



KAPLAN UNIVERSITY

HW410 Stress: Critical Issues in Management and Prevention

Stress Management and Prevention

Program Resource Guide

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Stress Management and Prevention Program Resource Guide

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HW410: Stress: Critical Issues in Management and Prevention

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Total Points = 2

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Total Points = 8

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Unit 1: The Nature of Stress

Information to Remember:

Key Learning Point:

The four areas of a person's life are:

1. Mental – information gathering, recollection, communication
2. Spiritual – a higher awareness of a creator and from relation to oneself and others, creating strong values and purpose in life.
3. Physical – the physical body including structure and all systems – circulatory, respiratory, endocrine, etc.
4. Emotional – optimally being able to experience the full range of emotions and controlling them rather than being controlled by them.

(Seaward, 2015).

Key Learning Point:

There are different types of stress:

Distress – what most people call stress, causing anxiety

Eustress – good stress such as exercise or preparing for a vacation

Neustress – stimuli which we interpret as unimportant such as background noise

Acute Stress – immediate and short-lived

Chronic Stress – low level long term stress without relief

(Seaward, 2015).

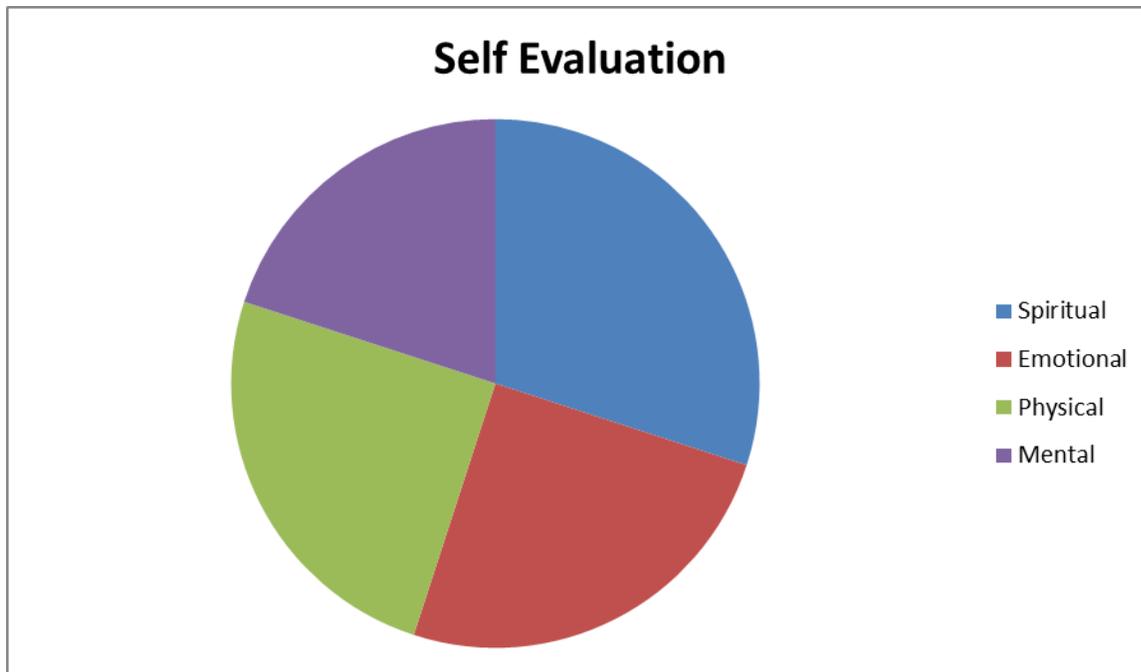
Key Learning Point:

Modern technology has eroded personal boundaries with higher work demands to answer text and emails after hours. Society used to have a clear defining line between work and leisure, but nowadays people have little down time.

(Seaward, 2015).

Total Points = 9

Self-Assessment Exercise:



I found it difficult ranking the four areas of a person's life because they are all so interwoven and important. Below are my personal percentages which are nearly equal.

- 30% Spiritual – Personally, Spiritual overlaps into all areas of my life, and is the most important aspect. My calling to teach Holy Yoga is why I am feeding my mental well-being with wisdom to be a better teacher. It's why I exercise through yoga practice, walking, hiking, biking and dance to keep myself in shape to teach. How could I teach if I'm not walking the walk? Spiritual helps me emotionally deal with difficulties of life, and other people.

- 25% Emotional – Emotional affects every other area of life because when you're depressed, it's hard to take care of your physical body and get out and walk or bike. Nervousness directly affects the Mental capacity causing a person to forget things. Anger can cause a person to lose control and destroy relationships in the spiritual realm and others.
- 25% Physical – If a person is not feeling good Physically, they don't perform well Mentally or Emotionally. Physical distress can also lead to depression, which can affect a person's Spirituality.
- 20% Mental – Studies have shown that the more intelligent a person is, the more likely they exercise regularly taking care of the Physical. Having intelligence also helps a person emotionally, giving them more options to think problems through. It also helps in relationships with each other and discovering the power of the universe (aka God).

The environment in which I find most rewarding balance in my life is when I am on my mat teaching and sharing the gift of yoga. [REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

(Seaward, 2015).

Total Points = 4

Journal Writing:

Place the entire journal within the resource guide **with a reference cited properly** (Stahl & Goldstein, 2010). **Total Points = 3**

Unit One Journal Writing

Complete the Journal Assignment entitled: “How Stressed Are You?”

Directions are found on pages 11 and 12 of the Mindfulness workbook. List the situation on the left. Use a rating scale of 1 through 10 for the start, midway, and end. You will use this Journal Assignment as a way of mapping your stress throughout the course. Keep it handy and refer back to it often.

Situation	Start	Midway	End
Fire alarm went off at work, and we work on the 24 th floor. Being that I probably have PTSD from [REDACTED] I go into a panic attack [REDACTED]	10	8	7
Dreading starting the work/school week with so much to do, and so little time. On-going frustration and dissatisfaction of having to work in an office again instead of teaching yoga full-time.	5	4	3
Financial distress and discovering I no longer have health insurance.	8	9	3
Frustration of stupid laptop crashing 5-8 times a day while trying to prepare my assignments. Losing part of my work each time even though I save every few minutes.	7	8	2



Unit 2: The Physiology of Stress

Information to Remember:

Key Learning Point:

Lipton believed that by our own thought processes, we can alter our genetic disposition. Simplified, we can bring about what we think about, which can be positive or negative. He believed that our state of mind when presented with a disease can promote or repel sickness.

(Seaward, 2015).

Key Learning Point:

If we practice mindful relaxation on a daily basis, lowering our cortisol levels, we can bring our body back to homeostasis relieving stress. However, if we are chronically stressed, cortisol levels remain high making it difficult for our auto-immune system to fight off disease.

(Seaward, 2015).

Key Learning Point:

Bringing focus into our lives with mindfulness helps reduce stress. People used to say "do one thing at a time", but nowadays people pride themselves with multi-tasking. Many job descriptions mention multi-tasking as a job requirement. What they don't realize is that multi-tasking is a form of being scatter-brained. The best job performance comes with focus.

(Seaward, 2015).

Total Points = 9

Self-Assessment Exercise:

Provide a summary of the exercise to include in the resource guide **with a reference cited properly**

Self-Assessment Assignment

- Describe neuroscience and neuroplasticity. Explain the importance to the brain.
- Identify and describe five diseases that occur when the nervous system is affected by stress.
- Identify and describe one disease that occurs when the immune system is affected by stress.

Neuroscience is the science of studying the brain and all the associated neurological processes including the nervous system. Recent studies are showing the brain to be more “plastic” than previously thought. The brain can grow and create more neuro-pathways, giving the term Neuroplasticity (Seaward, 2015). Only a few years ago a prognosis of a patient who was comatose with brain injury was not good, but now they are finding in some cases the brain can heal itself.

There are five diseases that can occur when stress affects the nervous system:

1. Bronchial Asthma where bronchial fluids irritate and cause the bronchial passageways to swell. This condition can be caused by anxiety.
2. Tension headaches due to the tension of the muscles in the forehead or neck and shoulders. An increase in pain causes even more tension, causing the headache to worsen.
3. Migraine headaches can be caused by anxiety, but usually appear several hours after the stressor occurs. These headaches can be associated with a flash of light, followed by throbbing pain, usually on the right or left side. Some people also have dizziness and nausea.
4. Temporomandibular Joint Dysfunction (TMJD) can be brought on by tension in the jaw muscles, especially if a person clenches their jaws or grind their teeth during sleep. A retainer can be worn at night to help release the tension, as well as a 5-10-minute restorative pre-bedtime yoga practice ending with 3-5 minute Legs-up-the-wall Savasana.

5. Irritable Bowel Syndrome (IBS) caused by stress often results in stomach cramps and diarrhea due to increased nervous system stimulation. Certain diets can help IBS as well as meditation and biofeedback techniques (Seaward, 2015).
6. Coronary Heart Disease (CHD) begins when stressors elevate blood pressure in preparation for the body to do battle. However, in today's society when the "battle" is usually not physical, the inner turbulence results in micro tears in the blood vessels. Later when a piece of plaque floats along in the blood stream, it catches on the micro tear and starts the buildup of plaque within the blood vessel. Secondly in a stressful situation, Cortisol is released to carry adipose tissue to the working muscles. When stress is chronic, too much adipose (fat) tissue in the blood catching on the micro tears creates blockages within the blood vessels. Blockages can result in heart attack or stroke (Seaward, 2015).

One of the diseases caused by stress on the immune system is the common cold or flu, which I am currently suffering with a cold. Recent studies show that as the number of B-lymphocytes decrease due to stress, the body is more easily attacked with cold or flu virus (Seaward, 2015). True to this finding, prior to acquiring my cold, I was (and still am) under a large amount of stress.

Personally, I experience [REDACTED] and tension headaches due to stress. My tension headaches usually occur when working in an office job, and are hard to get rid of except through taking Advil. I have also dealt with Panic Disorder for over thirty years. However, with a daily yoga practice, my symptoms are almost totally alleviated. I cannot express how much yoga has changed my life!

(Seaward, 2015). **Total Points = 4**

Journal Writing:

Place the entire journal within the resource guide **with a reference cited properly** (Stahl & Goldstein, 2010). **Total Points = 3**

Unit Two Journal Writing Assignment

Complete the Journal Assignment entitled, Explore: How is stress or anxiety affecting your life? Directions are found on pages 33 through 35 of the Mindfulness workbook. Upon completion of this Assignment, you will take the first step toward greater well-being and become aware of how stress is impacting your life. This should be a minimum of two full pages.

How is stress or anxiety about people affecting your life?

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

How is stress or anxiety about work affecting your life?

Stress concerning my work concerns the fact that I am once again stuck working an office job in an Oil and Gas company instead of teaching yoga, a career I believe to be my calling, what God designed me to be. However, I am coming to acceptance because it is part-time, which will allow me to teach classes on Thursdays and Saturdays. I could teach two classes or private clients on Thursdays and Saturdays, which would give me a total of four classes per week. Not only would this help me feel like I am continuing in my desired profession, but also [Redacted].

Stress at my part-time job at DF has decreased tremendously after having worked there for four months. I have become familiar with their expectations, and have discovered they appreciate my work. [REDACTED]

How is stress or anxiety about the world affecting your life?

The world is definitely a different place than it was before 9-1-1. As mentioned in a seminar, nowadays when going to a movie theater, you are more aware of your surroundings. You observe people more closely making sure no one is acting weird. A person also makes note of nearby exits, and mentally map out a plan just in case someone were to open fire as they did in Aurora.

How is stress or anxiety about food and eating habits affecting your life?

Other stressors in today's world concerns food and the rise of GMO's. I miss the days when I didn't have to worry so much as to what I was eating. My rule of thumb is to try eating organic 90% of the time, and not worry about the other 10%. I think a person could go nuts if they tried eating 100% organic and 100% healthy all of the time.

How is stress or anxiety about sleep and sleeplessness affecting your life?

The only time I am anxious concerning sleep are the three days per week I have to be up by a certain time to go to work. Other days I usually wake up around 6:30-7:00 a.m., but work days I need to rise and shine by 5:00 a.m. so I can be in the office by 7:00-7:30 a.m. The main reason I need to arrive early is to be able to park on the early-bird parking level. By parking on this level, instead of paying \$18 per day for parking, I "only" pay \$9. I used to get up at 4:30 a.m., so I could do some yoga before work, but getting up that early causes an added stress that causes insomnia. I am currently considering "sleeping in" until 6:00 a.m., doing yoga, and arriving at work at 8:30 a.m., and

using light rail parking closest to downtown. The problem with light rail parking is that it adds another hour to my total commute time; however, part of that time is spent in walking which I can count towards exercise, and while on the train I could read for my classes. So the time would not be wasted.

How is stress or anxiety about exercise or lack of physical activity affecting your life?

One of my New Year's goals is to get down to my optimal weight.... [REDACTED]. As a yoga instructor, I need to be in prime physical condition to be a good example of walking my walk. I am currently trying to figure out which is best: doing my yoga practice first thing in the morning, or after work. Basically, I have been practicing about 30 minutes in the morning, then walking after work when it's not too cold outside (35+ degrees). One of my best cardio exercises is dancing!

Summary:

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

Unit 3: Psychology of Stress

Information to Remember:

Key Learning Point:

Freud's Defense Mechanisms:

- Denial – refusing to believe reality
- Repression – blocking out thoughts and memories that are too painful
- Projection – blaming others for your mistakes (ie: blaming slow drivers for being late instead of yourself for sleeping 15 mins late)
- Rationalization – reinterpreting the truth to make it more pleasing
- Displacement – transferring emotions such as anger from a “threatening” entity to a non-threatening entity (ie: yelling at your spouse instead of your boss)
- Humor – used to decrease pain and increase pleasure

(Seaward, 2015).

Key Learning Point:

Laughter is good medicine as a way to relieve stress.

(Seaward, 2015).

Key Learning Point:

Jung's Psychic Equilibrium – when a person takes time to examine their deep thoughts, it unites the conscious and subconscious to help a person resolve problems and live a more peaceful life.

(Seaward, 2015).

Total Points = 9

Self-Assessment Exercise:

Provide a summary of the exercise to include in the resource guide **with a reference cited properly**

1. What can be learned from the Tibetan culture about the mind and stress?
2. What do the views espoused by theorists have in common? Explain your perspective.
3. Describe one or more ways to cope with manage and/or resolve fear.
4. Describe a minimum of five ways in which you can improve your communication style.

The Tibetan culture teaches us that suffering or stress comes from desires with strong attachments. Desires can be good such as happiness and peace, goodwill towards fellow human beings; however, desires can also cross the line into selfish ambition such as greed and obtaining their desires at the expense of others. The ego with selfish desires needs to be tamed, so that higher "Self" with altruistic values can shine through. A Tibetan teacher, Tulku Thondup, described stress as the way a person attempts to achieve something it cannot own, but merely enjoy....such as love (Seaward, 2015).

Viewpoints from each theory all deal with how the mind deals with the stresses of life. Most theories agree that a person has to examine their own self to deal with stress in a healthy manner. If a person does not take the time to explore their self-awareness, they often deal with stress in unhealthy ways or coping mechanisms. Some unhealthy coping strategies include alcoholism, Post-Traumatic Stress Syndrome (PTSD), guilt displacement, rationalization and projection.

Dealing with fear can be a life-long journey. Sometimes fear begins in childhood from a tragic event. Counseling can help a person explore a person's childhood, and get to the root of the cause of a person's fear. Another method for diffusing fear is through behavioral therapy where a person desensitizes through repeated exposure to the situation which causes fear. For example, if someone is afraid of getting stuck in an elevator, they might go through systematic or exposure desensitization by riding in an elevator with a trusted friend or counselor, while learning to control their thoughts with peaceful imagery, breath, mantra and/or yoga. Then they might progress to riding alone practicing their method of calming the mind. Finally, if they can manage it, they might even stop the elevator with a friend or counselor, and then finally alone. If stopping an elevator is not an option, practicing in a small enclosed room could be an option to simulate being

stuck in an elevator.

Another behavioral method to learn to deal with fear is through assertiveness training, using relaxation methods to confront the stressor. For example, if a person dealing with panic attacks begins to feel an attack, they can use a yogic breathing technique called ujjayi breath to help the parasympathetic nervous system (rest and digest) to kick in, rather than the sympathetic nervous system (fight or flight) to take over (McCall, 2015). Other relaxation methods might include imagery, repeating a calming mantra, or quoting scripture.

With the rise of technology and various methods of new communication such as texting, emails and Facebook, new rules of etiquette need to be observed. For example, when you are with someone in a conversation, it is RUDE to answer your cell phone when it rings (unless it's your kids)! Other communication tips include:

- Do NOT break up with your boyfriend or girlfriend via text.
- Do not forget to be polite with emails and forget to include niceties such as Good Morning or Greetings, and if appropriate include "Have a good day". In the past twenty years, communication in the working world has become so abbreviated, many people forget to be polite.
- When in the company of another person, refrain from texting, and give the person your with undivided attention.
- If both people are available for a phone conversation, call instead of text. Hearing their voice tone helps with communication.
- When possible try to meet with a person occasionally instead of calling or texting. The added benefit of body language improves communication.
- Consider the preferred communication style of the person with whom you are conversing. Do they prefer text, email or phone call?
- Do NOT publicize private matters on Facebook or the internet! Remember, not only

do your friends view your posts, but also employers or potential employers.

With technology, it is vitally important to draw boundaries and observe them, taking a break from texts, emails, gaming and phone calls. If you have a family, make time to eat at least one meal together most days of the week.

(Seaward, 2015). **Total Points = 4**

Journal Writing:

Place the entire journal within the resource guide **with a reference cited properly**

Unit Three Journal Writing Assignment

Complete the Journal Assignment entitled: Five-Minute Mindful Breathing and Bringing the Eight Attitudes of Mindfulness into Your Life. Directions are found on pages 45 and 46 of the Mindfulness workbook. Upon completion of this Assignment, you will begin to understand the importance of making them a part of your daily life. See what changes occur in relationships with yourself and others around you. This should be a minimum of one full page.

Take some time to write about whatever you came up for you mentally, emotionally, and physically when doing this practice for the first time.

My very first experience with breathing and meditation was in yoga about twelve years ago. At the time, I was experiencing disabling panic disorder which affected my ability to sleep, and therefore affected my work. Mainstream doctors prescribed three different medications to help me function, one of which was Xanax (a tranquilizer). After the first few yoga classes, I marveled how calm I was as if I had taken Xanax.

I practiced this exercise this evening (and yesterday eve, and the evening before) in Legs-Up-the-Wall Savasana which is great for pre-bedtime. I have been doing an experiment with a 5-10 minute restorative yoga practice before bedtime. When I take the 5-10 minutes to do the practice, I

sleep all night through without waking up even for a “nightly run”. However, when I skip the practice because I just want to get to bed, I always wake up in the middle of the night. It’s amazing how yoga relaxes me and promotes a good night’s sleep.

During savasana breathing practice I notice I’m mainly a belly breather. It’s so relaxing riding the waves of your breath. Thoughts float by like ships floating by on the waves, and then I’m back to riding the waves of my breath. The Legs-Up-the-Wall is extra calming with the inversion giving a reverse flow of circulation. The feel of the carpet beneath my back and wall against my legs are comforting, strong and supportive. Afterward I roll onto my side curled into half fetal position for a few seconds, enjoying the peacefulness of the moment before sitting up to pray.

Later, as I’m sitting in bed reflecting on this practice, I am surrounded by my three cats contentedly purring. I hear the slight bubbling of the diffuser wafting scents of Frankincense, OnGuard and Peppermint – my favorite night-time scents. The furnace kicks on warming the air on a cold winter night. I laugh at myself, feeling like I’m writing like John Boy Walton on one of my favorite old TV shows, The Waltons. As I look around the bedroom, I sigh because it’s not as tidy as I like to keep it. I’m reminded of two of the eight attitudes of mindfulness: Self Compassion and Letting Be. I feel like a neat organized home is more peaceful, but with working, going to school and selling the Texas house, I realize I must be patient with myself. And now I need to nurture my body with sleep, as 5:00 a.m. comes early.

(Stahl & Goldstein, 2010). **Total Points = 3**



Unit 4: Personality Traits and the Human Spirituality

Information to Remember:

Key Learning Point:

Self-esteem is a key factor in dealing with stress. A person with high self-esteem does not stress as much because they are confident they can resolve any problem that arises. In contrast, a person with low self-esteem has more stress because they are fearful they cannot resolve problems, and are left with a feeling of helplessness and hopelessness.

(Seaward, 2015).

Key Learning Point:

Stress-prone Personality Traits:

- Type A Personalities
- Type D (Depression) Personalities
- Codependent Personalities
- Hopeless-Helpless Personalities

(Seaward, 2015).

Key Learning Point:

Stress-Resistant Personalities:

- The Hardy Personalities – Resiliency
- Survivor Personalities

(Seaward, 2015).

Total Points = 9

Self-Assessment Exercise:

Provide a summary of the exercise to include in the resource guide **with a reference cited properly**

1. Describe self-esteem and explain what role it plays in promoting and resolving stress.
2. Explain how relationships, values, and meaningful purpose in life are affected by stress.
3. Explain your perspective on the differences between values, attitudes, and beliefs.
4. Take one lifestyle activity [e.g., exercise, smoking] through Prochaska's Stages of Change Model.

Self-esteem has to do with a person's attitude about themselves. If a person feels good about themselves, they have much more confidence to tackle any issues life throws at them. However, if they lack confidence and think badly about themselves, life's difficulties can seem insurmountable. Low self-esteem is a character trait of the Helpless/Hopeless personality type, where a person lacks confidence in their self when presented with a problem. Type A personalities can also have low self-esteem, but their mode of operation is to put down others to build themselves up.

Low self-esteem can also promote anger and dislike and even self-hatred. When a person hates themselves, it is almost impossible to make friends. Lack of social contact decreases a person's self-esteem, so it becomes a vicious cycle. Additionally, the internal anger promotes painful stress, which can lead to disease, high blood pressure, higher cortisol levels which can increase the likelihood of diabetes, heart disease and stroke. It is vital for a person with low self-esteem to get help to learn to love them self again. Mindful training to replace negative thoughts with positive affirmations can help boost self-esteem.

It seems like women are more inclined to have low self-esteem issues, which is why Marla Cilley created www.FlyLady.net. Originally, she was earned the nickname "FlyLady" from teaching fly fishing, but after she started her website and radio talk show to help women with everything from household organization to self-esteem issues, the term "FLY" took on a whole other meaning. As the website and show evolved and she helped so many with low self-esteem, "FLY" became an acronym for "Finally Loving Yourself". As the FlyLady says, "We wouldn't dare speak so hatefully to others the way we speak to ourselves. We need to stop the negative self-talk, and talk lovingly and tenderly to

our inner child as we do our children (Cilley, 2006).” This analogy has helped a multitude of women who are FlyLady followers.

Stress can have a direct effect on relationships. When people are stressed most become edgy, short-tempered and non-communicative, depending on their personality. Stress can also have an effect on a person’s values. Peer pressure is a prime example where stress can alter someone’s decision to go against their values. A person can also experience stress when their well rooted values shift causing a spiritual crisis (Seaward, 2015). Shifting values typically occur as young adults after leaving home and no longer under parental value influence, and also during mid-life, hence the term mid-life crisis.

As a young adult, finding your Dharma, otherwise known as a person’s life work or calling can be very stressful if they do not have a clear idea what they want to pursue. A person experiencing this type of stress needs to set a shorter-term goal because most adults change their Dharma as they mature. I personally have experienced much stress throughout my working life because I knew my Dharma was centered on helping others to better health and wellness physically, emotionally and spiritually. Originally, I wanted to become an elementary school Physical Education (PE) teacher because I attribute my love of exercise (which I think of as play) to the fantastic PE teacher I had when young. However, I was discouraged when I learned PE teachers did not make much money, so at 18 years I wound up answering an ad for an Oil and Gas Clerk, and I have regretted that decision which became the distraction that threw me off the path of my Dharma for the past thirty-six years! While I made a very good living (until three years ago) in Oil and Gas, I cannot tell you how much stress not following my calling has caused me nearly every single day of my working life. God did not design me to sit in an office 8-10 hours every day hunched over a computer! Two years ago, I followed my Dharma and became a Yoga Instructor, and am currently finishing my degree in Health and Wellness. I look forward to leaving the office for good and teaching yoga full-time, doing what I believe God created me to be.

A person's values are originally instilled in them as a child from their parents and/or mentors. As mentioned earlier, values might shift at certain times during their life, but are usually deeply rooted. In contrast, attitudes are more easily adaptable than values. For example, even though I was not following my Dharma which was rooted in my personal values, I changed my attitude towards the office job so I could have a positive attitude. Many times, I would be listening to educational lectures about yoga, health, business or personal development while performing mundane tasks. Currently (March, 2016), even though I had to return to the office part-time until I can make a living teaching yoga, I can have a positive attitude figuring out how this could be a benefit, observing how my employers run a business. Perhaps I can also pick up some corporate yoga classes while working downtown.

Even though I know it's temporary, I have experienced a little depression and low self-esteem working in an office again, after getting a taste of teaching yoga full-time. I have decided to attempt teaching at least one yoga class per week to stay in practice and still FEEL like a Yoga Instructor. However, before I return to teaching, I am currently back on the path with mindful eating, after packing on an extra five pounds from the holidays. What can I say, I LOVE chocolate chip cookies and pumpkin pie!

In comparison to Prochaska's Stages of Change Model, during the holidays while I was enjoying all the pumpkin pie and chocolate chip cookies, I was in the Precontemplation Stage where I was not concerned about weight gain, and maybe in a bit of denial. As the New Year rolled around and I stepped upon the scales and begin to notice the gut that makes me look like I am four month's pregnant, the Contemplative Stage kicked in. I knew I had to get serious about mindful eating again and lose the weight because I do NOT ever want to become the frumpy, fifty-year-old office worker again! Then I began the Determination Stage as to when I would begin, what I would eat, and what can I cut or substitute for a healthier food alternative. On January 4th I began my Action Stage where I put my plan into action. My plan was a success because after only one week, I had already lost five

pounds! After reaching my goal on my upcoming birthday, I will enter the Maintenance Stage and my new mindful eating and tracking my food will be a well-formed habit, or as we say in yoga, Samskara. Once achieving my goal, I will be on alert to prevent a Relapse Stage on a permanent basis (one splurge per week is permitted) because a relapse would be a Distraction to my Dharma.

I would like to comment on Peck's Concept of Human Spirituality. While I agree with his four stage of maturation, I totally disagree with his statement, "Two outcomes are possible at this stage: either one samples other church institutions and makes a half-hearted compromise along the way, or the individual progresses to the next and final stage of spiritual development (Seaward, 2015)." Peck ignores the fact a person can progress to the final stage and still be an active member of a church. Unlike churches of the 1960's and 70's, many churches nowadays respect differing viewpoints how a person interprets the Bible or even if they believe the Bible is complete, and agree to disagree following II Timothy 2:23 which states, "Don't have anything to do with foolish and stupid arguments, because you know they produce quarrels." I still attend church, but I am careful to select a church which respects my personal interpretation of the Bible. And unlike Peck's concept, I believe God is not conformed to a man-like appearance, but can transcend into anything He desires as he did when leading the Israelites through the wilderness. By day He was a cloud, by night a pillar of fire. When He appeared to Moses on the mountain He was some type of bright light or energy. I see God in the mountains, the clouds and perhaps even the butterfly that lights on my shoulder. I see his love reflected in others. All this is to say, Seaward's description of Jesus and Peck's Concepts do not accurately portray all Christian beliefs.

It is sad that some Christians behaving badly in the past has caused a prejudice in America rising against Christians, portraying ALL Christians as desiring to force their personal beliefs on others. I have personally experienced anti-Christian prejudice from clients not hiring me to men not dating me once they discover I am a Christian, without getting to know me. Fortunately, not all people are as narrow minded, and I have formed some good friends with Buddhists, Hindus,

Shamans and Christians. I find it interesting to learn about their beliefs because I look for the commonality instead of the differences. And what I have discovered is many correlations to the same message.

Total Points = 4

Journal Writing:

Place the entire journal within the resource guide **with a reference cited properly** (Stahl & Goldstein, 2010). Total Points = 3

Unit Four Journal Writing Assignment

Complete the Journal Assignment entitled: Explore: Identifying Emotions in the Body. Directions are found on pages 74 through 77 of the Mindfulness workbook. Upon completion of this Assignment, practice taking a moment to mindfully tune in to your body and discover any physical sensations associated with strong emotions. This should be a minimum of three full pages.

FEAR: apprehension, anxiety, distress, edginess, jumpiness, nervousness, panic, tenseness, uneasiness, worry, fright, feeling overwhelmed.

When I experience slight anxiety, I notice I'm either holding my breath, or not breathing fully. My chest, neck and shoulder muscles may tighten. With moderate stress and anxiety, my stomach might become upset [REDACTED]. During an extreme bout of anxiety or panic attack, my heart begins to race, I get that rush of "ice water flowing through the veins feeling", tight chest and shortness of breath. [REDACTED]

[REDACTED] Regular stress tests and numerous heart scans have reassured me that my heart is healthy.

With a deeper yoga practice, I have discovered that Yoga Ujjayi breathing cures panic attacks! By controlling the breath, you can literally switch the gears from being in sympathetic nervous system overload (fight or flight) back into the parasympathetic nervous system mode of rest and digest. After suffering 35 years of Panic Disorder, part of my Dharma in teaching yoga is to specialize in helping people with panic disorder. That's not to say I have arrived and have full control, but I have come a LONG way with approximately 90% control.

CONFUSION: bewildered, uncertain, puzzled, mystified, perplexed, chaotic, foggy, or unaware.

When confused and puzzled, I usually exhale with a “Hmmm....” comment. My eyebrows draw closer together and my lips tighten into a straight line. Foggy or unaware emotions sound like I might be drowsy. Chaos usually causes mild symptoms of anger with jaw and neck tension.

ANGER: aggravation, agitation, annoyance, destructiveness, disgust, envy, frustration, irritation, grouchiness, grumpiness, rage.

Anger manifests itself in my body with jaw tension, and tight chest and neck muscles. Sometimes I might clench my fists as well. When I am agitated, I become fidgety, tapping my feet, swiveling in my chair if I'm in a swivel chair and maybe drumming my fingers. Annoyance, disgust and frustration I notice tightness across the back of my shoulders and sometimes a slight headache. On occasion when I experience rage and destructiveness, I usually release that energy by slamming cabinet doors as recommended by Dr. Timothy McCall, to release the Pitta fire (McCall, 2015); however, most of the time I use that energy to clean house or exercise.

SADNESS: alienation, anguish, despair, disappointment, gloom, grief, hopelessness, insecurity, loneliness, misery, unhappiness, rejection.

Ugh, I don't even want to think about these emotions because I am really an emotional person. If I wasn't so mindful of my posture, most of these emotions might cause poor posture, shoulder hunching and hanging my head. Since practicing yoga daily, most of the time I successfully fight the urge to sink into poor posture. In yoga when studying the Koshas we learn that our emotional layer directly affects the physical aspect of our body, hence the poor posture with gloom, grief, hopelessness, insecurity, etc. However, we also learned if we take control of our physical body posture, we can have a positive influence on our emotional side. Ie: If a person is feeling insecure before a job interview, go into the bathroom beforehand and do a few Warrior poses to make yourself feel victorious (Duker, 2014)(Goodman, 2014)!

Other physical observations with extreme sadness are tears, frowning and that annoying burning sensation your nose experiences when starting to cry.

SHAME: guilt, embarrassment, humiliation, invalidation, regret, remorse, mortification.

Humiliation, embarrassment and mortification usually begins with a gasp of air. Then depending upon the situation, sometimes I can laugh at myself with nervous laughter. Guilt when first caught, my eyes widen and mouth opens. Regret, remorse, shame usually affects body posture until mindfully correcting it.

LOVE: affection, arousal, attraction, caring, compassion, desire, fondness, infatuation, kindness, liking, longing, warmth, sympathy, sentimentality.

Love, affection, attraction and infatuation usually make me feel lightweight, energetic and smiling. Sympathy and sentimentality makes my heart feel open.

JOY: amusement, bliss, contentment, eagerness, elation, enjoyment, enthusiasm,

excitement, exhilaration, hope, optimism, pleasure, satisfaction.

Excitement, elation and exhilaration are usually experienced with a surge of energy, smiling, laughter, sometimes tears of joy, maybe even jumping up and down and/or skipping. Amusement can be met with laughter. Bliss, contentment, enjoyment, enthusiasm, hope, optimism, pleasure and satisfaction are usually experienced with a smile, easy breathing, and contented sighs.

In summary, I am thankful this assignment ended with positive emotions. ☺ This is an interesting assignment bringing awareness how so many different emotional responses have a direct effect on our bodies. Very interesting assignment in a very interesting class!



Unit 5: Dealing with Stress: Coping Strategies

Information to Remember:

Key Learning Point:

We have a choice to choose our thoughts. We can restructure negative thoughts into more positive thoughts through cognitive restructuring.

(Seaward, 2015).

Key Learning Point:

We can use humor therapy to relieve stress, such as watching a funny show. Another alternative - Laughing yoga.

(Seaward, 2015).

Key Learning Point:

Learning to manage time and money well are key to avoiding stress. Procrastination is a big stressor. Time juggling or multi-tasking is popular nowadays, but actually is counterproductive. Focusing on one task at a time is more proficient.

(Seaward, 2015).

Total Points = 9

Journal Writing:

Place the entire journal within the resource guide **with a reference cited properly**

Unit Five Journal Writing Assignment

Choose from either formal practice: Walking Meditation or Mindful Self-Inquiry for Stress and Anxiety. Directions are found on either pages 58 through 60 or 119 through 121 of the Mindfulness workbook. Upon completion of either practice, take a moment to reflect on whatever came up for you mentally, emotionally, and physically. This should be a minimum of two full pages.

Take some time to write about whatever came up for you mentally, emotionally and physically when doing this practice for the first time.

As I started out walking, I noticed the snow melting causing the sidewalks to mostly be wet. The sun was warm on my shoulders, and blinding to the eyes reflecting on the brilliant white snow. As I walked past a neighbor's driveway that I've walked past many times before, I notice the imprint of little hands in the concrete. I marveled how many times I've passed over them without noticing in all the walks I've taken before. As I walked on I heard the voices of neighbors in their house. Upon arriving at the walking trail along a school, a multitude of kiddos were playing on the playground. Their laughter and shouts rang through the air making a joyful noise and celebration to be outside again in the warm sunshine after a week of cold weather.

The gentle breeze was slightly cool, but still comfortable without a jacket. No need for a cap or headband to cover the ears today! Other walkers I met on the trail were in a good mood, enjoying the warm weather and sunshine. Dogs occasionally barked as I passed by. Birds were singing in the marshy area. Canadian geese were honking and waddling on the icy pond. Patches of snow and ice were still on sections of the path, and the ground still covered with about eight inches of snow after the fourteen-inch snow last week. The contrast of the Colorado blue sky and pure white snow on the mountains were beautiful beyond words, as well as the red rocks peeking out from beneath the white blanket of snow. Bare limbs and branches on the trees looked like brown lace against the brilliant blue sky. Snow crunched under my snow boots.

Noticing the time and how high the sun was still overhead, I am thankful the days are getting longer. I don't like the short days where you drive to work in darkness, and drive home and it's already getting dark. I love and crave the sunshine, especially in the winter. Winter is passing fairly quickly, and before long the spring snows and ski season will be here. It will be time to plant my new gardens, and work in the yard. I look forward to summer bike rides, but I enjoy each and every season. In my opinion, Colorado has the perfect seasons!

As I climbed uphill I notice my breath begin to deepen, and the muscles in my legs working. It felt good to challenge myself with the hill as well as walking in the snow. I am thankful I am healthy and can walk four miles, partly in the snow.

I am forever grateful to live in such a beautiful state! I thank God for provision and my parents for their contribution from years of hard work. I know they are looking down and smiling with approval. I thank my former employer for the awesome bonus and job opportunity that helped enable me to move up here to fulfill a twenty year old dream of living in Colorado.

(Stahl & Goldstein, 2010). **Total Points = 3**



Unit 6: Relaxation Techniques 1: Breathing, Meditation, and Mental Imagery

Information to Remember:

Key Learning Point:

Diaphragmatic breathing is a great tool we have to help turn off the sympathetic nervous system's fight or flight mode, and switch into the parasympathetic nervous system's rest and digest mode. It helps to calm our nervous system, lowering cortisol levels.

(Seaward, 2015).

Key Learning Point:

Meditation is another tool to help calm the nervous system and lower cortisol levels, bringing the body back into homeostasis. Meditation helps increase oxygen levels, lowers heart rate, decreases muscle tension, and improves mental clarity.

(Seaward, 2015).

Key Learning Point:

Visualization is a third tool to help with relaxation, and move towards one's goals.

(Seaward, 2015).

Total Points = 9

Self-Assessment Exercise:

Provide a summary of the exercise to include in the resource guide **with a reference cited properly**

1. Why is diaphragmatic breathing thought to be an effective relaxation technique?
2. What three steps are important to engage in this technique?
3. What effects does meditation have on the mind and the body?
4. List three ways that imagery and visualization can be useful for relaxation. Explain why.

Completely expanding the lungs and belly, otherwise known as diaphragmatic breathing is a great relaxation technique to help relieve stress and control panic attacks. A major part of the magic of yoga is due to the fact that yoga emphasizes movement with pranayama or diaphragmatic breathing. When we slow our breath, our body switches from the sympathetic nervous system (fight or flight) into the parasympathetic nervous system (rest and digest). By physiologically expanding the chest a person helps take pressure off the thoracic cavity, which decreases sympathetic nervous system activity (Seaward, 2015). This is why slow, controlled diaphragmatic breathing is greatly effective in controlling a panic attack. At the first sign of a attack, if a person will learn to control the breath, most of the time they can avoid a panic attack. If a person has bad panic disorder, this takes practice. Childbirth classes practice belly breathing or pranayama before childbirth to help manage the painful contractions.

In order to practice diaphragmatic breathing, a person needs to (1) assume a comfortable position, either lying down or sitting comfortably. One of my favorite yoga poses I use before bedtime to do my pranayama is “Legs-Up-the-Wall”. (2) Concentration is the second step of the breathing exercise, finding a nice quiet place where you hope not to be interrupted for at least five minutes. Make sure you are dressed comfortably according to the temperature in the room or outdoors. Close your eyes, and inhale deeply expanding your lungs and belly, pause slightly before exhaling fully as your belly and chest fall. Take another slight pause before repeating the process with the next inhale. Unless you have sinus congestion, it is recommended to inhale and exhale through your nose, since your nose is equipped to warm and filter the air (Duker, 2013) (Boone, 2014) (McCall, 2015). As you sit or lie focusing on breath, it is recommended to do a body scan, noticing any tension in your arms, legs, belly or jaw. If you notice tension, on your next exhale, send love down to that tense portion of your body relaxing it. Don’t fret if your mind drifts – just gently mentally guide it back to your breath.

(3) Because our minds are so active, visualization helps to keep us focused on breath and relaxation. For me I envision the rise and fall of my chest and belly as an ocean with the waves coming and going. Mind drift is symbolized by a ship that comes into view. I allow that “ship” to float by leaving the peaceful “waves” of my breath.

Many people ask why should a person practice meditation when you “relax” while sleeping. Yet do people really relax while sleeping? How many people do you know who either clench or grind their teeth at night? It is important for a person to take 5-10 minutes of their day for focused relaxation (without falling asleep) to help bring the body back to homeostasis. By doing so they reap the benefits of:

1. Decreased resting heart rate.
2. Increases relaxation
3. Decreases muscle tension
4. Improved mental clarity
5. Increased oxygen capacity in the lungs
6. Helps a person deal with stress overload (Seaward, 2015)

Dr. Timothy McCall also adds that meditation helps lower cortisol levels, giving the adrenals a break. So many people nowadays have adrenal fatigue, secreting so much cortisol into their body which contributes to diabetes, high blood pressure, osteoporosis and cardiovascular disease (McCall, 2015).

Visualization is useful for relaxation in that (as mentioned above), it gives our minds something to focus on to help ward off mind drift. Visualizing inhaling energy, and exhaling stress and anxiety also helps bring about what we think about. Our bodies tend to move in the direction of what we see literally or in our mind. Mantras can carry this further by speaking out loud our intention. The power of the spoken word is strong.

In summary, part of everyone's wellness routine should include aerobic exercise, strength building, good nutrition, stretching and meditation/breathing. Tao Porchon-Lynch, the world's oldest yoga instructor at 97 years young, when asked what the most important aspect of yoga was, she said it was the breath.

(Seaward, 2015). **Total Points = 4**

Journal Writing:

Place the entire journal within the guide resource guide **with a reference cited properly**

Unit Six Journal Writing Assignment

Complete the Journal Assignment entitled: Explore: Is Your Body-Mind Happy? Directions are found on pages 151 through 153 of the Mindfulness workbook. Upon completion of this Assignment, practice identifying unkind messages you send to yourself and turn it around with positive affirmations. This should be a minimum of two full pages.

Mindful of how you interact with yourself?

It is amazing how God/Universe continues to put messages before you that you need to hear. About a month ago I began to notice that I had slid back into negative self-talk, and have been on a quest to change that negative dialogue into a positive. In fact, my yoga class I taught this morning as a post-valentine's day intention was centered on how we should love ourselves.

I can really be hateful to myself with high expectations, [REDACTED]. I caught myself sliding back into that "I would've/should've/could've ..." talk, [REDACTED]. I had also transformed from saying, "that was a stupid thing I did" into "how could I be so stupid?!" After the holidays I have also been beating myself up for gaining five pounds from overindulgence with cookies and pumpkin pie, looking in the mirror and calling myself fat. I am NOT fat by any

means.

Transforming my negative self-talk in the past I have used the following mantras:

- Instead of looking into the mirror thinking “I’m fat”, saying out loud “This is a good body!” One of the yoga challenges between some Yoga Instructors was entitled “This is a good body!”, and it really helped me appreciate what a good body I have. I mean, we do some pretty intense, crazy poses which proves we have a good body! Additionally, most yoga instructors in the challenge range in age from 20’s – 40’s, so I’m the oldest keeping up with ones thirty years younger than me. So yes....”This IS a good body!!”
- FlyLady taught us to repeat a simple mantra with breath, “I love myself”.
- Would’ve/could’ve/should’ve’s turn into “next time I will know to do....”

Seeds of Suffering?

About four weeks ago as I was looking in the mirror and calling myself fat, I realized all the stinkin’ thinkin’ I had been doing. I remembered how FLYLady had helped me and in past and resolved to start FLYing again. FLY stands for Finally Loving Yourself (Cilley, 2009). I began replacing the negative self-talk or seeds of suffering with good seed – positive mantras to help me love myself again. Like FlyLady said, “we need to talk to ourselves as a loving parent talks to their children.”

Day-to-day life feelings of resentment?

When encountering a difficult person, I try to look beyond their immediate action and think, “what might have happened earlier in their day....or in their life, to cause them to act this way?” We need to remember to look at others as Jesus would have, with love. Many times, a “soft answer turns away wrath” (Bible, 300 AD). However, at times there are people, no matter how kind you are to them, they never warm up....as was the case with a former co-worker. She was so hateful to me, that she would laugh at me when I would weep at work while grieving the loss of my Mom only one

month after she went to Heaven. Often times a person might be insecure, so they try to knock you down to build themselves up. I think I challenged her because her bullying tactics didn't intimidate me. When dealing with such difficult people I remember Karma or as God said, "vengeance is mine sayeth the Lord, I will re-pay!" (Bible, 300 AD)

Reflection on writing?

Sometimes forgiving a person can be a daily practice. As I wrote about the former colleague, I feel my body tense up and anger begin to build. For the most part I have forgiven and forgotten her. I know she had a rough childhood, and behind that tough bully attitude, she's hiding some awful life events. However, it angers me to hear she is still continuing her bullying with other co-workers. █
█ I hope and pray some day she is healed from her past hurts, so she doesn't continue to harm those around her.

(Stahl & Goldstein, 2010). **Total Points = 3**



Unit 7: Nutrition and Stress

Information to Remember:

Key Learning Point:

Good nutrition helps to alleviate stress, whereas poor nutrition can exacerbate stress. Certain food choices such as caffeine and sugar increases heart rate and can stimulate the body into a sympathetic nervous system response. Caffeine and sugar can also cause insomnia, leading to more stress.

(Seaward, 2015).

Key Learning Point:

Over 65% of regular grocery store foods contain GMO's.

(Seaward, 2015).

Key Learning Point:

Simple sugars and bleached flour deplete vitamins in the body, especially vitamin B.

(Seaward, 2015).

Total Points = 9

Self-Assessment Exercise:

Choose from either formal practice: [Sitting Meditation](#) or [Mindful Lying Yoga](#). Directions are found on either pages 87 through 89 or 91 through 107 of the Mindfulness workbook. Upon completion of either practice, describe your formal practice and take a moment to reflect on whatever came up for you mentally, emotionally, and physically and explain.

I love doing mindful lying yoga in the evenings after a power flow because I sleep so soundly afterward. In Yoga Teacher Training, we learned that during the day our emotions become embedded into our physical body, so when we stretch our muscles we release that

emotional tension stored up from the day. I can tell how much stiffer I am in the evening after a particularly stressful day.

Since I have a normal daily practice, I will confess to changing or adding some other poses than what is shown in the book. Normally I listen to music while practicing, but before bed I usually have silence....which is golden. Beginning in a seated position, I rub a drop or two of lavender oil around my neck, deepening my breath. I read a Bible scripture, meditate and breathe, expanding my lungs and stomach for about three – five minutes. I then do spinal circles inhaling forward, and exhaling rounding the back. I love making large spinal circles, enjoying the movement in all different directions, lubricating my spine with synovial fluid on all sides of my vertebral disks. Making my circles smaller, I return to an easy seat pose and neutral spine. On the next exhale, I lower my chin to chest, then inhale ear towards shoulder. I do several on each side releasing the tension in my neck. Then I release the tension between my shoulder blades while still in a seated position, wrapping my arms into eagle arms and inhaling my eagle arms up, then exhaling lowering eagle arms. Then with breath progressing eagle arms side to side.

Afterward I progress to table (hands and knees) for some yummy cat-cows, inhaling into cow with toes tucked under, and exhaling and rounding my back into cat. I do several of these because they are so good for the spine! Then I progress into what I was taught in two different Yoga Teacher Trainings (YTT's) was called Sunbird, but the book calls it Bird Dog pose (?) (Duker, 2013) (Boone, 2014), all done with breath, inhaling on the extension, and exhaling on the elbow to knee. From Sunbird, I progress into a thread the needle variation with leg outstretched and toes to opposite hand with the other arm in a bind behind the back

- a delightfully yummy stretch at the end of the day, holding for a few breaths on each side. Moving with breath into child's pose I enjoy "breathing through my back" for a few breaths, then walking my hands to each side for a few breaths.

For my bedtime yoga routine, I usually do not even do a "Downdog" pose or backbends (bridge, cobra, upward facing wheel or camel) since I've already practiced that earlier. I am more focused on stretching with breath, so I progress to some hip-opening Lizard and Pigeon poses. It is common for hip-opening poses to release emotion. Many teachers have students who weep in Pigeon pose due to the emotional release. After hip-openers I move onto hamstring stretches, sitting in a seated straddle, knee to nose on each leg, then side stretches and going into Compass pose on each side. Sometimes I go into Cowface pose, again stretching the shoulders, but in a different direction, then counter pose with hugging myself. At this point I stack my legs into Firelog pose, and take some doTerra OnGuard essential oil (consisting of a lot of clove which is good to boost the immune system) and massage a couple drops on each foot. At this point I usually don my socks and lie down on my back for a nice supine full body stretch, then hugging knee to chest, and coming into a supine twist on each side. After supine twists I place my hands on my knees and circle, massaging my lower back. Then clasping the arches of my feet I come into Happy Baby, first with legs bent to massage the middle part of my back while rocking side to side, and then legs extended massaging a different area of the lower back. In my morning practice, I close with savasana final resting pose (corpse pose), but at night I take savasana in Legs-up-the-Wall pose. Inversions are sooooo good for the body, reversing blood flow, and Legs-up-the-Wall is especially good for the lower back. Arms are outstretched to each side and I'm still focused on breathing, but relaxed breathing rather than Ujjayi breath.

Savasana usually lasts five minutes of total relaxation, focused on breath, riding the waves of my breath. If a thought comes into view, I watch it pass by like a ship in the night, and continue to ride the waves of my breath. I like to think of resting in the Father's arms while in this pose.

After one particularly stressful day at the office, I was massaging my feet with oil, missing my parents who are in Heaven, and remembering how much my they loved me, and how they cared for me. I remembered them kissing my feet as a young child, so I believe feeling their presence; something told me to kiss my feet after massaging the oil onto them. I've done it ever since and even taught it in my last class! Lol! They thought it was a great idea, expressing love to ourselves with our parents or loved ones in mind.

At the conclusion of Savasana, I like to take another straddle hamstring stretch with my legs still up the wall, and my arms outstretched. Then sometimes I'll go into Lotus pose up the wall. I really surprised myself one evening moving into Lotus pose because after having knee issues six years ago to the point of limping back then, I did not think I would ever be able to do Lotus. One evening I tried it up-the-wall, and did it! It's absolutely amazing what poses open up to you with practice....even after turning the "Double-nickel" last Sunday!

In conclusion, I roll onto my side for a minute, taking a moment of thankfulness, then sitting in prayer and going to bed for a great night's sleep. The key to my bed-time yoga practice for a good night's sleep is being mindful of the movement with breath. It's not just stretching!



Unit 8: Physical Exercise and Activity

Information to Remember:

Key Learning Point:

A more complete state of homeostasis is attained after a person exercises as compared to before the exercise. This allows the body to experience less stress.

(Seaward, 2015).

Key Learning Point:

Aerobic exercise creates new brain cells, improves neural plasticity, mental clarity and helps to slow the aging process.

(Seaward, 2015).

Key Learning Point:

Benefits of Exercise:

- Decreases resting heart rate
- Decreases blood pressure
- Promotes more restful sleep
- Decreases LDL and Triglyceride levels
- Decreases muscle tension
- Increases resistance to colds and illness

(Seaward, 2015).

Total Points = 9

Self-Assessment Exercises:

Proposal for Health and Wellness Management

March, 2016

This proposal is prepared for health and wellness management. The scope of the project outlined includes vendors of national evidence-based products and services. To meet these needs, this proposal offers consulting services to provide the following expertise: (a) rationale; (b) mind-body programs or practices; (c) capital outlay; and (d) benefits.

RATIONALE

The purpose of this wellness program is to reduce stress and encourage health which will eventually decrease healthcare costs, improve employee morale and reduce absenteeism.

PLAN/MINDBODY PROGRAMS/PRACTICES

1. First, I would like to propose offering 30-45 minute corporate yoga classes during the lunch hour or mid-afternoon. Yoga has many benefits to help improve strength, balance, flexibility, reduce stress and some aerobic conditioning depending on the type of yoga. Yoga classes can be paid either
 - a. By employer
 - b. Shared costs between employer and employee
 - c. Totally paid by employer
2. Secondly, I would suggest your company initiate a walking program on the days in between yoga classes. The company could purchase inexpensive pedometers and hold a contest between departments to see which department can walk the most steps in a week.
3. Encourage 10-15 minute walking breaks mid-morning and mid-afternoon, instead of smoking breaks. You will be amazed how much more productive employees can be with walking breaks.
4. If possible when meeting only one or two other people, encourage walking meetings rather than sitting.
5. If budget allows, purchase a Gold's Gym system can be purchased for \$350-\$500, or Bowflex around \$500-\$600.
6. Start a company softball team to encourage co-worker activity and comradery.

CAPITAL OUTLAY

As mentioned above, capital outlay can range between \$0 cost to the company to approximately \$1000 one time purchase for an exercise system. The company can choose the following options for yoga classes:

- Employee paid classes – \$12/student/class drop-in or \$10/student/class with purchase of a 10 class pass.
- Partial paid by employee, Partial paid by company – Company pays \$65/class once/week or \$60/class twice per week; employees pay \$5 per class.
- Employer paid classes - \$600/month for 2 yoga classes per week encouraging employees to attend at no cost.

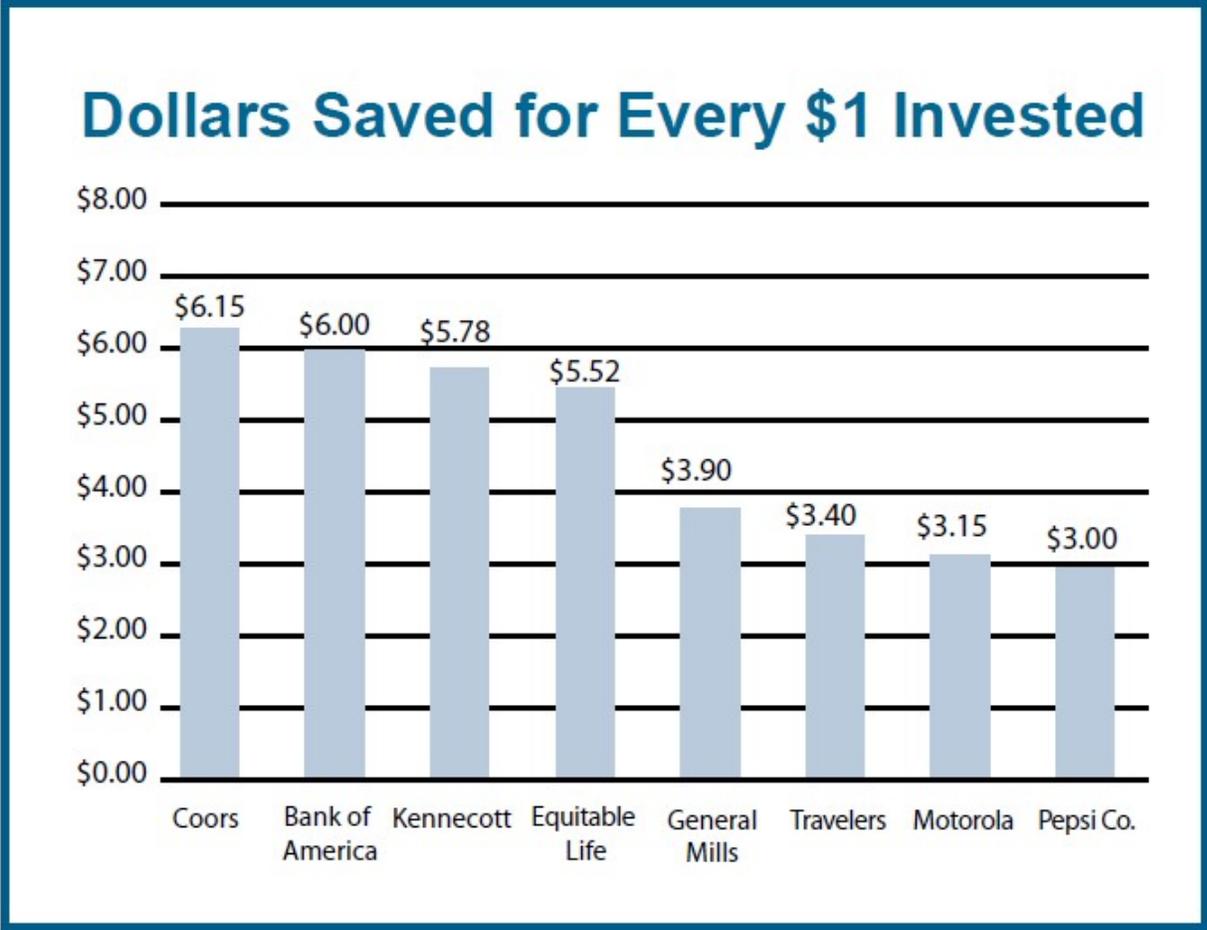
HEALTH BENEFITS

For little to no cost to your company, you can begin to see the benefits of healthier employees through:

- Reduced absenteeism
 - Increased employee morale
 - Fewer workman's comp injuries
 - Increased productivity
 - Healthier employees with
 - lower blood pressure
 - decreased LDL (bad) cholesterol levels
 - decreased cortisol levels which decreases risk of heart disease, cancer and diabetes
 - a more restful night's sleep increasing productivity during the day
 - improved spinal and joint health
 - improved bone health due to weight-bearing yoga, exercise and walking
 - a calmer demeanor
 - less stress resulting in reduced risk of heart attack, stroke and diabetes.
- Healthier employees decreased insurance costs (McCall, 2007).

EMPLOYER BENEFITS

The table below represents major corporations who have implemented wellness programs:



(Healthy Texans, 2014)

TIMELINE

Yoga classes and a walking program can begin next week. If the company opts to purchase gym equipment, it can be shipped within two weeks.

PERSONNEL

Yoga instruction can be found at www.rockymountainholyyoga.com.

TOTAL BUDGET

Plan A – Minimal Cost	
Employee Paid Yoga Classes	\$0.00
Walking Program	\$0.00
Gym Equipment – Employee Sharing	\$0.00

Plan B – Employer/Employee Cost Sharing	
Yoga Classes \$5 per class paid by employee	\$50-\$55/class
Walking Program	\$0.00
Used Gym Equipment	\$500.00

Plan C – Employer Sponsored Elite Program	
Yoga Classes – free for employees	\$600/month for 2 yoga classes per week
Walking Program Pedometers	\$100
New Gym Equipment	\$1200

PITCH

With the option of three different plans ranging from NO COST to minimal, every company can afford a wellness plan. I will call you in a couple of days to schedule a time when we can meet and begin to implement a program for healthier employees and reduced health costs according to your budget needs.

CLASSMATE FEEDBACK

Alba Tovar
reply to Lisa Gregor

2/29/2016 8:44:53 AM

RE: Corporate Wellness Program

Lisa,

I think your program is very well thought out and great benefits for both the employer and the employee. I really like the idea of having "walking meetings" instead of sitting. It is definitely a great way to implement exercise and I think it would even be more productive. Overall, the benefits that you are trying to implement such as increased morale, reduce absenteeism, less injuries, increased productivity, and healthier employees will definitely be shown. Great Job!

Alba Tovar

[Reply](#)[Show Less](#)

Sara Grindrod

reply to Lisa Gregor

2/29/2016 8:09:39 PM

RE: Corporate Wellness Program

Yes Lisa this is good do you have any helps on cost great job.

[Reply](#)[Show Less](#)

Lisa Gregor

reply to Sara Grindrod

3/5/2016 2:28:49 PM

RE: Corporate Wellness Program

Hi Sara,

Yes, if a company has NO budget to spend on a wellness program, they can opt for employee paid on-site yoga classes and a walking program. Additionally, they could encourage employees to bring exercise equipment to work to share. A company has NO excuse not to implement a wellness program.

Lisa

SUMMARY

Every dollar spent on employee wellness reaps above and beyond financially and for the health and well-being of the company.

Journal Writing:

Unit Eight Journal Writing Assignment

Complete the Journal Assignment entitled: Explore: Creating Connection. Directions are found on pages 161 through 163 of the Mindfulness workbook. Upon completion of this Assignment, practice developing these qualities in building stronger and healthier relationships.

This should be a minimum of one full page.

OPENNESS:

[Redacted writing area for Openness]

EMPATHY:

[Redacted writing area for Empathy]

COMPASSION:

If a person cuts you off in traffic or is particularly rude, remembering you have no idea what might have happened to them earlier in the day. In cutting you off in traffic, they might have a real emergency they are racing to. The rude person at the store might have broken up with their boyfriend of a couple years. You never know how a person might be hurting.

LOVING-KINDNESS:

Having a genuine loving kindness towards all people, and remembering God created and loves them too. Reflecting God's love towards other people....even those who are unlovable.

SYMPATHETIC JOY:

Sometimes you might see a high school or college friend achieve monumental success in life, and truly be happy for them, and sharing in their joy without jealousy. This can be a real struggle, not to feel sorry for yourself if you have yet to achieve similar success.

EQUANIMITY:

Equanimity is being mindful that in all interactions from a CEO of a company to the cleaning lady, every single person deserves to be treated with kindness and respect.

Summary

In summary of interpersonal relationships, as stated above, it is important to be mindful that every person you interact with on a daily basis is a child of the Divine who He loves. We need to show God's love towards our fellow brothers and sisters. No one is perfect, and we all make mistakes and are in need of grace.



Unit 9: Applying Stress: Critical Issues for Management and Prevention to your Professional Life

Information to Remember:

Key Learning Point:

Social Orchestration:

1. What are your stressors?
2. What is your initial response?
3. List alternatives.
4. Choose the best alternative.
5. Evaluate the outcome of your choice.

(Seaward, 2015).

Key Learning Point:

The value of friends and support groups as a buffer against stress.

(Seaward, 2015).

Key Learning Point:

The value of participating in hobbies to relieve stress, taking one's mind off their cares and worries. Once the mind is "relaxed" it can more easily find solutions to problems.

(Seaward, 2015).

Total Points = 9

Additional Information

Place additional information here important to your resource manual. This can come from the Discussion Boards, Internet or the current curriculum. List at least one book, article, two websites, video, PowerPoint Seminar presentation, Reading, or other material you want to include in your resource guide. Identify your sources as primary or secondary sources.
Total Points = 5

Holy Bible, New International Version®, NIV® Copyright © 1973, 1978, 1984, 2011

by [Biblica, Inc.](#)

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Denver, CO.

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List the full cited references in proper format under this section. A complete list of references should be included for your manual. Place references in alphabetical order
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