

CHAMINADE UNIVERSITY
PSY 451 HEALTH & STRESS PSYCHOLOGY
SPRING 2000

Instructor: Robert G. Santee, Ph.D.
Office: Kieffer Hall, Room 5
Office Hours: MW 12:00 - 1:00
TR 11:00 - 12:00
By Appointment

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Texts: Stress Management: Increasing Your Stress Resistance; B. Brehm
Annual Editions – Health – 1999/2000
QiGong: Essence of the Healing Dance; Garripoli

COURSE DESCRIPTION

The scope of this course is an examination of the relationship between psychology (cognitive, affective, behavioral), health, stress, and the environment (social and physical). The focus of the course is to explore the individual (psycho-social/biological) from a holistic perspective as he/she interacts with the demands (self, others, internal and external environment) in his/her world. The course will allow the student to develop, *proactively*, coping skills so that their approach to stress and health is preventative rather than reactive. The course will investigate stress, health, lifestyle, communication skills, coping strategies, time management, nutrition, sleep, exercise (aerobic and anaerobic), relaxation, meditation, ch'i kung, cognitive styles, perception, support groups, and visualization from a scientific perspective.

OBJECTIVES:

Student will demonstrate an understanding of:

1. the scientific method and its application to the field of health psychology.
2. stress and its relationship to psychology.
3. health and its relationship to psychology.
4. ch'i kung and its relationship to health, psychology, and stress management.
5. cognitive, affective, behavioral, and biological aspects of health and stress.
6. health and stress and their relationship to your life.
7. coping strategies to proactively deal with health and stress.
8. lifestyle and stress resistance.
9. preventative/applied psychology.
10. the relationship between health, stress, and psychology.

REQUIREMENTS:

Health Analysis Paper	100 pts
PSMP	100
Health Topic Paper	100 pts
Exams 2 x 100 =	200
Weekly Log	250
Attendance	<u>100</u>

TOTAL 850 pts

For the health topic paper choose an area relating to health, stress and psychology. You must show the correlation between health, stress, and psychology. The paper is to be a minimum of 10 pages, typed, double spaced, APA format - abstract, references, hanging indent.

The Weekly Log will follow your PSMP:

Keep a log for 10 weeks beginning with the 3rd week of class.

A paper on the weekly log is due every Friday. The paper must be 2-3 pages, typed, double-spaced, covering each of the areas indicated on your PSMP, and a description rating your overall health and stress for the week using the following scale:

1-10 rating scale – 1 = poor, 5 = average, 10 = excellent.

Each weekly log = 25 pts. x 10 = 250 pts.

GRADING:

A = 765 +

B = 680 – 764

C = 495 – 679

D = 410 – 494

Papers are due on time. 5 points a class day will be deducted for late papers.

Attendance: You start off with 100 points for attendance. Each class you miss is a deduction of 10 points. If you are 10 minutes or more late to class or leave 10 minutes or more before the end of class for two (2) classes, it counts as a missed class. If you are 20 minutes or more late to class or leave 20 minutes or more at the end of class, for any class, it counts as a missed class. In addition, if you miss more than five (5) classes, your grade will be lowered one letter grade.

Tentative Course Schedule

<u>Week</u>	<u>Topic</u>	<u>Readings</u>		
		<u>SM</u>	<u>H</u>	<u>QG</u>
1/19	Introduction, Stress, Health, Holistic Approach, Preventative Stress Management Program (PSMP)	1	1-3	
1/24	Fight/Flight Response, Support Groups, Sources of Stress, Darwinian Approach, Emotions HEALTH ANALYSIS DUE – 1/28 PSMP DUE – 1/28	2	4-5	
1/31	Stress and Health, Ch'i Kung, Meditation, Visualization, Relaxation	3,15,16	6-7	All
2/7	Stress and Your Life, Ch'i Kung, Meditation, Visualization, Relaxation	4,15,16	8-9	All
2/14	Coping Strategies/Problem Solving, Cognitive Appraisal, Ch'i Kung	5	10	All
2/21	HOLIDAY – MONDAY 2/21 Time Management, Ch'i Kung	6-7		All
2/28	Communication Skills, Sexuality, Ch'i Kung	8	27-30	All
3/6	Diet, Nutrition, Stress EXAM I – 3/10	9	11-15	
3/13	Exercise - Aerobic/Anaerobic, Sleep	10	16-22	
3/20	Pleasure, Feeling Good	11	23-26	
3/27-31	SPRING BREAK			
4/3	Perception, Self-Esteem	12-13		
4/10	Self-Esteem, Health Risks		31-36	
4/17	Hardiness HEALTH TOPIC PAPER DUE – 4/19 HOLIDAY – 4/21	14	37-38	
4/24	Health System		29-40	
5/1	Environment, Work, Applied Psychology			
5/11	FINAL EXAM – 10:30 – 12:30			

ASSIGNMENT I – HEALTH ANALYSIS

Go to *healthcentral.com* on the Internet and take the following inventories - be honest with your responses:

- Lifeview
- Exercise and fitness
- Stress management
- Diet and nutrition
- Alcohol and substance abuse

There is an inventory on sexual health. It is up to you if you want to take this inventory. It is not required.

After you take each inventory, submit it. An analysis will come back. It will report your **Profile, Where you are on track, and How you can improve**. The **Lifeview** analysis will provide you with **age and life expectancy, life risks, good habits, and habits you could change**. I want you to integrate the results of all these inventories in a paper (double-spaced, 3-5 pages) regarding your health. Pay particular attention to incorporating information from the **How you can improve and Habits you could change** sections. Generally, I want to see a paper that explores your current health status and what you need to do to address noted concerns.

ASSIGNMENT II - PSMP

The second assignment is to develop a personal stress management program. This course focuses on preventative health psychology. In other words, being *proactive* rather than reactive to the stresses one encounters in life. Building up your psychological, physical and spiritual immune systems. Write a 1 page paper incorporating the following:

- Hours of sleep, naps
- Diet, meals per day, what you will add, reduce, or eliminate from your diet
- Aerobic exercise
- Anaerobic exercise
- Meditation
- Mindfulness
- Visualization
- Relaxation
- Recreation
- Social
- Keeping your log
- Developing coping devices to concerns noted in your log

This is the program you are going to be following for the rest of the semester. 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 it realistic and fun. A sample PSMP is provided.

**SAMPLE
PREVENTATIVE STRESS MANAGEMENT PROGRAM**

1. Keep daily log
2. Get 8 hours of sleep per day
3. Eat three meals per day - watch diet: eliminate soda, candy and chips from diet
4. Aerobic exercise: swim 3 days a week (20 minutes/day)
walk 3 days a week (20 minutes/day)
5. Anaerobic: Lift weights 3 days a week (machine)
5 exercises upper body (1 set/10 reps)
5 exercises lower body (1 set/10 reps)
6. Meditation Sitting: focus on breathing 3 days/week (10 minutes/day)
Moving: T'ai Chi/Short Form (3 days/week/20 minutes/day)
7. Mindfulness Daily for 15 minutes and try to incorporate in all activities
8. Visualization 3 days a week/15 minutes a day
9. Relaxation Watch TV, read a book, read newspaper (daily/15 minutes)
10. Recreation Gardening 3 times a week, baseball with friends 2 times a week
11. 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
12. Develop appropriate coping devices to address emotional, physical, and cognitive concerns noted in log