

SE 02

30 CHAMINADE UNIVERSITY
PSY 451 HEALTH & STRESS PSYCHOLOGY
SPRING 2002

Instructor: Dorothy N. Bach, MSCP
Office Hours: T/R 4:30-5:30p. m.
Phone/email 593-0584 dbhibb@aol.com

Time: TR 5:30-9:30 p. m.
Room: Tripler 9th floor Rm#1

Texts: Managing Stress: Principles and Strategies for Health and Wellbeing 3rd Ed.
by Brian Seaward
Managing Stress a Creative Journal 2nd Ed., by Brian Seaward

COURSE DESCRIPTION

This course is an examination of the relationship between psychology, health, stress, and the environment. This course will examine the cognitive, affective, and behavioral components regarding their effects upon the social and physical world with regard to stress. Focus of this course will be to explore individual interaction with the psycho-social/biological from a holistic perspective as s/he interacts with demands made on he/she in their world. Course requirements will allow the student to develop, **proactively**, coping skills so their approach to stress and health is of a preventative nature rather than reactive. This course will investigate stress, health, lifestyle, communication skills, coping strategies, time management, nutrition, sleep, exercise (both aerobic and anaerobic), relaxation, meditation, cognitive styles, perception, support groups, and visualization from a psychological perspective. Yoga, T'ai Chi and relaxation will be taught as a part of each class to further the exploration of the psychological approach to stress and health. This course will be composed of small group discussions, lectures/discussion, videos, and experiential work.

Students are expected to participate in discussions and class projects.

OBJECTIVES

Students will demonstrate an understanding of:

1. stress and its relationship to psychology.
2. health and its relationship to psychology.
3. T'ai Chi and Yoga and their relationship to health, psychology and stress management.
4. cognitive, affective, behavioral, and biological aspects of health and stress.
5. health and stress and their relationship to your life.
6. coping strategies to proactively deal with health and stress.
7. lifestyle and stress resistance.
8. preventative/applied psychology.
9. relationship between health, stress, and psychology.
10. cross-cultural issues in health psychology.
11. the scientific paradigm is applied to the field of health and stress psychology.
12. the diathesis stress model and its relationship to health concerns.

QUESTIONS TO KEEP IN MIND DURING THE COURSE OF THIS SEMESTER

1. What is holistic health?
2. What is stress and how does it impact health?
3. Does culture impact how we view physical and psychological health and how does it do this?
4. What causes sickness? Is stress related in many/most cases?
5. Is there a direct relationship between stress and physical/psychological health?

ASSESSMENT

Health Analysis Paper		100 pts
PSMP (Personal Stress Management Plan)		100
Weekly Log	25x8=	200
Exams	75x2=	150
Small group Presentation		
	50x2=	100
TOTAL		650

The Weekly Log will follow your PSMP:

Keep a log for 8 weeks beginning with the 2nd week of class.

A paper on the weekly log is due every Thursday. 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:

1-110 rating scale: 1=poor, 5=average, 10=excellent

Each weekly log =25 pts. x 8 = 200pts.

GRADING

A = 585+

B = 520 - 584

C = 455 - 519

D = 390 -454

Papers are due on time. 25 points will be deducted for late papers.

ATTENDANCE

If you are not in class when role is taken, you will be counted absent. If you are marked absent, you will lose 10 points for each absence.

Tentative Course Schedule

<u>Week</u>	<u>Topic</u>	<u>Readings</u>
4/4	Introduction, Stress, Health, holistic approach Preventative Stress Management Program (PSMP) *T'ai Chi Ch'uan, Yoga, Mindfulness	Chapter 1
4/11	Physiology of stress, Fight/Flight response Sources of Stress, Stress and Disease, Emotions, Environmental Stress HEALTH ANALYSIS DUE 4/11	Chapters 2 & 3
4/18	Stress/Health and the Immune System Stress and Your Life, Meditation, Visualization PSMP DUE 4/18	Chapters 5 & 6
4/25	Mind , Soul, and Spirituality (construct/belief/faith) Integrating Coping Strategies/Problem Solving Yoga, meditation	Chapters 4 & 7
5/2	Diet, Nutrition, Stress EXAMI I - 5/2	Chapters 16 & 27
5/9	Exercise-Aerobic/Anaerobic; Sleep, Sexuality	Chapters 25 & 28
5/16	Pleasure, Feeling Good, Drugs & Health Perception, Self-Esteem, Drugs & Health	Chapters 18,19,20
5/23	Self-Esteem, Health Risks, Healing Components of Healing; Mind, Body, Soul	Handout
5/30	Health System, Environment, Work, and Applied Psychology	Chapters 23,24,26
6/6	FINAL EXAM and Course review	

*T'ai Chi Ch'uan, Yoga, Meditation, Visualization or some form of relaxation will be done every class at the beginning and the end.

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 also 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 1page 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 on the next page.

**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, drink 8 glasses of water each day
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

PSY 451 HEALTH PSYCHOLOGY SAMPLE LOG PSMP ANALYSIS

This was the first week of keeping a log. While I was initially resistant (lazy?) to tracking myself, I persevered and completed the log. Once I got out of my own way and stopped complaining about it (a lot of wasted time), it was quite straightforward. It takes about 10-15 minutes a day to complete.

My PSMP is realistic. Once I stopped procrastinating about it and finally started to follow it on a daily basis, it turned out to be fun. The following is a description of what occurred over the past week relative to my PSMP.

SLEEP

I said I would get 8 hours of sleep a night. I averaged 5 hours of asleep a night. I got minimal sleep on the weekend. My sleep is inconsistent and not deep as I wake up tired. I seem to worry a lot before I can fall asleep. I keep going over things I messed up on or didn't do right. I worry about what I need to do tomorrow and if everybody is happy with me. I find myself getting anxious and worrying about not getting enough sleep. I had 4 hours of sleep Wednesday as I had a big presentation at work on Thursday. I was really tired. Keeping the log has shown me, quite clearly, my problems in this area. I will work on getting consistent sleep each night.

DIET

I said I would eat 3 meals a day, eliminate soda, candy, chips, and drink 8 glasses of water a day. I ate 3 meals a day 3 times during the week. I had lunch and dinner every day. I skipped breakfast 4 times. On the days I had breakfast I had a cup of coffee and a doughnut. My other meals included coffee, meat, bread, pasta, vegetables, and rice. I had 5 cans of soda a day (one less) everyday. I drank one glass of water a day. I drink a glass of wine with my dinner each night. I take Tylenol 3 times a day for my headache. I have my work cut out for me. I will succeed!

AEROBIC EXERCISE

I said I would walk and swim 3 days a week for 20 minutes each time. I made my walking goal (yes!). I swam twice for 20 minutes. I will get the third swim this week. I enjoy swimming and walking. I just feel tired. I know that part of it is connected to problems with my sleep and diet. I will find the time.

ANAEROBIC EXERCISE

I said I would lift weights 3 days a week using machines. I only weight lifted once during the week. I just cannot find the time. I know, no excuses! I will stop making excuses and find the time. Just need to manage my time better.

MEDITATION/SPIRITUAL

I said I would focus on my breathing 3 days a week for 10 minutes a day. My mind drifted a lot but I stuck with it. I met this goal as far as time and frequency. I actually felt refreshed after I was able to maintain my focus. I will work on staying focused. I

also did T'ai Chi and Ch'i Kung for 30 minutes in class on Tuesday. I felt refreshed and relaxed after finishing it. I went to church on Sunday. I felt at peace.

MINDFULNESS

I said I would do this daily for 15 minutes a day. I practiced it 3 times during the week. Saying I would do this every day might have been a little too optimistic. It was hard (I know, no complaining). I am finding it is very difficult for me to do things without judging, criticizing, complaining or blaming. I see that I do this a lot. I will practice it.

VISUALIZATION

I said I would practice visualization 3 times a week for 15 minutes a day. Finding time is the problem (no excuses, yea, yea). I used the exercise we did in class (my private safe space) and practiced once during the week for 10 minutes. I did feel relaxed and less stressed. So it worked. Just have to work on frequency and duration.

RELAXATION

Yes! I met this one. I said I would spend 15 minutes a day watching TV, reading a book etc. I watched TV everyday for at least 1 hour (I know. I can fit mindfulness, visualization, etc., in this slot). It is a good release.

RECREATION

I said I was going to play baseball twice a week and garden 3 times a week. I decided against the baseball. I did garden 3 times during the week. I really enjoyed my time in the garden.

SOCIAL

I said I would spend an hour a day with my kids (2), an hour a day with my spouse, 2 hours a week with my friends, and go out and eat with my family at least once during the month. Trying to find these hour blocks with all the other things I do is hard. It is! Anyhow, we went to a movie together and then had lunch at Mac's. I spent about ½ hour a day with my kids during the week and an hour during the weekends. My spouse and I watched TV together each night for at least an hour (does that count?). I spent about two hours each day with my spouse on the weekend. I talked with my friends on the phone for five hours for the week.

HUMOR

I didn't do much laughing at work. I laughed most often when I talked with my friends, watched TV, and played with my kids. I certainly need to laugh more and not take everything so seriously.

WORK

I worked 40 hours during the week from 8-4:30 M-F. I have to spend an hour a day in traffic going both ways. What a drag!! I hate going to work on Monday and can't wait until the weekend. I work in an office. My boss is a jerk. She does not know what is really going on. Everybody I work with is always complaining, blaming and criticizing. Work is emotionally draining. I find myself getting easily caught up in this type of cycle.

I feel tired going to work and even more tired when I leave. I need to look at this. I am not really happy here.

PHYSICAL SYMPTOMS

I had a headache for 6 days of the week. It seems to go away when I meditate, exercise, etc. It went completely away on Sunday. I feel tired every day except when I was able to meditate. My neck and back are tight most of the time.

EMOTIONS

On a scale of 1-10 with 10 being excellent, I would rate my week at work as a 1. My weeknights are 3. The weekends are around 5. When I feel overwhelmed by my emotions, I can't focus, become confused easily, and my memory is compromised.

COGNITIVE

At work I noticed I did a lot of awfulizing, catastrophizing, blaming, complaining, criticizing and frequently using shoulds, oughts, and musts. At home I do not engage in this type of thinking as much; however, I do it enough to not be happy about it. I know there is a connection between my thinking and feeling/behavior. I know I need to replace these irrational thoughts with rational thoughts. I have found myself telling myself I can't do such and such, including my PSMP and writing this analysis. I find my ability to focus and attend drifting when I engage in this maladaptive behavior. Well, I started my program and I have written this analysis so that is a step forward. I will get better. On a scale of 1-10 with 10 being excellent, I rate my thinking/focusing for the week as a 3.

SUMMARY

Looking at my first week of the analysis, I see some significant relationships and patterns. There is a strong relationship between sleep and how I feel and think. There is a strong relationship between my irrational thinking and how I feel both physically and psychologically. There is a strong relationship between work and how I feel, think and behave. Spending an hour in traffic affects my day. I have noticed that exercise and meditation help if my mind is clear. If I can't stay focused, exercise and mediation don't help much. What I have noticed is that all of these categories are interrelated. I have a lot of work ahead of me. I will be positive and succeed. My ratings for the week on the overall categories, with 1=poor and 10=excellent, follows:

PHYSICAL	3	SPIRITUAL	8	HUMOR	6
EMOTIONAL	3	SOCIAL	8		
COGNITIVE	3	ENERGY LEVEL	3		

PSY 451 HEALTH AND STRESS PSYCHOLOGY
INTERNET INSTRUCTIONS FOR PROJECT
FALL 2001
DR. ROBERT SANTEE

Get on Internet (Internet Explorer, etc.)

Type in at 'address': www.healthcentral.com

Promo will appear, click 'close window'

On left hand side of screen bottom under "Health Information", click on 'My Health Page'

Under 'New User' click 'Continue'

Fill in Name, User Name (e-mail if you want) and Password

Click "Continue"

Confirm Password

Click 'Continue' on bottom

Click 'Continue' on bottom

Click 'Continue' on bottom

Health page window now appears. On bottom right hand page there is a window listing health profiles. Do all of them under 'not completed'. The inventory on 'Sexual Health' is not required.

Click on 'Inventory' – for example 'Stress Management'

Answer all of the items for the stress management mini-profile

After answering the inventory, click 'View Results'

Print

Complete and print rest of inventory located in window in upper left hand corner called "Health Profiles"

See syllabus for assignment regarding these profiles