



PENINSULA MENTAL HEALTH SERVICES

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SIGNS OF EXCESSIVE STRESS

1. Sleep Disturbance
2. Appetite Disturbance
3. Feeling Worthless
4. Decreased Sexual Desire
5. Lack Of Energy
6. Decreased Ability To Communicate
7. Decreased Ability To Take Pleasure From Life
8. Feeling Edge
9. Angry Outbursts
10. Taking A "What's The Use" Attitude
11. Significant Increase In Stomach Intestinal Disturbance
12. Increase In Headaches Or Pain In General

WAYS TO REDUCE STRESS

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| Schedule Small Vacations | Let People Know Your Needs |
| Increase Time With Friends | Learn How To Reinforce Yourself |
| Avoid Keeping Feelings Inside | Decrease Goals Which Are Set Too High |
| Help Someone Else | Turn The "I Shoulds" To "I Want" |
| Avoid "Shoulds" | Keep Your Sense Of Humor |
| Avoid Controlling Everything | Pre-Plan Activities |
| Avoid Catastrophizing | Evaluate Assets, Deficits & Resources |
| Avoid Mind Reading | Avoid Overgeneralization |
| Schedule Relaxation Exercise | Engage In Regular Physical Activities |
| Avoid Minimizing Positives | Express Feelings Without Hurting Others |
| Avoid Personalizing | Avoid Black And White Thinking |
| Avoid Taking Information Out Of Context | Avoid Conclusions Without Support |

RELAXATION PROCEDURE

1. Breathing In Through The Mouth, Through The Nose, Saying The Word Relax
2. Say Re: On The Inhale Of Breath And Lax On The Exhale Of Breath
3. Go Through Island Scene, As In A Movie, Using All Senses: Taste, Smell, Vision, Hearing and Touch
4. Sea Gull Lifting Off The Water-Having To Strain To See Bird
5. Start The Countdown Procedure... 10 To 1, Very Slowly Falling Backwards Into the Grass
6. Shifting Focus To Right Foot... Inhale Breath, Bringing Feelings Of Relaxation In... Exhale, Feeling Tension Being Pushed Out
7. Proceed From The Right Foot Up To The Right Leg, Then Over To The Left Foot and up To The Left Leg. Hips, Pelvis, Chest, Back, Right Arm, Right Hand And Up, Right Arm, Left Hand And Up Left Arm. Proceed With Focusing Body Parts From Foot To Head From Right To Left...

ADAPTIVE COPING STRATEGIES

- Seek More Information
- Talk With Others (i.e., Seek Support)
- Seek Direction From An Authority (Collaborative Relationship With Doctor)
- Accept, But Redefine It (i.e. Shift Perception From Sick To Different)
- Distract Yourself (Avoid Negative Cognitive Styles (i.e. Black And White Thinking))

MALADAPTIVE COPING

- Blame Yourself Or Someone Else
- Reduce Tension By Drinking, Eating, etc.
- Denial
- Laugh It Off
- Do Anything, However Reckless
- Accept The Inevitable