Emotions

Emotions are:
- Like __________________________________
- Like standard operating procedures

Emotions involve
- physiological arousal
- expressive behaviors
- ________________________ experience

Thoughts and Emotions

Activating Event _________________________________________________

Critical Thinking Question: Can you think of a situation that happened in your life recently in which you reacted differently than someone else, based on your different interpretations? Did it lead to a misunderstanding? If so, how did you resolve it?

Irrational Beliefs

Emotions are about adapting to environmental problems –

irrational beliefs interfere with accurate perception and thus disrupt ________________.

Irrational Beliefs

- **Catastrophizing**: when you __________ the importance of a negative event
- **Overgeneralization**: exaggerating the ___________ of an event, or making broad assumptions based on limited evidence
- **Myth of Causation**: belief that one person's emotions are the _______ of another person's actions
- **Need for Approval**: belief that you are okay only if everyone else ___________ of you
- **Tyranny of the Shoulds**: belief that other people, or the world in general, ought to think and act in a way that fits ___________ belief system
- **Perfectionism**: expecting yourself to achieve perfection in everything you do, or in many things
- **Myth of Helplessness**: assuming that you are stuck in a bad situation and cannot do anything about it
Disputing Irrational Beliefs

1. Identify the activating event and the emotion that results.
2. Consider what belief system you have that contributes to your interpretation, along with the ____________ that results.
3. Identify the irrational beliefs that are influencing your emotions in this situation, and replace them with more ____________ interpretations and self-talk.

Begin Activity 4.1

Sadness and Depression

Main difference is duration and ______________________

Also:
- Pessimism
- Self-esteem

Mild dysphoria can be helped by:
- ______________________
- Engaging activities
- Exercise

Anger

“a demeaning offense against me and mine” (R. Lazarus)

Ways of Handling Anger

<table>
<thead>
<tr>
<th>DIRECT</th>
<th>INDIRECT</th>
</tr>
</thead>
<tbody>
<tr>
<td>CONSTRUCTIVELY</td>
<td>Describe problem in a factual manner; stay focused on issue; think before you speak</td>
</tr>
<tr>
<td>DESTRUCTIVELY</td>
<td>Physical aggression, verbal aggression (name-calling, sarcasm, etc.)</td>
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</tbody>
</table>
Anger

Begin Activity 4.2

Happiness

- Internals tend to be happier (set goals)
- __________________ tend to be happier (be realistic)
- Having a close relationship correlates with happiness
- Spiritual commitment
- Self-esteem
- __________________ work
- Seven to eight hours sleep each night, and
- Time for personal reflection
- Having the right genes (left frontal lobe)

Happiness

- keep yourself busy with challenging but manageable tasks
- count your blessings: if you can’t think of very many, try comparing yourself to others less fortunate than yourself
- actively seek out social networks that can provide you with the potential for close relationships
- try looking on the bright side of things -- consider ways the situation could be worse than it is, and you’ll probably end up happier with what you have
- exercise regularly -- studies show that people with healthier bodies tend to be happier
- laugh! Studies show that people who can see humor in everyday situations report greater happiness.

Emotional Intelligence

Interpersonal intelligence:

- Self-awareness
- Emotional self-control
- Persistence
- __________________
- Social competence

Emotional Intelligence

Begin Activity 4.3
What is Stress?
• According to Selye, stress is a nonspecific response to real or imagined challenges or threats
• A stressor is an environmental stimulus that affects an organism, producing physical and psychological effects such as tension and anxiety
• Lazarus says that stress is a result of a cognitive appraisal of a situation involving challenges or threats (in other words, stressors)
• Not all people view the same situation the same way
• A person must appraise a situation as stressful for it to be stressful

The General Adaptation Syndrome
• The general adaptation syndrome was proposed by Hans Selye (1907 – 1982)
  • A Canadian medical researcher
  • According to Selye, people’s responses to a stressor are similar, regardless of the type of stressor

General Adaptation Syndrome
• Alarm (an initial short stage)
• Resistance (a longer period)
• Exhaustion (the final stage)

There are three stages in the general adaptation syndrome:

_________________________
• Alarm begins when the stressor first appears
  • People experience physiological arousal
  • The sympathetic nervous system activates

_________________________
• Resistance occurs after a relatively long exposure to a stressor
  • The person seems to have adapted to the stressor
  • The person may appear normal, but physiological responses are not

_________________________
• The person is often irritable, impatient, easy to anger
  • Loss of appetite or sleep problems may occur
  • Resistance may last hours, days, or years

Exhaustion occurs when adaptability is depleted
• If stress is not reduced, physical, mental, and emotional exhaustion occurs
• Exhaustion may result in serious illness or death
What’s your stress level?

Sleep

How much sleep did you have last night? The night before?

• __________ of Stanford undergraduate, nursing, and medical students are dangerously sleep deprived
• __________ of adults complain of daytime drowsiness
• __________ of adults who say they have no trouble with daytime drowsiness were, when measured physiologically, dangerously sleepy

Sleep
• Most humans need __________ hours of sleep a night
• Individual testing is demanding
• Sleep hygiene

Exercise

Stress can be reduced with as little exercise as __________ minutes a day.

Diet

Relaxation
• All relaxation techniques are effective
• Use the one you prefer
• 5-10 minutes per session
• 1-2 times per day
• 5-7 days per week
• Benefits only last as long as relaxation is practiced

Relaxation

What is your rate of _________________ right now?

• _________________: 25-40 bpm
• Normal: 12-16 bpm
• Relaxed: 6-10 bpm
• Very relaxed: 2-3 bpm

Breathing for Relaxation

Diaphragmatic Breathing
Relaxation Response - Herbert Benson’s Technique

Recreation

Social support reduces stress levels.

Cognitive Restructuring