\Stress paper – spring 2017

Due date: May 10

By filling in the following table, show me that you have a very good grasp of the effects of stress on the body and how we can manage our stress.A list of the relaxing techniques we used in class follows, to remind you what they were. All answers must come from the study packets or our class discussions, not from another course, Facebook, your Uncle Joey or the internet. Do not print out the grading rubric and hand it in.

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| **Stress Management Paper** | | |
| 1 | What does the sympathetic nervous system do to prepare the body for fight or flight when you are suddenly stressed? (What doescortisol do and what does epinephrine do; name at least 4processes that are stimulated and 2 that are suppressed, and explain why that happens) |  |
| 2 | Compare chronic stress and situational or transient stress. Explain the effects of each on the body. (symptoms we may experience for each; which one leads to the GAS – explain that term - and which one allows the body to return to homeostasis – explain that term) |  |
| 3 | Define eustress and distress. |  |
| 4 | List at least 5 effective and 3 ineffective coping strategies that are discussed in the study questions. Why are the ineffective ones not helpful in the long run?(I am looking for the strategies themselves, not examples of the strategies.) |  |
| 5 | Which was your favorite of the relaxation techniques we tried in class? Did you continue to use it on your own? How did it work for you? |  |
| 6 | What other effective ways of managing stress do you use? Have you ever performed a random act of kindness?These are not examples of random acts of kindness:   * Volunteer work * Giving blood |  |
| 7 | Give 1 example of reframing that you have used. If you have never actually done this, think of a time when you could have used reframing.Make it the ‘there is actually a benefit to me here’ kind, not the ‘it could always be worse’ kind.This is not an example of reframing:   * Deciding that the Navy is not for you after all. |  |
| 8 | Define the term ‘conscientiousness’, and describe your own (not your own definition, your own conscientiousness) - how conscientious are you on a scale of 1-10 (1 = not very)? Give an example of your behavior that illustrates why that is where you fall on the line. |  |
| 9 | Define the term ‘resilience’ and describe your own (not your own definition, your own resilience) – how resilient are you on a scale of 1 to 10 (1 = not very)? Give an example of your behavior that illustrates why that is where you fall on the line. |  |
| 10 | How does your own body react to situational stress (if you are almost in a car accident;if you wake up and find you missed a test; what happens to you before a presentation).I am not asking for the theory here; I am asking about your own experience with sudden stress. |  |
| 11 | Identify one stressor currently affecting you, NOT including schoolwork/exams/ etc. How well are you handling it? Which of the stress management techniques we did in class have you tried or do you think would help? What other behaviorsmight or do help you manage or resolve that stressor. |  |

Relaxation Techniques we experienced in class

1. Listen to soothing music – we used Erik Satie’s Gymnopedie #1.
2. Do shoulder and neck loosening exercises.
3. Deep belly breaths – slow, deep breathing.
4. Pranayama – another kind of slow, deep breathing.
5. Contract your muscles one at a time, then release them all at once.
6. Conscious relaxation of specific muscles. Keep going through the list: forehead, eyes, mouth, jaw, shoulders.
7. Laughter, humor – tee shirts, jokes.
8. Guided imagery.
9. Meditate on a word or phrase - we used All is well, peace is mine, I am safe.
10. Stare at a peaceful scene – we used the koi pond.