

**GE2223**

# **Interpersonal Skills and Positive Personal Development**

**Session 9**

**Stress management**

# Stress Index (壓力小測試)

In the past month, has the following situation happened to you?

Marks: 0=Never happen ; 1=If happen occasionally; 2=If happen frequently

- Feel that you have too much work and you cannot cope.
- Feel that you must race through the day, e.g., talking and walking fast, crossing the road at a red light.
- Feel that there is no time for hobbies and always think about work.
- Blow up easily when you meet failure or difficulties.
- Worry about others' comments on your work performance.
- Feel that your boss or family does not appreciate you.
- Worry about your financial situation.
- Have consistent headache/stomachache/back pain.

# Stress Index (壓力小測試)

- Ease your nerves/mind through smoking, drinking alcohol, using drugs or frequent snacking.
- Use sleeping pills or tranquilizers to get to sleep.
- Get angry when you are with your family or colleagues.
- Interrupt the other person while they are speaking.
- Worry about things while in bed and cannot get to sleep.
- Unable to achieve perfection because of too much work.
- Feel guilty when taking a break.
- Do things in your own way but feel guilty afterwards.
- Feel that you should not enjoy life.

# Stress Index (壓力小測試)



## ◎ What your score means :

- ◎ **0-10 marks** Your **low level** of mental stress may indicate that your current life **lacks excitement**, is comparatively **boring**, and you are **not motivated**.
- ◎ **11-15 marks** You have a **moderate level** of mental stress. Although you feel more stressed at some times, you still can cope.
- ◎ **16 marks or above.** You have a **high level** of mental stress. You have to re-think how you live, **find out the sources of your stress, and seek resolution.**
- ◎ **Notes:** The test aims to arouse your awareness about mental health. **If you are not satisfied with the scores achieved or the test does not reflect your situation, please do not mind.**

# 壓力小測試

請回想一下自己在過去一個月內有否出現下述情況：

計分方法：從未發生 0分，間中發生 1分，經常發生 2分

- 覺得手上工作太多，無法應付。
- 覺得時間不夠要，所以要分秒必爭。例如過馬路時衝紅燈，走路和說話的節奏很快速。
- 覺得沒有時間消遣，終日記掛著工作。
- 遇到挫敗時很易會發脾氣。
- 擔心別人對自己工作表現的評價。
- 覺得上司和家人都不欣賞自己。
- 擔心自己的經濟狀況。
- 有頭痛/胃痛/背痛的毛病，難於治愈。

- 需要借煙酒、藥物、零食等抑制不安的情緒。
- 需要借助安眠藥去協助入睡。
- 與家人/朋友/同事的相處令你發脾氣。
- 與人傾談時，打斷對方的話題。
- 上床後覺得思潮起伏，很多事情牽掛，難以入睡。
- 太多工作，不能每件事做到盡善盡美。
- 當空閒時輕鬆一下也會覺得內咎。
- 做事急躁、任性而事後感到內咎。
- 覺得自己唔應該享樂。

# 壓力小測試

計分方法：從未發生 0分,間中發生 1分,經常發生 2分



- 0-10分 精神壓力程度低但可能顯示生活缺乏刺激，比較簡單沉悶，個人做事的動力不高。
- 11-15分 精神壓力程度中等，雖然某些時候感到壓力較大，仍可應付。
- 16分或以上 精神壓力偏高，應反省一下壓力來源和尋求解決辦法。
  
- 上述的測試主要是引發大家對精神健康的關注，若發現分數不理想或不切合你的狀況，請不必介懷。

# Stress: an angel or a devil?

Some people may think that stress is something negative that needs to be got rid of. In fact, **an adequate level of stress can enhance our efficiency and performance in our work, study or other areas in our life.** **Stress can motivate us to strive in pursuit of our goals, to seek for solutions to our problems, and to improve the situation where we are in.** Nevertheless, **when the stress level is too high, we can no longer demonstrate our abilities and potential as usual.** **Our work efficiency and performance would be hampered accordingly.** Worst still, **under prolonged stress**, our [physical and] psychological **health would be affected negatively.** (Source: Institute of Mental Health/Castle Peak Hospital/HA) ([http://www3.ha.org.hk/cph/imh/mhi/article\\_01\\_02.asp](http://www3.ha.org.hk/cph/imh/mhi/article_01_02.asp))

# 壓力：是天使還是魔鬼？

有些人可能以為壓力是一些負面和必須設法鏟除的東西。其實，適量的壓力可以推動我們朝著自己的目標努力，提高我們在工作、學業或生活各方面的效率和表現。適量的壓力亦促使我們正視問題，尋求方法解決，以改善自身的處境。然而，當壓力過大時，我們不單不能夠將自己固有的能力發揮出來，降低了工作效率和表現之餘，長期受壓甚至會令自己的**身心健康**受到影響。（青山醫院精神健康學院）([http://www3.ha.org.hk/cph/imh/mhi/article\\_01\\_02\\_chi.asp?lang=1](http://www3.ha.org.hk/cph/imh/mhi/article_01_02_chi.asp?lang=1))

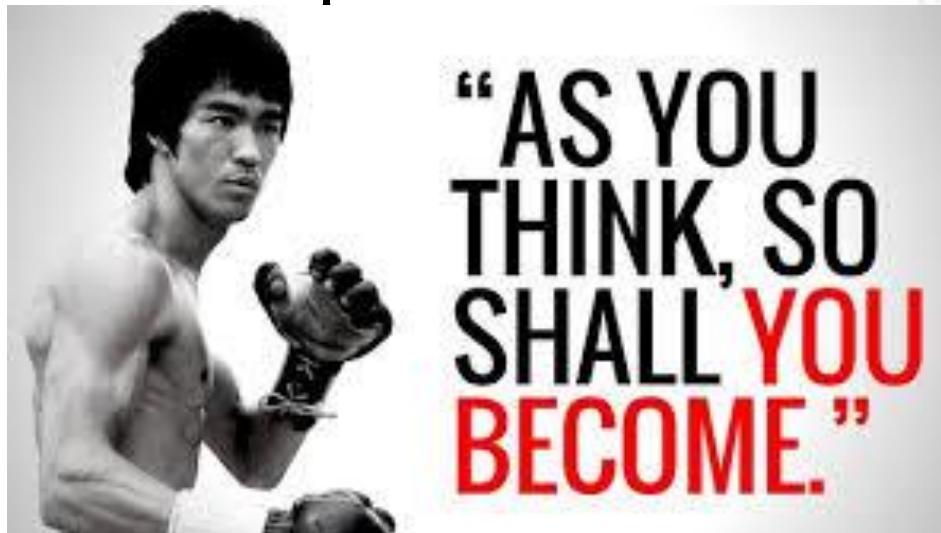
# Definition of Stress



- A psychological and physical/physiological response of the body that occurs whenever we must **adapt to changing conditions**, whether those conditions be real or perceived
- The inability to cope with a perceived threat (real or imagined) to one's mental, physical, emotional, and spiritual wellbeing, which results in a series of **physiological responses and adaptations**. (Seaward, 2012:3)
- The important word to emphasize here is perceived (the interpretation), for **what might seem to be a threat to one person may not even merit a second thought to another individual**. (Seaward, 2012:6)

# Cognitive Appraisal

- It is a process of analyzing and processing information and **categorizing and organizing it.**
- Appraise the severity of the threat
- Appraise your ability
- Appraise the consequence...



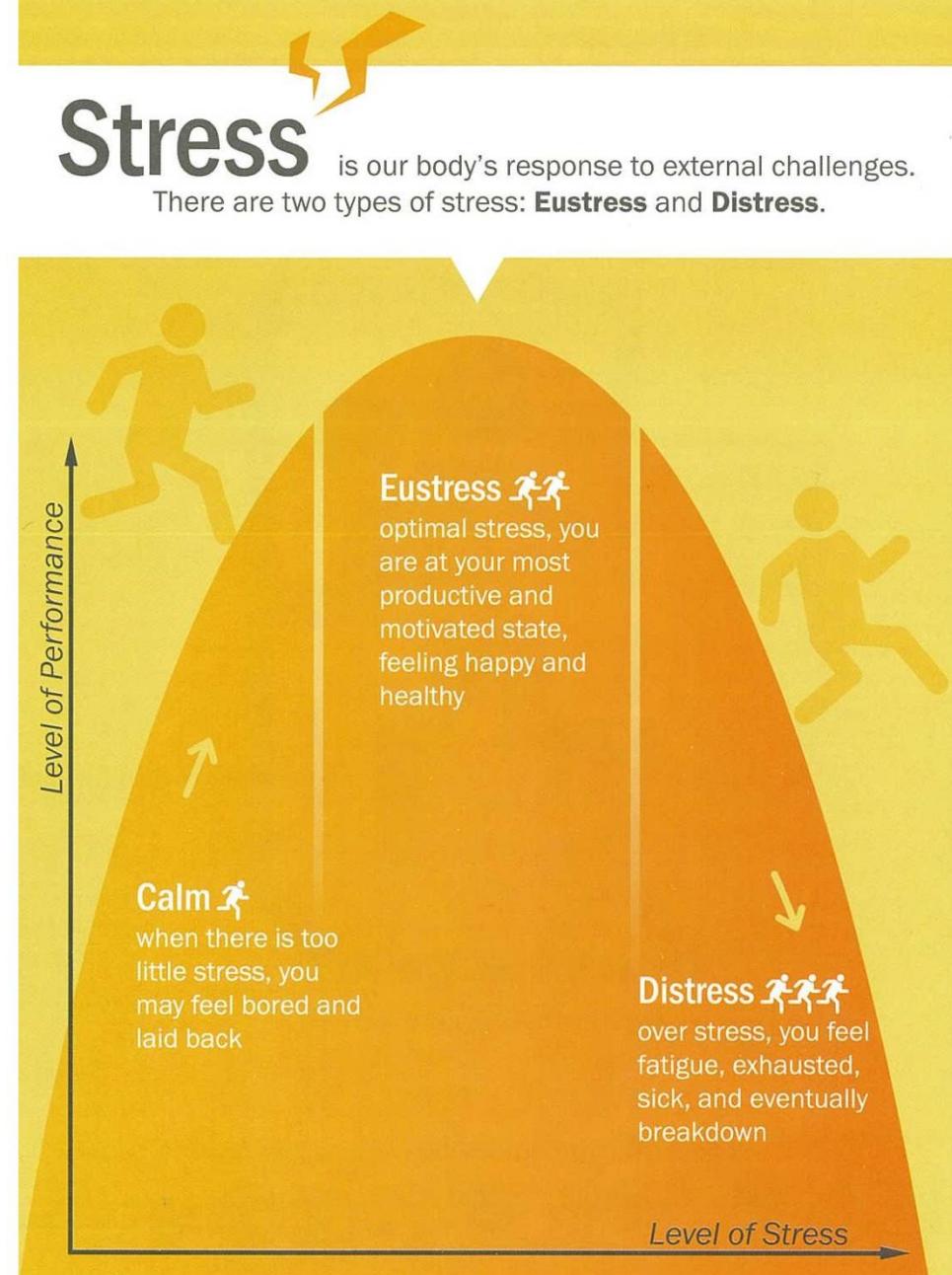
# Type of Stress

**Eustress:** Good stress; any stressor that motivates an individual towards an optimal level of performance or health (Seaward, 2012:9)

Stress that results in **positive consequences** such as enhanced performance or personal growth (Greenberg, 2013:116)

The optimal amount of stress which **helps promote health and growth**. (it is **motivating and inspiring.**)

Not all stress is bad for you. When stress **serves as a positive motivation**, it is considered beneficial.



# Type of Stress

**Distress:** The unfavorable or negative interpretation of an event (real or imagined) to be threatening that promotes continual feelings of fear or anger; more commonly known simply as stress (Seaward, 2012:9)

Stress that results in **negative consequences** such as decreased performance and growth (Greenberg, 2013:115)

- Stress due to an excess of adaptive demands placed upon us. Thus, this is the **BAD** stress
- Results when the demands upon us are so great that they lead to **bodily and mental damage**. Distress is **damaging, excessive or pathogenic (disease producing)** stress.

# Stress & Performance

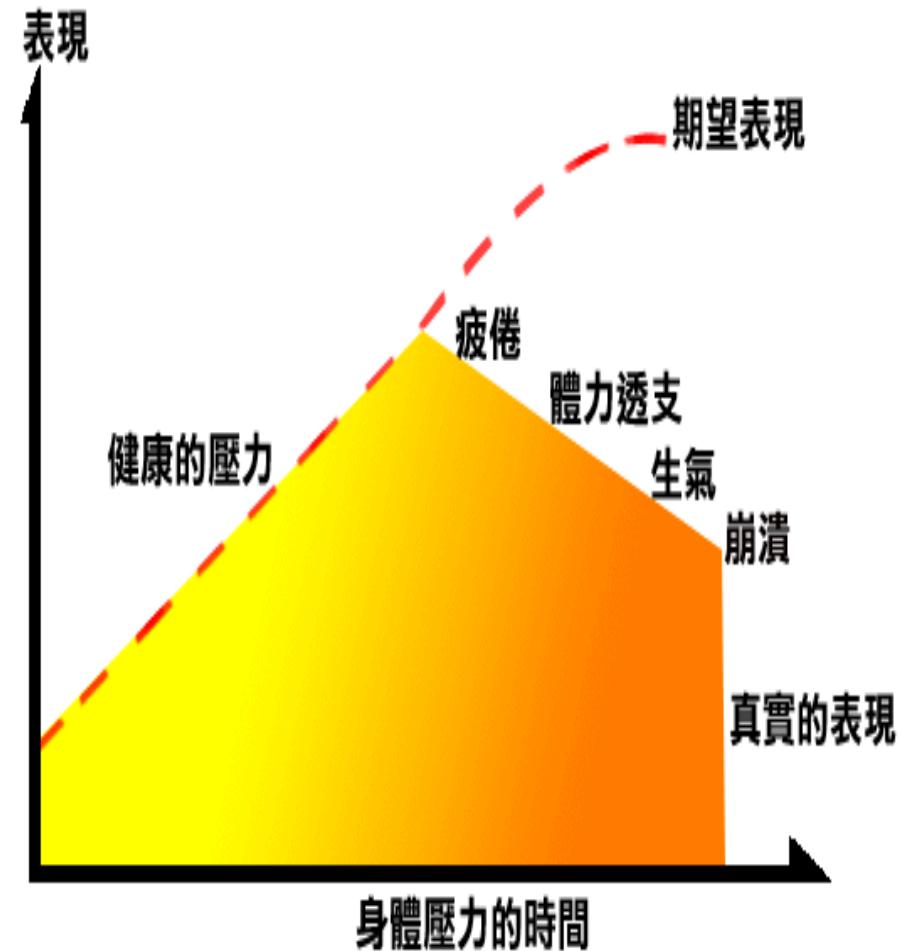
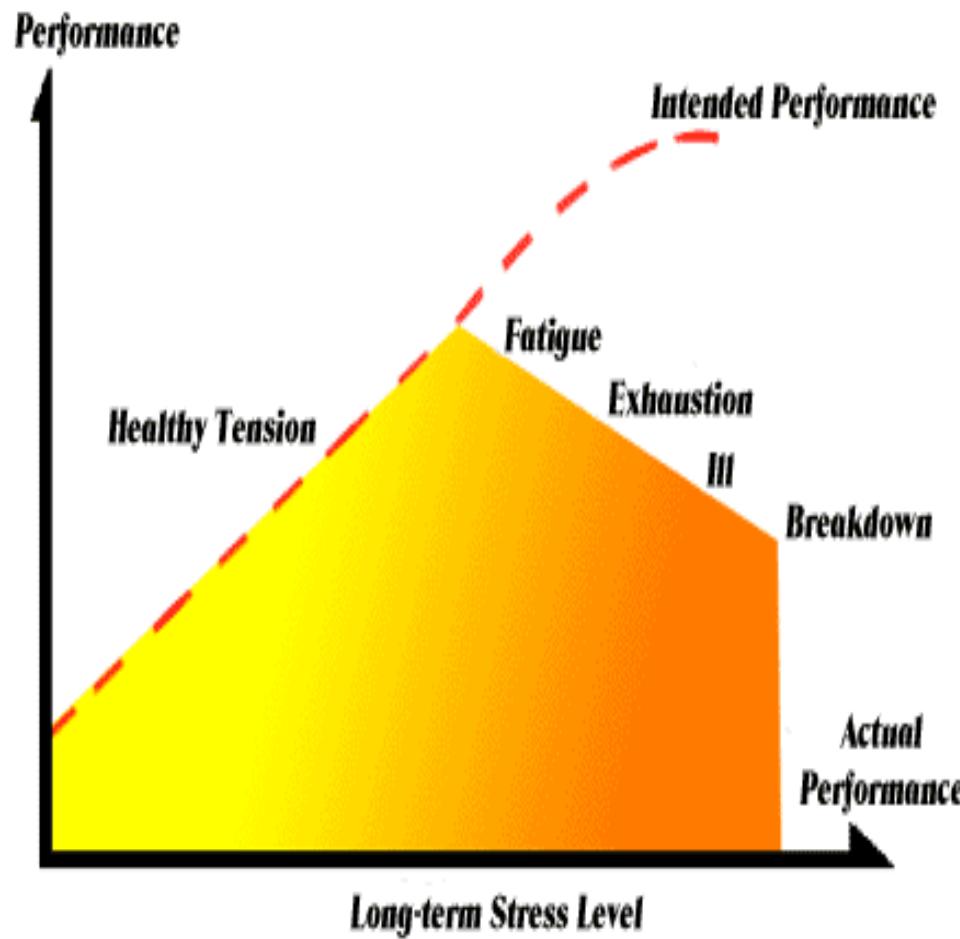
Just like the strings of a guitar, if the strings are too loose, they can't make music; too tight, they break down.

The Yerkes- Dodson Curve: stress can be productive & have positive consequences – increase performance. Stress can also have negative consequences – interfere with performance. (Yerkes & Dodson, 1908 in Greenberg, 2013:117)

- According to the **Inverted U-shaped Theory**, everybody has his/her own optimal stress level.
- When stress is **too low**, we may become **bored**, and **lack of concentration** and **motivation** → results in **poor performance**.
- When stress is **too high**, we may be **depressed** and **out of control** → **poor performance**
- **At a moderate stress level, there is a zone of optimal performance.**



# Chronic stress affects health & performance



# Sources of Stress

## Environmental sources of stress

Many of the stresses of daily life come from external sources.

- e.g.1: You may have difficulty arranging your work schedule to fit your school schedule, and this can be compounded by the external demands of friends and family and other social commitments.
- e.g.2: Financial problems and the pressure to work to support yourself (and perhaps your family too) make being a student a demanding task.
- e.g.3: Test anxiety
- e.g.4: Illness, exposure to environmental pollutants, improper diet, lack of exercise, poor sleeping habits
- e.g.5: Racism, oppression and discrimination

# Sources of Stress

## Psychological sources of stress

- ◎ a) **Frustration** - stress due to any situation in which the pursuit of some goal is disillusioned. Frustration is usually short-lived, but some frustrations can be a source of major stress.
- ◎ 1) **Failures** - we all fail. But, if we set unrealistic goals, or place too much emphasis on obtaining certain successes, failure can be devastating.
- ◎ 2) **Losses** - deprivation of something that you once had and considered a "part" of your life. This can result in tremendous stress.

# Sources of Stress

## Psychological sources of stress

- ◎ b) **Conflict** occurs when two or more incompatible motivations or behavioral impulses compete for expression. When faced with multiple motivations or goals, you must choose, and this is where the problems/conflicts arise.
- ◎ Studies have indicated that the more conflict a person experiences, the greater the likelihood of anxiety, depression, and physical symptoms.

# Sources of Stress

## Three major types of conflicts



- ① 1) **Approach-Approach Conflicts**: a choice must be made between two or more attractive or desirable alternatives. Such conflicts are inevitable because we have a limited amount of time to do all the things we would like to do and be in all the places we would like to be. An example of this type of conflict is being forced to choose between two job offers, both of which have attractive features.
- ② 2) **Avoidance-Avoidance Conflicts**: a choice must be made between two or more unattractive or undesirable outcomes. **These conflicts are the most unpleasant and the most stressful**. You may have to choose between being unemployed and accepting a job you do not like, neither of which applies to you.
- ③ 3) **Approach-Avoidance Conflicts**: a choice must be made involving two or more linked outcomes, each with attractive and unattractive elements. For example, you may be offered a challenging job that appeals to you but that entails much travelling, which you consider a real drawback. (Corey & Corey, 2014:140)

# Sources of Stress



## Psychological sources of stress

- c) **Change** can exacerbate stress, especially **life changes** that involve readjustment in our living circumstances.
- 1) Holmes & Rahe (1967) - developed the **Social Readjustment Rating Scale** (SRRS) to measure life changes.
- While **BIG changes** like the death of a loved one are very stressful, small life changes have tremendous effects.
- Studies using the SRRS have indicated that **people with higher scores tend to be more vulnerable to many different physical and psychological illnesses**.

# Social Readjustment Rating Scale (SRRS)

	Life event	Score
1	Death of spouse	100
2	Divorce	73
3	Marital separation	65
4	Jail term	63
5	Death of close family member	63
6	Personal injury or illness	53
7	Marriage	50
8	Fired at work	47
9	Marital reconciliation	45
10	Retirement	45

	Life event	Score
11	Change in health of family member	44
12	pregnancy	40
13	Sex difficulty	39
14	Gain a new family member	39
15	Business readjustment	39
16	Change in financial state	38
17	Death of close friend	37
18	Change to different line of work	36
19	Change in number of arguments with spouse	35
20	Mortgage over \$10,000	31

# Social Readjustment Rating Scale (SRRS)

	Life event	Score
21	Foreclosure of mortgage or loan	30
22	Change in responsibilities in work	29
23	Son or daughter leaving home	29
24	Trouble with in-laws	29
25	Outstanding personal achievement	28
26	Wife begin or stop work	26
27	Begin or end school	26
28	Change in living conditions	25

	Life event	Score
29	Revision of personal habits	24
30	Trouble with boss	23
31	Change in work hours or conditions	20
32	Change in residence	20
33	Change in schools	20
34	Change in recreation	19
35	Change in church activities	19
36	Change in social activities	18
37	Mortgage or loan less than \$10,000	17
38	Change in sleeping habits	16

# Social Readjustment Rating Scale (SRRS)

	Life event	Score
39	Change in family get-togethers	15
40	Change in eating habits	15
41	Vacation	13
42	Christmas	12
43	Minor violation of law	11

A total value for stressful life events can be worked out by adding up the scores for each event experienced **over 12 months.**

If a person has **less than 150** life change units, they have a **30% chance of suffering from stress.**

**150 - 299** life change units equate to a **50% chance of suffering from stress.**

**Over 300** life units mean a person has an **80% chance of developing a stress-related illness.**

# Student Stress Scale (College-age adults)

	Life event	Score
1	Death of a close family member	100
2	Death of a close friend	73
3	Divorce between parents	65
4	Jail term	63
5	Major personal injury or illness	63
6	Marriage	58
7	Finding a job	47
8	Failure of an important course	45
9	Change in health of a family member	45
10	pregnancy	44

	Life event	Score
11	Sex problems	40
12	Serious argument with close friend	40
13	Change in financial status	39
14	Change of major	39
15	Trouble with parents	39
16	New girl friend/boyfriend	37
17	Increase in workload at school	37
18	Outstanding personal achievement	36
19	First quarter/semester in college	36
20	Change in living condition	31

# Student Stress Scale (College-age adults)

	Life event	Score
21	Serious argument with an instructor	30
22	Lower grade than expected	29
23	Change in sleeping habits	29
24	Change in social activities	29
25	Change in eating habits	28
26	Chronic car trouble	26
27	Change in number of family get-togethers	26
28	Too many missed classes	25

	Life event	Score
29	Change of college	24
30	Dropping of more than one class	23
31	Minor traffic violations	20

(Reference: Holmes and Rahe, 1967 in Blonna, 2012:116-117)

# Student Stress Scale (College-age adults)

A total value for stressful life events can be worked out by adding the scores for each event experienced **over 12 months**.

If your score is over **300 or higher**, you're at high risk for developing a health problem.

If your score is between **150 and 300**, you have a 50-50 chance of experiencing a serious health change within two years.

If your score is below **150**, you have a 1 in 3 chance of serious health change. (Reference: Holmes and Rahe, 1967 in Blonna, 2012:116-117)

# Sources of Stress

## Psychological sources of stress

- ◎ d) **Pressure** - expectations or demands that one must behave in a certain way.
- ◎ e.g., I am under pressure to perform in particular ways in front of a class as a "teacher".
- ◎ Striving **to live up to the expectations of others**, coupled with **self-imposed perfectionist demands**, is a certain route to stress (Corey & Corey, 2014:140) (→ **Leslie Cheung's suicide**).

# The Vulnerability-Stress Model

## Risk Factors

### Vulnerability

#### Biological factors

(genes, disordered biochemistry, brain anomalies)

#### Social factors

(maladaptive upbringing, chronic stress, etc.)

#### Psychological factors

(unconscious conflicts, poor skills, maladaptive cognitions, etc.)

+

### Stress

#### Biological trigger

(onset of a disease, exposure to toxins, etc.)

#### Social trigger

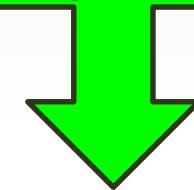
(traumatic event, major loss, etc.)

#### Psychological trigger

(perceived loss of control, violation of trust, etc.)

### Protective/ Positive Factors

(social support, coping abilities, hardy personality, **strengths**, etc.)



=

### Disorder

(Source: Nolen-Hoeksema, 2007:33)

# 5 Ps in triggering and perpetuating mental health problems



**Presenting problem** – This goes beyond the diagnosis to include **how the person's life is affected...**

**Predisposing factors** – biological/genetic endowment, environmental factors (e.g., socio-economic status, trauma, attachment history), psychological or personality factors (e.g., core belief, maladaptive cognitions, personality factors) (**vulnerability**)

**Precipitating factors** – stressful life events (**trigger** the onset of a mental disorder)

**Perpetuating factors** – personality, maladaptive cognitions, poor interpersonal/familial relationships, lack of resources (**Maintain or perpetuate** the current difficulties)

**Protective/Positive factors** – protective factors moderate the impact of stressful life events (e.g., social support, coping abilities, hardy personality – liking for the challenge, a strong sense of commitment, internal locus of control); **strengths or support** that may mitigate the disorder.

(make reference to Macneil et al., 2012:2)

# Protective factors moderate the impact of stressful life events/stress (like a fraction 分數)



(Numerator 分子)

Predisposing + Precipitating + Perpetuating factors



Pathology

Presenting problem

Protective Factors

(Denominator 分母)

We cannot change our genetics. At times, some life events are beyond our locus of control. In other words, we cannot prevent them from happening to us. But we can address our life experiences directly, e.g., how we interpret the experiences, to live with the “problems” or deal with them, whether or not to seek external support to help us combat them ...

Change is still possible! We still have a choice! So be hopeful!

We aim to reduce the perpetuating factors and to strengthen/increase the protective/positive factors to mitigate the adverse effects of stressful life events (precipitating factors), etc. and thus reduce the negative impact of the presenting problem...

# Somatization and Chinese

- It is the term used to describe patients' heightened awareness of their bodies and their **presentation of somatic complaints in place of psychological complaints** (Kleinman, 1977:5)
- It is "**the substitution of somatic preoccupation for dysphoric affect** in the form of complaints of physical symptoms and even illness." (Kleinman, 1980:149)
- In such cases, physical complaints are expressed but a **corresponding organic lesion cannot be detected**, or such complaints are **amplified** so that symptomatology and perceived disability exceed what would be expected from a particular lesion. (Kleinman, 1982:170)

# Somatization and Chinese

- In Hong Kong, Cheung referred to somatization as -
  - “the presentation, complaint, or manifestation of somatic symptoms **that relate to psychological or emotional problems.**” (Chueng, 1985:287)
  - “singly or in combination as a psychiatric disorder and/or various patterns of illness behaviour including the subjective experience, the presentation, **the communication, and the form of help-seeking related to bodily symptoms.**” (Cheung, 1995:158)

# Effects of Stress

Stress has powerful effects on the following:

- mental functioning
- mental, physical and work performance
- interpersonal encounters, and
- physical well-being
- The Principles of Internal Medicine reported **that 50-80% of all physical disorders have psychosomatic or stress-related origins.**
- Most notably, **coronary heart disease, cancer, the common cold, migraine headaches, some cases of female infertility [stress can also affect male's sex function], ulcers, insomnia, hypertension ...**

# Effects of Stress

Overstress will make us sick.

## Brain



- Fatigue, aches and pains, crying spells, depression, anxiety attacks, sleep disturbance.

## Gastrointestinal Tract

- Ulcers, cramps (腹部)絞痛/胃抽筋) and diarrhoea, colitis (結腸炎), and irritable bowel.

## Glandular System

- Thyroid gland malfunction.

## Cardiovascular

- High blood pressure, heart attack, abnormal heartbeat, stroke.

## Skin

- Itchy skin rashes.

## Immune System

- Decreased resistance to infections and neoplasm (tumour/cancer).

(Make reference to Greenberg, 2013:40-60; Corey & Corey, 2014:141)

# Stress Responses

**Cognitive Appraisal - process of analyzing and processing information as well as categorizing and organizing it.**

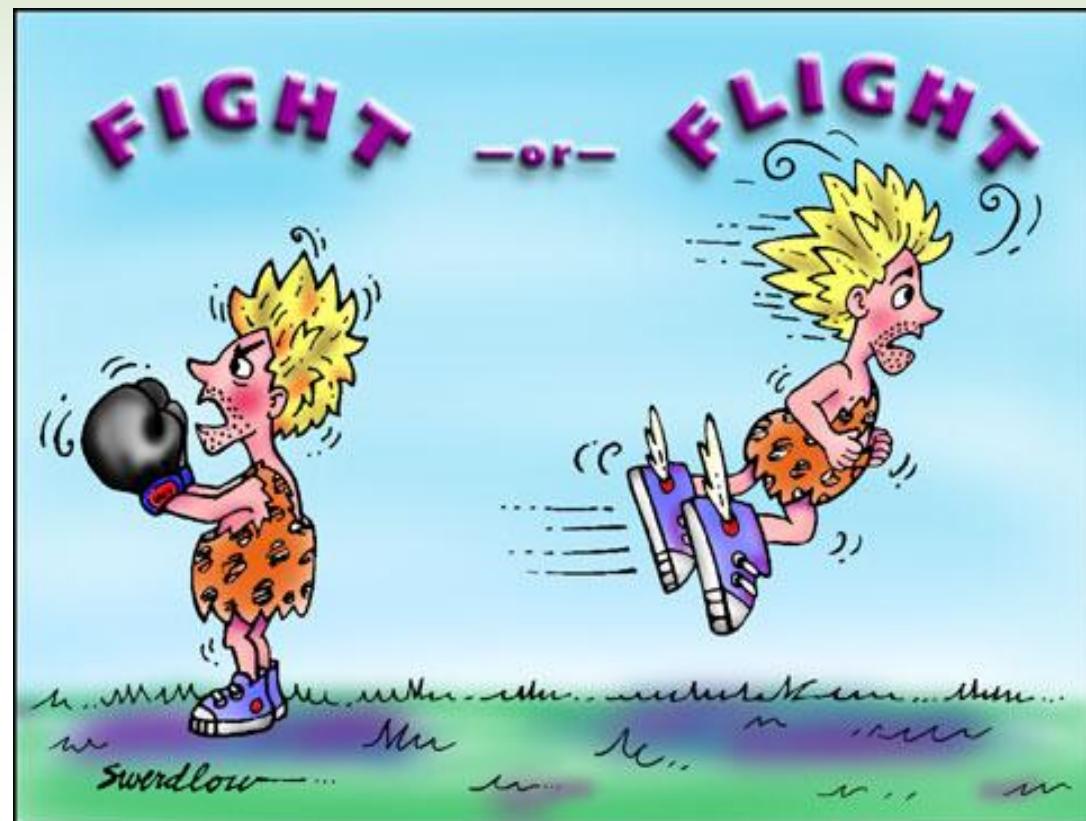
- At the cognitive appraisal level we put **labels** on things - **good, bad, dangerous, pleasant**, etc.
- Appraisal is influenced by **personal history/experience, personal beliefs, morals, resources/support, personal ability, faith, internal/external locus of control, adversity quotient, personality (optimistic? pessimistic? Type A? Type B? hardy personality?), mode of thinking (any cognitive errors/distortion??),** etc.
- We all make **personal** appraisals of situations and it is these labels that determine our stress level and stress response.

# Stress Response: Fight or Flight

When we perceive under threat, our body reacts it for preparing to fight or flight:-

- Rapid breathing
- Increased sweating
- A sudden rush of strength
- Slowed digestion
- Increased heart rate and blood pressure.

(Blonna, 2012:6, 127)





# External

# Locus of Control

# Internal



- **Locus of Control:** A sense of who or what is in control of one's life (Seaward, 2012:155)
- →refers to the extent to which individuals believe that they can control events that affect them.
- Internal and external locus of control is not so much a typology but rather **a continuum**: a person can fall anywhere along that continuum from external at one end to internal at the other.
- Most people are clustered somewhere in the middle.

External

# Locus of Control

Internal



## External Locus of Control

- Certain people (externals) feel that external forces and events, such as chance, fate, luck, powerful figures in authority, or other external circumstances, control the outcome of their efforts.

## Internal Locus of Control

- Internals are convinced that control is an internal matter related to their own efforts and talents.
- They believe that their behavior is guided by their personal decisions and efforts.

External

# Locus of Control

Internal



## Internal Locus of Control:

- ◎ Believe they are the controllers of their own fate.
- ◎ They believe the outcomes stem mainly from internal factors, e.g., their effort, ability, and decisions.
- ◎ In a stressful situation, they believe they can significantly affect the results. They tend to act in ways to take control of events and **experience less stress**.



# External

# Locus of Control

# Internal



## External Locus of Control

- See themselves as pawns of fate.
- Believe that the outcomes in their lives are determined largely by external causes, e.g., fate, luck, actions of others. →**less likely to take action to control their lives, since they believe such action to be fruitless**
- In a stressful situation, they are more likely to be **passive and defensive**.
- Rather than doing something to reduce the stress, they acquiesce.
- **More likely to feel helpless and experience stress.**

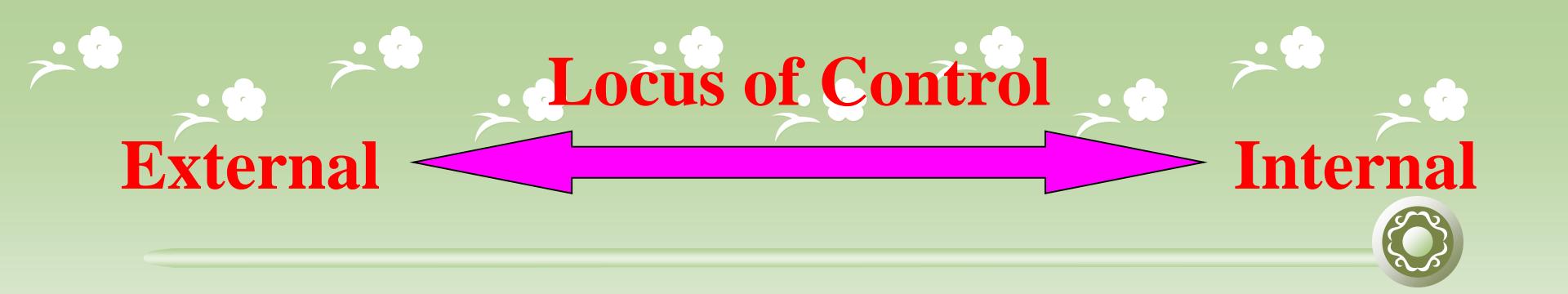
External

# Locus of Control

Internal



- Those with a high *internal locus of control* have better control of their behaviour
- They are more likely to assume that their efforts will be successful.
- They are more active in seeking information and knowledge concerning their situation than do *externals*.
- (make reference to Greenberge, 2013:190-191)



## External

# Locus of Control

## Internal



- ④ → People with an internal locus of control take responsibility for their actions; those with an external locus of control place responsibility on external factors like luck or the weather; the latter is associated with the helpless-hopeless personality, a stress-prone personality. (Seaward, 2012:155)

# 在下列句子中的A和B，請選擇你較同意的，在空格上填上A或B。

Which statement do you agree more, A or B?

A

1. 財來自有方，還是順其自然好 (Money will come naturally. So just follow the natural flow of development)

B

1. 成功是要靠努力和苦幹的 (Success depends on hard work and efforts) ( )

2. 學業成績真是一分耕耘一分收獲 (Academic results depends on effort /hard work)

2. 能否學業有成，很大部份要看老師 (Your academic accomplishment is determined by your teacher) ( )

3. 愈來愈多人離婚足以顯示婚姻不被人重視 (Increasing divorce rate indicates marriage is no longer viewed as important)

3. 婚姻其實是一場賭博遊戲 (Marriage is actually a gambling game) ( )

4. 我知道我很難改變他人的觀點 (I know it's difficult for me to change other's views)

4. 我若有理，便能說服他人 (I can convenience others if I got justifiable reasons) ( )

5. 能否升職很多時要看你的運氣 (Promotion depends on your luck)

5. 一個人如果有真材實料，事業上終必有所成 (If one has real abilities, he/she will sooner or later success in his/her career) ( )

6. 如果你曉得與人相處，你便會發覺人其實是很容易受影響的 (If you know how to get along with others, you will find it's in fact very easy to influence others)

6. 一個人很難影響其他人的行為 (It's very difficult for a person to influence others' behavior) ( )

7. 我今日的成就是用我的努力換來的 (My success is the result of my own efforts)

7. 有時我覺得我沒有做甚麼便得到現在的成就 (I at times find that I have not done anything but got my current success/accomplishment) ( )

8. 如果我和一些志同道合的人都向人鼓吹我們的信念，要改變這世界也不會太難的 (It's not very difficult to change the world if we who have similar faith/commitment work together to promote our common faith/belief)

8. 期望以個人的力量來改變這社會，簡直是痴人說夢話 (To make social change with one's own ability/effort alone is indeed a crazy idea) ( )

9. 命中註定我是這樣 (I am who/what I am as determined by my fate/destiny)

9. 我掌握自己的命運 (My fate is in my own locus of control) ( )

10. 與人相處之道是一種可以學習的技巧 (Interpersonal communication skills can be learned)

10. 根本無可能去迎合不同的人與他們相處 (It's impossible to please different people and get along well with others) ( )

## Type A & Type B Behavior

Cardiologists Friedman & Rosenman (1959, 1974 in Smith, 2012:1) proposed that behavior patterns of **speed, impatience, perfectionism, drivenness, and hostility** increased individuals' **vulnerability to heart disease**. They later labelled this constellation of traits associated with coronary disease "**Type A behavior**" and distinguished it from an oppositional counterpart termed "**Type B behavior**," reflecting a **relaxed, easy-going, slower-paced lifestyle**.

# Type A vs. Type B Personalities

4.5-min video: <https://www.youtube.com/watch?v=1PxwRNvk9y0>

## Type A

- People who tend to lack patience
- Have a strong urge for competition
- Have a high desire to achieve goals
- Rush to complete activities
- Are able to multi-task when under pressure
- Lack tolerance toward others
- Have high levels of anxiety

## Type B

- Tend to be more tolerant toward others
- Are more relaxed than type A
- Are more reflective
- Experience lower levels of anxiety
- Higher levels of imagination and creativity.

# Characteristics of Type A People

## Type A's

- are constantly moving, walking and eating rapidly,
- feel impatient with the rate at which most events take place,
- strive to think or do two or more things simultaneously,
- cannot cope with leisure time and
- are obsessed with numbers, success is measured by how much of everything they acquired.

# Characteristics of Type B People

## Type B's

- never suffer from a sense of time urgency with its accompanying impatience,
- feel no need to display or discuss either their achievement or accomplishments unless such exposure is demanded by the situation,
- play for fun and relaxation rather than to exhibit their superiority at any cost, and
- can relax without guilt.
- (Blonna, 2012:29-30, 37)

# Type A personality & heart disease

- ◎ The Type A Personality involves **self-imposed stress** and intense reactions to stress.
- ◎ Type A people were found to be **three times more likely** to experience **coronary heart disease**.
- ◎ Type B people were much less likely to develop heart disease.
- ◎ Type A behaviour is characterized by feeling a **chronic sense of time urgency and by an excessive competitive drive**.
- ◎ A type A individual is "**aggressively involved in a chronic, incessant [constant] struggle to achieve more and more in less and less time.**"

# Type A Behavior undermine life quality



- Type A behavior **undermines subjective wellbeing and erodes one's capacity to enjoy life.**
- Type A behavior - **a continuous struggle, and unremitting attempt to accomplish or achieve more and more things or participate in more and more events in less and less time, frequently in the face of opposition—real or imagined—from other persons.** (Friedman & Ulmer, 1984 in Smith, 2012:1)

# Type A person should focus more on processes and less exclusively on outcomes to reduce stress



- The Type A component of time urgency compels Type As to move rapidly from situation to situation in **pursuit of instrumental goals**.
- The context of vacation enjoyment and time urgency might make it harder for Type As to “**stop and smell the roses**,” live in the moment, and fully savor positive experiences.
- Type As actually find relaxation and leisure activities stressful (Friedman & Ulmer, 1984 in Smith, 2012:1).
- **Like my experience of climbing Huangshan (黃山the h), I was too task-oriented to reach the hotel on the other side of the hill before sunset and did not stop to appreciate the beautiful scenery.**



# Type A person should focus more on processes and less exclusively on outcomes to reduce stress

- ◎ Bobby Schuller: “Many of us oftentimes ruin the joy that we could have in our lives because we’re impatient. Impatience is one the world’s biggest happiness killers. We’re constantly going, moving, moving, moving, and so because of that, few of us truly experience joy in our lives, and that’s no good.” (Bobby Schuller: You don’t have to hurry, you can trust Jesus/Hour of Power/HK 6-3-2016 & 6-8-2016 )

# Type A person should focus more on processes and less exclusively on outcomes to reduce stress



- Type As show higher levels of **adrenaline** secretion and **report greater distress during periods of inactivity** compared to Type Bs (Frankenhaeuser, Lundberg, & Forsman, 1980 in Smith, 2012)
- Type As may be more likely to **multitask in an effort to accomplish more tasks in less time** (Friedman & Ulmer, 1984).
- Because multitasking divides attention simultaneously across **multiple unfinished tasks, as a result Type As may be less able** than Type Bs **to attend to positive experiences and savor the moment** (Bryant & Veroff, 2007).
- (Savoring, defined as the capacity ,to attend to, appreciate, and enhance the positive experiences in one's life (Bryant & Veroff, 2007, p. 2))
- Type As' tendency toward **perfectionism** (Flett, Hewitt, Blankstein, & Dynin, 1994) may increase their **tendency to focus on faults in positive experiences**, thereby undermining enjoyment. (Make reference to Smith, 2012:4)
- → **Type A persons are vulnerable to stress!**

# Shift from a hurried to an unhurried Life

- ◎ Pastor Bobby Schuller of Crystal Cathedral (16-6-2103 (US), ):
- ◎ “In our world, **we are constantly on the go ... and always want to be first in line and the center of attention.** It's a place of pride. I have to accomplish everything I'm expected to do and be successful. Those can be great things, but sometimes something poisons our hearts where, **even if we have nothing to do, we are still in a hurried posture.** ...

# Shift from a hurried to an unhurried Life

- Pastor Bobby Schuller of Crystal Cathedral (16-6-2103, 6-3-2016 & 6-8-2016 HK):
- “... the fullness of life, **the reward for the hard work that we do is sapped because we're always thinking of the next thing and never able to be truly present in the laborers reward. We're never really able to enjoy our meals, our company, our business, or our efforts because it's always the next thing. And so we go, go, go, go, go, go, go,** and talk a million miles a minute. I just read an article about doctors saying that **Americans breathe too fast.** That's true! We're supposed to be breathing deeper and longer. There's something about Americans that **we breathe like panting dogs.** ...”

# Shift from a hurried to an unhurried Life



- Pastor Bobby Schuller (16-6-2103(US), 6-3-2016 & 6-8-2016 HK):
- “It's very difficult to make smart choices and be rational when you're in a hurry. And **if you're perpetually in a hurry, it's very easy to fall into a medical condition called anhedonia, which is the inability to experience pleasure because of your addiction to regular adrenaline, and your addiction to stress.** Did you know that **many of us are addicted to stress.**”

# Shift from a hurried to an unhurried Life



- Pastor Bobby Schuller Quotes Louis Mumford (16-6-2103(US), 6-3-2016 & 6-8-2016 HK):
- “The mechanical clock is a piece of power machinery whose product is seconds and minutes. We have gone from being **time savers to being time servers.**” And I [Pastor Bobby Schuller: ] would argue that we have become **time slavers.**
- **It’s dangerous if we don’t rule over it [clock]. If it rules over us, and for many of us, it does, it becomes dangerous, especially the alarm clock.**
- **Clocks work for you. You don’t work for clocks.**
- And all of this we do with the idea that **we’re saving time, but we’re not saving time, we’re serving time, like in a prison.** You are serving time ... You ought to be on time, but this whole idea that my whole life is ruled by a clock.

# Shift from a hurried to an unhurried Life



- Pastor Bobby Schuller (16-6-2103(US), 6-3-2016 & 6-8-2016 HK):
- **The modern world is addicted to speed**, and I don't mean the drug speed, I mean the drug speed. Speeding! I mean hurrying! I mean adrenaline. We are so driven, going, going, going, doing, doing, doing that we never stop and enjoy the very simple things which are the best things that God has given us. It's time to stop hurrying. **You cannot be hurried and be kind. You cannot be hurried and be happy.**

# Shift from a hurried to an unhurried life



- Pastor Bobby Schuller (16-6-2103(US), 6-3-2016 & 6-8-2016 HK):  
**“Being so in a hurry is so harmful. You can’t be kind. You can’t listen when you’re in a hurry.** (Bobby Schuller: You don’t have to hurry, you can trust Jesus/Hour of Power/HK 6-3-2016 & 6-8-2016 )  
**Hurry erodes relationships and happiness. ... You cannot be hurried and be kind. You cannot be hurried and be happy. ... because if you’re hurried all the time, your relationships will be suffering. Many of your relationships will be an illusion. ”**  
**[→ineffective intra-personal and inter-personal communication].**

# Shift from a hurried to an unhurried Life

Pastor Bobby Schuller (16-6-2103(US), 6-3-2016 & 6-8-2016 HK):

“**You cannot be both in a hurry and be kind.** ... You cannot be in a hurry and be loving to others. **This is why 1st Corinthians, the first thing when it starts to describe love, what's the first word? Love is – patient!** The dictionary term for patient is: able to accept or tolerate delays, problems or suffering without becoming annoyed or anxious. ... If you can't do that, you can't be loving **because love is patient. Love is unhurried. Love is present.** Love is not regretting yesterday. Love is not thinking about the next thing. Love is not focusing on tomorrow. Love is not trying to use this moment to get something for myself or to get some kind of achievement or reach a goal. **Love is simply being present and caring. Love is patient. Love is unhurried.**

So many of us, **our relationships are eroding because of hurry.** We wonder why things aren't going well with our kids or our spouse or our parents or our colleagues or the people that used to be our friends. Very often it's because whenever you're with them, you're not really with them. You're hurried. You're thinking about getting to the next thing. You cannot be hurried and be loving at the same time. **You have to be slow. You have to be relaxed and then loving people will be easy.”**

# Shift from a hurried to an unhurried life



- Students very often ask me in the very first session of the course about **the percentage of students who got Grad A or A+ in this course**
- self-imposed stress resulted from always wanting to be "first in line" → always wanting to be top students, A and even A+ students
- Always want to be perfect → chronic stress  
→ depression.
- We don't need to be the best/perfect; being good/excellent is enough (**做到夠好就足夠了**)

# Type A/Type B personality

Circle the number on the scale below that best characterizes your behavior for each trait.



1. Casual about appointments	1 2 3 4 5 6 7 8	Never late
2. Not competitive	1 2 3 4 5 6 7 8	Very competitive
3. Never feel rushed even under pressure	1 2 3 4 5 6 7 8	Always rushed
4. Take things one at a time	1 2 3 4 5 6 7 8	Try to do many things at once, think about what I am going to do next.
5. Slow doing things	1 2 3 4 5 6 7 8	Fast (eating, walking, etc)
6. Express feelings	1 2 3 4 5 6 7 8	“Sit” on feelings [deny/do not express or deal with your feelings]
7. Many interests	1 2 3 4 5 6 7 8	Few interests outside work

Adapted from: Robbins (1989) Organizational Behaviour Prentice Hall: USA

# Test on Type A/Type B personality



- Add up all the scores
- Total score X3
- $\geq 120$ : A+ (**Super Type A**)
- 106-119: A (**Type A**)
- 100-105: A-
- 90-99: B (**Type B**)
- $<90$ : B+ (**Extreme Type B**)

# Hardy personality: buffers effects of stress



- Dr. Suzanne Kobasa et al. (1979, 1981, 1982, 1983) found three specific personality traits that collectively **act as a buffer to stress** and contribute to what Kobasa called **the hardy personality**. (Seaward, 2012:156)
- **Commitment:** The **dedication** to oneself, one's work, and one's family that gives the individual a sense of belonging. Commitment involves an investment of **one's values and life purpose** to the growth of one's human potential and is a direct reflection of one's **willpower**. (Seaward, 2012:157)

# Hardy personality: buffers effects of stress

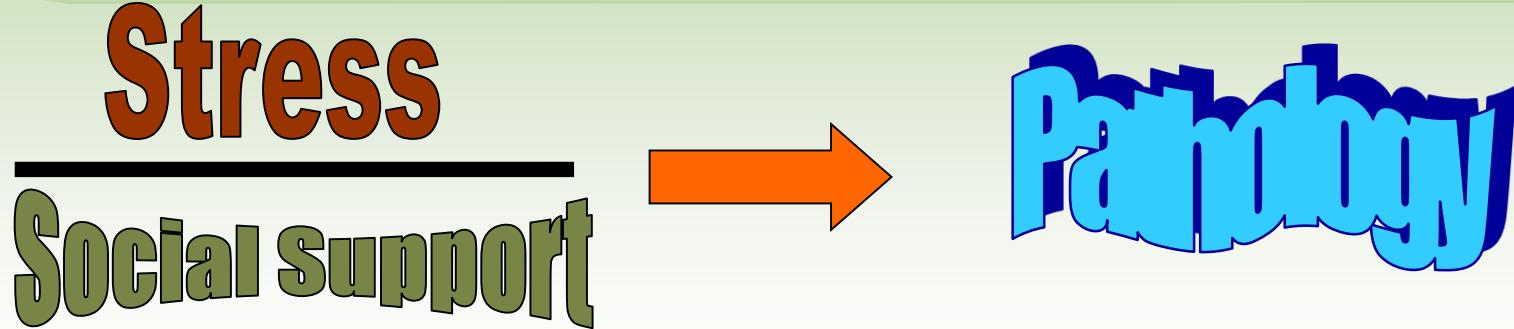
- ◎ **Control:** In this sense, control means a sense of **personal control, a sense of causing the events in one's life rather than a feeling of helplessness.** Self-control, or empowerment, helps one overcome factors and elements in one's environment so that one **does not feel victimized.**
- ◎ **Challenge:** The ability to see change and even problems as opportunities for growth, in Kobasa's mind, symbolized a hunger of the heart that serves **as an inspiration.** Challenge can also be viewed as **a sense of adventure.** (Seaward, 2012:157)

# Social Support: a protective factor



- ◎ **Social support** is seen to be crucial.
- ◎ Some stress experts envision stress occurring when there is not enough social support available to respond to the event effectively.  
(Greenberg, 2013:8)
- ◎ **Having a group of family members or close friends in regular contact has a positive effect;** while **the “loner” is much more likely to suffer from ill health** – both physically and mentally.

# Social Support : a protective factor



Social support is **belonging**, being **accepted**, being **loved**, or being **needed**. →it is having people you can really talk to, to whom you feel close, and with whom you share your joys, stressors, problems, apprehensions, and love.

Social support comes in many different forms: 1. **tangible** support (e.g., \$); 2. **emotional** support (e.g., love or caring concern); and 3. **informational** support (e.g., facts and advice). (Greenberg, 2013:163)  
(also make reference to Blonna, 2012:48)

# How social support moderates stress

- ◎ 1. Being cared for and loved and having the opportunity for shared intimacy.
- ◎ 2. Being esteemed and valued and from this gaining a sense of self-worth.
- ◎ 3. Having a sense of belonging through shared companionship, communication, and mutual obligations with others.
- ◎ 4. Having informational support from others that includes not only access to information but advice and guidance.
- ◎ 5. Having a safety net (access to physical or material assistance) (Blonna, 2012:85)

# How social support moderates stress

- The above five components work together to moderate stress in the following ways:
- 1. They provide a direct, protective effect that prevents potential stressors from becoming actual stressors.
- 2. They buffer and reduce the severity of the effects of stress once the stress response occurs.
- (Blonna, 2012:85)

# Social Support: Stress Buffer Theory

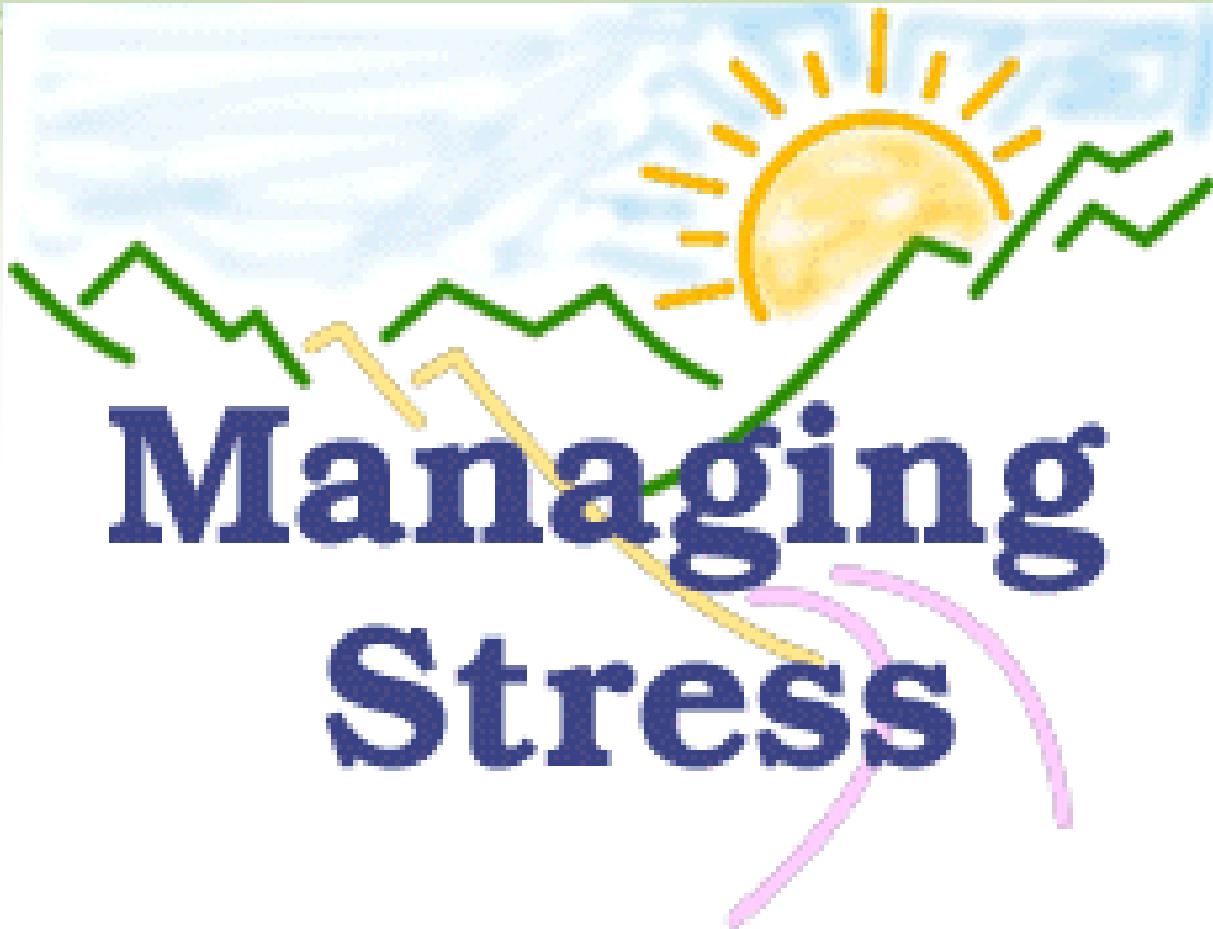


- ◎ The **Stress Buffer Theory** suggests that social support helps after a stressor is encountered to help prevent that stressor from resulting in negative consequences.  
(Greenberg, 2013:164)
- ◎ Social support may take many forms. E.g., it could be **emotional support** to help you feel better about yourself or about the event as you cope with it, or it could take the form of **financial assistance**. In any case, social support helps you cope with the event and therefore **decreases your level of stress**. (Greenberg, 2013:8)

# The Value of Human Touch



- A benefit of social support: Human touch
- Touching, whether skin to skin or through clothing, is a primary mode of communication and an integral form of social support.
- Being touched, whether through a passionate embrace, a peck on the cheek, a cuff on the head or shoulder, holding hands, giving a message, or a tousle of the hair, communicates love, intimacy, value, and worth as a human being.
- Touch in a sense reinforces our perceived social support (Blonna, 2013:85)
- **→do more human contact in the real world instead of in the virtual world/using i-devices**



# Strategies to reduce stress

- **Healthy lifestyle, Balanced diet, Physical exercise**
- **Learn to be less Type A, more like Type B**
- **Cognitive restructuring** (correct cognitive errors → be internals)
- **Increase social support**
- **Time management, Money management**
- Meditation, Deep relaxation
- **Yoga, Therapeutic massage,**
- **Assertiveness training** (We will talk about this topic in Session 10)
- **Journal writing,**
- **Spiritual / life meaning, etc.**



“The mind is its own place,  
and in itself can make a  
heaven of hell, a hell of  
heaven..”

—John Milton, *Paradise Lost*



# Mind Matters!



The mind is its own place, and  
in itself can make a heaven of  
hell, a hell of heaven...

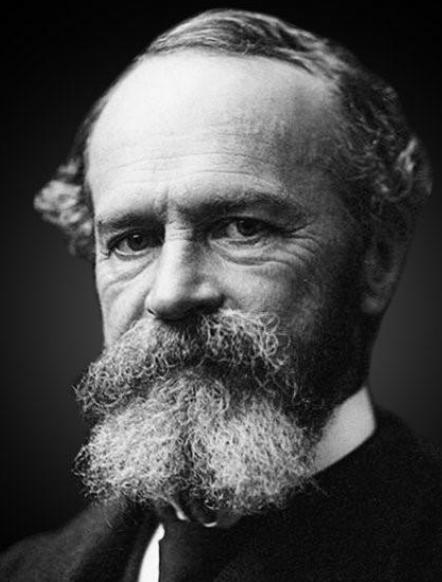
~John Milton (1606 – 1674, English  
poet), *Paradise Lost*, Book I

The greatest weapon  
against stress is our ability  
to choose one thought over  
another. ~William

James (1842 – 1910), American  
philosopher, historian, &  
psychologist

The greatest **weapon against  
stress** is our ability to choose  
**one thought over another.**

— William James

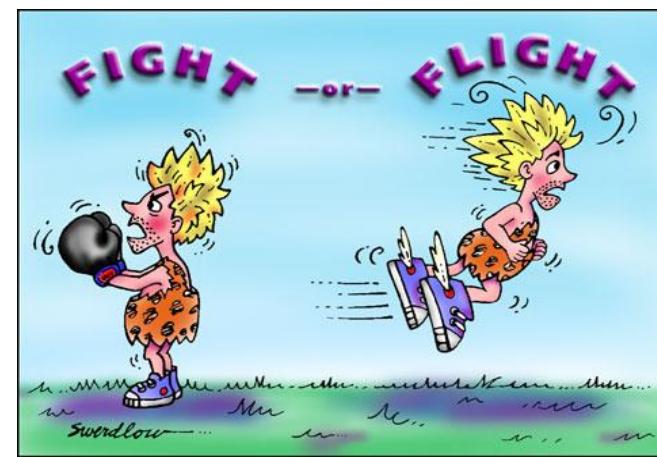


# Cognitive Therapy

- External/Internal **event** → **Thought** (evaluation/appraisal) → **Emotion** (→ **Motion**/Action (emotion leads to action/motion/behaviour))
- e.g., an **event**: (a lion is running towards me)
- My evaluation/appraisal (**thought**): (Oh my God. It's gonna gobble me up/eat me)
- The resultant **emotion**: fear (with physiological/ hormonal response) & that, of course, leads to motion – run away or stand up bravely & fight the lion

## →**fight-or-flight response**

- (Tal Ben-Shahar, Harvard Positive Psychology Lecture #7)
- 認知療法1/2conitive therapy-Positive Psychology-Tal Ben-Shahar
- ~5-min video: <https://www.youtube.com/watch?v=6vogIzkiY-I>



# Cognitive Therapy

- If we want to change emotions whether it is of depression, whether it is of anxiety, where we need to **intervene is the level of evaluation and the level of thought.**
- If we can **change the evaluation/thought**, we also **can change our emotion**
- (Tal Ben-Shahar, Harvard Positive Psychology Lecture #7)
- **A-B-C Model**
- **Activating event**
- **Belief / thought /thinking**
- **Consequence (Consequence of behavior and**

# Healthy Eating



吃最少

脂肪、油及糖類

吃適量

奶酸乳品及芝士類  
( 每日 1 - 2 杯 )

吃多些

蔬菜及瓜類  
( 每日 最少 6 - 8 兩 )

吃最多



# Physical exercise = powerful psychiatric drugs



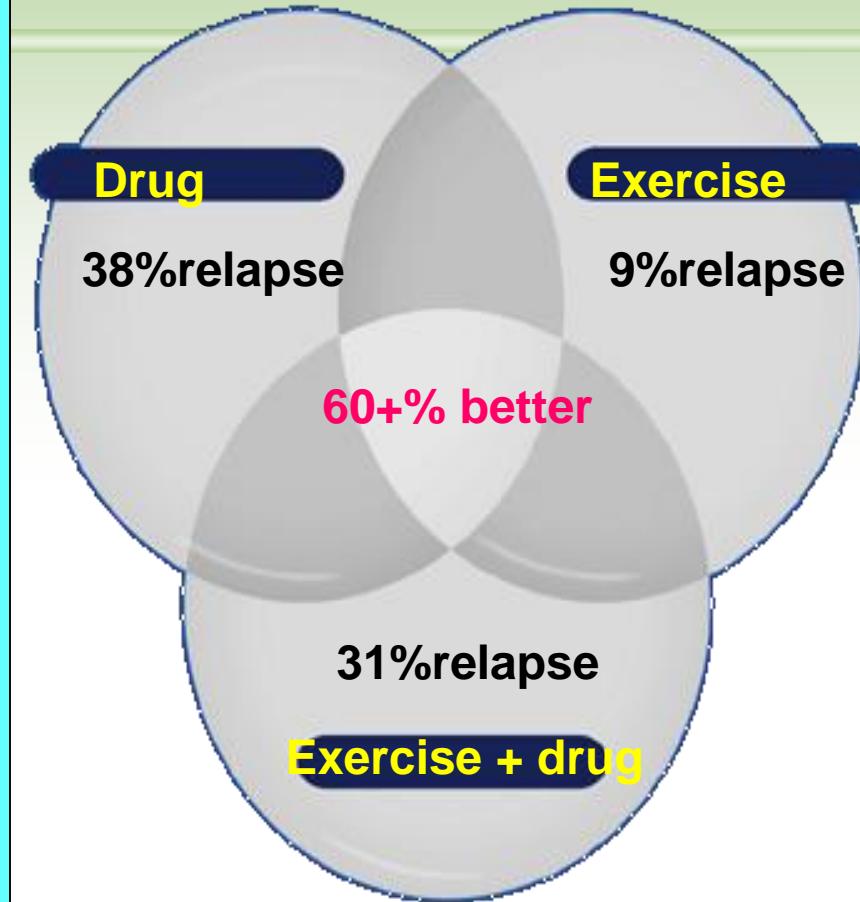
- **Aerobic exercise has a similar effect to some of our most powerful psychiatric drugs!**
- Michael Babyak at Duke Medical School recruited 156 patients with major depression and randomly divided them into three groups.
- 1<sup>st</sup> group was the exercise group (30 mins of moderate difficulty aerobic physical exercise (walking/jogging), three times/week);
- 2<sup>nd</sup> group was put on medication;
- 3<sup>rd</sup> group was put on medication and exercise.
- **Four months later**, in each one of the three groups, over 60% got better (**60.4% of patients in the exercise group, 65.5% in the medication group, and 68.8% in the combined group**)

# Physical exercise = powerful psychiatric drugs

- Then when no longer giving medication, no longer pushing participants to exercise 3 times/week, what happened after 6 months?
- The relapse rate of the group on medication: 38% out of 68% who got better returned back and had major depression again.
- The relapse rate of the group that did medication and exercise was 31%
- The relapse rate of the exercise only group (they could continue exercise or not, that entirely up to them): **8% → a remarkable result!!**
- (make reference to: Babyak, M., Blumenthal, J. A., Herman, S., Khatri, P., Doraiswamy, M., Moore, K., Craighead, W. E., Baldewicz, T. T., & Krishnan, K. R. (2000). “Exercise Treatment for Major Depression: Maintenance of Therapeutic Benefit at 10 Months.” *Psychosomatic Medicine*, 62:633–638.
- Tal Ben-Shahar, Harvard Positive Psychology Lecture 17, from, <http://www.youtube.com/watch?v=XkDWVpFE1aA>)

# Physical exercise = Powerful psychiatric drugs

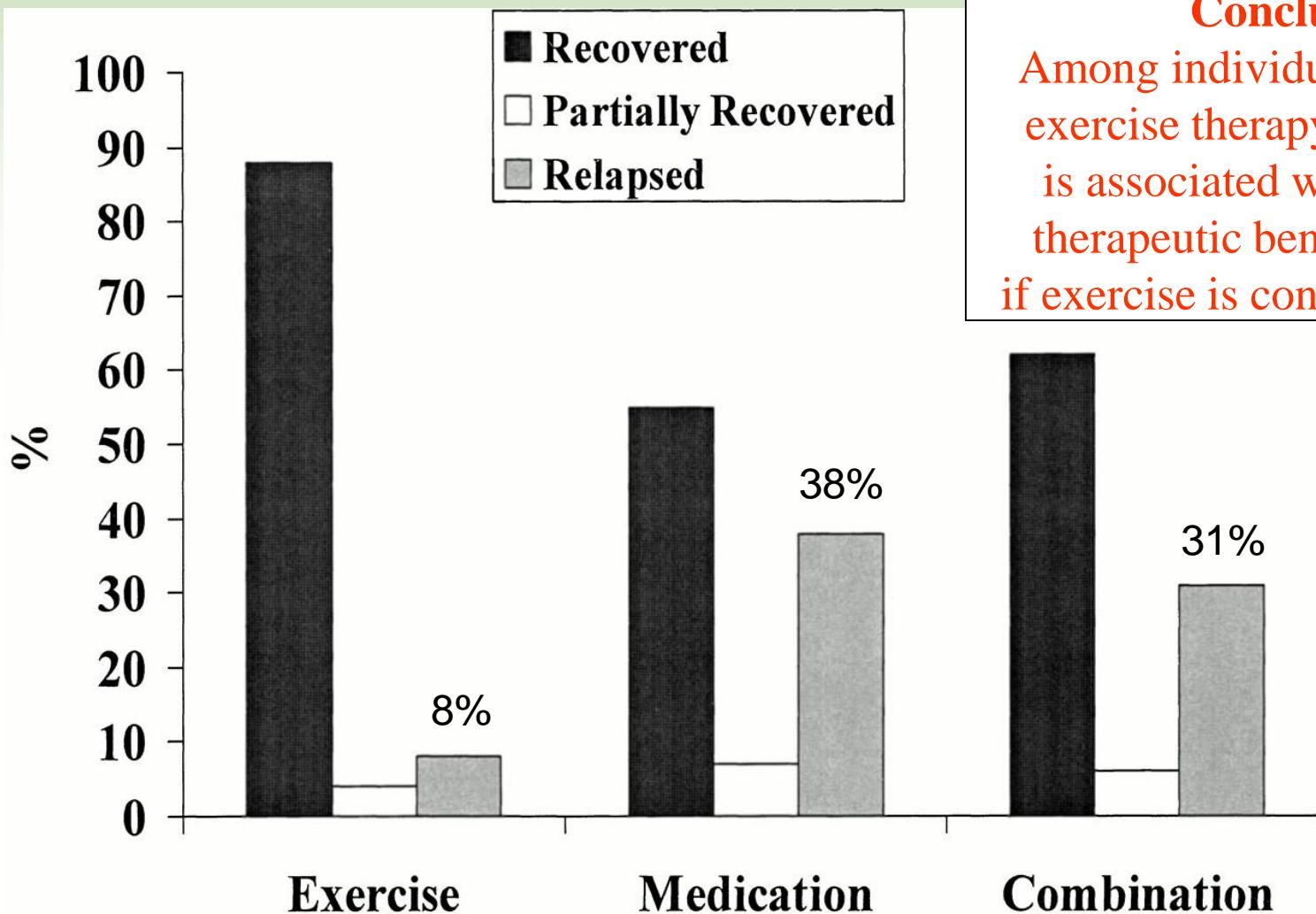
Aerobic exercise has similar effect to some of the most powerful psychiatric drugs!  
Exercise is a psychiatric dream treatment!!



Exercise is nature's medicine for depression and stress → A wonderful drug

# Exercise Treatment for Major Depression: Maintenance of Therapeutic Benefit at 10 Months

Clinical status at 10 months (6 months after 4-month treatment) among patients who were remitted (N = 83) after 4 months of treatment in Exercise (N = 25), Medication (N = 29), and Combination (N = 29) groups.



## Conclusions:

Among individuals with MDD, exercise therapy is feasible and is associated with significant therapeutic benefit, especially if exercise is continued over time.

# Physical exercise = powerful psychiatric drugs

- John Ratey, Harvard Medical School professor, psychiatrist: “In a way, **exercise can be thought of as a psychiatric dream treatment. It works on anxiety, on panic disorder, and on stress in general, which has a lot to do with depression.** And it generates the **release of neurotransmitters – norepinephrine (正腎上腺素), serotonin, and dopamine** – that are very similar to our most important psychiatric medicines. Having about of exercise is like taking a little bit of **Prozac** [for treating depression] and a little bit of **Ritalin** [for treating ADD/ADHD], right where it is supposed to go.”
- the exact right amount of it. The exact right location and **without side effects** or with side effects – **positive side effects** physical as well as mental and emotional side effects
- Exercise → ↑ endorphins (腦內啡) → reduce anxiety → ↑ happier** (Tal Ben-Shahar, Harvard Positive Psychology #17)

# Physical exercise



## Six important criteria:

- 1. the activity must be done for at least an hour per day
- 2. the activity must be done on a regular basis
- 3. the activity must have a base of 6 months of training
- 4. the activity must be well liked by the person doing it
- 5. the activity must be noncompetitive
- 6. the activity must be done alone, or perhaps with one other person (Seaward, 2012:518-519)

# Doctors in Scotland can now prescribe nature

Oct 15, 2018

The evidence for the benefits of nature on mental and physical health are numerous. If you spend 90 minutes of your day outside in a wooded area, **there will be a decrease of activity in the part of your brain typically associated with depression**. Spending time in nature not only reduces blood pressure, anxiety, and increases happiness, but it reduces aggression, ADHD symptoms, improves pain control, the immune system, and—per a summary of research regarding the health benefits of nature—there's much more we don't know and are figuring out every day.



(15 Oct 2018 Evan Fleischer

[https://www.weforum.org/agenda/2018/10/doctors-in-scotland-can-now-prescribe-nature/?fbclid=IwAR1duufAGt8KmDEZ2rvxMRIfwUCIwsXJjowOX\\_9OvPPsPA9xsdBbeuH5EI](https://www.weforum.org/agenda/2018/10/doctors-in-scotland-can-now-prescribe-nature/?fbclid=IwAR1duufAGt8KmDEZ2rvxMRIfwUCIwsXJjowOX_9OvPPsPA9xsdBbeuH5EI)

# Ecotherapy (Green Therapy)

## How nature can support recovery and wellbeing

Scottish Recovery Network, 21st February 2017. <https://outlook.office.com/owa/projection.aspx>

“now ecotherapy is rapidly becoming more popular, and is beginning to prove itself as a healthy way to recovery, sustainable and cost-effective, with few if any negative side effects.” [Patsy’s personal medicine: Nature – her natural mood stabilizer, which is free of charge, always available and without side effects, as Patsy said.]

There are many approaches to and methods of ecotherapeutic work. ... ranges from:

- Individual and group psychotherapy sessions which take place in suitable outdoor locations.
- Exploring wild places and green spaces through ‘mindfulness’ exercises which involve sitting, standing, walking talking and writing, paying close attention to the surrounding environment and to thoughts, emotions and sensations in the body.
- Guided walks where participants share knowledge of the ecology, beauty and wonder of the natural world around them.
- Art, craft and drama activities which use natural materials and/or record or express perceptions of the place where they happen. [e.g., Hebe and Daisy’s group session in Tsuen Wan Park; Cash and Shadow’s group session on a breach]
- Bushcraft and survival activities which empower participants to work with nature while building a skills base, which in turn builds confidence and a sense of healthy self-reliance.
- Games which encourage the use of all the senses, stimulate the imagination, encourage group bonding and give rise to laughter and light-hearted play.
- Activities which restore and protect the ‘more-than-human’ world. These take the form of what is commonly known as ‘conservation’ or ‘regeneration’ work.
- Gardening and horticultural activities [e.g., Candia’s group at a hostel for MH people] which involve growing food for healthy eating, flowers for beauty and a variety of plants that attract and support a range of wildlife, from bees to butterflies to birds. (Retrieved on 30-8-2022, from <https://outlook.office.com/owa/projection.aspx>)

# Benefits of Ecotherapy

The benefits of ecotherapy encompass physical, mental, and spiritual rejuvenation. Here are just a few of the benefits that have been documented.

- **Lower Stress** – Many studies have shown that time spent in nature results in a reduction in cortisol, also known as the stress hormone.
- **Reduce Social Isolation** – By participating in a group setting of ecotherapy such as care farming or conservation efforts.
- **Build Confidence** – Wilderness camps are well known for increasing a person's feelings of self-worth and confidence to tackle any given challenge. Students learn practical survival skills. They use these skills to solve problems on their own as well as within a group.
- **Foster Trust** – Team building exercises like participating in a ropes course or rock climbing teach individuals to rely on each other. Animal-assisted therapy is another method used to build trust is
- **Reduce Risk of Depression**. Increased exposure to sunlight and Vitamin D levels can improve your immune system and mood. Low levels of Vitamin D have been linked with depression and Seasonal Affective Disorder.
- **Improve Focus** – Taking field trips or encouraging time spent outdoors during the day are two ways teachers can improve children's attention span in the classroom.
- **Increase Motivation to Exercise** – Exercise can occur in many forms, from gardening in your backyard, walking with a friend outdoors, or going for a bike ride. Enjoying time outdoors can often serve as a distraction, so people spend more time being active without even realizing it.
- **Improved Relaxation** – Many hospitals encourage a walk through their gardens for patients. Hiking through a forest or meditating in nature are excellent ways to leave the modern world's stressors behind. (Retrieved on 30-8-2022, from <https://www.ecotherapyheals.com/what-is-ecotherapy/>)

# Ecotherapy (Green Therapy)



About Ecotherapy

## What Is EcoTherapy? Explore the History and Benefits of the Practice



Are you interested in learning more about the healing power of nature? Discover more about the practice of ecotherapy aka nature therapy and the many benefits we can enjoy from simply reconnecting with the natural world.

Some examples of ecotherapy activities include:

- Horticultural or gardening therapies
- Physical exercise in nature
- Environmental conservation activities
- Meditating in nature
- Animal-assisted therapies

(Retrieved on 30-8-2022, from  
<https://www.ecotherapyheals.com/what-is-ecotherapy/>)

# ECOTHERAPY

THEORY, RESEARCH & PRACTICE

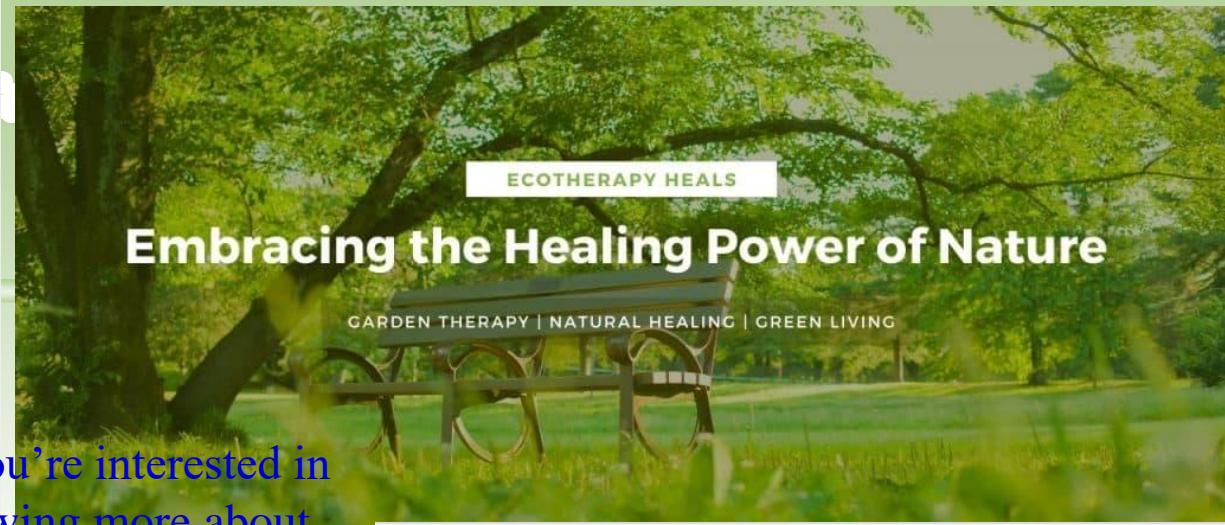


EDITED BY

MARTIN JORDAN & JOE HINDS

BLOOMSBURY

*Ecotherapy: Theory, Research and Practice*, edited by Martin Jordan and Joe Hinds, Macmillan, London, 2016. (I had asked the CityU to buy this book and it's now available for circulation.)



If you're interested in knowing more about ecotherapy, read this book and visit this website  
<https://www.ecotherapyheals.com/>



<https://www.ecotherapyheals.com/what-is-ecotherapy/>

**What Is EcoTherapy? Explore the History and Benefits of the Practice**



Are you interested in learning more about the healing power of nature? Discover more about the practice of ecotherapy aka nature therapy and the many benefits we can enjoy from simply reconnecting with the natural world.

# Natural treatment for depression: Phototherapy (light therapy)



- Some clinicians reasoned that **exposure to bright light might slow melatonin (退黑激素) production** in individuals with seasonal affective disorder (SAD)
- In phototherapy (or light therapy), most patients are exposed to **2 hours** of very bright light **immediately on awakening**. If the light exposure is effective, the patient begins to notice a lifting of moods within **3 – 4 days** (Nolen-Hoeksema, 2004:312)
- **Sunlight can increase serotonin & suppresses the release of melatonin** which in excess can cause depressive disorder → **seasonal depression in winter**
- 曬太陽是釋放壓力的方法，聖經上常講到，日光有治療的功效。很多憂鬱症患者都不愛曬太陽，平常多曬太陽，身體的抗體會增加。 (伊利沙伯醫院臨床腫瘤科唐志聰醫生)

# Light Therapy



- Beneficial in clients with **seasonal affective disorder**.
- Light therapy increases the serotonin levels and suppresses the release of melatonin which in excess can cause depressive disorder.
- Involve exposure to an **artificial light** source, a light box.
- The light box should be able to provide 10,000 lux of illumination at a comfortable sitting position **with a UV-filtered light diffusion**.
- **Harmful ultraviolet light is filtered out**.
- The light exposure is **most effective before 8 am**.
- Exposure time ranges from **30 minutes to 2 hours** in some studies. Response begins in **1-4 days and full effect is achieved after 2 weeks**

# Sep EAP Tips – Self-treatment for Mild Depressive Symptoms

## 九月 優質生活小貼士 –「微抑鬱感」自救法

Employee Development Service, CityU 9-2016

Sep EAP Tips – Self-treatment for Mild Depressive Symptoms



## Sunbathing

- Sunbath triggers release of serotonin in brain
- Early morning or evening is the best (7-9 AM and 4-6 PM)



九月 優質生活小貼士 - 「微抑鬱感」自救法

## 日光治療

- 曬太陽能讓大腦製造血清素
- 最佳時間是早上7時至9時，或下午4時至6時



# No laughing matter: Laughter is good psychiatric medicine



Suhayl J. Nasr, MD  
Volunteer Professor of Psychiatry  
Indiana University  
Adjunct Assistant Professor

## What is Laughter Yoga?

Laughter Yoga ([www.laughteryoga.org](http://www.laughteryoga.org)) is a movement begun in India in the 1990s by Madan Kataria, an internist who came to realize the health benefits that laughter had for his patients. Starting with a single, small laughter group in India, Laughter Yoga has grown to 300,000 participants worldwide.

In addition to visiting the movement's Web site, search "laughter therapy for depression" on the Web for links to on-line resources about laughter yoga.

Laughter can be helpful for treating mood disorders and other conditions

### CASE REPORT

#### Laughter as therapy

Mrs. A is a 56-year-old married woman who has bipolar disorder. She has survived several suicide attempts and is currently positive for bipolar disorder and major depression.

After her most recent suicide attempt, Mrs. A received hospitalization and convulsive therapy. Mrs. A recovered from her hospital stay and began a spiritual journey that led her to practice Transcendental Meditation (TM) and, eventually, to Laughter Yoga (Box) and, eventually, to Laughter Yoga.

Mrs. A begins Laughter Yoga with her students about her illness and the positive effects that Laughter Yoga has had on its course. Since Mrs. A has had two bipolar episodes a year, she expects that she will continue to experience manic episodes despite several years of medication. However, after several years of practicing Laughter Yoga, Mrs. A has found that her mood stabilizer that failed in the past has been effective again.

# Laughter Yoga for Depression

<https://laughteryoga.org/laughter-yoga-for-depression/>

The Founder and Originator of Laughter Yoga: Dr Madan Kataria

<https://laughteryoga.org/>

Laughter Yoga for Stress, Depression, Anxiety, Sylvie Da... Watch later Share

# Laughter Yoga

## For Stress, Depression, Anxiety

<https://youtu.be/-0SZYra7Do0>



香港大笑瑜伽學院

<https://www.hkly.a.org.hk/>

## ◎ Spiritual



# Journal writing

- Expressing oneself through journal writing is a highly effective means to help cope with stress.
- Journal writing:-
  - - provides profound **internal vision and enhance the self-awareness process** in times of stress.
  - - initiates the communication of **self-reflection** between the mind and the soul, the necessary first step in the resolution and closure of perceived stress.
  - - is **a vehicle for meditation**. As a technique to clear the mind of thoughts (by either focusing on one particular theme or jotting down random thoughts as they surface and circulate through the conscious mind), a **calming effect** takes place as thoughts and feelings are transferred from the mind to the written page. (Seaward, 2012:246)

# Journal writing

- Research suggests that journal writing is **not only good for the soul, as a mode of catharsis to express the full range of emotions, but has proven to be good for the body as well.** (Seaward, 2012:246)
- Journal writing:
  - - may serve as an **emotional catharsis** by getting out on paper the toxic thoughts roaming through one's head
  - - **allows the release of thought, feelings, and perceptions that liberates the mind** and softens or expands the walls of the ego
  - - a **writing mediation process** – because as old thoughts are permitted to leave, the empty space they once occupied **allows for expanded awareness of one's internal landscape** as well as expanded depth of thought. → Increased awareness **opens the door for increased understanding of ourselves** in our many environments. (Seaward, 2012:247)

# Journal writing

- ◎ **Writing down personal thoughts gives one permission to let them go, no longer thinking about them with the intensity that may have cluttered the mind and drained energy.** (Seaward, 2012:247)
- ◎ Release of thoughts and feelings may also act **as a personal confession, an honest confrontation of one's behaviors.** (Seaward, 2012:247)
- ◎ And this is an initial step toward **healing both one's internal relationship and personal relationships with others.** (Seaward, 2012:248)

# Purposes of journal writing

- 1. **to act as personal sounding board**; to cleanse the mind overloaded with perceptions, emotions, and toxic thoughts.
- It is a great way to vent anger.
- Sometimes writing how you feel, and perhaps what you should have said or would like to say, becomes a draft script to resolve issues between you and the person(s) involved in your perceived stress.
- Writing down feelings of anxiety and apprehension is a good release of emotions that can drain your energy.
- Effective coping involves the ability to access and employ both internal and external resources. (Seaward, 1994:174-175)

# Purposes of journal writing

- 1. **to act as personal sounding board**; to cleanse the mind overloaded with perceptions, emotions, and toxic thoughts.
- It is a great way to vent anger.
- Sometimes writing how you feel, and perhaps what you should have said or would like to say, becomes a draft script to resolve issues between you and the person(s) involved in your perceived stress.
- Writing down feelings of anxiety and apprehension is a good release of emotions that can drain your energy.
- Effective coping involves the ability to access and employ both internal and external resources. (Seaward, 1994:174-175)

# Purposes of journal writing

- 2. **to map out strategies for resolution.**
- Journal writing can be used as a postponed coping response, perhaps at the end of the day, to collect your thoughts and process major events – those chronic stressors – that need attention.
- A periodic review of journal entries serves to increase awareness of trends and patterns in your thoughts and behaviors.
- Recognition of trends is the first step in changing undesirable or negative thoughts and actions in an effort to reach your highest human potentials and enjoy inner peace. (Seaward, 1994:174-175)

# Time Management

Putting time management skills to use can reduce stress.



- Make a realistic to-do list
- Keep your things organized
- Stay away from distractions
- Prioritize what is important and urgent
- Say “No” to unnecessary requests
- Find your productive time
- Take a break from time to time

“The greatest weapon against stress is our ability to choose one thought over another.”  
– William James

HK Tertiary Institutes Health Care Working Group, 2018

Talk to people you trust. Tell them your difficulties.  
Approach a counsellor or health professional for support.



# Time management



- The prioritization, scheduling , and execution of daily responsibilities to a level of personal satisfaction.
- Effective time management does not mean you have more time;
- it means you make better use of the time you have.
- (Seaward, 2012:327)

# Time-Management Techniques:

## Prioritization

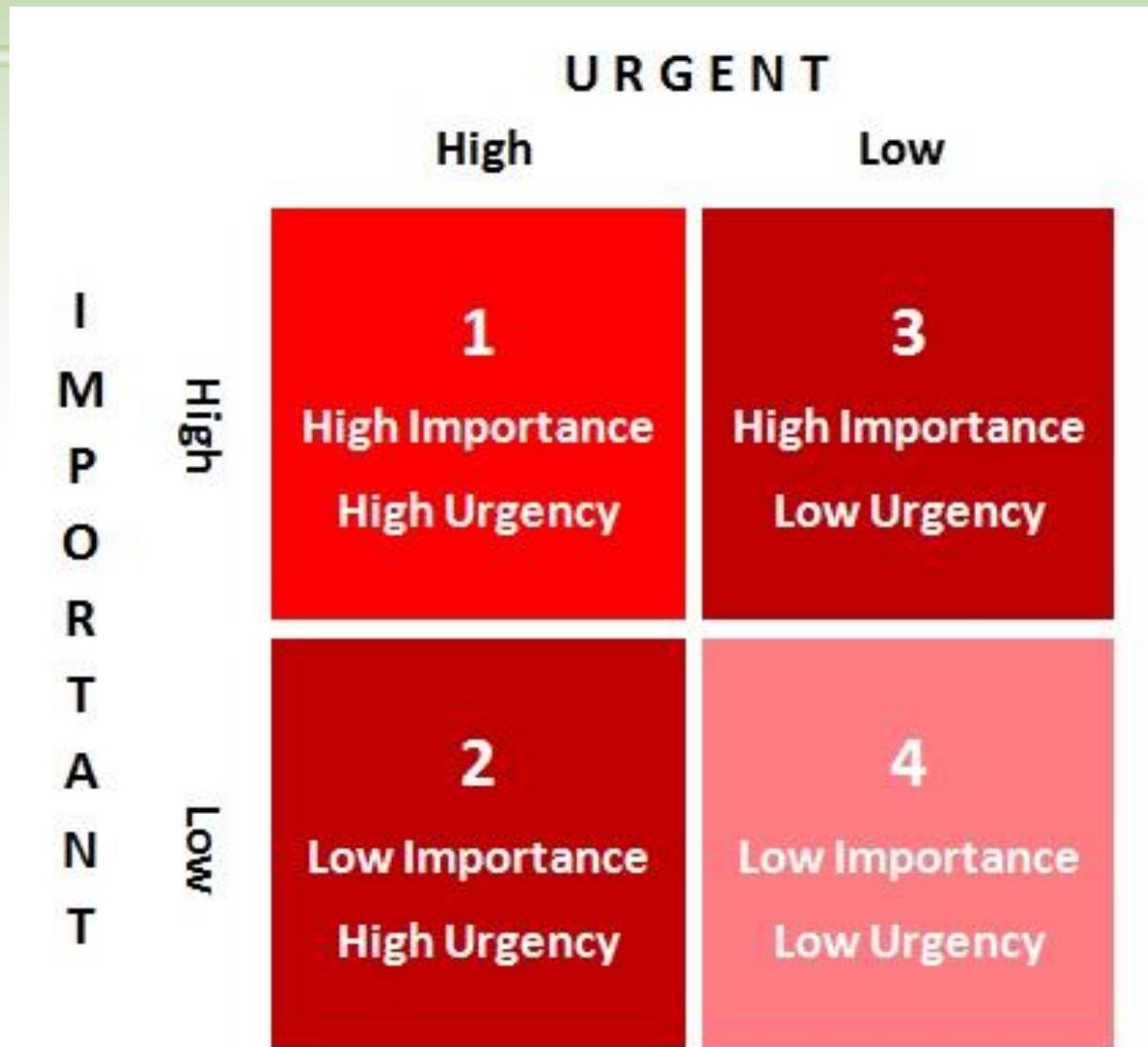


- **Prioritization**
- Ranking responsibilities and tasks in their order of importance.
- a. **The ABC rank-order method**
- A= the highest-priority activities (must do immediately)
- B= second-priority activities (anything that is not A or C but should do soon)
- C= low-priority tasks or things you would like to do (can wait to do)
- (Seaward, 2012:331)

# Time-Management Techniques: Prioritization

- b. **Importance-versus-urgent methods**
- Divide your responsibilities for the week into the 4 boxes.
- Attention and efforts should go toward items listed in Box I because they are high in both importance and urgency.
- Next your efforts should go towards Box II because these responsibilities are important but not quite urgent, followed by those items listed in Box III (urgent but not important), and finally those in Box IV (not urgent nor important).

# Time management matrix



# The 80/20 rule (The Pareto Principle)

- This principle is named after Italian economist Vilfredo Pareto, who observed the 80/20 phenomenon—that, in general, **20% of the population of a country owns 80% of the country's wealth**, that **20% of a company's clients generate 80% of its revenues**, and so on.
- The principle has been **applied to time management** by Richard Koch and Marc Mancini, who suggest that we can make better use of our time by **investing our efforts in the 20% that will get us 80% of the results we want to achieve**.
- →**In 20% of our time, we can get 80% of our work done.** (Make reference to Ben-Shahar, 2011:32-34)

Recall

## The 80/20 rule (The Pareto Principle)

- Not all tasks are equally important, and not all require equal attention.
- 20% of focus on what's important and got the 80% of the work done.
- Note: All of us have different time during the day when we are most productive. In 20% of the day, we get 80% of our work done, depending on whether we are morning people or night people.

### Exercise:

- Think about your 80/20 allocation of time.  
Where can you do less? Where do you want to invest more?

# Unpacking Perfectionism

Less Perfection More Authenticity

## 完美完未？ Perfecting, On the Way...

**表達藝術工作坊 Expressive Arts Workshop**

You have tried very best to be perfect. Is it for yourself or for others? Come to join this expressive arts workshop to find your own unique, authentic perfection.

Date: 23 March 2023 (Thu)  
Time: 2:00-4:30 pm  
Venue: G408, G/F, Flow Centre, Li  
Instructor: Mr. Chris Chow, Expressive Arts Therapist (IDECA®)  
Target participant: All current CityU students  
Quota: 20 (First-come-first-served)  
Medium of Instruction: Cantonese  
Enquiry: 3442 8169 (Ms. Tam)

\*NO art experience is required.  
All you need is Curiosity.

For registration  For more info. 

Organised by Counselling Service (CS)  
Student Development Services

# Unpacking Perfectionism

Less Perfection More Authenticity

## DIY Booth: Handmade Mosaic Photo Frame

Date: 22 & 24 Mar 2023 (Wed & Fri)  
Venue: Blue Zone, 4/F, YEUNG  
Duration: 30 mins  
Quota: 10 students per session  
(First-come, first-served)

<b>22 Mar 2023 (Wed)</b> 10:30-11:00 11:15-11:45 12:00-12:30 12:45-13:15 13:30-14:00	<b>24 Mar 2023 (Fri)</b> 10:30-11:00 11:15-11:45 12:00-12:30 12:45-13:15 13:30-14:00
---	---

Remarks:

- A confirmation email will be sent to successful applicants one day before the activity.
- There are limited walk-in quotas at Registration.

Organised by Counselling Service (CS)  
Student Development Services

Enquiry  
Ms. Tam: 3442 8169

**For Registration** 



Caring League CityU • 1h  
**Vote For Your Favorite Tips of Overcoming Perfectionism**

Here are some tips we can try to manage our perfectionism. Which one is your favorite and you may give it try? Let's tap ❤ to show your vote!

- Practise Self-Compassion**  
Be kind to Yourself.  
Lisa A. McEvilyan, www.banffcoach.com  
19 likes
- Loosen Your High Expectation**  
EXPECTATION  
8 likes
- Set Achievable Goals**  
SET GOALS  
MAKE A PLAN ACTION SCHEDULE  
5 likes
- Celebrate Your Successes**  
Celebrating your Success  
10 likes
- Avoid Procrastination**  
DON'T WAIT UNTIL ToMORROW  
4 likes
- Get Support If Needed**  
GET HELP  
6 likes



香港城市大學  
City University of Hong Kong

# 忘憂の角落 De-stress Corner

靜觀角落  
Mindfulness corner

茶の角落  
Tea corner



香薰角落  
Aroma corner

你最近有無經常感到大壓力或者為未來感到擔憂？  
不如黎我哋嘅忘憂的角落，發掘更多運用五感舒緩  
壓力嘅方法啦！

Do you often feel stressed or nervous about your  
next schedule? Let's come to De-stress Corner to  
relieve stress and tension through 5 senses!

Opening Hours:

21, 23 March 2023 13:00-17:00

22, 24 March 2023 13:00-15:00

Venue: Purple zone, 4/F YEUNG

Target: All members in CityU

Application: Walk-in

For inquiries:  
Ms. Carol Yip Tel: 3442-8479  
[socarol@cityu.edu.hk](mailto:socarol@cityu.edu.hk)

Organised by Counselling Service (CS)  
Student Development Services

Co-organised with:  
Psychological Wellness Ambassador

# Mental Relaxation



- **Falling Leaf**

*Stare at a point on the wall across from you. Visualize a leaf at that spot. With each breath, count backwards from 20 to 1 as you watch the leaf very slowly drifting to the ground. At 1, the leaf reaches the ground and you are very deeply relaxed.*

- **Ten Candles**

*Close your eyes and imagine a row of ten lit candles in front of you, any style or color. As you exhale, imagine yourself blowing out one of the candles. With each successive breath, blow out each candle and let yourself become more deeply relaxed with each one. When all the candles are out, let yourself enjoy the peace and quiet of the room.*

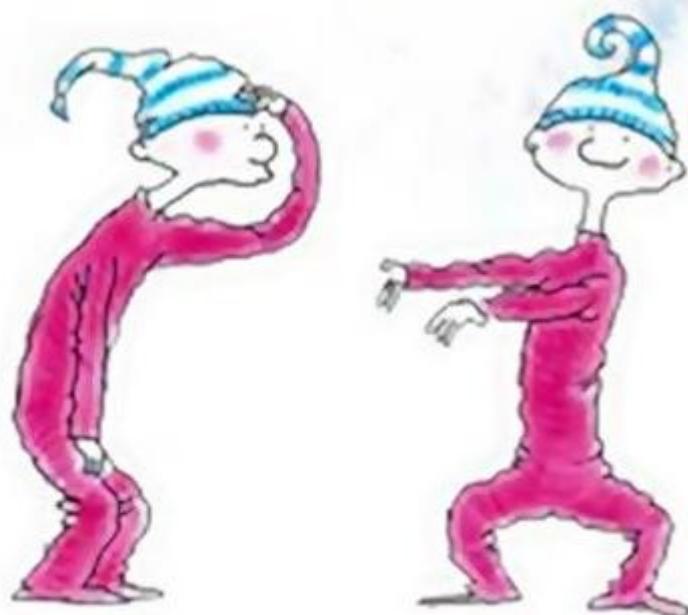
聖嚴法師說：「解決困境的主張『接受它、面對它、處理它、放下它。』」

面對它：正視困境的存在。

接受它：接受困境的事實。

處理它：以悲智處理困境。（以慈悲對人，用智慧對事。）

放下它：處理後心無牽掛。（放下自在。）



面對它

接受它

處理它

放下它



# Conclusion: The Serenity Prayer



- ◎ God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.  
-- Reinhold Niebuhr (American theologian (1892–1971). )
- ◎ 求你賜給我心境坦然之恩，去接受我所  
不改變的事情，有勇氣去改變我能夠改  
變的事情，並且知道這兩者的區別。

**Be hopeful: Whatever you're going through ...**

*This too shall pass...*

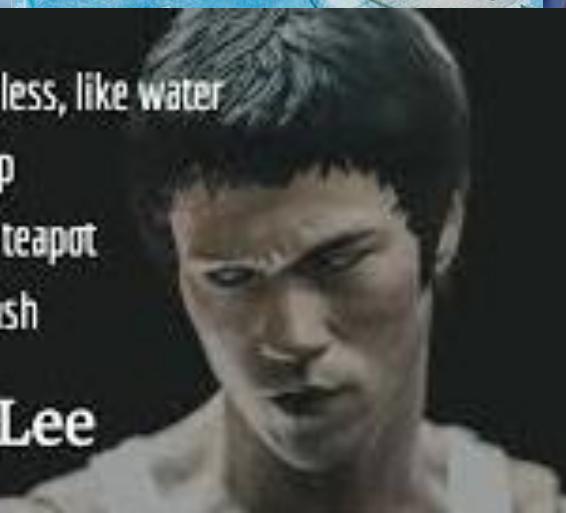
*ance in the wind, gently gliding to  
and fro... And when the storm comes  
through, rest your wings as this too  
shall pass."*

e Horbachewski ~

**Be flexible**

Empty your mind, be formless, shapeless, like water  
put water into a cup, becomes the cup  
put water into a teapot, becomes the teapot  
water can flow or creep or drip or crash  
be water my friend

**Bruce Lee**



# Conclusion



- ◎ Whatever (difficult, painful situations) you're going through, this too shall pass!
- ◎ Do believe in your strengths and resilience. You got the ability to rebound!

# References

- Ben-Shahar, Tal. (2007). *Happier: learn the secrets to daily joy and lasting fulfillment*. New York: McGraw-Hill.
- Ben-Shahar, Tal. (2011). *The pursuit of perfect: how to stop chasing perfection and start living a richer, happier life*. New York: McGraw-Hill.
- Blonna, R. (2012). *Coping with stress in a changing world* (5th ed.). New York: The McGraw-Hill Com. Inc.
- Cheung, F. M. (1985). An overview of psychopathology in Hong Kong with special reference to somatic presentation. In W. S. Tseng & D. Y. H. Wu (Eds.), *Chinese culture and mental health* (pp. 287-304). Orlando: Academic Press.
- Cheung, F. M. (1995). Facts and myths about somatization among the Chinese. In T. Y. Lin, W. S. Tseng, & E. K. Yeh (Eds.), *Chinese societies and mental health* (pp. 156-180). Hong Kong: Oxford University Press.
- Cooke, Anne (Ed.) (2014). *Understanding Psychosis and Schizophrenia*. U.K.: British Psychological Society.
- (Retrieved on 20-1-2015, from [https://www.bps.org.uk/system/files/user-files/Division%20of%20Clinical%20Psychology/public/understanding\\_psychosis\\_-\\_final\\_19th\\_nov\\_2014.pdf](https://www.bps.org.uk/system/files/user-files/Division%20of%20Clinical%20Psychology/public/understanding_psychosis_-_final_19th_nov_2014.pdf))

# References

- Goldberg, C. (2006, March 10). Harvard's crowded course to happiness: 'Positive psychology' draws students in droves, The Boston Globe. (Retrieved September 29, 2013, from [http://www.boston.com/news/local/articles/2006/03/10/harvards\\_crowded\\_course\\_to\\_happiness/](http://www.boston.com/news/local/articles/2006/03/10/harvards_crowded_course_to_happiness/))
- Corey, G., & Corey, M. S. (2014). *I never knew I had a choice: explorations in personal growth* (10<sup>th</sup> edition). Australia: Brooks/Cole.
- Greenberg, J. S. (2013). *Comprehensive Stress Management*. New York : McGraw-Hill.
- Kleinman, A. (1977). Depression, somatization and the 'new cross-cultural psychiatry'. *Social Science & Medicine*, 11, 3-10.
- Kleinman, A. (1980). *Patients and healers in the context of culture: An exploration of the borderland between anthropology, medicine and psychiatry*. Berkeley: University of California Press.
- Kleinman, A. (1982). Neurasthenia and depression: A study of somatization and culture in China. *Culture, Medicine and Psychiatry*, 6(2), 117-190.
- New Economics Foundation (2008). "Five ways to wellbeing", in *New Economics Foundation*. ( retrieved on 24-1-2015, from <http://www.neweconomics.org/projects/entry/five-ways-to-well-being>)

# References

- Nolen-Hoeksema, S. (2011). *Abnormal psychology* (5th ed.). New York: McGraw-Hill.
- Seaward, B. L. (1994). *Managing stress: principles and strategies for health and welling*. Boston: Jones and Bartlett Publisher.
- Seaward, B. L. (2012). *Managing stress: principles and strategies for health and well-being*. (7<sup>th</sup> edition). Burlington, Mass.: Jones & Bartlett Learning.
- Seligman, M.E.P. (2002). *Authentic Happiness*. New York : Free Press.
- Seligman, M.E.P. (2002). *Authentic Happiness*. New York : Free Press.
- Smith, J. L. & Bryant, F. B. (2012). Are we having fun yet? Savoring. Type A Behavior, and vacation enjoyment. *International Journal of Wellbeing*, 3(1),1-19.
- Smith, Manuel J. (1975). *When I say no, I feel guilty: How to cope--using the skills of systematic assertive therapy*. New York: Bantam book.
- Wexler, D.B. (1991). *The Prism Workbook – A program for innovative self-management*. New York: Norton.
- 香港浸會大學中醫藥學院技術開發部 (2014)。《戰勝抑鬱情緒》。香港：香港浸會大學賽馬會中醫藥學院技術開發部。
- 郭碧珊 (2005)。為情所困 – 走出情緒病深淵。香港: 經濟日報出版社。
- 壓力測量計 (<http://stress.hkedcity.net/stress/chi/fsmemsys.html>)