are no other friends around. (Seaward, 2015). Cravings can occur during times of stress. Occasional craving are not bad but when they become more frequent they can become destructive.

Key Learning Point: Current American lifestyles under stress do not promote or reinforce good eating habits. Consequently, the nutrients depleted under chronic stress are not restored. (Comfort foods, junk foods, fast foods, and processed foods are high in calories and low in nutrients [empty calories]. This is often cited as a leading cause of obesity.) The body will do all it can to compensate for the lack of nutrients, but eventually various aspects of health are compromised. (Seaward, 2015).

Self-Assessment Exercises:

Students had to develop a low-cost wellness program. The proposal consisted of a budget, timeline, rationale, and what mindbody concepts are being considered.

Journal Writing:

Unit Eight Journal Writing Assignment

Complete the Journal Assignment entitled: Explore: Creating Connection. Directions are found on pages 161 through 163 of the Mindfulness workbook. Upon completion of this Assignment, practice developing these qualities in building stronger and healthier relationships.

This should be a minimum of one full page.

OPENNESS: Being at FT Polk for the past month has enhanced my relationship with my wife. We have been able to appreciate each other more by realizing the roles and responsibilities that we handle in taking care of our family. It almost feels like we are dating again because of our long conversations on the phone. By being able to see things from her perspective I have a new-found respect for all that she does.

EMPATHY: Between taking care of the kids, taking them to school, helping with homework, and having to do all her homework; my wife is extremely busy. These daily stressors can take a toll on her. Not being home has allowed me to be empathetic towards her feelings.

COMPASSION: I plan on taking a more active approach in helping her with these daily stressors and allowing her time to unwind and to focus on her studies.

LOVING-KINDNESS: My wife is passionate about school and wanting to do well. I fully support her in her endeavors and show my joy when she does well. I also ensure that I encourage when she doesn't do so well. It can be easy to take each other for granted because life becomes routine. By taking the time to show each other the kindness and affection it lets her know that I appreciate and support her.

SYMPATHETIC JOY: Sharing in my wife's accomplishments helps to enhance our relationship. For a while she envied me for having a career while she stayed home to take care of our children. I am truly joyful that she is fulfilling her dream of getting a degree and having a career.

EQUANIMITY: I try to treat everyone with dignity and respect. When I talk with my children I do not talk down to them I talk to them like an adult. I teach them that just because you are a child doesn't mean that you are not entitled to the same level of respect that everyone else deserves.

Summary

This assignment has provided me with a new level of mindfulness. I have been able to approach my relationship in a new perspective. Being open, empathetic, compassionate, Loving, kind,

sympathetic, and equal allows us to truly gain a new perspective and respect for ourselves and others.

References

Stahl, B., & Goldstein, E. (2010). *A mindfulness-based stress reduction workbook*. Oakland, CA: New Harbinger Publications, Inc.



Unit 9: Applying Stress: Critical Issues for Management and Prevention to your Professional Life

Information to Remember:

Key Learning Point: In times of distress, questions need answers, and there are many resources typically accessed to provide these answers. The three most common sources are the Internet, people, and books, magazines, and journals (Seaward, 2015). A person should consult credible sources face to face for reliable information.

Key Learning Point: Strange as it may seem, holding a grudge or feelings of resentment appears to be a form of control over the person or circumstance involved. But these feelings are an illusion of control. (Seaward, 2015). Forgiveness can eliminate the feeling of being a victim and is essential part of resolution.

Key Learning Point: The first step in creating a stress-management program is to identify your stressors. Designing and implementing your own stress-management program may not seem easy at first, but it doesn't have to be difficult. It just takes a little desire, some discipline, and the realization that you are worth the effort. (Seaward, 2015).

Additional Information

Place additional information here important to your resource manual. This can come from the Discussion Boards, Internet or the current curriculum. List at least one book, article, two websites, video, PowerPoint Seminar presentation, Reading, or other material you want to include in your resource guide. Identify your sources as primary or secondary sources.

Total Points = 5

References

- Seaward, B. (2015). *Managing stress: Principles and strategies for health and well-being* (8th ed.). Boston, MA: Jones and Bartlett Publishers.
- Stahl, B. & Goldstein, E. (2010). *A mindfulness-based stress reduction workbook*. Oakland, CA: New Harbinger Publications, Inc.