HEALTHY MINDS

PSYCHOLOGY
Healthy Minds: Table of Contents

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I. How to See the Glass Half Full

Preparing to Read

1. WHAT DO YOU ALREADY KNOW?
   What do you need to lead a happy life?

What does the title “How to See the Glass Half Full” mean?

2. WHAT WOULD YOU LIKE TO LEARN?
   List the things you would like to learn about how to stay happy.

3. FIRST READING: FINDING NEW WORDS
   Read the article “How to See the Glass Half Full” and underline all the words you do not understand. When you finish, enter these words in your vocabulary journal.
SHORTCUTS TO HAPPINESS OFTEN TURN OUT TO BE DETOURS. FOR MOST PEOPLE, LASTING SATISFACTION COMES NOT FROM MONEY, STATUS OR FLEETING PLEASURE BUT FROM RISING TO THE CHALLENGES OF LOVE, WORK, AND RAISING CHILDREN. HERE, FROM MY BOOK AUTHENTIC HAPPINESS: USING THE NEW POSITIVE PSYCHOLOGY TO REALIZE YOUR POTENTIAL FOR LASTING FULFILLMENT, IS GUIDANCE ON HOW TO STAY HAPPY.

FIRST, ONE OF THE BEST WAYS TO STAY HAPPY IS TO KEEP YOUR ILLUSIONS. WHEN YOU'RE FALLING IN LOVE, IT'S EASY TO FOCUS ON YOUR NEW PARTNER'S STRENGTHS AND IGNORE OBVIOUS FAULTS. PERCEPTIONS CHANGE OVER TIME, HOWEVER, EVEN IN STRONG RELATIONSHIPS. WHAT STRUCK YOU AS KINDNESS MAY START TO RESEMBLE SOFT-HEADEDNESS. HONESTY MAY CHANGE INTO STUBBORNNESS, DEPENDABILITY INTO DULLNESS. HOW DO HAPPY COUPLES AVOID DISENCHANTMENT? YOU MIGHT GUESS THEY EVALUATE EACH OTHER COOLLY FROM THE START, SPARING THEMSELVES FALSE EXPECTATIONS. RECENT RESEARCH SUGGESTS JUST THE OPPOSITE. THE KEY TO LASTING LOVE, IT SEEMS, IS NOT TO AVOID ROMANTIC ILLUSIONS BUT TO MAINTAIN THEM.

SANDRA MURRAY, A PSYCHOLOGIST AT THE STATE UNIVERSITY OF NEW YORK AT BUFFALO, HAS DEVELOPED A WAY TO MEASURE LOVERS' PERCEPTIONS OF EACH OTHER. FIRST SHE HAS VOLUNTEERS RATE THEIR ROMANTIC PARTNERS ON VARIOUS STRENGTHS AND FAILINGS. ONCE A PERSON HAS BEEN RATED BY HIS OR HER PARTNER, MURRAY INVITES THE PERSON'S FRIENDS TO PERFORM THE SAME EVALUATIONS. IN MURRAY'S STUDIES, THE HAPPIEST COUPLES ARE NOT THE MOST REALISTIC BUT RATHER THE MOST POSITIVE. INSTEAD OF CONFIRMING THEIR FRIENDS' HONEST ASSESSMENTS, THESE PEOPLE IDEALIZE THEIR PARTNERS, HAPPLY PREDICTING THAT THEIR RELATIONSHIPS WILL WITHSTAND HARD TIMES. AS IT TURNS OUT, THEY REALLY DO FARE BETTER WHEN TROUBLE STRIKES. THE LARGER THE ROMANTIC ILLUSION, THE BETTER THE ODDS.
How can that be? People who idealize their mates may be quicker to forgive small wrongdoings. And people who are idolized may try harder to please their partners. Romantic illusions can't be willed into existence, but even a realist can downplay a partner's weaknesses. The stable couples in Murray's studies used the "yes, but" technique. One woman, brushing off her mate's tendency to pursue every minor point in a disagreement, said it helped keep small problems from growing into large ones. Another woman said her partner's lack of confidence made her "feel very caring toward him." Still another managed to praise her mate's stubbornness, saying, "I respect him for his strong beliefs." This strategy may not save a failing relationship, but it can help sustain a healthy one.

A second way to remain happy is to turn your work into a "calling." Experts distinguish three kinds of work: a job, a career, and a calling. You do a job for the paycheck at the end of the week, and when the wage stops, you quit. A career entails a deeper personal investment in work. You mark your achievements through money, prestige and power, and you move on when the promotions stop. Unlike a job or a career, a "calling" is a passionate commitment to work for its own sake. The effort you expend becomes its own reward, regardless of the money or status it brings. People with callings are consistently happier than those with mere jobs or careers. And if you think callings are only for artists and healers, think again. Recent studies suggest that any line of work can rise to that level.

In one study, twenty-eight hospital cleaners in New York were asked how they viewed their work. Some viewed their work as drudgery, but others had found ways to make it meaningful. The cleaners with a calling believed strongly that they were helping patients get better, and they approached their work accordingly. They timed themselves for efficiency. They prided themselves on anticipating the doctors' and nurses' needs. And they took interest in brightening the patients' days, whether by rearranging furniture or decorating the walls. Researchers have seen the same phenomenon among secretaries, engineers, nurses, kitchen workers and haircutters. The key to contentment, their studies suggest, is not getting the perfect job but finding one you can make perfect (or at least better) through the use of your own strengths.

Part of what turns a job into a calling is the state known as flow. Flow is complete absorption in an activity whose challenges match perfectly with your abilities. Flow is not the pleasure you derive from a warm shower or a cold beer but the loss of self-consciousness you experience while engrossed in a task that calls on your strengths. People who experience it are not only happier but more productive, for they stop thanking God that it's Friday. I have always subscribed to the expression by the historian John Hope Franklin, "Friday means I can work for two days without interruption."
Maintaining happiness is all about trying to stay positive. Isn’t it better to focus on the good qualities of the people you love rather than constantly harping on them about the things you don’t like? And instead of spending all your time complaining about work, wouldn’t it be better to find a way to make your work enjoyable and fulfilling? Keeping your illusions about the ones you love and turning your job into a calling are two effective ways to make yourself happy.

Gale Document Number:A91413024
4. **ANNOTATE THE ARTICLE**
   On a separate sheet of lined binder paper, annotate the article using a triple entry journal. When you finish, ask a tutor to check your work.

5. **SUMMARIZE THE ARTICLE**
   Once an instructor checks and signs off your annotations, you are ready to write a summary of the article. On a separate sheet of lined binder paper, use your annotations to write a summary of the article. When you finish, ask a tutor to check your work.

6. **WHAT DID YOU LEARN?**
   List the interesting things you learned about how to stay happy.
   
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7. **APPLYING WHAT YOU LEARNED**
   Write a paragraph describing some things you can do to make yourself happier in your personal relationships and work.
   
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II. The Science of Happiness

Preparing to Read

1. WHAT DO YOU ALREADY KNOW?
   Why are some people able to face life’s setbacks and losses without falling apart and others are not?

2. WHAT WOULD YOU LIKE TO LEARN?
   List the things you would like to learn about what science has found makes people happy.

3. FIRST READING: FINDING NEW WORDS
   Read the article “The Science of Happiness” and underline all the words you do not understand. When you finish, enter these words in your vocabulary journal.
If good lives were built on good fortune, Jacqueline Gavagan would have reason to despair. All was well when she got out of bed last September 11. She had a loving husband and a satisfying profession as speech pathologist. Her two young children were thriving, and a third was due in seven weeks. You can guess the rest. Gavagan's husband, 35-year-old Donald, worked as a bond broker in the World Trade Center. By midmorning, he was entombed in a million tons of burning rubble. So were many of the couple's closest friends.

Does she still grieve? Of course. But over the past year, the 36-year-old Brooklynite has managed to restore meaning and even some joy to her life. She started the effort at her husband's memorial service by asking people to contribute to a fund that might save a child's life in his memory. Surgeons at NYU Medical Center had successfully repaired her own toddler's defective heart earlier that year, and Gavagan wanted to sponsor the operation for a child whose family couldn't afford it. The money flowed, and by April she was back at NYU, comforting a woman from Kosovo while her son had the surgery she sponsored. When asked who had fixed the boy's heart, Gavagan's beaming 3-year-old answered, "Everyone who loved Daddy."

Psychologists talk a lot about the emotional problems that can grow out of trauma and loss--the chronic fear and anxiety, the guilt and anger, the hopelessness. People with emotional problems are, after all, the ones who need help. But in its rush to understand illness, science has paid little attention to what makes people sane. Why are people like Jacqueline Gavagan so resilient? How do these people deal so well with setbacks? And what, beyond survival, do they live for? Is mental health just an absence of illness, or can we realistically strive for something more?

Preachers and philosophers have always relished such questions. Now, after a century of near silence, scientists are asking them, too. Words like "optimism" and "contentment" are appearing with ever-greater frequency in research journals--and some enthusiasts foresee a whole new age in research psychology. As University of Pennsylvania psychologist Martin E.P. Seligman declares in his new book, Authentic Happiness, "The time has arrived for a science that seeks to understand positive emotion, build strength and virtue, and provide guideposts for finding what Aristotle called the 'good life'."
Progress has been brisk. Like medical detectives hunting for risk factors for a disease, the new positive psychologists have collected a stack of data on what people who claim to be happy have in common. Lesson one is our moods and temperaments are determined largely by our genetics. In a now famous 1996 study, University of Minnesota psychologists surveyed 732 pairs of identical twins and found them closely matched for adult happiness, regardless of whether they'd grown up together or apart. Such findings suggest that while we all experience ups and downs, our moods revolve around the emotional baselines or "set points" we're born with.

A second lesson is that our circumstances in life have precious little to do with the satisfaction we experience. Married church-goers tend to outscore single nonbelievers in happiness surveys, but health, wealth, good looks and status have surprisingly little effect on our well-being. People living in extreme poverty are, on average, less happy than those whose basic needs are met. But once we cross that threshold out of poverty, the more wealth we achieve does not make our lives richer. People in Japan have nearly nine times the purchasing power of their neighbors in China, yet they score lower in surveys of life satisfaction. In America, real income has doubled since 1960. We're twice as likely to own cars, air conditioners and clothes dryers, twice as likely to eat out on any given night. Yet our divorce rate has doubled, teen suicide has tripled and depression has increased tenfold. Somehow, we're not cut out for the ease that comes with wealth.

If genes can make us happy but circumstances can't, is chemistry the key to happiness? In drug-company laboratories, small armies of pharmacologists are racing to formulate compounds that will boost positive emotions and ease unpleasant ones. In Authentic Happiness, Seligman proposes a saner and drug-free strategy for achieving happiness.

Seligman argues that people can gain greater levels of happiness by doing three things. One, they need to take a look at their negative beliefs and try to turn them around. Two, they need to turn their focus to their positive experiences and learn to appreciate them. And three, they need get their desire for more under control and try to be satisfied with what they've got. By constantly seeking more and indulging ourselves, we only narrow our options for pleasing ourselves. Restraint may give us higher returns.

But "authentic happiness," as Seligman defines it, is not about managing our moods. It is about what he calls "gratification," the fulfillment that comes from developing our strengths and putting them to positive use. Half of us may lack the genes for bubbly good cheer, he says, but no one lacks the strength or the ability to find happiness and fulfillment. What Gavagan has accomplished in the past year is a near-perfect embodiment of kindness. She now hopes to save another child's heart every September. And she herself will be richer for it.


Gale Document Number:A91413023
4. **ANNOTATE THE ARTICLE**
   On a separate sheet of lined binder paper, annotate the article using a triple entry journal. When you finish, ask a tutor to check your work.

5. **SUMMARIZE THE ARTICLE**
   Once an instructor checks and signs off your annotations, you are ready to write a summary of the article. On a separate sheet of lined binder paper, use your annotations to write a summary of the article. When you finish, ask a tutor to check your work.

6. **WHAT DID YOU LEARN?**
   List the interesting things you learned about what science has discovered makes people happy.
   
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7. **APPLYING WHAT YOU LEARNED**
   Martin Seligman defines happiness as “the fulfillment that comes from developing our strengths and putting them to positive use.” Write a paragraph describing how you might develop one of your own strengths and put it to a positive use.
   
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III. Ways to Relieve Anxiety

Preparing to Read

1. WHAT DO YOU ALREADY KNOW?
Describe the different things people can do to relieve anxiety.

2. WHAT WOULD YOU LIKE TO LEARN?
List the things you would like to learn about different ways to relieve anxiety.

3. FIRST READING: FINDING NEW WORDS
Read the article “Ways to Relieve Anxiety” and underline all the words you do not understand. When you finish, enter these words in your vocabulary journal.
Ways to Relieve Anxiety

Jeffrey Kluger

In today's world we have an abundance of comforts—our homes have electric lights, heat in the winter, air conditioning in the summer, and running water year round. We don't have to make our own soap, hunt for our food, or sew our own clothes. We can travel worldwide in a matter of hours. So why are we stressed? We should be living a life of ease. Daily life, no matter what century you are living in, always has its stresses. However, there are various ways to fight anxiety: behavioral therapy, cognitive therapy, antidepressants, or self-treatments.

One way to ease anxiety is to use behavioral therapy. When the anxiety alarms start ringing in our brains, our first tendency is to find the off switch. Behavioral scientists tell us, however, to take the opposite approach. They say if we get accustomed to the noise, we won't hear it anymore. The standard behavioral treatment for such anxiety conditions as phobias, obsessive-compulsive disorder (OCD) and panic disorder is to expose patients to a tiny bit of the stressful situation that causes them anxiety, increasing the exposure over a number of sessions until the brain adjusts to the fear. A patient suffering from a blood phobia, for example, might first be shown a picture of a scalpel or syringe, then a real syringe, then a vial of blood and so on up the anxiety ladder until there are no more rungs to climb. However, this treatment has a risk. If treatment is ended before the patient has become accustomed to the things that bring on the anxiety, the anxious feelings could be worse. But done right, behavioral therapy can bring relief from specific phobias in as little as two or three sessions.

Cognitive therapy, on the other hand, encourages people to use the power of the mind to reason through their anxiety. First popularized in the 1980s, cognitive therapy teaches people who are anxious or depressed to develop a more realistic perspective on the risks or obstacles they face. Patients suffering from a social-anxiety disorder, for example, might see a group of people whispering at a party and assume the gossip is about them. A cognitive therapist would teach them to reexamine their assumptions.
When talk therapy doesn’t work—or needs a boost—drugs may help, especially the class of antidepressants that include Paxil, Prozac, and Zoloft. These antidepressants work by preventing the brain from reabsorbing too much serotonin, the body’s substance that improves mood. Antidepressants, however, often don’t start working for weeks—a lifetime for the severely anxious. For this reason, many doctors recommend heavy doses of fast-acting relaxants to give the antidepressants a chance to kick in. The downside of these drugs is that they can be highly addictive and may merely mask symptoms. For this reason, doctors will prescribe them very carefully and strictly limit refills.

Before turning to drugs or talk therapy, many people prefer to try to bring their anxiety under control on their own. One of the most effective techniques is simple exercise. It’s no secret that a good workout or a brisk walk can take the edge off even the most acute anxiety. Scientists once believed the effect to be due to the release of the body’s natural relaxation substance, endorphins, but new research has called this into question. Regardless, working out regularly—most days of the week, if possible for at least 30 minutes or so—may well help settle down the anxious brain.

One of the most popular self-treatments is yoga, which is both a form of exercise and a way to quiet the mind by focusing attention on breathing. Indeed, even without yoga, breathing exercises can help calm an anxiety episode, if only by slowing a racing heart and lengthening the short, shallow breaths of a panic attack. Many anxiety sufferers have found relief through meditation or massage—even just a 10-minute foot treatment. For those willing to travel a little farther from the mainstream, there’s aromatherapy (enthusiasts recommend rose and lavender scents), guided imagery (a form of directed meditation used with some success by people recovering from cancer and open-heart surgery) and acupuncture.

If all else fails, go back to basics and try cleaning up your lifestyle. For starters, you can cut back or eliminate the use of sugar, caffeine, nicotine, alcohol and any recreational drugs you may be taking. Are you eating right and getting enough sleep and leisure time? Finally, if your job or the place you live is making you anxious, you might consider moving to a less stressful environment or finding a different line of work.

Source Citation: Kluger, Jeffrey. "What You Can Do: There are as many ways to relieve anxiety as there are things that make us anxious. The key is to find the way that works for you—and use it.(Health)(Brief Article)." Time 159.23 (June 10, 2002): 52+. Opposing Viewpoints Resource Center. Gale. San Joaquin Delta College. 8 Jan. 2010
Gale Document Number:A86713215
4. ANNOTATE THE ARTICLE
On a separate sheet of lined binder paper, annotate the article using a triple entry journal. When you finish, ask a tutor to check your work.

5. SUMMARIZE THE ARTICLE
Once an instructor checks and signs off your annotations, you are ready to write a summary of the article. On a separate sheet of lined binder paper, use your annotations to write a summary of the article. When you finish, ask a tutor to check your work.

6. WHAT DID YOU LEARN?
List the interesting things you learned about ways to fight anxiety.

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7. APPLYING WHAT YOU LEARNED
The author of this article, Jeffrey Kluger, describes various ways to fight anxiety: behavioral therapy, cognitive therapy, antidepressants, or self-treatments. Write a paragraph describing which of these treatments you feel would be the most effective. Explain why.

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IV. Active Bodies and Healthy Minds

Preparing to Read

1. WHAT DO YOU ALREADY KNOW?
   Do you think it is possible to improve a severe mental illness with exercise? Why or why not?

2. WHAT WOULD YOU LIKE TO LEARN?
   List the things you would like to learn about how exercise can be used to help people suffering from severe mental illnesses.

3. FIRST READING: FINDING NEW WORDS
   Read the article “Active Bodies and Healthy Minds” and underline all the words you do not understand. When you finish, enter these words in your vocabulary journal.
For Steve McNall and others in his hockey group, Tuesday is the best night of the week. It's when some 18 players--mostly men--meet at their rink in Owen Sound, Ontario, for a pick-up hockey game. They get some exercise, work on their skills, and maybe go for dinner afterwards. After nine years of playing, McNall's own skills have advanced so much that he also plays with an all-men's league and even has a job supervising the Tuesday night games and other recreational activities. These hockey matches are like thousands across Canada—with one difference: each player has a serious mental illness.

McNall himself was an accomplished high school athlete not long before being diagnosed with schizophrenia. Since then, a 20-year battle with the illness has included bouts of homelessness and substance use problems. Today, McNall is doing well on his medication. He is married and works part-time as a recreation coordinator. He says he owes a large part of his recovery to his background as an athlete and his weekly hockey games. "I don't have as many symptoms now, and I attribute my well-being to the workouts and the teamwork," says McNall. "Group hockey has been so good, it helped me recover to the point that I was even eligible for my job."

Stories like McNall's are inspiring, but all-too rare. Exercise is healthy for anyone, but for people with severe mental illness, research suggests that physical activity may be very important to recovery. In addition to cardiovascular (heart) benefits, which are desperately needed by a population troubled with poor health and a high death rate, exercise increases self-esteem, helps build social skills, and reduces isolation. And when done properly, it has no negative side-effects.

Exercise can also reduce depression, build self-esteem, and ease psychotic symptoms such as hallucinations. A 1999 study found lowered feelings of depression and improved self-esteem among participants with bipolar disorder, depression, schizophrenia and borderline personality disorder who exercised three days a week over a period of 15 to 20 weeks. Another study found that clients with schizophrenia reported hearing fewer voices on the days they participated in a voluntary exercise program. Participants also reported sleeping better and feeling better about themselves and their bodies.
Despite these positive findings, little has been done to promote physical activity among people with mental health problems. There are still too many barriers to implementing exercise as routine therapy. Because it is unclear how much to prescribe and even how exercise works to ease psychiatric symptoms and improve well-being, physicians are concerned about considering it as a possible treatment.

These concerns are important and research still needs to be done. However, the root of the problem may be the separation between mental and physical health treatment. The medical community’s concern is still focused on treating illness rather than promoting wellness. Practitioners have worked so hard to treat illness that, without meaning to, they have disconnected mind/body/spirit. Therefore, the mental health process does not work to promote wellness—it works to treat illness.

Research-oriented practitioners overlook exercise in favor of more readily measured treatments because of the difficulty of pinpointing exactly why exercise works to ease symptoms of mental illness. To put it simply, exercise perhaps is too simple. We don’t know why it works. But we don’t know how the anti-psychotic medications work either; yet they are routinely prescribed. More research as well as an attitude shift is needed.

Unfortunately, physicians who wish to prescribe exercise are met with a lack of resources and trained professionals. The structures are not yet in place. A clinician can’t say, 'I will refer this client to a certain facility,' knowing that the person running that facility is qualified and has the expertise to work with people with mental health problems. Until it is easier for mental health professionals to access opportunities for their clients, the use of exercise as a therapeutic medium will merely rely on chance.


Gale Document Number:A114740625
4. **ANNOTATE THE ARTICLE**  
On a separate sheet of lined binder paper, annotate the article using a triple entry journal. When you finish, ask a tutor to check your work.

5. **SUMMARIZE THE ARTICLE**  
Once an instructor checks and signs off your annotations, you are ready to write a summary of the article. On a separate sheet of lined binder paper, use your annotations to write a summary of the article. When you finish, ask a tutor to check your work.

6. **WHAT DID YOU LEARN?**  
List the interesting things you learned about how exercise can help people with severe mental illnesses.

7. **APPLYING WHAT YOU LEARNED**  
Read the study below and then write a paragraph describing how you feel about using exercise to treat mental illness. Do you think that practitioners should start using it now or wait until there is more evidence and a better understanding of how much exercise to prescribe?

“In a 1999 study at Duke University, James Blumenthal and colleagues worked with 156 older people with major depression. The participants were divided into three groups: one group attended a group exercise program, another group attended the exercise program and took an anti-depressant, and a third group took the anti-depressant only. Participants whose only treatment was exercise showed greater improvement than the other two groups.”
V. How to Rid Yourself of Unnecessary Stress

Preparing to Read

1. WHAT DO YOU ALREADY KNOW?
   What are some things you can do to get rid of unnecessary stress in your life?

2. WHAT WOULD YOU LIKE TO LEARN?
   List the things you would like to learn about how to rid yourself of unnecessary stress.

3. FIRST READING: FINDING NEW WORDS
   Read the article “How to Rid Yourself Unnecessary Stress” and underline all the words you do not understand. When you finish, enter these words in your vocabulary journal.
How to Rid Yourself of Unnecessary Stress
Bryan London

Stress is in the eye of the beholder. What stresses you may not stress your neighbor and vice versa. Generally speaking, you will feel stressed when you feel that your life contains difficult demands or challenges. Much of the stress we feel, however, is unnecessary. There are several ways to eliminate the unnecessary stress in your life.

The first thing you can do is to develop the habit of keeping things in perspective. Learn to distinguish the important from the unimportant. While there is no shortage of things you could be stressed about, the majority of things aren’t worth taking seriously. Nothing is truly stressful unless you designate it as such. Strive to keep to a minimum the number of things you find important enough to be stressful. Reserve worry for the things that are worth worrying about.

But how do you distinguish what is important? Ask yourself if the problem will matter tomorrow, next week, or next year. If it won’t matter in the future, don’t worry about it NOW. If it will matter in the future, you need to determine how high it will be on your priority list. Remember, do not stress over things of no true importance.

The second way to eliminate unnecessary stress is to learn to look at life in a manner that will reduce your frustrations. How? Limit the number of “shoulds” you use to judge yourself, others, and the world. Think about it. When you become stressed, isn’t it because you tell yourself that people should be behaving differently and/or that circumstances should be other than what they are? There are times to wage battle; times to be accepting no matter how upset you may feel at first; and times to just go along with the flow.

One example of how you might ease frustration by looking at things differently is when someone cuts you off in traffic. When this situation arises, you need to ask yourself if it helps to respond with road rage. Then, you need to think about what might happen if you try to get back at the other driver by driving angrily and recklessly. The worst that could happen is a terrible accident, one injuring or killing you and/or the other driver and perhaps others. Is it worth it? Wouldn’t it be better to use the experience as a reminder that anger and driving is a dangerous combination?
A third thing you can do to eliminate unnecessary stress is to strengthen your ability to be patient. Look at it this way; you have a choice to go crazy or to go peacefully. It is wonderful when everything is running smoothly, just the way you’d like it. But how often is that the case? Therefore, when things are not going the way you’d like them to, you need to tell yourself that patience will be the healthiest and wisest response. Often, we grow impatient because we tell ourselves there’s something better we could be doing with our time.

It is not a crime to become impatient. It simply demonstrates that you wish to make better use of your time. Wherever you go, whenever possible, it is best to bring along things to ease boredom. Often, just carrying paper and pen can free you from feeling trapped. You can write down ideas about the important things you are working on or hope to accomplish. Another thing to do is to carry a book, crossword puzzle, or MP3 player for entertainment.

If you find yourself trapped in a dull situation unprepared, you can always try entertaining yourself with pleasurable thoughts or by inventing games. What kind of game might you create? Suppose you’re dead last in a long line at the bank. You might guess how many minutes will pass before someone wearing yellow enters the front doors. Give yourself points if your guess turns out to be correct. Then, select another color and begin round two. Tell yourself that if you accumulate a certain number of points before you reach the counter, you will win something of value. If you attach a highly desirable and realistic prize to winning, you’ll actually find yourself rooting for the line to move slowly. The key lesson is that by attaching a big enough reward to something, you can change what was once a negative situation into a positive one.

A fourth thing you can do to eliminate unnecessary stress is to let go of perfectionism. If you demand a perfect performance from yourself, your level of unnecessary stress will be exceedingly high. The drive to be perfect results from a fear of criticism and the belief that you are inadequate. What you are telling yourself is that if you please everyone, then you can’t be criticized and will never have to endure the terrible pain of disapproval.

Strive for excellence in those things where it truly matters and recognize that in many other pursuits there is such a thing as being good enough. The bottom line is that if you are burdened by perfectionism, you need to examine the beliefs you hold about your self-worth. Stop relying on the approval of others to feel valuable and work at increasing self-approval.

Effective stress management requires the use of constructive thinking and the formation of worthwhile habits. As with most things in life, practice will take you there. When you learn how to handle unnecessary stress, there is little fear and a great deal to be gained.
4. **ANNOTATE THE ARTICLE**
   On a separate sheet of lined binder paper, annotate the article using a triple entry journal. When you finish, ask a tutor to check your work.

5. **SUMMARIZE THE ARTICLE**
   Once an instructor checks and signs off your annotations, you are ready to write a summary of the article. On a separate sheet of lined binder paper, use your annotations to write a summary of the article. When you finish, ask a tutor to check your work.

6. **WHAT DID YOU LEARN?**
   List the interesting things you learned about how to rid yourself of unnecessary stress.

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7. **APPLYING WHAT YOU LEARNED**
   Describe something that you feel is an unnecessary stress in your life. How might you use the advice of the author, Bryan London, to get rid of that stress.

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PULLING IT ALL TOGETHER

In this packet, you have read about various things people can do to make themselves happy and their lives more fulfilling and positive. Write a short essay describing how you will use what you have learned to improve your own life.

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