

Brief Contents

PART 1

The Nature of Stress 1

- 1 The Nature of Stress 2
- 2 The Sociology of Stress 30
- 3 Physiology of Stress 46
- 4 Stress and Disease 62

PART 2

The Mind and Soul 95

- 5 Toward a Psychology of Stress 96
- 6 The Stress Emotions: Anger, Fear, and Joy 124
- 7 Stress-Prone and Stress-Resistant Personality Traits 145
- 8 Stress and Human Spirituality 166

PART 3

Coping Strategies 207

- 9 Cognitive Restructuring: Reframing 213
- 10 Behavior Modification 230
- 11 Journal Writing 243
- 12 Expressive Art Therapy 258
- 13 Humor Therapy (Comic Relief) 272

- 14 Creative Problem Solving 294
- 15 Communication Skills 309
- 16 Resource Management: Managing Time and Money 322
- 17 Additional Coping Techniques 340

PART 4

Relaxation Techniques 357

- 18 Diaphragmatic Breathing 360
- 19 Meditation 368
- 20 Hatha Yoga 392
- 21 Mental Imagery and Visualization 409
- 22 Music Therapy 427
- 23 Massage Therapy 446
- 24 T'ai Chi Ch'uan 464
- 25 Progressive Muscular Relaxation 477
- 26 Autogenic Training 487
- 27 Clinical Biofeedback 500
- 28 Physical Exercise, Nutrition, and Stress 511

Epilogue: Creating Your Own
Stress-Management Program 541

Contents

<i>Foreword</i>	<i>xi</i>
<i>Praise for Managing Stress</i>	<i>xiii</i>
<i>Preface</i>	<i>xv</i>
<i>Acknowledgments</i>	<i>xvii</i>
<i>Introduction</i>	<i>xix</i>
<i>To the Instructor</i>	<i>xxi</i>

PART 1

The Nature of Stress 1

1 The Nature of Stress	2
Times of Change and Uncertainty	3
Definitions of Stress	5
The Stress Response	6
Tend and Befriend	8
Types of Stress	8
Types of Stressors	10
Bioecological Influences	10
Psychointrapersonal Influences	11
Social Influences	11
The General Adaptation Syndrome	14
Stress in a Changing World	17
College Stress	17
A Holistic Approach to Stress Management	20
How to Best Use This Book	25
Suggested Workbook Exercises	25
Summary	27
Study Guide Questions	27
References and Resources	28
2 The Sociology of Stress	30
Techno-Stress	32
A Decline in Civility	36
Environmental Disconnect	37
Occupational Stress	40
Race and Gender Stress	41
Summary	43
Study Guide Questions	44
References and Resources	45
3 Physiology of Stress	46
The Central Nervous System	47
The Vegetative Level	47
The Limbic System	48
The Neocortical Level	48
The Autonomic Nervous System	49
The Sympathetic and Parasympathetic	
Nervous Systems	49
The Endocrine System	51

The Neuroendocrine Pathways	53
The ACTH Axis	55
The Vasopressin Axis	55
The Thyroxine Axis	56
A Parable of Psychophysiology	56
Two Decades of Brain Imaging Research	57
Summary	59
Study Guide Questions	59
References and Resources	60

4 Stress and Disease 62

Theoretical Models	64
The Borysenko Model	64
The Pert Model	67
The Lipton Model	70
The Gerber Model	71
The Pelletier Premodel	78
Target Organs and Their Disorders	82
Nervous System–Related Disorders	83
Immune System–Related Disorders	85
Summary	89
Study Guide Questions	89
References and Resources	90

PART 2

The Mind and Soul 95

5 Toward a Psychology of Stress	96
Freud and the Egg	97
Jung and the Iceberg	100
Elisabeth Kübler-Ross: The Death of Unmet	
Expectations	104
Viktor Frankl: A Search for	
Life's Meaning	106
Wayne Dyer: Guilt and Worry	109
The Sin of Guilt	109
The Art of Worrying	110
Leo Buscaglia: The Lessons of Self-Love	111
Abraham Maslow: The Art of	
Self-Actualization	113
Martin Seligman: Optimism and the Art of	
Being Happy	117
A Tibetan Perspective of Mind and Stress	118
Some Theoretical Common Ground	119
Summary	120
Study Guide Questions	121
References and Resources	122

6	The Stress Emotions: Anger, Fear, and Joy	124
	The Anatomy of Anger	125
	Gender Differences	127
	Physiological Responses	128
	The Myth of Catharsis	129
	Anger Mismanagement Styles	130
	Creative Anger Strategies	132
	The Anatomy of Fear	133
	Basic Human Fears	135
	Strategies to Overcome Fear	137
	Depression: A By-Product of Anger or Fear?	138
	Joy, Eustress, and the Art of Happiness	138
	Summary	140
	Study Guide Questions	140
	References and Resources	141
7	Stress-Prone and Stress-Resistant Personality Traits	145
	Type A Behavior	147
	Hostility: The Lethal Trait of Type A's	149
	Behavior Modification for Type A Behavior	149
	Social Influences on Type A Behavior	149
	Did Someone Say Type D Personality?	150
	Codependent Personality	151
	Helpless-Hopeless Personality	155
	Resiliency: The Hardy Personality	155
	Survivor Personality Traits	157
	Sensation Seekers	158
	Self-Esteem: The Bottom-Line Defense	159
	Summary	163
	Study Guide Questions	163
	References and Resources	164
8	Stress and Human Spirituality	166
	A Spiritual Hunger?	168
	A Turning Point in Consciousness	168
	Definition of Spirituality	170
	Theories of Human Spirituality	171
	The Path of Carl Jung	172
	The Path of M. Scott Peck	174
	The Path of Hildegard von Bingen	176
	The Path of Black Elk	177
	The Path of Matthew Fox	179
	The Path of Joan Borysenko	180
	The Path of Deepak Chopra	181
	The Path of Jesus of Nazareth	183
	The Path of Joseph Campbell	185
	The Path of Lao Tzu	187
	The Path of Albert Einstein	188
	Common Bonds of Human Spirituality	190
	Centering Process (Autumn)	191
	Emptying Process (Winter)	191
	Grounding Process (Spring)	192
	Connecting Process (Summer)	193

A Model of Spirituality for Stress	
Management	193
Internal and External Relationships	193
Personal Value System	195
Meaningful Purpose in Life	196
The Divine Mystery	197
Spiritual Potential and Spiritual Health	198
Roadblocks and Interventions	198
Current Research on Spirituality and Health	200
Summary	201
Study Guide Questions	202
References and Resources	203

PART 3

Coping Strategies 207

Expecting the Unexpected	210
Conclusion	211
References and Resources	212
9 Cognitive Restructuring: Reframing	213
A Thinking-Process Model	214
Two Minds Are Better Than One	215
Toxic Thoughts	216
The Choice to Choose Our Thoughts	221
Acceptance: An Alternative Choice	223
Steps to Initiate Cognitive Restructuring	224
Some Additional Tips for Cognitive Restructuring	225
Best Application of Reframing	226
Summary	227
Study Guide Questions	228
References and Resources	229
10 Behavior Modification	230
Behavior as a Component of Personality	231
The Behavior Modification Model	233
A Second Behavior Modification Model:	
Stages of Change	234
Is Stress A Trigger for Relapse?	235
Assertiveness	235
Assertiveness Skills	237
Steps to Initiate Behavior Modification	239
Summary	241
Study Guide Questions	241
References and Resources	242
11 Journal Writing	243
Historical Perspective	244
Journal Writing as a Coping Technique	246
Steps to Initiate Journal Writing	248
Journal Writing Styles, Themes, and Ideas	252
Best Tips for Journal Writing as a Coping Technique	254
Best Application of Journal Writing	254

Summary.....	255
Study Guide Questions.....	255
References and Resources.....	256
12 Expressive Art Therapy.....	258
Origins of Art Therapy.....	259
Clinical Use of Art Therapy.....	260
Steps to Initiate Art Therapy.....	265
Artistic Roadblocks.....	266
Materials.....	266
Illustrative Themes.....	266
Interpretations.....	268
Best Application of Art Therapy.....	268
Summary.....	270
Study Guide Questions.....	270
References and Resources.....	271
13 Humor Therapy (Comic Relief).....	272
Historical Perspective.....	273
Theories of Humor.....	275
Superiority Theory.....	275
Incongruity (Surprise) Theory.....	275
Release/Relief Theory.....	276
Divinity Theory.....	277
Types and Senses of Humor.....	278
Types of Humor.....	278
Senses of Humor.....	282
Humor Therapy as a Coping Technique.....	283
The Physiology of Laughter.....	285
Steps to Initiate Humor Therapy.....	286
Best Application of Comic Relief.....	290
Summary.....	291
Study Guide Questions.....	291
References and Resources.....	292
14 Creative Problem Solving.....	294
Think Like da Vinci!.....	296
The Creative Process.....	297
Players on the Creativity Team.....	297
The Myths of Creativity.....	300
Obstacles to the Creative Process.....	300
The Right Answer.....	300
I'm Not Creative.....	301
Don't Be Foolish.....	301
To Err Is Wrong.....	302
From Creativity to Creative Problem Solving.....	303
Steps to Initiate Creative Problem Solving.....	304
Description of the Problem.....	304
Generating Ideas.....	304
Idea Selection and Refinement.....	304
Idea Implementation.....	305
Evaluation and Analysis of Action.....	305
Best Application of Creative Problem Solving.....	305
Summary.....	306
Study Guide Questions.....	306
Appendix: Answers to Creative Problems.....	307
References and Resources.....	308
15 Communication Skills.....	309
Communications in the Wi-Fi Age.....	310
The Basics of Communication Skills.....	310
Conversational Styles.....	311
Verbal Communication.....	312
Communicating Ideas and Feelings.....	313
Nonverbal Communication.....	314
Physical Elements.....	314
Nonphysical Elements.....	315
Listening, Attending, and Responding Skills.....	315
Conflict Resolution.....	316
Conflict-Management Styles.....	317
Steps to Enhance Communication Skills.....	318
Summary.....	320
Study Guide Questions.....	320
References and Resources.....	321
16 Resource Management: Managing Time and Money.....	322
Money Matters.....	323
Mass Marketing to Your Ego.....	323
The Psychology of Poverty.....	324
Money Problems? Try This.....	324
Tips for Financial Freedom.....	324
The Hands of Time.....	326
Roadblocks to Effective Time Management.....	328
Personality Styles and Behaviors.....	328
Steps to Initiate Good Time-Management Techniques.....	331
Additional Time-Management Ideas.....	333
Best Application of Time-Management Skills.....	337
Summary.....	338
Study Guide Questions.....	338
References and Resources.....	339
17 Additional Coping Techniques.....	340
Information Seeking.....	341
Social Orchestration.....	342
Friends: Social-Support Groups.....	343
Hobbies.....	345
Forgiveness.....	346
Dream Therapy.....	347
Prayer and Faith.....	349
Types of Prayer.....	349
Of Prayer and Meditation.....	349
Research on Prayer and Faith.....	351
Prayers for Nonbelievers.....	351
Ways to Pray.....	351
Summary.....	353

Study Guide Questions	353
References and Resources	354

PART 4

Relaxation Techniques 357

18 Diaphragmatic Breathing 360

The Mystery of Breathing	361
Breathing and Chronic Pain	362
Steps to Initiate Diaphragmatic Breathing	362
1. Assume a Comfortable Position	362
2. Concentration	363
3. Visualization	364
Summary	366
Study Guide Questions	366
References and Resources	367

19 Meditation 368

Historical Perspective	370
Types of Meditation	371
Exclusive Meditation	372
Transcendental Meditation	374
The Relaxation Response	374
Inclusive Meditation	375
Zen Meditation	376
Split-Brain Theory	378
Altered State of Consciousness	379
Physiological and Psychological Effects of Meditation	381
Neuroplasticity: The Neuroscience of Meditation	382
Meditation and Brain Imaging Research	383
Meditation and Chronic Pain	383
Steps to Initiate Meditation	384
Grand Perspective Mental Video	384
Mindfulness	385
Best Application of Meditation	385
Summary	387
Study Guide Questions	388
References and Resources	389

20 Hatha Yoga 392

Historical Perspective	393
Physiological and Psychological Benefits	394
Hatha Yoga and Chronic Pain	395
Steps to Initiate Hatha Yoga	396
The Art of Breathing	396
The Art of Conscious Stretching	396
The Art of Balance	397
Salute to the Sun (<i>Surya Namaskar</i>)	397
Hatha Yoga <i>Asanas</i>	399
Sample Workout	402

Additional Thoughts on Hatha Yoga	402
Best Application of Hatha Yoga	404
Summary	405
Study Guide Questions	406
References and Resources	407

21 Mental Imagery and Visualization 409

Historical Perspective	411
Mental Imagery Research	412
Mental Imagery as a Relaxation Technique	414
Tranquil Natural Scenes	416
Behavioral Changes	417
Internal Body Images	419
Color Therapy	420
Mental Imagery and Chronic Pain	421
Steps to Initiate Mental Imagery	421
Best Application of Mental Imagery	422
Summary	423
Study Guide Questions	423
References and Resources	424

22 Music Therapy 427

Historical Perspective	428
From Sound to Noise to Music	430
Music as a Relaxation Technique	432
Biochemical Theory	432
Entrainment Theory	434
Metaphysical Theory	436
Psychological Effects of Music	437
Visualization and Auditory Imagery	439
Music Therapy and Chronic Pain	440
Steps to Initiate Music Therapy	440
Best Application of Music Therapy	441
Summary	442
Study Guide Questions	442
References and Resources	443

23 Massage Therapy 446

Historical Perspective	447
The Need for Human Touch	448
Massage Therapy Research	449
Types of Massage	450
Shiatsu	451
Swedish Massage	451
Rolfing	453
Myofascial Release	454
Sports Massage	455
Other Touch Therapies	455
Physiological and Psychological Benefits	458
Massage Therapy and Chronic Pain	459
Summary	460
Study Guide Questions	460
References and Resources	461

24 T'ai Chi Ch'uan	464
Historical Perspective	465
Philosophy of T'ai Chi Ch'uan	465
Physiological and Psychological Benefits	466
T'ai Chi Ch'uan and Chronic Pain	468
T'ai Chi Ch'uan as a Relaxation	
Technique	468
T'ai Chi Ch'uan Movements	469
Additional Comments on T'ai Chi	
Ch'uan	471
Best Application of T'ai Chi Ch'uan	472
Summary	474
Study Guide Questions	474
References and Resources	475
25 Progressive Muscular Relaxation	477
Historical Perspective	478
Physiological Benefits	479
Steps to Initiate Progressive Muscular	
Relaxation	479
Best Application of Progressive Muscular	
Relaxation	484
Summary	485
Study Guide Questions	485
References and Resources	486
26 Autogenic Training	487
Historical Perspective	488
Psychological and Physiological Responses	490
Steps to Initiate Autogenic Training	492
Body Position	492
Concentration and Awareness	492
Other Suggestions	493
Indirect Approach	493
Direct Approach	493
Adding Mental Imagery	496
The Use of Self-Hypnosis	496
Best Application of Autogenic Training	497
Summary	498
Study Guide Questions	498
References and Resources	499
27 Clinical Biofeedback	500
What Is Clinical Biofeedback?	501
Historical Perspective	502

Purpose of Biofeedback	503
Types of Biofeedback	504
Electromyographic (EMG) Biofeedback	505
Electroencephalographic (EEG)	
Biofeedback	505
Cardiovascular (EKG) Biofeedback	505
Electrodermal (EDR) Biofeedback	506
Biofeedback and Chronic Pain	506
Best Application of Clinical Biofeedback	507
Summary	508
Study Guide Questions	508
References and Resources	509

28 Physical Exercise, Nutrition, and Stress **511**

Physical Exercise and Stress	512
Types of Physical Exercise	513
Physiological Effects of Physical Exercise	515
Theories of Athletic Conditioning	517
Psychological Effects of Physical Exercise	518
Physical Exercise and Chronic Pain	520
Steps to Initiate a Fitness Training Program	520
Best Application of Physical Exercise and	
Activity	523
Nutrition and Stress	523
Diet for a Stressed Planet	526
A Word about Supplements	527
Additional Stress and Nutritional Factors to	
Consider	528
A Word about Genetically Altered Foods	530
Spiritual Nutrition	530
Psychological Effects of Food	531
Recommendations for Healthy Eating Habits	533
Additional Tips for Healthy Eating	534
Summary	536
Study Guide Questions	537
References and Resources	538

Epilogue: Creating Your Own Stress-Management

Program	541
Glossary	546
Index	569
Photo Credits	585