

Chaminade University - Honolulu
PSY 751 Health, Stress Management and Counseling
Fall 2019

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Text: *It's Time For A Change: A Therapeutic Lifestyle Approach to Health and Well-Being.* Santee

Pain and unpleasantness in life is inevitable, becoming chronically stressed about it is optional.

ACA 2014 Code of Ethics

Section C: Professional Responsibility

Introduction

... counselors engage in self-care activities to maintain and promote their own emotional, physical, mental, and spiritual well-being to best meet their professional responsibilities.

C.2.g: Impairment

Counselors monitor themselves for signs of impairment from their own physical, mental, or emotional problems and refrain from offering or providing professional services when impaired. They seek assistance for problems that reach the level of professional impairment, and, if necessary, they limit, suspend, or terminate their professional responsibilities until it is determined that they may safely resume their work. Counselors assist colleagues or supervisors in recognizing their own professional impairment and provide consultation and assistance when warranted with colleagues or supervisors showing signs of impairment and intervene as appropriate to prevent imminent harm to clients.

<https://www.counseling.org/Resources/aca-code-of-ethics.pdf>

Catalog Course Description

This course is an examination of counseling an individual from a holistic perspective. The course explores the relationship between health and psychological moods in such areas as stress management, diet/healthy nutrition, exercise, sleep, mind/body relations, support groups, humor, faith, responsibility, interpersonal relationships, and choice. The emphasis will be on preventive psychology. 24 Taijiquan Form, Qigong, relaxation exercises, meditation, and visualization are taught as part of the course.

Program Linking Statement

This course develops and assesses the skills and competencies for the MSCP program learning outcomes of 1) **Declarative Knowledge** (Essentially it is what we know about a topic, knowing that) of the field of Health, Stress Management, and Counseling, and 2) **Procedural/Performance knowledge** (essentially knowing how to do something) in the field of Health, Stress Management, and Counseling.

Course Description

The scope of this course is a psycho-educational, integrative, holistic, self-care approach to counseling, for both counselor and client, relative to generating and implementing adaptive solutions for adaptive problems in various ever-changing environmental contexts. The general focus of the course is the relationship between mind, body, and environment. The specific focus of this course is the exploration of the relationship between, health, psychological moods, and personal/social contexts. This course will examine such areas as: a personal stress management program (PSMP), evolutionary theory, neuroscience, the stress response, stress management, nutrition, exercise, sleep, sedentary behavior, inter-personal relationships, humor, personal responsibility, immune system, time management, cognitive restructuring/re-framing, and meditation.

In addition, Daoist, Buddhist, and Confucian approaches are integrated with the western approach to provide cross-cultural perspectives and practices regarding generating and implementing adaptive solutions for adaptive problems within the context of health, stress management and counseling. Course emphasis will be on preventive/self-care counseling for both the counselor and the client.

To assist the exploration of this psych-educational approach to health, stress management, and counseling, Taijiquan and Qigong will be taught as part of each class.

Class structure

1. 24 Taijiquan Form and Qigong, breathing exercises. The 24 Taijiquan Form can be found by searching Google. Type in "24 Taijiquan Form" and select a video to view form.
2. Stress management techniques, lecture, films, etc.

It is imperative that students keep all syllabi from all courses taken while in the MSCP program to facilitate the application process for licensing, certification, doctorate school application, etc.

Student Learning Outcomes

Student will demonstrate

1. **Declarative Knowledge** (concepts, facts, theories, information, requirements, meaning, descriptions of things, events, formulas, processes, attributes, and their relationships. Essentially it is what we know about a topic, knowing that) of the field of Health, Stress Management, and Counseling **via** a multiple-choice midterm and final exam.
2. **Procedural/Performance knowledge** (essentially knowing how to do something) **via** writing **1)** Your own Personal Stress Management Program (PSMP), **2)** weekly PSMP analyses, **3)** an overall PSMP analyses, and **4)** a paper on analyzing Buddhist, Daoist, and/or Confucian quotes and how they are relevant to/beneficial to the field of Health, Stress Management, and Counseling for both the counselor's and client's health and well-being.

Grading

- | | | | |
|----|--|--------------|-----------|
| 1. | Personal Stress Management Program | | 10 |
| | Paper must have a cover sheet with the course name, title of paper, your name, and due date. | | |
| 2. | Two (2) weekly analyses turned in each week | 10 pts x 2 = | 20 |

- | | | |
|----|---|------------|
| 3. | Overall 2 week analysis due 8/19 . Analysis is to be 2-3 pages, typed in Times New Roman size 12 font, single-spaced. Paper must have a cover sheet with the course name, title of paper, your name, and due date. Each new paragraph must be indented, no space between paragraphs. Staple pages together before submitting. | 20 |
| 4. | 2 Exams (each will be 25 item multiple choice) 2 x 100 pts =
(exams will cover material viewed, discussed and lectured on in class) | 200 |
| 5. | Paper 1. For this paper you will First select Buddhist, Daoist, and/or Confucian quotes, minimal two, from each of the following Chapters from the book for this course: 3 (Daoism, Confucianism, Buddhism and Stress Management), 4 (Meditation), 5 (Cognitive Restructuring), 6 (Exercise), 7 (Sleep), and 11 (Interpersonal Relationships). You will then analyze each of the quotes and indicate how they are relevant to/beneficial for self-care (for both the counselor and the client). Finally , indicate what you learned about Buddhist, Daoist, and/or Confucian approaches to managing your stress/adapting to change and how it would be beneficial to teaching it to your clients. | 100 |

Example

The following quote comes from the Daoist tradition and is found in **Chapter 7 Sleep**.

For the common person, when awake their minds range between racing around and being impulsive, to being sluggish, stagnant and slow to respond. As a result, the person dreams when asleep. Because their minds are agitated, they become entangled. Thus, when they are awake, their bodies are vulnerable to illness and disease. (Santee, 2020, p. 245).

Your analysis of this quote indicating what is being said and how it is relevant to/beneficial for self-care (both counselor and client) would then follow. Upon finishing your analysis, you would then introduce the second quote, in a separate paragraph, from the same chapter and proceed in the same manner.

Upon finishing the minimal two quotes from the chapter on sleep, you would start a new paragraph on a different chapter and follow the same format

After your conclusion, a few spaces below, you will list

Reference

Santee, R. (2020). *It's time for a change: A therapeutic lifestyle approach to health and well-being*. San Diego, CA: Cognella, Inc.

- **Minimum** 5 full single space pages. **Feel free to write more!**
- Separate introduction and conclusion

- Copy the quotes exactly from the book and indent them as in the **example above**.
- Identify the chapter which the quote came from. **See example above**.
- Identify the tradition which it is from (Buddhist, Daoist or Confucian). **See example above**.
- For each quote, cite it in the **example format** above with the specific page number
- Separate paragraph/s for each quote and analysis.

Paper Format

All papers (see below for PSMP paper) must use Times New Roman, size 12 font, 1" margins on all sides, and requires

- a cover page with the title of the paper
- the name of the course
- your name
- semester
- due date
- **an introduction**
- **a conclusion**
- that first line of each paragraph is indented, there are no spaces between paragraph, and that there are no one paragraph papers
- that Page length must meet the minimum full page/s requirement.
- that the written pages for the assignment and cover sheet be stapled together.
- **See example at the end of this syllabus for PSMP analysis papers.**

The **PSMP** paper

Follows the **sample format in this syllabus** exactly and requires

- Times New Roman, size 12 font
- a cover page with the title of the paper
- the name of the course
- your name
- semester
- due date
- that the cover page and the PSMP page are stapled together

TOTAL POINTS FOR CLASS

350

A = 315 +

B = 280 – 314

Due Date/Points Policy for Papers:

Due date, after class time	10% deduction
2 nd day	20% deduction
3 rd day	30% deduction
4 th day	40% deduction
5 th day	50% deduction
Not Accepted after 5 th day	

- **All work must be completed within the time frame of the course. Nothing will be accepted after the last class of the term.**
- **NO MAKE-UP WORK from this class will be allowed. No Exceptions.**
- **If you are late when roll is taken, you will be considered absent. If you leave more than 30 minutes early, you will be considered as absent from the class.**
- **Students must participate in 24 Taijiquan Form and Qigong at the start of each class. If you do not participate, you will be marked absent. If this occurs twice, you will lose one letter grade. If this occurs a third time, you will fail the class and be required to repeat it.**



COMPUTERS CAN BE USED FOR CLASS WORK AND AUDIO RECORDING ONLY, NO VIDEO RECORDING PICTURE TAKING, OR ANYTHING ELSE DURING CLASSTIME.



CELLULAR PHONES CAN BE USED FOR AUDIO RECORDING ONLY, NO VIDEO RECORDING, PICTURE TAKING, TEXTING OR OTHER CELLULAR USE ALLOWED.

Attendance

If you miss more than one class, you will be given a “C” and you must retake the class.

Academic Honesty

Academic honesty is an essential aspect of all learning, scholarship, and research. It is one of the values regarded most highly by academic communities throughout the world. Violations of the principle of academic honesty are extremely serious and will not be tolerated.

Students are responsible for promoting academic honesty at Chaminade by not participating in any act of dishonesty and by reporting any incidence of academic dishonesty to an instructor or to a University official. Academic dishonesty may include theft of records or examinations, alteration of grades, and plagiarism.

Questions of academic dishonesty in a particular class are first reviewed by the instructor, who must make a report with recommendations to the Dean of the Academic Division. Punishment for academic dishonesty will be determined by the instructor and the Dean of the Academic Division and may range from an 'F' grade for the work in question to an 'F' for the course to suspension or dismissal from the University.

Scientific Method Definitions

The **METHODS OF SCIENCE** are only tools, tools that we use to obtain knowledge about phenomena.

The **SCIENTIFIC METHOD** is a set of assumptions and rules about collecting and evaluating data. The explicitly stated assumptions and rules enable a standard, systematic method of investigation that is designed to reduce bias as much as possible. Central to the scientific method is the collection of data, which allows investigators to put their ideas to an empirical test, outside of or apart from their personal biases. In essence, stripped of all its glamour, scientific inquiry is nothing more **THAN A WAY OF LIMITING FALSE CONCLUSIONS ABOUT NATURAL EVENTS**.

Knowledge of which the credibility of a profession is based must be objective and verifiable (testable) rather than subjective and untestable.

SCIENCE is a mode of controlled inquiry to develop an objective, effective, and credible way of knowing.

The assumptions one makes regarding the basic qualities of human nature (that is, cognitive, affective, behavioral, and physiological processes) affect how one conceptualizes human behavior.

The two basic functions of scientific approach are 1) advance knowledge, to make discoveries, and to learn facts in order to improve some aspect of the world, and 2) to establish relations among events, develop theories, and this helps professionals to make predictions of future events.

The above quotes were taken directly from:

Research Design And Counseling
Heppner, Kivlighan, and Wampold

A **THEORY** is a large body of interconnected propositions about how some portion of the world operates; a **HYPOTHESIS** is a smaller body of propositions. **HYPOTHESES** are smaller versions of theories. Some are derived or born from theories. Others begin as researchers' hunches and develop into theories.

The **PHILOSOPHY OF SCIENCE** decrees we can only falsify, not verify (prove), theories because we can never be sure that any given theory provides the best explanation for a set of observations.

The above quotes were taken directly from:

Research Method In Social Relations
Kidder

THEORIES are not themselves directly proved or disproved by research. Even **HYPOTHESES** cannot be proved or disproved directly. Rather, research may either support or fail to support a particular hypothesis derived from a theory.

Scientific research has four general goals: (1) to describe behavior, (2) to predict behavior, (3) to determine the causes of behavior, and (4) to understand or explain behavior.

The above quotes were taken directly from:

Methods In Behavioral Research
Cozby

In order to verify the reliability and validity of scientific research it is important to replicate the results. It is the preponderance of evidence that establishes/supports the theory.

The above quotes were taken from: <http://allpsych.com/researchmethods/replication.html>

Students with Disabilities

Chaminade will provide assistance for any student with documented disabilities. Any student who believes he/she may need accommodations in this class must contact the **Counseling Center** (counselingcenter@chaminade.edu) to make an appointment in order to determine if the student meets the requirements for documented disability in accordance with the Americans with Disabilities Act. It is important to contact them as soon as possible so that accommodations are implemented in a timely fashion

Title IX

Chaminade University recognizes the inherent dignity of all individuals and promotes respect for all people. Sexual misconduct will NOT be tolerated at Chaminade University. If you have been the victim of sexual misconduct, we encourage you to report this matter promptly. As a faculty member, I am interested in promoting a safe and healthy environment, and should I learn of any sexual misconduct, I must report the matter to the Title IX Coordinator. **Should you want to report to a confidential source you may contact the following: Personal Counseling Center: 808-735-4845**

Tutoring Center

Kokua Ike provides access to free one-on-one tutoring for undergraduate students, Smarthinking online tutoring and manages test administration services. Information regarding the tutoring center can be found at <https://chaminade.edu/advising/kokua-ike/> The center can be contacted at [\(808\) 735-4815](tel:8087354815) or advising@chaminade.edu The center is located at Clarence T.C. Ching Hall, Room 252, 8:30 AM–4:30 PM (Monday-Friday)

Marianist Educational Values

Chaminade University is a Catholic, Marianist University. The five characteristics of a Marianist education are:

1. Educate for Formation in Faith

Catholic Universities affirm an intricate relationship between reason and faith. As important as discursive and logical formulations and critical thinking are, they are not able to capture all that can be and ought to be learned. Intellectual rigor coupled with respectful humility provide a more profound preparation for both career and life. Intellectual rigor characterizes the pursuit of all that can be learned. Respectful humility reminds people of faith that they need to learn from those who are of other faiths and cultures, as well as from those who may have no religious faith at all.

2. Provide an Excellent Education

In the Marianist approach to education, “excellence” includes the whole person, not just the technician or rhetorician. Marianist universities educate whole persons, developing their physical, psychological, intellectual, moral, spiritual and social qualities. Faculty and students attend to fundamental moral attitudes, develop their personal talents and acquire skills that will help them learn all their lives. The Marianist approach to education links theory and practice, liberal and professional education. Our age has been deeply shaped by science and technology. Most recently, information and educational technologies have changed the way faculty and students research and teach. At Marianist Universities, two goals are pursued simultaneously: an appropriate use of information technology for learning, and the enhancement of interaction between students and teachers. As Catholic, Marianist Universities seek to embrace diverse peoples and understand diverse cultures, convinced that ultimately, when such people come together, one of the highest purposes of education is realized: a human community that respects every individual within it.

3. Educate in Family Spirit

Known for their strong sense of community, Marianists have traditionally spoken of this sense as “family spirit.” Marianist educational experience fosters the development of a community characterized by a sense of family spirit that accepts each person with loving respect, and draws everyone in the university into the challenge of community building. Family spirit also enables Marianist universities to challenge their students, faculty and staff to excellence and maturity, because the acceptance and love of a community gives its members the courage to risk failure and the joy of sharing success.

4. Educate for Service, Justice, and Peace

The Marianist approach to higher education is deeply committed to the common good. The intellectual life itself is undertaken as a form of service in the interest of justice and peace, and the university curriculum is designed to connect the classroom with the wider world. In addition, Marianist universities extend a special concern for the poor and marginalized and promote the dignity, rights and responsibilities of all people.

5. Educate for Adaptation to Change

In the midst of rapid social and technological change, Marianist universities readily adapt and change their methods and structures so that the wisdom of their educational philosophy and spirituality may be transmitted even more fully. “New times call for new methods,” Father Chaminade often repeated. The Marianist university faces the future confidently, on the one hand knowing that it draws on a rich educational philosophy, and on the other fully aware for that philosophy to remain vibrant in changing times, adaptations need to be made.

Selected from Characteristics of Marianist Universities: A Resource Paper, Published in 1999 by Chaminade University of Honolulu, St. Mary’s University and University of Dayton

Each of these characteristics is integrated, to varying degrees, in this course.

Hawaiian Interpretation/Translation of Marianist Educational Values

Characteristics of Marianist Education	Short Version
Educate for the Formation of Faith 'Ike Kainu'u Ho'ola'a (Knowledge embodying a sanctifying spirit)	Kainu'u La'a (Sacred Spiritual Embodiment)
Provide an Integral Quality education 'Ike Uiana Ho'omana Kina'ole (Unblemished weave of empowering knowledge)	Mana Kina'ole (Perfected Power)
Educate in Family Spirit 'Ike Pilipo'ohala Kū'ono (Knowledge bound in deep family values)	Pilina Po'ohala (Embraced Family Virtues)
Educate for Service, Justice and Peace 'Ike Kuleana Kaiao (Knowledge of enlightened duty)	Kuleana Pono (Righteous Responsibility)
Educate for Adaption and Change 'Ike Huli Wānana (Knowledge of Prophetic Change / Searching)	Loli a Ma'a (Adapt to Change)

Thought and Translation by: Kumu Keahi Renaud, 2018

Tentative Course Schedule

<u>Day</u>	<u>Topic</u>	<u>Readings</u>
10/7	Syllabus; Scientific Method; The Three Concerns About Health Care; Evolutionary Theory Approach; Personal Stress Management Program (PSMP); Marianist Educational Values Psycho-Educational, Holistic, Integrative Approach to Counseling, Self-Care; Therapeutic Lifestyle Changes for Health and Well-Being; A New Paradigm for Counseling	Introduction, 1, 12,
10/14	Evolutionary Theory, Neuroscience, Stress Response PSMP Due	1, 2
10/21	Daoism, Buddhism, and Confucianism, Meditation PSMP Analysis 1 Due	3, 4
10/28	Cognitive Restructuring, Time Management PSMP Analysis 2 Due	5, 10
11/4	Interpersonal Relationships, mid-term review	11
11/11	Midterm Exam	
11/18	Sleep, Exercise Overall PSMP Analysis Due 18th	6, 7
11/25	Nutrition, Immune system, Paper 1 Due	8, 9
12/2	Stress Management and Counseling, final exam review	13
12/9	Final Exam	

Sample Personal Stress Management Program (PSMP)

1. Keep daily log
2. Sleep: Get 8 hours of restful sleep per day
3. Watching what I eat: Watch eating: eliminate soda, candy and chips
4. Water: While there are no hard and fast rules for how much an individual needs per day (temperature, activity level, gender, age, weather, etc., has a direct impact on daily water requirements), one guideline to estimate the amount of water is, there are others, to drink half your weight expressed in ounces of water each day. As I weigh 180 lbs, an adequate amount of water per day is 90 ounces, 1/2 my weight expressed in ounces.
5. Aerobic exercise: Swim 2 days a week (t-th) for 30 minutes each session
Walk 3 days a week (M-W-F) for 30 minutes each session
(American College of Sports Medicine [ACSM] recommends 150 minutes per week)
6. Anaerobic: Weight machines (T-Th-Sat)
5 exercises upper body (1 set each 10 reps)
5 exercises lower body (1 set each 10 reps)
(ACSM recommends 2-3 days per week)
7. Flexibility: Stretching 10 minutes before and 10 minutes after aerobic and anaerobic exercises (ACSM recommends 2-3 days per week)
8. Neuromotor/Neuromuscular: These exercises train skills like balance, coordination, gait, and agility
Daily 15 minutes – Taijiquan and Qigong (ACSM recommends 2-3 days per week)
9. Counting Breaths: Sitting: focus on breathing 3 days per week (T-Th-Sat) 10 minutes each session
Moving: Taijiquan and Qigong(3 days per week (Wed-Fri-Sun) 10 minutes each session
10. Mindfulness: Daily at each meal for at least 10 minutes
11. Safe Space Visualization: 3 days a week (M-W-F) for 5 minutes a day
12. Relaxation Response: Each day, for 10 minutes, I practice saying my 'word' or short phrase while I exhale
13. Loving Kindness Meditation 5 minutes each morning saying "may my day be peaceful, may my day be joyful and may my heart be happy
14. Social: 1 hour each day with kids
1 hour each day with spouse
2 hours a week with friends
Go out to eat with family at least once a month
15. Cognitive Re-Structuring Monitoring and addressing inappropriate threat-based thinking (negative, absolute (must, should, never, etc.) awfulizing, catastrophizing, whining, complaining, criticizing, etc., cognitive distortions
16. Time Management Daily assess how I am utilizing and managing my time
17. Sedentary Behavior Daily Walk 250 steps for each hour between 6 am and 5 pm
18. Moderation is the key

You are going to be following your PSMP for two weeks. Make it challenging, but do not make it impossible or too difficult to follow. If it is unrealistic, you will add stress and probably stop doing it. Make sure you indicate the specific days of the week and/or duration for those areas in the sample PSMP which require them.

The Weekly Log will follow your PSMP:

Keep a log for 2 weeks beginning with the 2nd week of class.

A paper on the weekly log is due every Friday. The paper (**see attached example**) must have a cover page, be **1 full page (minimum), typed, single-spaced**, covering each of the areas indicated on your PSMP. **Make sure there is a quantitative scale rating for each area.** Use the following scale:

1-10 rating scale: 1 = poor, 5 = average, 10 = excellent
Each weekly log = 10 pts. x 2 = 20 pts.

The most important aspect of the weekly analysis is the summary where you link together the various components of your PSMP. **Make sure summary is clear and presented as a separate paragraph.**

Overall Analysis –**Two (minimum, you can write more) full single-spaced pages** with a cover sheet stapled to the paper. Summarize your progress over the two weeks of your PSMP. Compare your week 1 and week 2 results across each of the areas. Each area is a separate paragraph. Do not run together any of the areas. What did you learn about yourself? The focus for the paper is linking together the various components on your PSMP. What links did you find? For example, how did the amount of sleep impact your level of energy? There are no scale ratings for this paper.

DAILY STUDENT LOG

Rating of Feelings: **1 = Terrible**

10 = Great

		SUN	MON	TUE	WED	THUR	FRI	SAT
SLEEP	No. of Hours:							
Upon Waking	Rating:							
MEALS	Breakfast							
	Lunch							
	Dinner							
	Snacks							
WATER CONSUMPTION	How much:							
	Rating:							
EXERCISE								
Aerobic Exercise	Type:							
	Hours:							
	Rating:							
Stretching	Hours:							
	Rating:							
Neuromotor	Type:							
	Hours:							
	Rating:							
Anaerobic Exercise	Type:							
	Hours:							
	Rating:							
MEDITATION								
Counting Breaths	Hours:							
	Rating:							
Mindfulness	Hours:							
	Rating:							
Relaxation Response	Hours:							
	Rating:							

		SUN	MON	TUE	WED	THUR	FRI	SAT
Loving Kindness Meditation	Hours							
	Rating:							
Safe Space Visualization	Hours:							
	Rating:							
SOCIAL	Type:							
	Hours:							
	Rating:							
RECREATION	Type:							
	Hours:							
	Rating:							
DAILY LOGGING	Hours:							
	Rating:							
COGNITIVE RESTRUCTURING/ REFRAMING	Type:							
	Hours:							
	Rating:							
TIME MANAGMENT	Type:							
	Hours:							
	Rating:							
SEDENTARY BEHAVIOR	Total Hours							
	Hours Met Movement Goal							
	Rating							
COMMENTS:								

PSMP Analysis Format

This is the first week of my pattern analysis. It took two days to get used to logging my life on the form that was provided for the class. It certainly is requiring me to be organized. At this point it is fairly routine and quite informative. I do need a lot of work. (6)

I averaged 6 hours of sleep a night. I don't think it was very restful (4). I did notice that I sleep more on the weekends than during the week. I had one day during the week where I got only 4 hours of sleep and I sure felt it the next day. Problems with energy (3), attention (4), focus (4), and impatience (2) were noted. Truth of the matter, I was kind of nasty to those around me. It is clear to me that inadequate sleep is quite problematic. I will be examining my sleeping patterns so that I get adequate rest.

My eating habits are a mess (3). I don't eat breakfast (I have no time) and pretty much survive on fast food and soda. Weekends are not much different. I suspect my eating habits also contribute to my lack of energy (3). I will start to eat breakfast on a regular basis beginning tomorrow. I will monitor how this meal impacts on my energy and attention levels.

I did not drink much water (2). I am sure the lack of water is also linked to my problems with energy (3), attention (4), and with being impatient (2). As noted in my PSMP I will begin to drink 90 ounces of water (body weight =180 and $\frac{1}{2}$ of 180=90) per day.

As far as exercise is concerned, this is pretty new to me. My personal stress management program indicated I would 1) stretch (flexibility) for 10 minutes before and after my aerobic and anaerobic exercise, 2) walk 25 minutes three days a week, and swim 25 minutes three days a week (aerobic), 3) do a weight workout (anaerobic) with machines three days a week incorporating both upper and lower body, and 4) neuromotor/neuromuscular exercises daily for 30 minutes incorporating Taihequan and Qigong. I did not meet my goal of stretching before and after each aerobic and anaerobic session as I missed two anaerobic sessions (7). I was able to meet my aerobic requirement as I walked three days for 25 minutes (8) and swam three days for 25 minutes (8). I did not meet my anaerobic requirement (3) of working out with the weight machines for three days as I was only able to work out one day for 30 minutes. I did exercises for both my upper body and lower body. I know. I know. I need to follow my schedule and incorporate two more weight workouts each week. Just so tired and my days are so long. I will include the push-ups, squats and abdominal crunches regime that we discussed in class for the second and third anaerobic exercise. This way I can do the second and third anaerobic component at home. I met my neuromotor/neuromuscular requirement (10) as I was able to perform my Taijiquan and Qigong for a total of 30 minutes each day.

I liked the simple breathing exercise of counting breaths we did in the class. I did that for five minutes three times during the week. I felt rested (8). I met my goal here. I also liked the mindfulness exercise although it was really hard to stay focused and nonjudgmental in the present (5). I practiced mindfulness during my meals. My mind really raced around. I was able to practice the safe space visualization exercise three times during the week (8). I am able to forget my troubles in my visualized safe space by the mountains and ocean. I was successful in practicing the relaxation response daily for 10 minutes each day. My word 'still' kept me focused, centered, and relaxed (8). For me, the loving kindness meditation worked the best! I performed it for both myself and for my family members. I really noticed not only how good I felt after doing it in the morning, but also how this positive feeling carried throughout the day (10). Overall, I am really enjoying these meditative techniques and clearly see their benefit for my well-being.

School is going fine so far. I am taking two classes and I am enjoying them. I work full time for Longs and the job is fine. I was able to meet with my friends during the weekend and I did talk to two of them during the week (8). I spend 60 minutes each night watching the SciFi station. It is great for my relaxation (8). I played tennis once over the weekend. Need to do this more often. I did find myself, in spite of everything else, laughing and smiling each day. This seems to have an impact on my energy.

Managing my time has been quite an eye opener. I did not realize how much time during the day I waste complaining and whining (3). I know I need to get better organized (4), and put some structure into my day.

I was stunned regarding how much time during the day I spent being sedentary (2). Sitting at my desk at work (about 7 hours), watching TV (about 3 hours), and using my mobile phone/computer/tablet (about 5 hours). Mind you most of this is straight time without even getting out of my chair. This does not include eating or driving my car. On the weekends, it is even worse. I will start stretching and walking each day for 250 steps, for each hour, between 6 am and 5 pm. In addition, I need to cut down the amount of time I spend on my digital devices. I will start by reducing my time on my digital devices by 30 minutes each day during the week, and by 1 hour each day on the weekends.

Regarding my negative thinking and cognitive distortions I noticed they were greater at the start (3) of the week than at the end of the week (5). I spent a lot of time complaining about customers and my fellow workers. I noticed I tended to have absolute expectations about how people must behave. When they didn't behave as I felt they should I got angry (3). In a lot of these instances I noticed that my lack of restful sleep appeared to contribute to my negative thinking and cognitive distortions. Through the process of cognitive restructuring I began reducing/eliminating negative thinking, removing problematic threat based thinking, examined and addressed my cognitive distortions, and developed preferences to replace my absolute problematic thoughts.

I had a headache for two days (3). I wonder if it was connected to my sleep and eating habit. I found myself engaging in a lot of awfulizing, catastrophizing, and complaining almost every day. It was especially noticeable the day after my 4 hours of sleep. I also noticed that I was quite angry (2) on that day.

In summary, I am able to notice links or patterns in how I feel, my energy level and my behavior relative to my eating habit, sleep, meditation, exercise, and social interaction. For example, I am sure healthy nutrition and sleep contribute to my energy problems and my low motivation for doing my anaerobic exercises. When I do not get enough sleep or it is not restful, the next day I lack energy, I am unable to stay focused very long, and I am quite irritable. On the other hand, when I get restful sleep, I am energized, focused, engage in less negative thinking/complaining, and I am happy. I also noticed that when I meditate, my energy increases and my concentration and attending skills are quite good. I find when I am not well organized, I waste time, and I am stressed. It is important to discover and address the various patterns and relationships, such as those I have described, between the components of my PSMP. This analysis assists me in taking control of my health and overall well-being. I am slowly learning the necessity of being pro-active rather than re-active regarding my interactions with my environment. I suspect as I become more pro-active I will better be able to manage my time and thus eliminate my excuse of not having enough time to do certain activities. I will continue to monitor myself and address the problems noted in my above analysis.