

Stress Continued...

Feb. 3, 2011

Relieve stress:

⇒ Exercise, healthy diet, sleep (roughly 8 hrs)

Techniques for Managing Stress:

⇒ Time Management - set priorities, schedule tasks, realistic goals, budget time (give yourself more time than you think it will take), break up long term goals, visualize achievement, keep track on incomplete tasks, do least-favorite tasks first, identify quick transitional tasks, delegate, say "No" when possible, give yourself breaks, avoid "time sinks", just do it

Cognitive Techniques:

⇒ Think and act constructively, take control, problem-solve, modify your expectations, stay positive, cultivate your sense of humor, focus on what's important

Relaxation Techniques:

⇒ progressive relaxation, visualization, meditation, deep breathing, yoga, tai chi, music

Counterproductive Coping Strategies:

⇒ Tobacco, alcohol, drugs, unhealthy eating habits, too much leisure activity

Mental Health - Chapter 3

Defining Mental Health

⇒ The absence of sickness (narrow definition)

⇒ The presence of wellness (broader definition)

The Narrow definition...

⇒ Focuses on worst problems, focuses on people most in need, ignores common problems that should be addressed

The broader definition...

⇒ Is a more ambitious definition, encourages us to fulfill our own potential.

Positive Psychology:

- ⇒ Area of psychology that focuses on positive emotions, character strengths, and other conditions that create happiness.
- 6 Virtues..
- ⇒ Wisdom - cognitive strength
- ⇒ Courage - emotional strength
- ⇒ Humanity
- ⇒ Justice - willingness to partake civically
- ⇒ Temperance - strength to guard against excess (say that's enough)
- ⇒ Transcendence - strength that forge connection to larger universe and provide meaning (appreciation for a specific talent: art, intelligence, etc)

Characteristics of Mentally Health People:

- ⇒ High self-esteem - feel good about oneself
- ⇒ realistic/accepting
- ⇒ altruistic - enjoy helping others
- ⇒ control - internal locus of control
- ⇒ social competence
- ⇒ control irrational thought patterns - not overwhelmed by fear, anger, love, etc.
- ⇒ optimistic - positive outlook, things will get better
- ⇒ capacity for intimacy - and do not fear commitment
- ⇒ creative - and appreciate the creativity of others

- ⇒ reasonable risks - in order to grow
- ⇒ bounce back from adversity

Self-Actualization Model

- ⇒ Abraham Maslow - Developed Hierarchy of Needs:
 - Physiological needs: oxygen, food, water, sleep
 - Safety: security, home
 - Being Loved: relationships
 - Maintaining Self-Esteem
 - Self-Actualization: highest level of growth, mental wellness reached by satisfying hierarchy, share these qualities: realistic, acceptance (self-concept, self-esteem), autonomy (inner-directed vs. other-directed), authenticity, capacity for intimacy, creativity

Emotional Intelligence

- ⇒ Recognize, name, and understand their emotions
- ⇒ Manage their emotions and control their moods
- ⇒ Motivate themselves
- ⇒ Recognize and respond to the emotions of others
- ⇒ Tend to be socially competent

Enhancing Mental Health to Meet Life's Challenges:

- ⇒ Being less defensive - "put yourself in other person's shoes" - own responsibility for situation
- ⇒ Being optimistic - see problem as temporary and fixable