

**SELF HELP GUIDE FOR
STRESS MANAGEMENT**

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In 1998, Mr. Lebel joined the Douglas Hospital where he worked as a nurse, and later as an assistant head nurse at the emergency, a position which he has also held at Pinel Institute. In addition, he worked as a liaison agent for the evaluation module and, assumed the role of clinical administrative-chief by interim for two units. He is presently working at the Nursing Directorate as an advisor in nursing care.

Over the years, Mr. Lebel has developed many therapeutic and teaching tools for the personnel and the patients. He continues to practice individual and group therapies, and is involved in the improvement of the quality of services.

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Introduction

In my practice, I have noticed that many people do not recognize the signs of stress, and worse, some experience the signs but ignore them. Stress is caused by positive and negative life experiences which can be confusing.

We can take charge of our stress by understanding it better and by developing self management skills which can be applied to our every day lives. During this presentation I will suggest a few guidelines hoping it will help you shed some light in order to understand stress better. You will see that dealing and managing stress is something we have to work at on a daily basis.

Objectives

The objectives of this guide are to:

- Know the facts on stress
- Describe the three components of stress and their impact
- Recognize acute stress versus chronic stress and their consequences on our health
- Describe dysfunctional versus proactive strategies
- Learn to develop better self awareness
- Learn cognitive restructuring in order to better manage stress
- Learn to manage physical discomfort and prevail over negative emotions
- Use desensitization and exposure instead of avoidance
- Learn to manage physiological reactions on a short and long term basis
- Know winning life habits

Icons to guide you

In this guide you will see icons that will put in evidence some pertinent information.

	<p><i>Trick</i></p> <p><i>This icon underlines practical information that you can use easily and immediately</i></p>
	<p><i>Key concept</i></p> <p><i>This icon attracts your attention on important information that can be helpful in managing or comprehending your stress</i></p>
	<p><i>Attention</i></p> <p><i>Be attentive when you see this icon since the accompanying text indicates a risky situation</i></p>
	<p><i>Technical notes</i></p> <p><i>What follows this icon will give you a more indepth comprehension of certain topics</i></p>
	<p><i>Exercise</i></p> <p><i>In order to have a more indepth comprehension , exercises are suggested and identified with this icon</i></p>

What is stress?

The majority of people define stress as feeling pressured for time and as an excessive workload. For them stress is a form of aggression and the majority of these people associate it with the physical and mental state they find themselves in after being exposed to these stressors.



According to experts, stress is a psychological and physiological response resulting from the perception of an expectation regarding our environment. This expectation requires that an effort be made to adapt.

The perception of an imbalance between imposed environmental constraints and the self evaluation of our capacities to face them is an important notion.

Stress is the loss of balance within the human body which is perceived as a threat to the individual in question. A psychological, physiological, social or spiritual need is not being met or fulfilled creating tension and frustration. Furthermore, you will see that the magnitude of stress is determined by the person's interpretation of the situation.

Facts

- 25 % of men and 29 % of women state that they feel intense stress on a daily basis, at work and in their personal life. Intense stress is most frequently felt by the 40 to 54 years old age group, it is felt as much in men (29%) as in women (33%).
- At least 3% of men and 6% of women have an episode of major depression which can be attributed to stress felt at home or at work.
- In 2003, Dr Herbert Benson of Harvard University claimed that 80% of medical consultations were related to stress as well as 60% to 80% of work accidents, according to the American Stress Institute.
- Stress affects the two sexes without any discrimination although from all the research, 44 studies have reported that the prevalence of anxiety disorders is twice as elevated in women. (panic, agoraphobia, OCD)

Nature of stress

Anything that leads to the secretion of stress hormones is by definition a stressor.

There are:

- Physical stresses (cold, hot, injuries, drug addiction...) and
- Psychological stresses (death, loss, criticism...) Family situation, social network, an individual's perception regarding his or her social status and personality traits explain 12% to 21% of the problems related to psychological stress.



Another distinction

You are facing a bear, witnessing an earthquake, a tsunami!

This is what we call **Absolute stress**

You find that you have a heavy workload, your boss is mean, pressure at work is getting to you or you are stuck in traffic!

This is what we call **Relative stress**

Absolute stress is universal and objective. All people confronted to these stressors interpret them as being stressful experiences (ex: earthquake, tsunami, 9/11).

Relative stress is subjective and causes different reactions among different people. Only certain people confronted to these stressors interpret them as being stressful experiences (ex: pressure at work, traffic, taxes, and an exam).

The three components of stress



Source of stress



Reaction to stress



Stress management

Source of stress

Give examples of sources that can cause stress:

Many situations causing either absolute or relative stress can provoke the secretion of stress hormones.



Recipe for stress!

For each situation evaluate if the stress is absolute or relative.

Certain psychological conditions can participate in the appearance of stress in an individual, for example:

- A. If we have the impression that we do not have any control on a situation (ambiguity, illness ...)

Relative stress

Absolute stress

- B. During an unforeseeable situation (accident, tardiness...)

Relative stress

Absolute stress

- C. Facing a new situation (anticipating the worst)

Relative stress

Absolute stress

- D. When your ego takes a hit (break-ups, an evaluation at work...)

Relative stress

Absolute stress

Answers: A. Relative stress B. Absolute stress C. Relative stress D. Relative stress



Stress factors are more toxic when:

They last a long time	... Because they can create a state of chronic stress which can become a health risk.
They are undergone	... Because they are lived with more difficulty: for example if I don't have control of a situation and I don't let go, if the situation is unforeseen and I don't take control of it, if they judge me and I feel judged.
They are numerous	... Which is an aggravating factor: for example someone who loses their job, gets divorced and develops an illness...
They are incompatible	... For example , your employer has a strong requirement of productivity but you have a weak margin of manoeuvre or a strong requirement of productivity and low benefits obtained from the work (Siegrist model)

Reaction to stress

In this section, we will see the general adaptation syndrome with the physiological reactions and the hormones put in action while reacting to stress.

Give three examples of reactions to stress:



It is Hans Selye who first applied the term stress when he was studying medicine at Université of Montreal in the 1920's. Selye also introduced the concept of « general adaptation syndrome», which describes:

The three successive reactions of the organism that experiences a stressful situation:



Alarm

Your boss is not content with the result or he is simply in a bad mood today.



Resistance

You feel threatened or feel that you don't have control over the situation and are always tense.



Exhaustion

You can't seem to find the calmness and serenity you once had. You feel exhausted.

Alarm

The limbic system is where your primary cerebral reactions, as well as most of your basic vital needs and desires (eat, reproduce, react to an aggression) are born. Among other parts, this system is composed of the hypothalamus, the hippocampus and the amygdala.



As soon as a confrontation takes place which is evaluated as stressful, there is an activation of the pituitary-hypothalamus suprarenal gland hormonal system. Hormones are released from the adrenal medulla situated on top of the kidneys. These hormones, the catecholamines (**adrenaline, noradrenaline**), mobilise the **sympathetic system**.



The sympathetic system is associated with the mobilization of energy during a period of stress (noradrenaline and adrenaline).

The effects of the sympathetic system are:

- Dilatation of pupils and bronchioles
- Increased heart rate and respiration
- Increased state of vigilance
- Increased body temperature
- Increased blood pressure
- Digestion stops
- The skin changes in order to protect from haemorrhaging
- The reproductive system is interrupted

The goal of these modifications is to bring oxygen to our muscles and heart in order to prepare our organism to react to the fight or flight response. This is primary stress. Secondary stress is when you provoke stress yourself, for example, by getting married.



Stress can also make you lose control and hinder your actions since it is a mechanism from our genetic heritage where the limbic system «disconnects» the prefrontal cortex, the most advanced section of the cognitive brain, in order to make room for instinctive reactions and reflexes.

However, when facing situations where our thoughts trigger the danger, the disconnection takes place and we lose our ability to think and react. It is part of the mechanism observed in post traumatic stress and panic attacks.

Resistance

After the alarm stage, a second neurohormonal axis (corticotrophin axe) is activated preparing the organism to spend the necessary energy in response to stress. New hormones, glucocorticoid (cortisone 5%, hydrocortisone = cortisol 95%) are secreted. These hormones elevate blood sugar levels in order to bring the necessary energy to muscles, the heart and to the brain. The glucocorticoids are able to stop their own secretion by retroaction; the quantity of hormones liberated in the blood is detected by the central nervous system which regulates it.



Cortisol is secreted about 10 minutes after the alarm stage in order to help adrenaline maintain sufficient elevated energy to flee or fight.

Glucocorticoids (cortisol):

- Stimulates the increase of blood glucose; which allows the liberation of energy from our reserves
- Increases lipid breakdown
- Diminishes intestinal absorption of calcium
- Increases sensitivity of smooth vascular muscles towards hypertensive agents
- Can lead to a drop in circulating lymphocytes, a stimulation of red blood cell production and an increase of neutrophils and platelets
- Can lead to slower healing process of wounds
- Favors an increase in BP and a drop of potassium
- Has an anti-inflammatory and immunosuppressant response

Catecholamines	Glucocorticoids
Increase heart rate	Important drop in development
Increase respiratory rate	Weakening of the immune system
Increase fixation and transportation of O ₂	Decreases reproduction
Increase glucose	Increases blood sugar
Increase quantity of fatty acids in blood	Increase lipid breakdown and increase quantity of fatty acids
	Can lead to <u>slower healing process of wounds</u>
	Favors an <u>increase in BP</u> and a drop of potassium
	Has an anti-inflammatory and <u>immunosuppressant</u> response

During the resistance phase, other hormones such as endorphins (enkephalins), dopamine and serotonin are secreted. The endorphins have euphoric and analgesic effects which put the breaks on pain messages. Dopamine serves as a support for the maintenance of adrenaline and noradrenaline,

favours circulation and supports many other functions. Serotonin is a mediator for many physiological functions and regulates mood, appetite and sleep.



Therefore, if we can't avoid stress and we maintain our hyperactive system by our negative thoughts, we start becoming exhausted by using our bodily resources even if at this stage we present overflowing energy.

Exhaustion

If the stressful situation is prolonged or intensified, the organisms' capacities can overflow. To face the situation, the organism produces more hormones. The regulating system that was previously provoked is now inefficient; the central nervous system's receptors become less sensitive to glucocorticoids, whose rate increases constantly in the blood. The organism is submerged in hormones and is permanently active. It is exhausted!



Recent research has demonstrated that each stressful situation and its physiological reactions are programmed in our body and psychic memory. This is produced in phobias, post traumatic stress or panic attacks. Following a rather mundane stimulus, we respond rapidly even before thinking by a hormonal stimulation whose intensity and duration are also influenced by a past stressful situation, memorized bodily and psychologically, that we associate to the present situation. It is in fact, operant conditioning.

Acute stress versus chronique stress

Stress is the body's adaptation when facing a situation. The state of acute stress and chronic stress don't have the same consequences on our health.



Acute stress

Acute stress corresponds to our organism's reactions when facing a threatening, imminent or unforeseeable situation (public presentation, accident, new learning experience). When this stressful situation ends, stress symptoms generally stop soon after. Hence, it can be useful to help us cope with a situation.



Chronic stress

Chronic stress installs itself when the stressful situation is prolonged or/and repeated. Our system is not made to maintain a state of continual over excitation and needs to have recuperating periods.

Chronic stress maintains the physiological mechanisms put in place to face the stressful situation which exhausts the system and leads to harmful effects for our health.

In a few weeks, **physical, emotional, intellectual and behavioral** symptoms can appear.





Chronic stress symptoms

Physical symptoms

- Pain
- Muscular tension
- Digestive problems
- Sleep or appetite problems
- Headaches
- Dizziness
- Shortness of breath
- Fatigue



Emotional symptoms

- Sensitivity, increased nervousness and worry, tears
- Agitation
- Anxiety
- Irritation
- Sadness
- Drop in libido
- Poor self esteem



Here, we can note that the anxiety symptom, along with fear, is one of the emotions that comes from stress. If the perception and anticipation of the danger or the threat surpasses a certain threshold or is prolonged, stress and anxiety become inseparable. Therefore, the anxiety becomes exaggerated, incontrollable, pathological and no longer capable to adapt itself. It would be an appropriate time to identify if you are suffering from pathological anxiety.

Intellectual symptoms

- Difficulty concentrating, forgetfulness, errors
- Indecisiveness
- Negative perception of reality
- Disorganization



Behavioral symptoms

- Modification in eating habits
- Violent and aggressive behavior
- More difficulty in relationships
- Absenteeism
- Tendency to isolate oneself
- Abuse of TV
- Increased consumption of tabaco, caffeine, sugar, chocolate , alcohol and drugs
- Avoiding certain situations



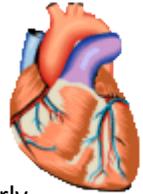


Pathologies associated to stress

If the stressful situation extends in time and/or is intense, the different symptoms aggravate and/or prolong as well, leading to alterations on our health that, in some cases, can be irreversible.

Cardio vascular problems

Research shows a correlation between an increased risk of coronary illness and death caused by cardio vascular illness and stroke in people suffering from chronic stress. For example, in 2004, a retrospective study was carried out by Rosengren, A., Hawken, S., et al. The researchers studied 11,119 patients, from 52 countries who suffered from myocardial infarcts and compared them to 13,648 similar subjects without cardiovascular problems. The researchers concluded that cardiovascular illness is clearly associated to the rate of stress the subjects were exposed to the preceding year.



Mental health problems

We believe repeated stress can lead to structural changes in the brain and progressively can lead to worst symptoms:

- Depression and anxiety were correlated to stressful situations
- Suicide can be the consequence of a prolonged state of stress
- Panic attacks
- Phobias
- Addictions
- Eating disorders (anorexia /bulimia)

The neurotrophins, which include among others, nerve growth factor (NGF) and brain-derived neurotrophic factor (BDNF), expressed in many parts of the central nervous system (CNS) and periphery, ensure the survival of neurons in the nervous system, particularly in the peripheral nervous systems during development. In addition to their effects on cell survival, they could also be involved in neural circuit development. Therefore, the hypothesis of the important role of neurotrophins, particularly the BDNF which is widely expressed in the CNS, in synaptic plasticity, that is, in the morphological and physiological changes of synapses in neuronal activity. ***Acute stress can be beneficial to neuronal circuits, but extreme or chronic stress may lead to negative changes on the plasticity of the brain.***

Psychosomatic illnesses

Stress can worsen and prolong the following illnesses: asthma, psoriasis, rheumatoid arthritis, chronic fatigue syndrome, Crohn's disease, fibromyalgia, migraine, ulcerous colitis, premenstrual syndrome, etc.

Aging process, nutrition and immunity

Acceleration of the aging process: While reacting to stress, there is an increase in oxidation therefore of the aging process and, cell death caused by free radicals.

Nutritional deficits: During stress, the energy demand is such that it can lead to a lack of amino acids, potassium, phosphorus, magnesium, calcium, electrolytes and vitamin from the B complex, in all, nutrients that are less well absorbed.

Immune deficits: As mentioned earlier, cortisol can cause weakness of the immune system: the body becomes more vulnerable to infections and different types of cancer. Just think of the cold or cold sore you get in periods of stress.



Cohen, S., Miller, G.E. and Rabin B.S. (2001) reported that stress, thoughts and emotions could stimulate the production of cytokines. These small and very powerful proteins are secreted by white blood cells (which function to defend the organism against infections) and are also responsible in the regulation of intercellular communication. But if the stress is too intense or becomes chronic, there could be an overproduction of cytokines which in turn could contribute to worsen different inflammatory processes associated to a large number of illnesses.

Gastric and gynecological problems

Gastric ulcers: Most ulcers are caused by *Helicobacter pylori* bacteria, but stress can contribute to their occurrence and the difficulty in treating them. Stress is also known to play a role in heartburn.

Gynecological problems: amenorrhea (interruption of menstruation) was observed in stressed out women. Infertility in men and women is often observed during stressful periods.

«Metabolic syndrome »

Stress can contribute to the metabolic syndrome which is the combination of different symptoms such as abdominal obesity, resistance to insulin (that can evolve into diabetes), arterial hypertension and the disturbance of lipid metabolism (cholesterol, triglycerides...).



Stress management



As we saw earlier, stress is an adaptation reaction in order to face a threatening, unknown or unforeseeable situation. However, through our thoughts, we often create and maintain a state of stress even if our system needs to return to its normal state of serenity and recovery. If stress is too intense or prolonged, a state of exhaustion installs itself. That is why it is important to have good stress management tools in order to create the appropriate physiological, psychological and emotional reactions so we can return to a state of balance as soon as possible.

If I avoid it, it would be less complicated!

Avoidance can be useful in certain dangerous situations such as being followed by a strange individual. It can be physiologically, psychologically and emotionally harmful when avoidance or another strategy keeps you from confronting or dealing with a problem.

Dysfunctional strategies

- Negation (denial)
- Diversion, escape or distance oneself
- Avoidance, fleeing, isolation
- Emotional release



All diversion can create **dependence** and destroy our relationships and our professional life. Avoidance accentuates problems simply because it prevents us from solving them. Consuming alcohol, drugs, food provoking arguments that avert from the problem, cyber dependence, electronic games, cell phones and many other things can be used as diversions to escape reality. Emotional release is used to focus on negative emotions and to express them instead of finding a way to solve the problem. This strategy leads to an increase in stress hormones, creates conflicts and leads others, who could have helped and support you, to distance themselves from you.

Proactive strategies



Since avoidance doesn't work, what should we do? **Be proactive!** By attempting to make the different levels of your brain (reptilian, emotional and cognitive) cooperate using different strategies. It is possible to modify our way of thinking, our emotions and behavior by learning new modes of functioning. We have to practice these new behaviors for at least 6 months in order for them to become a procedure, a reflex.

Reaction to stress has three components: cognitive, emotional/physiological and behavioral. Working on the three components will generate more strategies to deal with stress.



Three winning strategies

1. Self awareness
 - Understanding your stress
 - Thought consciousness
 - Knowledge of your needs
2. Manage physiological reactions
3. Healthy life style

Self awareness

Understanding your stress



It is the first stage and of key importance in order to manage your stress properly.

First, identify the source of your stress and the level of your stress using Cungi`s scale. ([Appendix 1](#))

Short term strategies

Understanding your reaction to stressful situations is the first step towards the development of your capacity to decrease your stress level. If we decide a situation is stressful, we apply « fight or flight» reaction, causing an increase in adrenalin, noradrenalin and cortisol.



Listen to your body!

When your heart beats fast, your face and body become hot, you breathe faster, you sweat and you feel angry or you feel scared, it is a sign that you are **responding to stress**. The reactions to stress index ([Appendix 2](#)) will help you recognize your reactions.

Stress Symptoms Checklist

Last name:	Name:	Date :		
For each item, circle the number that corresponds with the degree you experience each symptom.				
Physical symptoms	Never	Seldom	Often	Daily
Indigestion	1	2	3	4
Shoulder tension	1	2	3	4
Headaches	1	2	3	4
Jaw clenching	1	2	3	4
Racing heartbeat	1	2	3	4
Changes in appetite	1	2	3	4
Cold, sweaty palms	1	2	3	4
Constipation or diarrhea	1	2	3	4
Total				
Psychological/Emotional symptoms	Never	Seldom	Often	Daily
Difficulty concentrating	1	2	3	4
Insomnia	1	2	3	4
Nervousness	1	2	3	4
Alcohol abuse	1	2	3	4
Feeling rushed	1	2	3	4
Sadness or hopelessness	1	2	3	4
Forgetting important things	1	2	3	4
Excessive use of TV or computer	1	2	3	4
Total				
Social symptoms	Never	Seldom	Often	Daily
Decreased interest in sex	1	2	3	4
Frequent arguments	1	2	3	4
Hostility	1	2	3	4
Being impatient	1	2	3	4
Lack of interest in socialization	1	2	3	4
Avoiding friends	1	2	3	4
Jealousy	1	2	3	4
No longer affectionate	1	2	3	4
Total				

For each group of symptoms, use the following score ranges as a general guide:

Interpretation of the total for each category of symptoms:

8-14 Stress is creating few problems for you in this area. That doesn't mean you don't perceive stress or need to learn to manage it. You may simply be in a relatively stable, comfortable time in your life.

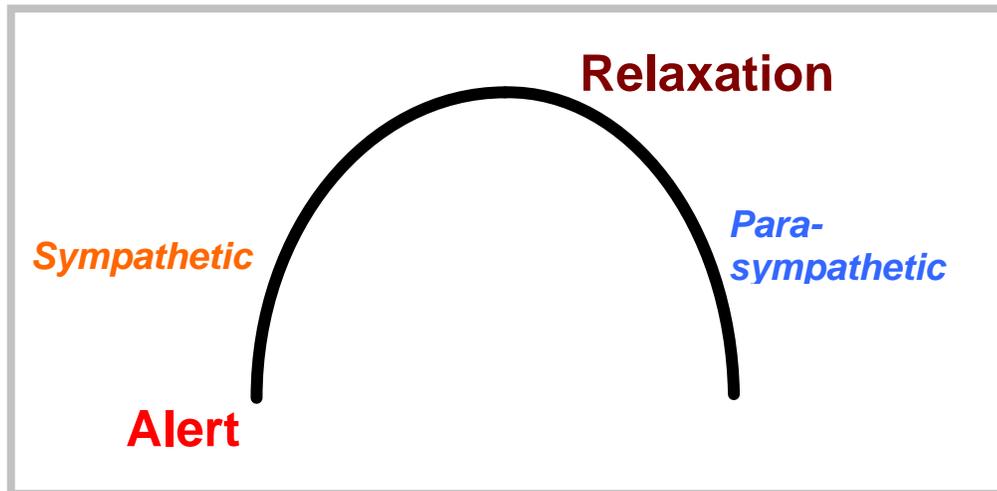
15-19 Stress is starting to show up in your body, mind, or relationships. It might not be serious now, but it will be helpful to learn some solutions to stress so you can get these symptoms, in their early stages, under control. This will help you avoid the health consequences of stress over time, and add to your enjoyment of life.

20-25 Stress is becoming a problem for you. If you scored any group of symptoms in this range, you could be at risk for illness or relationship problems. Now is the time to start managing your stress. If you feel overwhelmed by the thought of doing this on your own, you might benefit from help.

26-32 You are likely very aware that stress is a problem for you. You may be having health problems already. It's important that you make a new commitment to caring for your health and your relationships.

✓	Symptoms of acute stress reaction
	Rapid heart beat
	Rapid breathing
	Pallor or flushing, or alternating between both
	General effect on the sphincters of the body
	Dry mouth
	Tunnel vision
	Shaking

It is always possible to fool our response system to stress and hence decrease the quantity of stress hormones secreted by using the methods that activate the parasympathetic system and calms the sympathetic system's reaction. You just went through a stressful situation, you need several minutes to regain your calm, in order to concentrate and think better. Often withdrawing from the situation helps to calm down and favors reflection.



Three fast strategies!

1. Connect yourself to your «abdominal» breathing. Inhale and exhale and feel the breath pass through your heart by holding on to them a few seconds. Smile and imagine your heartbeat slowing down. This enables you to only think of your breathing in the present moment; it disconnects from the threatening thought and creates cardiac coherence.
2. Make your brain believe that the situation is not threatening by thinking about something positive, pleasant and appeasing (an image, an event, a moment, a joke, a song) and smile in order to diminish your response to stress.
3. Stress response is to mobilize energy for an eventual fight or flight response. Use this accumulated energy by walking, going up the stairs, by contracting your muscles, bending your legs, by dancing, by a self-massage and don't forget to smile while doing all this.... Be creative!



If you just experienced a stressful situation, you need several minutes to calm yourself down in order to concentrate and think better. Often withdrawing from the situation helps to calm down and favors reflection.

Thought awareness

The NUTS in the stress recipe



The intensity of the reaction to stress depends on the message sent by the brain to the endocrine glands which will determine the perception the brain has of the stimulus. Perceiving a situation that is more or less dangerous, demanding or binding modifies the reaction to stress. A situation is stressful only if you perceive it as stressful. When the reaction to stress is adapted to the event in question, it results in an optimum «quality/price» ratio of actions, thoughts and appropriate feelings.

Stress resulting from specific events or situations that involve **N**ovelty, **U**npredictability, a **T**hreat to the ego, and leaves us with a poor **S**ense of control **NUTS**. Stress can drive you **NUTS!**



Exercise

Your colleague is someone irritable and criticizes you often. In an irritating way he tells you you are a bad worker.

What's the stressful element?	
a. Is it a Novel situation?	
b. Is it Unpredictable?	
c. Does it Threaten your Ego?	
d. Do you feel that you are loosing your Sense of control of the situation?	

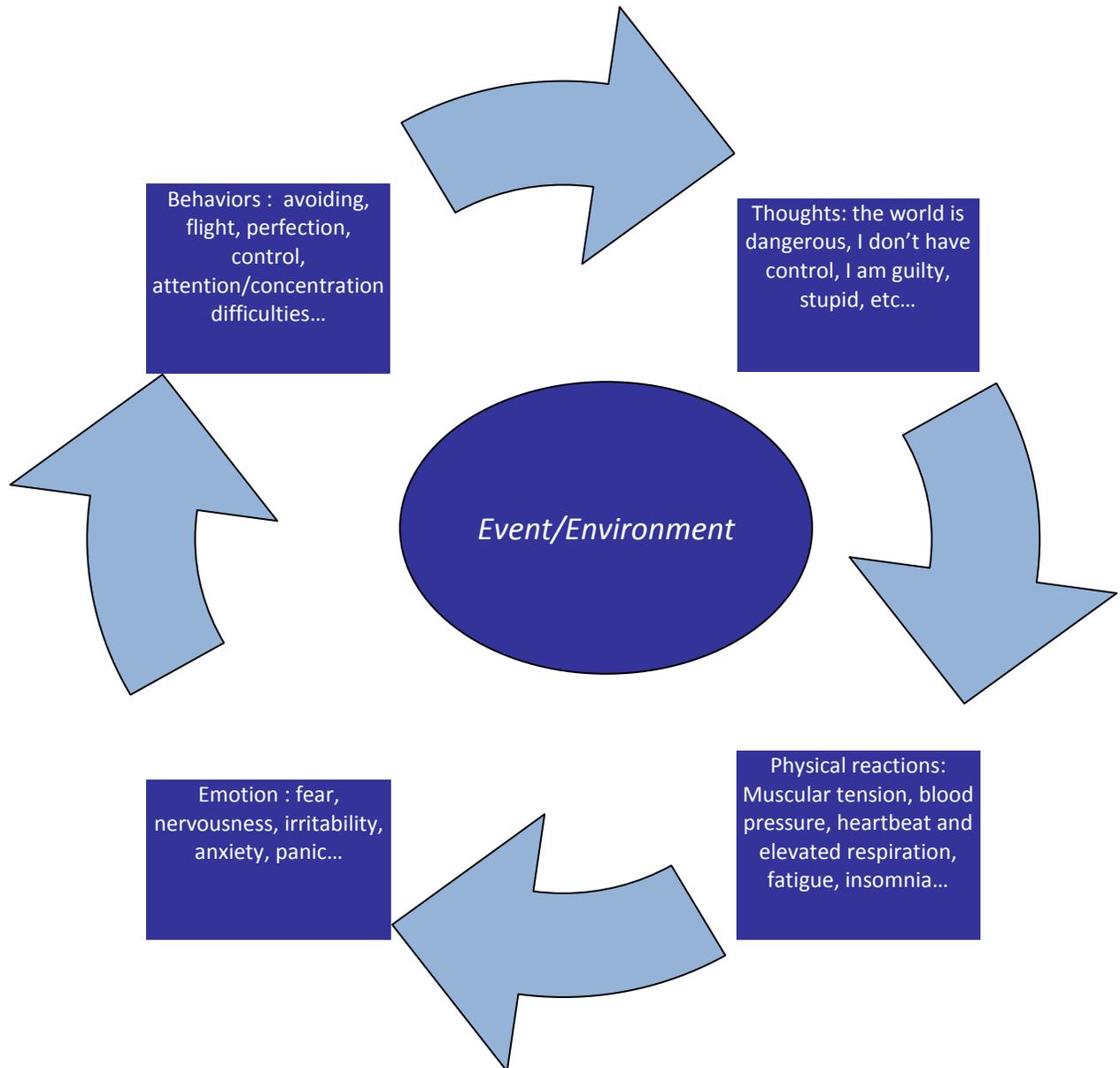
Possible answers:

- No, it is not a new situation since he has always been like that.
- No, your colleague criticizes you often.
- BINGO! By criticizing you, he doubts your competence
- Maybe a bit because you have had enough of being criticized.



The vicious cycle

The current learning theories propose that a major part of human behavior results from what we have learned (as opposed to what is innate) and anchored through reinforcement after many repeated experiences. In the figure below you will see that a thought leads to an emotion and then to a behavior.



In order to modify the level of reaction to stress, you have to modify your thoughts. First, you have to become conscious of your thoughts to identify and evaluate how you determine your emotional/physiological reaction and then choose your action strategy.



Practice cognitive restructuring

Neurobiology research has shown that the cognitive brain controls conscious attention as well as the capacity to temper emotional reaction. This emotional regulation performed by the cognitive brain prevents our lives from being managed by our instincts and reflexes. Cognitive restructuring helps us make a better use of this control mechanism.



Cognitive restructuring is easy to put in action: it consists in identifying automatic thoughts which are few by analyzing behavior in stressful situation and elaborating alternative thought processes that could be used in the future. This could enable to master your emotions in order to reduce stress. Modifying a small number of thoughts and emotions will bring a big change in your outlook on life.



The thoughts record sheet will help you better identify your thoughts, emotions and behaviors and find other possibilities. ([Appendix 3](#))

Thoughts record sheet

<p>Situation Who, what, how where?, , 1. Describe the precise event that produced an unpleasant emotion, ideas, thoughts or memories</p>	<p>Emotions How did I feel? 2. Evaluate the intensity of the emotion on a scale 0 to 8</p>	<p>Automatic thoughts What came to my mind at that moment? 3. Write down the thought that preceded, accompanied or followed that emotion 4. Evaluate the level of belief towards that thought using a scale 0 to 8</p>	<p>Clue or evidence for</p>	<p>Clue or evidence against</p>	<p>Alternative thinking What are the most convenient thoughts? What else think in this situation?</p>	<p>Reevaluate your emotion How do I feel following this new emotion?</p>



Observe your automatic thoughts!

Each of us elaborates automatic thoughts. It is an «inner speech» conditioned by our personality and our emotional state that guides us to analyze situations according to a predetermined schema (what we feel spontaneously inside of us). As mentioned previously, **each thought creates an emotion and modification of thought influences our emotionality and vice versa.**

Types of automatic thinking (three categories):

Relative to self (if needed)

Relative to others and to the environment (to the one responsible)

Relative to the future (anticipation)



Example: You go to a job interview or write an exam.

Relative to self: «As usual, I am certain that they are going to ask questions that I won't be able to answer...»

Relative to others and to the environment: «All the candidates present at the interview will be experts and know more than me! »

Relative to the future: «I was born not to amount to much and will always have a small salary. »



Exercise

«All the candidates present at the interview will be experts and know more than !! »

Identify NUTS

a. Is it N ovelty situation?	
b. Is it U npredictable?	
c. Does it T hreaten your Ego?	
d. Do you feel that you are loosing your S ense of control of the situation?	

Possible answers:

- a. Maybe a little since you don't have a job interview or an exam regularly.
- b. **No.** Since you know it from the beginning
- c. **BINGO!** You fear failure and/or rejection.
- d. Maybe a little because it is not you that will decide the outcome.



Identify your cognitive distortions

Cognition is more or less subjective by nature; it can lead to a distorted, even totally inexact view of the world. Cognitive distortions are a barren way of thinking, often filled with stereotypes, which are applied almost automatically (also referred to as “automatic thoughts”). These will often lead the person to have a very somber view of the world. Therefore it is important to be able to identify these in order to be able to modify them. ([Appendix 4](#))

Identification Guide for Cognitives Distorsions			
✓	COGNITION	DÉFINITION	EXEMPLE
	1 «ALL OR NOTHING THOUGHTS»	Tendency to categorize in the extremes – white or black, good or bad, without nuance. Your vision of the situation is limited to 2 categories instead of it being a continuum.	"If I'm not hired it is because I am worthless", "If I don't get 20/20 on my exam it is because I suck". "If I don't completely succeed, I am a total loser."
	2 EXCESSIVE GENERALIZATION (OVERGENERALIZATION)	Tendency to conclude that when something happens once it will happen for the rest of your life which creates painful rejection. One negative event can influence the behavior of a person who will perceive his life devoted only to failure.	"She didn't want to go out with me, no one will accept to go on a date with me. I'll be miserable and single for the rest of my life. " "Because I don't feel comfortable during the meet and greet, I don't have what it takes to make friends."
	3 THE FILTER (SELECTIVE ABSTRACTION)	Tendency to negatively pick at a small detail of the situation which influences the person to perceive the whole situation negatively. It is a thought filtering process that distorts the vision of reality.	"Because I got a bad grade on my evaluation (that contains many good grades as well) means that my work was mediocre."
	4 REJECTION OF THE POSITIVE	Persistent tendency to transform a neutral or even positive experience into a negative one.	"I did well on this project but it does not mean that I am competent, I was just lucky." "They praise me but everybody knows that it's not true, they praise me in order to make me feel happy that's all."
	5 HASTY CONCLUSIONS: ARBITRARY INFERENCE A. IMPROPER INTERPRETATION OR THOUGHT READING B. PREDICTION ERROR	A. Tendency to decide arbitrarily that someone has a negative attitude towards us without first validating. B. Tendency to foresee the worst and to convince oneself that the prediction is confirmed by facts. Prediction is considered to be a fact even if there is a minimal chance of realization.	A. "I left him a message but he never called me back, he does not consider me a friend." Or "My boss was glaring at me, he's probably thinking of firing me." B. "I'm going to go crazy." "This therapy isn't working, I am incurable." "I am going to be alone all my life."

Identification guide for cognitive distortions (cont'd)			
v	COGNITION	DEFINITION	EXAMPLE
	6 EXAGGERATION (DRAMATIZATION) AND MINIMIZATION	Tendency to amplify the importance granted to our own errors, worries and imperfections. Tendency to diminish the importance of our strong points by belittling them.	"I made a mistake at work, everyone is going to find out and I'll be completely ridiculed in the eyes of my colleagues." Example of minimizing: "I found the solution to the problem but it is simply because I got lucky."
	7 EMOTIONAL REASONING	Tendency to presume that somber feelings necessarily reflect reality.	"I have the impression of being a failure, so I am a failure." "I feel guilty, so I must have done something bad."
	8 THE "I MUST" AND THE "I SHOULD"	Tendency to motivate oneself by "I should" or "I shouldn't", as if you have to fight or punish yourself to convince yourself to do something, which brings up feelings of guilt.	"I should do this ...", "I must to do that." "He should get here in time ..." "After all I have done for him, he should at least be grateful."
	9 TO LABEL AND LABELING ERRORS	Extreme form of excessive generalization that represents the tendency to label oneself negatively after committing an error. It is also labeling another person when he or she presents an unpleasant behavior. Labeling errors are based on the description of something or someone with inaccurate colorful words that are filled with emotions.	"I'm a born loser" instead of saying: "I missed the 18th hole" "This person is a monster."
	10 PERSONALISATION	Tendency to take responsibility for an upsetting event without being the cause. It's the origin of feelings of guilt.	"Whatever is going on is my fault." "I must be a bad mother."



Exercise: Identify the types of automatic thoughts

- A. "As usual, I am certain that they are going to ask questions that I won't be able to answer..."

- B. "All the candidates present for the interview are experts and know more than I do!"

- C. "I was born poor and I will always be poor."

Answers

- A. Generalization, Filter, Rejection of the positive, Hasty conclusions, Exaggeration.
B. All or nothing thoughts, Hasty conclusions, Exaggeration.
C. All or nothing thoughts, Filter, Rejection of the positive, Exaggeration, Labeling.

As you can see, there can be many answers. The type that you give to your automatic thoughts is good for you and you don't have to be precise.



Identify the emotion and the physiological reaction

Once the thoughts are identified, you identify your emotional and physiological reactions. It is important to feel and recognize our emotions because they play an essential role in our balance and health. Furthermore, by permitting the natural process of emotion to take place, we insure to receiving the message from that emotion and we are able to modulate it in order to satisfy our needs. You can consult the physiological reaction scale seen previously. ([Appendix 2](#))

Here is an example of possible emotions created by an automatic thought.

"As usual, I am certain that they are going to ask questions that I will be unable to answer..."

With regard to a need, to ourself: Bitterness, sorrow, idleness, discontent, sadness.

With regard to the person responsible, to the environment: shock, anger, disgust, exasperation, fury, hate, impatience, rage, revolt.

Anticipation, to the future: dread, terror, fright.



Training oneself to control and modulate emotions

We have to calm ourselves down first in order to think and react better because heightened emotions can block reasoning and prevent effective thinking.

We live in such an era where stars' private life is displayed publicly, that sharing our worries and frustrations seem to be the only way to confront life's difficult obstacles. This does not suit everyone.



An American study on mourning showed that people in mourning who avoided thinking or constantly talking about their grief had less health problems in the short term (nausea and diarrhea) and less psychological problems in the long term (anxiety and depression). This does not signify that we have to close ourselves up, but after crying we have to redirect our attention to something positive, far from the cause of the stressful element. You have to be on the lookout for an exaggerated control of emotions because if you don't let the emotional information play out its role of warning, you risk creating other somatic reactions or to become a cold and insensitive person unable to make good decisions.

You can consult the Emotions Guide. ([Appendix 5](#))



Clarify your behaviors, your strategies

After identifying the emotions, I identify my reactions, meaning my strategies to face a stressful situation.

What's your style?

- **Focused on the task:** you like analyzing the situation and taking measures to manage it directly.
- **Focused on emotions:** you prefer to face your feelings and find social support.
- **Focused on distractions:** you preoccupy yourself with activities or work to forget the situation.



In fact these three methods can be useful and a nuisance depending on the way they are used. Try to find your method of adaptation with the help of the COPE questionnaire. ([Appendix 6](#))

COPE Questionnaire (Charles Carver 1997)

Rate how often you use each of the following possible ways of dealing with stressful events in your life. It may be that you use different approaches for different types of stress. Try to answer based on how you generally respond to most of the stresses you face each day.

Question	Never	Seldom	Often	Frequently
1. I turn to work and other activities to take my mind off things.	0	2	3	4
2. I concentrate my efforts on doing something about the situation bothering me.	0	2	3	4
3. I say to myself, « This isn't real »	0	2	3	4
4. I consume alcohol or drugs to make myself feel better.	0	2	3	4
5. I ask for emotional support from my family and friend.	0	2	3	4
6. I take initiative to make the situation better.	0	2	3	4
7. I refuse to believe that this happened.	0	2	3	4
8. I say things to vent my unpleasant feelings.	0	2	3	4
9. I ask for help and advice from others.	0	2	3	4
10. I consume alcohol and drugs to help me get through it.	0	2	3	4
11. I try to see it in a different light, to make it seem more positive.	0	2	3	4
12. I try to develop a strategy on how to go about it.	0	2	3	4
13. I try to be comforted and understood by someone.	0	2	3	4
14. I look for something positive in what's happening to me.	0	2	3	4
15. I distract myself from the situation by watching TV, shopping, reading, daydreaming, sleeping.	0	2	3	4
16. I accept that this has in fact happened and it is reality.	0	2	3	4
17. I express my negative feelings.	0	2	3	4
18. I find comfort in my religion or my spiritual beliefs.	0	2	3	4
19. I try to get advice or help from other people on what to do.	0	2	3	4
20. I try to learn how to live with it.	0	2	3	4
21. I reflect intently about the initiatives I should take.	0	2	3	4
22. I pray or meditate.	0	2	3	4
TOTAL				

Calculate your scores for each coping strategy and record them in the appropriate space.

0 You never use this strategy, 2 to 3 you seldom use this strategy

4 to 6 you often use this strategy, 7 and more, you frequently use this strategie

Question	Total	Strategies
1 and 15		<i>Diversion</i>
2 and 6		Action
3 and 7		<i>Denial</i>
4 and 10		<i>Substance abuse</i>
5 and 13		Emotional support
9 and 19		Social support
8 and 17		<i>Venting</i>
11 and 14		Positiveness
12 and 21		Planning
16 and 20		Acceptance
18 and 22		Transcendence



Avoidance strategies

Avoiding, or all other strategies that prevent you from confronting the problem and to solve it is harmful on the emotional, psychological and physical levels which you will see below.

The most prevalent avoidance strategy is *diversion*. Diversion is when we do something else to avoid confronting the problem such as consuming alcohol, drugs and, food. Some even provoke disputes to avert the problem. Computers, electronic games, cell phones and many other things can serve as a diversion to avoid reality. Nonetheless, all these diversions can create a dependency and destroy our relationships and professional life. This will result in an increased stress response. Avoidance accentuates problems simply because it prevents us from solving them.

Venting is another form of avoidance. It focuses on the negative emotions and expressing them instead of trying to find a solution to the problem at hand. This strategy creates conflict and leads to distancing from others who could help and support you, which only makes things worse.

Proactive strategies

Since avoidance strategies don't work, what's the alternative? *Be proactive!* That is, anticipate and take action to prevent stressful situations. The first step consists of being prepared being prepared by acquiring the resources which allow us to face the vagaries of life (money, solid social network, good planning or being well organised). Another step is to recognise the signs that announce that an obstacle awaits us around the corner. The simple fact of foreseeing this can allow us to evaluate the importance of the threat and the extent of the action to be taken to prevent the situation from degenerating into major stress. Therefore, you are proactive by having taken concrete initiatives.



Find alternatives by resilience

Resilience is the opposite of stress. Resilience is the capacity to bounce back, to face stress by:

- Finding alternative ways of thinking
- By using desensitization and exposure
- Having a **plan B** during stressful situations

I identify proactive thoughts and less of anxiety causing ones



Here are some examples:

- “As usual, I am certain they are going to ask questions that I will be incapable of answering.”
Alternative: My CV was accepted, so I have the qualifications for the position and I am able to answer their questions.
- “All the candidates present at the interview are experts and know more than I do!”
Alternative: I may not have all the knowledge or the experience but I have will power and I succeeded my training.
- “I was born poor and I will always be poor.”
Alternative: A lot of people start off with nothing and they know success in their lifetime. I can improve my financial situation with a more remunerative job.

I practice desensitization and exposure in reality or in imagination



Cognitive-behavioural therapies often use exposure and desensitization techniques that lead the person to confront themselves in reality or in imagination to problematic situations. There is of course a process of habituation, but exposure also favours the analysis of how the person makes sense of the situation and helps propose hypotheses on the adaptive or pathological character of the situation. The person confronts his inner self and develops an external outlook on their own functioning. The person considers his attributions as hypotheses that he criticizes and proposes realistic alternatives that are more adapted to what he is going through. Systematic desensitization (S.D.) offers an exposure in imagination and aims to recondition a pathological response to anxiety by associating the cause of phobia to a state of relaxation. It is useful when in vivo exposure is impossible.

Once the relaxation is acquired we establish a program of exposure to stressful situations, either in reality or in imagination, starting with less important stressors and gradually increasing towards more difficult ones.



Exposure techniques

- Make a list of the principal worries or avoidances
- Place them in increasing order
- Expose yourself gradually in imagination for a sufficiently long period of time
- Desensitization in imagination form ([Appendix 7](#))
- Expose yourself « in vivo » for a sufficiently long period of time
- Hierarchy anxiety-provocation and avoidance ([Appendix 8](#))
- Anticipation of action grid ([Appendix 8](#))
- Repeat the same exercise many times until there is an acceptable decrease of the reaction

I have a plan B during stressful situations



To resort to a plan B, use the problem solving technique. The simple act of imagining a plan B will give you a feeling of controlling the situation, decreasing the importance of the stressor. Even if the stressor is still present you will have developed resilience.

Problem solving technique ([Appendix 10](#))

1. Define the problem.
2. Make a list of possible solutions.
3. Chose the solution(s) after evaluating the situation.
4. Establish methods of action.
5. Act on it.
6. Evaluate the result.

Problem solving technique

Stages	Steps to follow	
1. Be aware of the problem(s)	a) Recognize the presence of one or many important problems and define them. b) Describe the problem(s) in a precise and concrete manner. c) If there are many problems, make a list starting with the most important according to gravity and urgency.	
List of problems/ barriers		
1.		
2.		
3.		
4.		
2. Adopt a constructive attitude.	a) The problem can be considered as a challenge rather than a threat. b) The problem can be an opportunity for personal growth.	
3. Find possible solutions.	Write down spontaneously all the solutions that come to mind without analyzing them right away.	
List of solutions :		
1.		
2.		
3.		
4. Consider the advantages and disadvantages of the solutions.	a) List the short, medium and long term advantages of the solutions found at point 4. b) List the short, medium and long term disadvantages of the solutions found at point 4.	
Solution 1	Advantages	Disadvantages
Short term		
Medium term		
Long term		

Stages		Steps to follow			
Solution 2		Advantages		Disadvantages	
Short term					
Medium term					
Long term					
Solution 3		Advantages		Disadvantages	
Short term					
Medium term					
Long term					
5. Chose a solution		Chose a solution or a group of solutions.			
6. Know the obstacles and the resources.		a) Recognize the obstacles to overcome. b) Find the available resources.			
		Obstacles	Resources		
7. Determine an action plan.		a) Produce a detailed plan. b) Establish a precise and realistic schedule. c) Start with an easy step. d) Put the plan in action as soon possible.			
8. Fix objectives		SPORT objectives (Specific, Positive, Observable, Realistic and Time-bound) Example: I will write my CV and send it within a week.			
List of objectives:					
1.					
2.					
3.					
9. Take action and evaluate the results.			Achieved	To continue	To reschedule
		1			
		2			
		3			



Evaluate your motivation to face the situation

To evaluate my level of motivation, I evaluate with the help of questions how convinced I am to make changes and how many resources I think I have to help me make these changes.

The resources can be of different order:

- Physical: Am I healthy enough? Do I have the health, energy and strength?
- Material: Can I find the money and tools?
- Social: Can my friends, my family, my colleagues, my community be of help?
- Psychological: Am I capable? Do I deserve such an effort? Do I have the time?

The more negative the answers to these questions are, the more elevated the signal sent from your brain to your metabolism is, increasing the state of alarm. Hence, the physiological reactions will be more intense. ([Appendix 11](#))

CONFIDENCE

If you really decide to _____, do you believe that you can achieve it?

0 NOT VERY CONFIDENT 50 100 EXTREMELY CONFIDENT

What would prevent you from _____? (Barriers)

How do you think you can _____? (Strategies)

If your scores are not very high, that you have many barriers or not enough strategies, you must find ways to by-pass these barriers and find action strategies in order to bring changes to your life. ([Appendix 10](#))

If your scores are high and you feel that you have the capabilities, the knowledge, the tools and the appropriate environment, **YOU ARE SURE THAT YOU ARE ABLE TO CHANGE.** You have had enough and you are willing to dedicate time every day in order to feel better.

Yes: I find solutions, I make an action plan and I act on it. Anticipation of actions grid ([Appendix 9](#)).



Reminder:

A defined problem is already half solved

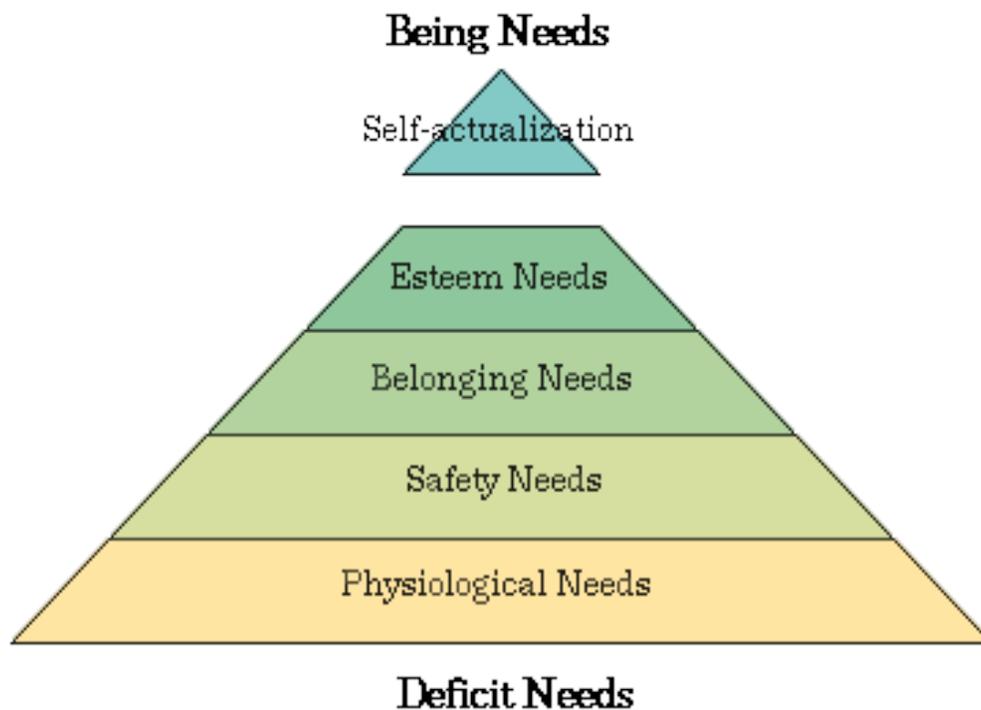
- Speak to people you have confidence in about your problems.
- Make decisions.
- Avoid uncertainty.
- Take action.
- Delegate if needed.
- Know how to refuse, set limits.
- Seek professional help if necessary.
- Accept that there is no solution. Meaning : letting go, which in certain circumstances, is a healthy attitude.



Knowledge of your needs

To live harmoniously in society, it is imperative to maintain a certain balance between our emotional reactions and the rational responses that preserve our social links. Thoughts, emotions, gestures intertwine naturally which allows us to make decisions that agree with our values and our needs. Therefore, we have to know our needs. There are many theories on needs, although none of the theories are perfect which is why two theories will be presented to you: Abraham Maslow's (which is widely known and used) and the self-determination theory.

Maslow's pyramid



According to Maslow (1943 «A Theory of Human Motivation»), a person's motivations results from the dissatisfaction of certain needs. Maslow's work allows us to classify human needs by order of importance in 5 levels. The first three levels of Maslow's pyramid are fundamental and have to be satisfied. The first two levels are obvious. However, the third level of the pyramid represents social needs, love and a sense of belonging. To feel secure psychologically, a person has to know what to expect from others including family members as well as new experiences and environmental conditions.

The other needs are qualified as secondary. The fourth level revolves around the person in question: it is the need for self-esteem. In order to evolve, each person has to have self-esteem but also feel that others have consideration for them. To reach the top of Maslow's pyramid and achieve self-actualization, the individual has to be able to resolve his problems and help others, accept advice given to him, have interest for work and social questions, to know how to communicate, listen and to accept one's self as he is. It isn't a very easy process. Luckily, the self-determination theory brings us another angle to achieve our secondary needs.



Personality psychology defines well being in terms of the acquisition of pleasure and happiness. The self-determination theory which is part of this branch of psychology maintains that the human being, in an innate manner tends to satisfy three fundamental psychological needs: the need for autonomy, the need for competence and the need to have relationships with others. The satisfaction of these is essential for growth, integrity and well being. When these needs are satisfied, the organism knows vitality 42, self congruence 45 and psychological integration 17.

3 fundamental psychological needs

- **Need for autonomy**
- **Need for competence**
- **Need to have relationships with others**

Need for autonomy

Autonomy supposes that the person decides voluntarily of his action and he is the agent who realizes the action so that he is congruent with himself and assumes it entirely. 14, 16

Need for competence

Competence refers to a feeling of effectiveness on his environment 15, 48, which stimulates curiosity, willingness to explore and face new challenges. However, effectiveness alone is not enough to arouse the feeling of being competent; it has to include the feeling of taking charge as well. These two needs can make it so that the need of self esteem and accomplishment of Maslow is achieved, but in a more realistic world.

To ponder:

When a man is hungry, better to teach him how to fish than to give him a fish!
He will develop his competence and autonomy.

Need to have relationships with others

It involves the feeling of belonging and the feeling of being linked to people who are important to yourself. 3, 41. To feel a delicate and sympathetic attention confirms that we are significant to others and that we are the object of solicitude on their part 38. You can certainly recognize here the need for belonging, to love and to be loved from Maslow's pyramid.



These three needs don't cover and don't exhaust all the motivational sources of the human being. They are considered as nutrients for which the satisfaction is essential to the psychological growth, to the integrity and to the well being of the human being. Many studies have shown the benefits of the satisfaction of fundamental needs. Not only do these stimulate inner motivation and integration processes but they have a direct impact on the physical and psychological health of people.49. However, it is important to differentiate between our needs, our values and our desires.

Need versus desire

Need	Desire or want
Natural and necessary	Non natural, short-lived
Objective	Subjective
Almost identical from one society to another	Strongly linked to context, society, culture and era
Needs are not infinite	Desires that can apply to anything are infinite
Needs cause suffering until satisfied. Dissatisfaction can lead to death.	Hardly satisfied, it reappears.
Physiologically dominant	Psychologically dominant

Desires are at the service of needs and underlying motives.

If I want to mowe my lawn more effektivly, I would require a lawn mower. (Need for competence)

Contrary to the satisfaction of fundamental needs, satisfaction of desires is not necessarily essential to the wellbeing of the individual and in reality, could even compromise his growth and integrity.

I desire more money and work 60 hours a week.

So, effectiveness in relation with individual goals does not necessarily imply health.

Needs are natural and necessary whereas **desires** are short lived, changing and subjective. Kasser and Ryan 28 showed that when fundamental needs are valued there was a positive rapport with mental health indicators and self actualization. On the other hand, when extrinsic goals such as money, popularity or appearance are valued, there was negative association to wellbeing. Hence, it is important to specify the source as well as the nature of a desire if we want to foresee and modify the impact that this goal has on our health and wellbeing. It could then be important to define our values.

Needs versus values



To have motivation, our needs have to be fulfilled. But, the satisfaction of our needs has to be done according to our values because it is our core values that fuel us since they determine our individuality, what we want and how we live. Value is a measure of importance, interest of a being, of something, of an idea, following the assessment we can make or the esteem we give to it. Therefore it is through our values that we judge the people surrounding us. A situation is judged to be negative if it opposes our values and positive if it respects or goes in the same direction as our values and influences our perception of the threat (NUTS). We can look for judgment of values and do our best to conduct ourselves with respect to our values.

In order to have plenty of drive, identify your values. By doing so you can give a sense of direction to your life and keep an elevated level of motivation.

Satisfy your needs



The notion of realism in planning an objective is important in order to achieve the objective and avoid demotivation. Your education, your environment, your personality, your story, your culture, your life experiences make you a rounded human being and different from others. Hence, you should also define life rules in function of your values and with a global vision of the system you live in. In order to know joy and be happy, it is imperative to know your needs, your values, and your desires so you can satisfy them and feel less tension and less stress.



- Know your needs and your values (Physiological, security, autonomy, competence, relationships with others)
- Learn how to feel, identify and prioritize your needs.
 - Evaluation of the satisfaction of life domains ([Appendix 13](#))
 - Evaluation of needs ([Appendix 14](#))



- Accept your needs
- Differentiate your needs, your values and your desires. Live out your desires according to your values.
 - Values desires table ([Appendix 15](#))
- Use psychosocial approaches: help groups, social support, friends, etc.

Evaluation of life domains satisfaction

1 = Not satisfied 2 = A bit satisfied 3 = Moderately satisfied
 4 = Very satisfied 5 = Completely satisfied

	1	2	3	4	5
OBLIGATIONS					
My level of activity versus my level of energy					
My level of activity versus my ability for time manage					
My balance versus my hobbies					
Activity versus relaxation					
Social life versus family life					
Social contact versus solitude					
HABITS					
Physical hygiene					
Exercise					
Relaxation					
Nutrition					
Sleep					
Personal hygiene					
Posture					
Clothing					
Physical health					
Psychological hygiene					
Contact with self					
Management of interpersonal relationships					
Management of emotions					
Self-discipline					
Self-perception					
Satisfaction of my needs					
Accepting criticism					

1 = Not satisfied 2 = A bit satisfied 3 = Moderately satisfied
 4 = Very satisfied 5 = Completely satisfied

	1	2	3	4	5
LIFE SECTORS					
Life as a couple					
Emotional intimacy					
Mutual engagement					
Feeling of love					
Sexuality					
Social life					
Parent- child relationship					
Sibling relationship					
Relationships with other family members					
Friendship					
Other personal relationships					
Spirituality					
Work					
Work habits					
Tasks to accomplish					
Work conditions					
Relationship with my colleagues					
Relationships with my boss(es)					
Hobbies					
Satisfaction of my interest (hobbies, passions)					
Sports					
Social activities (movies, reading, night out ...)					

1 = Not satisfied 2 = A bit satisfied 3 = Moderately satisfied 4 = Very satisfied 5 = Totally satisfied

Domains	1	2	3	4	5	Describe your satisfactions and dissatisfactions	Change objectives SPORT (Specific, Positive, Observable, Realistic and Time-bound) Example: I will write my CV and send it next week.	Due Date	Evaluation/ readjustment
Obligations									
Hygiene/physical health									
Hygiene /psychological health									
Life as a couple									
Family life									
Social life									
Spirituality									
Work/studies									
Living conditions (housing, food, hobbies...)									
Social life /hobbies									
Other:									

Table of values /desires

Needs are what it takes to make me feel good about myself. Needs are essential to the physical and psychological wellbeing of the individual. Value is a measure of importance that I grant to; an interest for someone, for something, or find beneficial. It encourages you to act in a certain way to maintain a state of wellbeing or happiness. A situation is judged to be negative if it opposes our values and positive if it agrees with our values. If your choice is not realistic, imposed, based on appearances and performance, it does not allow a positive result of feeling happy or well. Your values will be your items A. Desire is a want. It is not necessary, it is short lived, it is changing and subjective. Wants will be part of items B and C.

Healthy Values	Unhealthy values
Flexible (exceptions)	Rigidity (general, no exceptions)
Personal (examined and verified)	Interjected (Accepted from the outside without thinking)
Realistic (based on consequences)	Unrealistic (based on what should be good)
Improve life (recognize needs and feelings)	Resticts life (ignores needs and feelings)

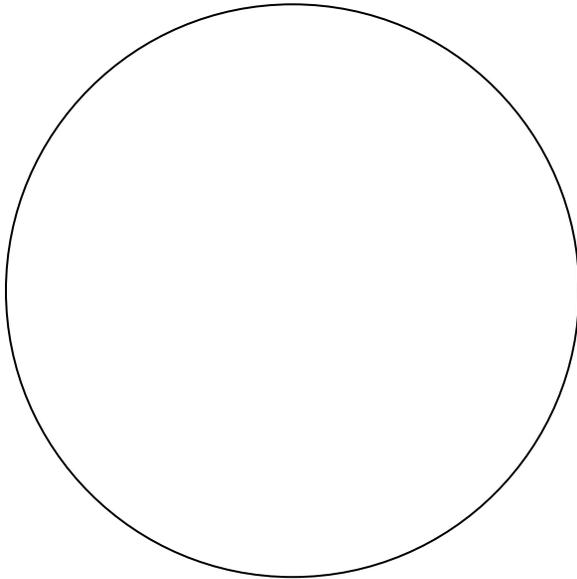
Chose your values/ desires:

- A. Indispensable to my personal and professional life
- B. Desirable, but not that essential
- C. Not very important

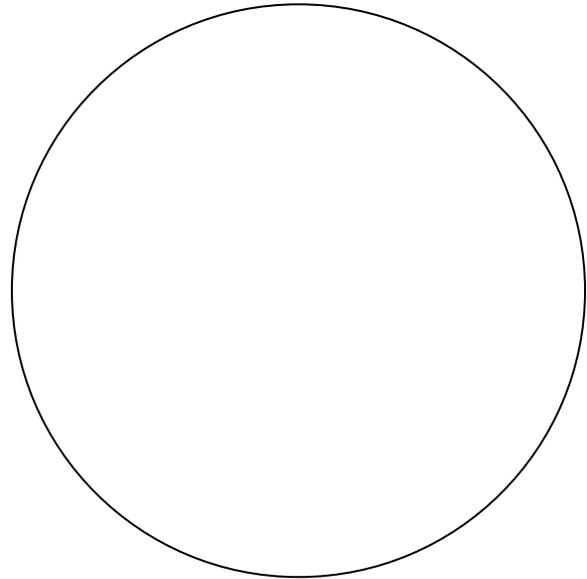
Physical	A	B	C	Morals	A	B	C	Intellectual	A	B	C
Comfort				Sincerity				To learn			
Health				Honesty				To realise			
Activity				Attention				To create			
Physical appearance				Sharing				To teach			
Life conditions				Niceness				To find solutions			
Level of energy				Timidity				Communicate			
Hobbies				Help/support				Artistic activities			
Money				Success				Success			
Environment				Reward				Service			
Nature				Motivation				Liberty			
Atmosphere				Liberty				Autonomy			
Paths				Choice				Equality			
Work conditions				Security				Education			
Vacations				Prestige				Innovation			
Family				Confidence				Diversity			
Friendship				Respect				Decisional power			
Diversity				Fidelity				Open minded			
Team work				Competence				To guide			
Employment stability				Responsible				Wisdom			
Productivity				To be appreciated				Competence			
Prosperity				World peace				Imagination			
Happiness				Equality				Logic			
Inner peace				Friendship				Self control			
Ambition				Open minded				Discipline			
Courage				Indulgence							
Independence				Tenderness							

From the values you picked, chose the five most important ones and place them in the circle. Divide the circle in slices proportionately to the importance you give to each value. Do the same for your desires.

Circle of values



Circle of desires



EVALUATION OF NEEDS

1 = Not satisfied 2 = A bit satisfied 3 = Moderately satisfied 4 = Very satisfied 5 = Completely satisfied

Needs	1	2	3	4	5	Describe your satisfactions and dissatisfactions	change objectives :SPORT (Specific, Positive, Observable, Realist et limiteded in Time) Example : I will write my CV and send it next wek.	Due Date	Evaluation/ readjustment
Physiological									
Security									
Belonging/ Relationship with others/ Affection									
Self esteem									
Self fulfillment Autonomy Competence									
Inclusion									
Control									
Other:									

Criteria to satisfy a need

- An **adequate response** to a real need always increases our vitality
- An **inadequate response** to a real need does not increase our vitality
- An **adequate response** to a false need does not increase our vitality
- An **excessive response** to a need causes a reaction of revulsion

Manage the physiological reactions



Let us remind ourselves that self-awareness is an important ingredient for stress management. However, as previously reported, it is important to play on many levels. You will see there are many strategies to influence the physiological level.

Body and mind approaches



Many researchers have hypothesized that good stress management and psyche functions can have beneficial effects on immunity, which constitutes the foundation of psychoneuroimmunology and body and mind approaches. By acting on the spirit, the intellect or emotions, we can directly influence the physiological mechanisms that participate in the prevention of illness and promote healing. A few techniques can even put a stop to disturbing physiological reactions created by the nervous system because they help to set in motion the «relaxation mechanism». This reaction solicitates the activation of the parasympathetic nervous system. The relaxation techniques consist of therapeutic tools capable of thwarting many biological processes linked to stress that lead to illness. These techniques are also useful to repara damages already caused to the organism by repeated stressors.



Mastering thoughts, emotions, psyche and body

Many methods:

- Breathing, Relaxation: hypnosis, autohypnosis, sophrology, visualization, autogenous training, biosynergy, tai-chi, Qi Gong, yoga, massage.
- Internalization: meditation, relaxation response, prayer, visualization.
- All psychotherapies and psycho-body therapies.
- Biofeedback, cardiac coherence, physical exercise.



Respiration (Relaxation leaflet: [Appendix 16](#))

Stress accelerates respiration and makes it superficial; on the other hand, when we consciously slow it down and make it deeper (abdominal respiration), all the metabolism benefits from it. It is quite easy to learn a few respiration techniques, many of which are inspired from yoga. They are techniques that can be practiced at any time and any place.

Cardiac coherence



According to neurobiology studies, there exists a «heart-brain» system where the two organs influence one another through the sympathetic nervous system (speeding up) and the parasympathetic that plays the role of putting on the brakes. Practicing cardiac coherence influences not only the heart and the brain but many physiological rhythms as well. It is a technique that uses deep breathing which is easy to practice and does not require isolation or too much time. We are not attempting to obtain the ideal exterior circumstances; we are only attempting to control our interior.⁴³

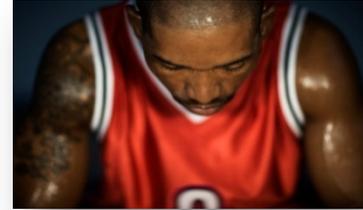


Meditation

There are many forms of meditation, which essentially consist of guiding the spirit to reach a certain state of calm and serenity. Apparently with meditation it is possible to create «neuronal circuits of happiness and “joie de vivre”». Studies have shown that people who practiced meditation exhibited certain zones of the brain that are more developed and lose less of the cerebral cortex while aging. They have good sleep patterns; they are more resistant to stress, illness and pain. They are more creative and more effective at slowing down the heart and recreating cerebral alpha waves; first waves of sleep and waves of calm. Therefore, once the crisis is over, people who are sensitive to stress or are subjected to stressful conditions have to take the necessary measures to favor a state of wellbeing and reduce the impact that stress has on their life. Meditation is a good way of achieving the latter.

Visualization

Visualization allows us to elude the mental mechanisms that perpetuate stress. We suggest, for example, concentrating on a place that is particularly pleasant, the forest, the ocean etc. and to see ourselves there physically with a pleasant emotion.



Mental relaxation techniques

Many relaxation techniques intervene directly on the biological processes of relaxation since conscience is *also* a biological event. Let's mention progressive muscular relaxation, the Jacobson method, **biosynergy**, **hypnotherapy**, auto relaxation **and sophrology**. You can consult with instructors, or you can also consult a variety of audio documents containing verbal indications for a guided relaxation that you can do at home (passeportsanté.com). As for audio documents containing only relaxing music, they are not that useful if you have not been trained in relaxation.

Acupuncture

According to the Traditional Chinese Method (TCM), acupuncture is a treatment, often in complementarity with other practices, a variety of "unbalances", such as, the nervous system (depression, stress...)

Acupuncture could also play an important role in the prevention of diseases. By maximizing the functional activity of the viscera as well as the circulation of fluids, it would help to balance the entire body systems.

Massage

Most of massages have a relaxing and energizing effect; they decrease neural excitability and relieve afflictions caused by stress (back ache, migraine, exhaustion, insomnia etc.). Researchers associate neuroendocrinology effects of a massage to the effects observed in people who practice meditation and yoga. Only one session of massage has measurable biological effects on the immune system and on stress. In reality we can't always have a massage by a massage therapist but we can easily learn self-massaging techniques such as Do in and reflexology that we can practice on the face, hands or feet.



According to preliminary results, the classic Swedish massage decreases the levels of vasopressin in the blood, a hormone secreted under stress which increases blood pressure.

Levels of cortisol in the blood and saliva, a hormone associated to stress and inflammation was also reduced in the subjects of the experimental group more so than the control group, although the difference was relatively modest.

The authors also reported that the blood of the participants who received the Swedish massage had a higher level of lymphocytes than the blood of the control group. Lymphocytes are active cells of the immune system. This increase of cells circulating in the blood is modest but significant and constant in all the subjects of the experimental group compared to the control group.



Physical exercise

Physical exercise «burns» excess stress hormones and reduces the tension accumulated in the muscles: 30 min of fast pace walking, jogging, biking or even vigorous chores can set in motion the relaxation reaction. Practicing physical activity regularly – provided it is followed by the necessary stretches in order to calm the metabolism – favors a permanent reduction of tension. In conclusion, all activities that allow you to change your ideas help you to relax. Repetitive activities such as walking, painting or praying can be as beneficial as meditation because it focuses your energy on the present. You only need to find an activity that suits you.



Medication

There really are no medications that treat stress. Instead, we use certain medications to treat symptoms associated to stress, mainly anxiety and depression.

Antidepressants are the most commonly used medications for the treatment of anxiety and anxiety disorders, followed by anxiolytics. Neuroleptics atypical antipsychotics (second generation) can sometimes be used to treat severe anxiety. Finally, a few medications have various functions and have shown to be effective for anxiety and are sometimes used in research.

Antidepressants

There are many families of antidepressants classified according to their mechanism of action. They offer the advantage of not inducing drug dependence and therefore are a good alternative to hypnotics. They improve sleep and the state of depression, but once again they have significant side effects (cardio-vascular problems, prostatic or visual problems, headache, drowsiness, loss of alertness, and risk of «mood swings»...). However, they take a few weeks (4 to 12) to act. These are sometimes used in combination with anti-anxiety medications that have an immediate effect in order to hasten the relief of symptoms.

Anxiolytic medications

Leaflet of psychoactive medications ([Appendix 17](#))

There are two types of anti-anxiety medications: benzodiazepines and non-benzodiazepines.

Anxiolytic benzodiazepines are the anti-anxiety medication most commonly used. Their action reduces the communication between certain nervous cells which decreases anxiety, improves sleep and relaxes the muscles. They have an almost immediate effect.

On the down side, there are many side effects to their extended prescription which justify caution by the medical community (impression of fatigue and drowsiness associated to the decrease of intellectual efficiency, amnesic effect, habit forming, rebound phenomena when medication is stopped).

Anxiolytic benzodiazepines

- Improves the perception of sleep with a reduction in sleep latency, decrease in the number and duration of awakenings during night.
- Decreases anxiety
- Muscle relaxant properties
- Almost immediate effect
- Numerous side effects: impression of fatigue and drowsiness associated to decreased intellectual efficiency, amnesic effect, habit forming, rebound phenomena when medication is stopped.

Non-benzodiazepine anxiolytics

Buspar (buspirone) is a non-benzodiazepine anxiolytic that acts on neurotransmitters that influence mood (dopamine and serotonin).

- Acts more slowly (2 to 3 weeks)
- Has less side effects than benzodiazepines
- Does not create dependency

Neuroleptics or atypical antipsychotics

Neuroleptics or atypical antipsychotics (second generation) are used for the treatment of schizophrenia and other conditions such as bipolar disorder and can be effective for severe anxiety. Risperdal (risperidone), Zyprexa (olanzapine), Seroquel (quetiapine), Zeldox or Geodon (ziprasidone), Clozaril and others are part of this class.

Frequent side effects are:

- Somnolence and dizzy spells
- In high doses = movement and coordination perturbations
- Weight gain

Other products are used marginally: such as **beta blockers** (inhibitory effects on cardiac acceleration) or **amphetamines** (stimulating effect and reduction of sleep time), but they produce many undesirable effects and they are not the medication of choice for long term treatment of stress.



Natural products

Leaflet of natural ([Appendix 18](#))

Passiflora (passion flower) is mainly used to calm nervous tension, agitation and irritability.

CAUTION: Due to its sedative effect, it is preferable to not drive a motorized vehicle when taking passiflora. It is contraindicated for pregnant women or women who are breast feeding. At the recommended dose, passiflora usually does not pose a danger. Nausea can occur, but rarely.



Valerian is used to improve sleep, reduce anxiety and stress and, improve mood.

CAUTION

- Valerian can increase the effect of alcohol and certain medications prescribed for insomnia.
- Putting a stop to valerian after prolonged use can cause a withdrawal syndrome.

Rescue (Bach flower remedies): is one of the best known elixirs. It has 5 floral essences in a liquid or cream form. We use it in cases of intense stress, shock or injury. It appears to have shown effective in certain people but no study has been able to prove it.

St John's wort proved its effectiveness in the treatment of light or moderate depression. However, it has not effect in cases of severe depression. This product is also used to boost energy and treat mood variation during premenstrual periods.

CAUTION:

- St John's wort can provoke insomnia and agitation at times.
- St John's wort can modify the effect of many medications, in particular
 - oral contraceptives ;
 - anti-rejection medications (cyclosporine, etc.) ;
 - antiretroviral agents (Invirase®) ;
 - digoxin (Lanoxin®) ;
 - theophylline
 - anticoagulants (Coumadin®, etc.) ;
 - heart medications or medications to decrease high blood pressure
 - antidepressants and antipsychotics
- St John's wort increases sensitivity of skin to sun exposure.



SAMe (S-Adenosyl-L-Methionine) gave encouraging results in treating depression.

CAUTION

- SAMe can cause a manic episode in people with bipolar disorder.
- SAMe has rare side effects, mild digestive disorders. In susceptible people, it is better to start with 200 mg two times a day and gradually increase.

Preliminary studies have shown that **Rhodiola rosea** had a positive effect on the central nervous system by stimulating the neurotransmitters (norepinephrine, serotonin, acetylcholine and dopamine) that are related to the following abilities: concentration, memory, mood and learning.

CAUTION

- Rhodiola rosea has side effects at high doses. It can cause drowsiness and, more rarely, headaches or stomachaches.

You should always inform your doctor or your pharmacist of the medications and natural products you are taking, no matter where these medications are obtained; by prescription, over the counter in a pharmacy, or any other store.

Develop healthy life habits



Of all the determining health factors, life habits are the elements that we control the most because our participation is required. When we make a reference to life habits, we generally mention diet, physical activity and stress management. We must also take into account risky behaviors: driving at high speeds, alcohol and drug abuse, unprotected sexual relations with multiple partners, etc. It is important to be conscious of our life habits in order to gravitate towards the lifestyle that will be the best for us in the long run.

Here are many factors that can influence our thoughts and mood. It is important to recognize them in order to find proactive strategies to face them. Healthy life habits can be of great support.

Vulnerability factors that contribute to stress and emotional thinking

Source : Notes taken by the psycho educative group "Mode de pensée" from Dr Évens Villeneuve du Centre de traitement Le Faubourg Saint-Jean, Québec.

- Illness
- Premenstrual syndrome
- Drugs
- Alcohol
- Caffeine
- Medications
- Fatigue
- Insomnia
- Hypersomnia
- Unhealthy diet (anorexia, bulimia)
- Environmental stress
- Social isolation
- Interpersonal tensions
- Social misery



Diet/ nutrition

According to certain health professionals, nutritional deficiencies weaken the nervous system and therefore are responsible for a poor adaptation to stress factors. A diet rich in processed foods (fried foods, white bread, sweets, processed meats, etc.) increases the risk of stress and depression by 58 % according to British researchers.

Unhealthy diet

Foods that increase stress

- **coffee** ([Appendix 19](#))
- strong **tea**
- soft drinks
- energy drinks
- sugar
- **alcohol** ([Appendix](#))
- foods rich in refined sugar
- precooked meals containing big quantities of preservatives

Healthy diet

Anti-stress foods don't really exist but certain foods are more beneficial than others. Studies have shown that people who eat a lot of fruits, vegetables and fish decrease the risk of suffering from depression by 26%. A nutritionist, dietician or naturopath can give you the appropriate advice for your situation. ([Appendix 21](#))

Foods that reduce stress:

- Certain foods rich in protein stimulate the production of dopamine (fish, eggs, cheese, but limit red meat, it can cause too much acid);
- Whole grain foods (complex glucose) that release energy constantly;
- Foods rich in essential fatty acids (omega 3 and 6) are important for a good functioning nervous system. We can find fatty acids in many fish and nuts;
- Foods rich in antioxidants that fight the damages caused by free radicals: fruits and vegetables, tea (green or black).



Have healthy eating habits

It is important to respect a few rules to supply our organism with enough fuel to fight stress. Furthermore, eating when stressed or tense leads us to swallow rapidly, often foods rich in fat and calories which not only lead to bad eating habits but also to digestive problems.

- **Take the time to savor the most important meal of the day, breakfast** (This will prevent you from snacking or overeating at lunch and supper)
- **Have sensible and thought out meals** (consistent breakfast, lunch that will answer your energy needs in the afternoon, early light supper which includes anti-stress foods)
- **Avoid snacking** (stress can lead to snacking and weight gain)
- **When you eat, don't do anything else at the same time** (continuing to work or watching TV while eating, is giving up on the decompression generated by a meal)
- **Eat «comfortably»:** avoid eating on the go or standing up.
- **Don't forget foods rich in carbohydrates** which release sugar slowly which is indispensable in resisting stress throughout the day (pasta, rice, cereal, starch, certain fruits and vegetables, **dark chocolate**)
For the curious: In recent work presented in the Journal of Proteome Research shows that flavonoids present only in dark chocolate help to decrease stress.
- **Stay hydrated to spare your body from stress:** Drink 2 liters of liquids daily, spread out evenly throughout the day (not only at meal times)([Appendix 22](#))



Refer to the Health Canada Website, where you can find the Canadian food guide and other pertinent information:
<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-fra.php>

Sleep

Have good sleep hygiene

Ref ([Appendix 23](#))



Stress can disrupt sleep and vice versa. Sleep is a need and it is indispensable for a good physical and intellectual recuperation. Almost everybody has a sleepless night from time to time but this occasional problem does not have severe consequences. However, if the lack of sleep continues, it will have an impact on your health and your everyday life. There exist a few rules for good sleep hygiene.



- Sleep as much as you need in order to feel rested and in top shape the next morning but don't oversleep. Staying in bed for long periods has been associated to light sleep.
- Try to wake up at the same time EVERY morning, no matter what time you went to bed at night. This will help you establish a regular sleep cycle and will also give you the desire to sleep at the same time every night.
- Maintain a comfortable room temperature (not too hot or cold). A temperature of 18°C (65°F) is recommended.
- Keep your room silent, dark and comfortable.
- Don't go to bed before getting sleepy.
- Don't go over problems you had during the day and don't worry about tomorrow.
- If you are incapable of falling asleep, go in another room and do something relaxing.
- Reading or eating can be beneficial.
- Avoid stimulating the nervous system which prevents you from sleeping: coffee, diet pills, amphetamines, antidepressants and other chemical products.
- Avoid alcohol which can facilitate sleepiness but gives you a fragmented sleep.



Something to think about:

Certain people think that it is wrong to go to sleep frustrated or angry. However, forcing a resolution to a conflict before sleeping can make matters worse. It seems that during a frustrating situation a part of our brain called amygdala puts itself in fight-flight mode. This makes us more emotional and less apt to have a calm and rational discussion. Furthermore, it is well known that sleep is a powerful antidote to stress. Most of the time it is better to opt for a nocturnal truce in order to have clearer ideas in the morning to resolve the conflict.



Plan a pleasant, gratifying activity, a reward! ([Appendix 25](#))

- Read an inspiring book.
- Take time for sensory pleasures (Spa, massage, hot bath, restaurant, country side...)
- Have fun
- Do something exclusively for yourself

Time

Put time on your side!



Time is without a doubt the key to fight stress. The lack of or mismanagement of time can have disastrous consequences: overflow and exhaustion linked to a lack of balance between work loads and available time, procrastination sets in and creates uneasiness caused by delays.



The activity sheet has the advantage of providing a global view of the week and organizing it by category in a reasonable and achievable manner. Writing up an agenda ahead of time helps predict what must be done and allows one to get organized, to save time and offers motivation to get the tasks done. In case of an unexpected event that takes priority, the agenda can shift and even be cancelled. Alternatives are found. As soon as they are executed, the tasks are looked at and evaluated on a scale of 0 to 10, according to the level of mastery, pleasure or anxiety experienced. Thus, the materialization of the accomplished work brings a comfort and avoids focussing on the tasks not yet completed. ([Appendix 26](#))([Appendix 27](#))

Manage **one task at a time**. When a person has too much to handle, he tries to do everything at the same time which can have bad results, be a waste of time, increase stress and finally make the person give up on the tasks he has to accomplish. By concentrating on the current activity, it helps us to be less overwhelmed and become more effective.

The next logical step is to put in **practice the here and now**. If I focus on what has not been done yet or what I have to do, I am no longer in the present, I am not concentrating on the task at hand and I become more anxious, frustrated, dissatisfied, discouraged, irritable and pessimistic. So, I concentrate on the present in order to be more effective, constructive and calm.

Follow safe guidelines!

Learn to say «NO» If it isn't systematic, a «no» is a protector and it will prevent you from being dragged somewhere you don't want to go, to assume responsibilities that are not yours, to accept work when you are already swamped. Remember that, on a relational level a «no» is often less disappointing than a «yes» that is not kept.

Avoid postponing what must be accomplished. Unpleasant tasks are often approached reluctantly. In short, we lose time and as more time passes, stress increases. This behavior is called procrastination. In other words, never put off until tomorrow what can be done today.



Use the “Thought Record Sheet.” You will be able to identify your thoughts which inhibit the behavior and find thoughts which orient to behavior. ([Annexe 3](#))

Once your thoughts are modified, you have to **act**. To help you, use the anticipation of action and evaluation of actions grid. ([Appendix 9](#))

Anticipation of action grid

Description of the action	Type of emotion and intensity 0 to 100	Level of pleasure 0 to 100	Feeling of capability to accomplish the task 0 to 100	Rank the actions in order from easiest to hardest to accomplish	Date of completion
				1.	
				2.	
				3.	
				4.	
				5.	
				6.	
				7.	

Evaluation grid of actions performed							
Description of the performed action	Type of emotion and intensity during action 0 to 100	Level of pleasure felt during the action 0 to 100	Feeling of capability to accomplish the task 0 to 100	Good calls	Improvement(s)	Date of repetition of the action	
1.							
2.							
3.							
4.							
5.							
6.							
7.							

Have some down time

- **Have some down time.** Playing sports, making time for hobbies is very good as long as it does not produce the same constraints as in your professional or private life (performances, self image, time consumption...). Why not take time to do nothing (without abusing it), breath in fresh air and forget your objectives for a while, let yourself be guided by your own inspiration.
- **Take a nap.** Make time for a nap. NASA researchers showed how a 40 minute nap can increase your days performances by 34%

Conclusion

To be in good physical and mental health a better understanding of ourself is necessary.

1. We should dissect our stress:

- Listen to our body and recognize the signs that indicate a response to stress.
- Find the source of your stress, the NUTS, modify your thoughts and have a plan B.

2. We have to rebuild our life with stress:

- Find ways to decrease the impact of stress on your lives.
- Learn how to modulate your thoughts and emotions and your physiological reactions with the help of relaxation, meditation or pleasant activities.
- Adapt your behaviours.
- Develop your self esteem and self confidence.
- Develop a good life philosophy and good life habits.
- Take time for yourself.

3. We should use the stored energy:

- Exercise! In addition to better health, exercising allows you to use stored energy when stressed. You don't have to run a marathon just be active, play with the kids!

4. We have to find our path :

- There is no magical solution but many small actions can make a big difference. Our quality of life will be enhanced. What if judgment, positive thinking, laughing, charity and exercise were the antidotes to stress, not only ourselves, but our families, our children and friends will benefit.

Healthy mind in a healthy body!

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Websites

REVIVRE - www.revivre.org

Quebec Association of support for people with anxiety, depressive or bipolar disorders.

CCS Community Services www.ccs-montreal.org/

CCS is a not-for-profit community organization that develops and provides a continuum of support services for families and individuals, regardless of race, age, gender, religion or language. CCS designs and delivers reliable, highly effective programs and services, to the marginalized and economically disadvantaged, primarily within the Anglophone community of Greater Montreal.

MedlinePLUS www.nlm.nih.gov/medlineplus/

Health information from the National Library of MediNUTS. Easy access to Medline and Health topics, medical dictionaries, directories and publications.

CENTER FOR STUDIES ON HUMAN STRESS - www.humanstress.ca

Centre for Studies on Human Stress (CSHS) aims to improve the physical and mental health of individuals. The Centre's mission is to increase knowledge of the effects of stress on the body and brain.

CANADIEN MENTAL HEALTH ASSOCIATION - CMHA

ACSM - ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE www.cmha.ca

Group discussions, resources, information on various mental disorders and associated problems.

FRIENDS FOR MENTAL HEALTH

LES AMIS DE LA SANTÉ MENTALE : www.asmfmh.org

Support for families with a loved one has a mental health problem. Provides information, advice and resources in French and English.

MENTAL ILLNESS FONDATION.

LA FONDATION DES MALADIES MENTALES :

<http://www.fondationdesmaladiesmentales.org/en/>

Information on mental disorders, list of available resources (support groups, groups, centers, crisis centers, etc.). In different areas of Quebec and Canada.

CONSORTIUM FOR ORGANIZATIONAL MENTAL HEALTHCARE: www.comh.ca

CONSORTIUM POUR L'ORGANISATION DES SERVICES DE SANTÉ MENTALE. Resources for self-care; guides available in several languages.

HEART COHERENCE - www.healthy-heart-meditation.com/heart-coherence.html

Heart Coherence or [Heart Rate Variability \(HRV\)](#) is one of the hottest areas of health and biofeedback research! Studies have found that a **low Heart Rate Variability (HRV)** is the single most important leading-indicator of heart disease.

www.heartmath.org/research/rp-cardiac-coherence-a-new-noninvasive-measure-of-autonomic-nervous-system-order.html

PSYCHOLOGICAL SELF HELP www.psychologicalselfhelp.org

A free, online self-**help** book to answer your questions on depression, anxiety, relationships, sex, and more!

PSYCHOLOGY HELP CENTER www.apa.org/helpcenter/

APA's Psychology **Help** Center is an online consumer resource featuring articles and information related to **psychological** issues affecting your daily physical ...

Glossary

Amygdala: The amygdala is an almond shaped mass of nuclei located deep within the temporal lobe of the brain. It is a limbic system structure that is involved in many of our emotions and motivations, particularly those that are related to survival. The amygdala is involved in the processing of emotions such as fear, anger and pleasure. The amygdala is also responsible for determining which memories and where they are stored in the brain. It is thought that this determination is based on how huge an emotional response an event evokes.

Catecholamines : are "fight-or-flight" hormones released by the adrenal glands in response to stress. They are part of the sympathetic nervous system. There are three types of catecholamines: epinephrine, norepinephrine and dopamine.

Cytokines: (Greek *cyto-*, cell; and *-kinos*, movement) are small cell-signaling protein molecules that are secreted by the glial cells of the nervous system and by numerous cells of the immune system and are a category of signaling molecules used extensively in intercellular communication. Cytokines can be classified as proteins, peptides, or glycoproteins; the term "cytokine" encompasses a large and diverse family of regulators produced throughout the body by cells of diverse embryological origin. The term "cytokine" has been used to refer to the immunomodulating agents, such as interleukins and interferons.

CRH = Corticotropin-releasing hormone (CRH), originally named **corticotropin-releasing factor (CRF)**, and also called **corticoliberin**, is a polypeptide hormone and neurotransmitter involved in the stress response. It belongs to corticotropin-releasing factor family. Its main function is the stimulation of the pituitary synthesis of ACTH.

Adrenocorticotrophic hormone (ACTH), also known as 'corticotropin', 'Adrenocorticotrophic hormone', is a polypeptide tropic hormone produced and secreted by the anterior pituitary gland. It is an important component of the hypothalamic-pituitary-adrenal axis and is often produced in response to biological stress (along with corticotropin-releasing hormone from the hypothalamus). Its principal effects are increased production and release of corticosteroids and, as its name suggests, cortisol from the adrenal cortex.

Dopamine: Dopamine is a neurotransmitter catecholaminic and thus belongs to the amino acid tyrosine. In the central nervous system, it acts as neurotransmitter dopamine by activating postsynaptic receptors. Dopamine is the precursor of adrenaline and noradrenaline.

Endorphine: is a substance: an uromediator or neurotransmitter, produced by certain cells of the central nervous system with analgesic properties (pain killers) equivalent to that provided by morphine.

Glucocorticoids: Glucocorticoids include cortisol, endogenous hormone, and several synthetic derivatives selected according to the intensity of their effects. They act primarily on carbohydrate metabolism and protein.

Hippocampus: The hippocampus is a major component of the brain of humans and mammals. It is located in the medial temporal lobe, below the surface of the cortex, above the fifth convolution (folds of the cortex) temporal. The hippocampus is a structure belonging to the limbic system (emotional control). Its functions have a central role in memory and spatial navigation.

Hypothalamus: The hypothalamus is an area in the center of the brain, accounting for less than 1 per 100 of the total volume; the hypothalamus is located above the pituitary gland, with which it is connected by a rod, the pituitary stalk. It provides a dual function control hormonal secretions from the pituitary gland (considered the "leader" of the other glands in the body) and regulation of homeostasis (maintenance of biological parameters of the body). He is also involved in sexual behavior and emotions. It is part of a system called the limbic system (involved in emotion).

Lymphocytes: Lymphocytes are small mononuclear white blood (with only one core). T and B lymphocytes cells are distinguished. T cells are involved in cellular immunity and have a longer life than B lymphocytes whose life is 4 to 5 days and participate in humoral immunity. Lymphopenia is the decrease in lymphocytes, higher lymphocyte is lymphocytosis.

Neutrophil: A term describing cells that have an affinity for neutral dyes. Neutrophils are one of the five main types of leukocytes, or white blood cells. As eosinophils and basophils, these are granule cells. Healthy humans, neutrophils are the most numerous white blood cells: they represent about 60% of the total.

Serotonin: Serotonin is a neuromediator or neurotransmitter (substance transmitting nerve impulses between neurons and between one neuron and a muscle). This substance has a chemical composition of amine type. This means that this substance is derived from an amino acid (building block of proteins) tryptophan (essential amino acid supplied by diet and participating in the formation of proteins in the body).

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Appendix 1 : Brief Assessment Scale of Stressors and Stress

Brief assesment scale of stressors (Cungi 2003)							
Name :		Date :					
		Never	Seldom	A little	Sometime	Very much	Extremely
		1	2	3	4	5	6
<i>Check each box that applies to you</i>							
1	Have I suffered traumatic situations throughout my life (death, job loss, disappointment in love, etc)						
2	Am I going through a traumatic situation? (death, job loss, disappointment in love, etc)						
3	Do I experience a frequent or permanent work overload? And / or am I often caught up in an emergency situation and / or is there a very competitive atmosphere at my work?						
4	My job does not suit me, it does not correspond to what I would like to do or / is a source of dissatisfaction, gives me the impression of wasting my time. It totally depresses me.						
5	Do I have strong family concerns? (Couple, children, parents, etc.)						
6	Am I in debt, is my income too low to support my lifestyle, does it worry me?						
7	Do I have a lot of activities outside work, and are they a source of fatigue or stress? (Associations, sports, etc.)						
8	Do I have a disease? Rate the severity or extent of the inconvenience to you.						
Total per column							
Grand total							

Short-scale evaluation of stress (Cungi 2003)

Name :		Date :					
<i>Check in each box that applies to you</i>		Never	Seldom	A little	Sometime	Very much	Extremely
		1	2	3	4	5	6
1	Am I emotional and sensitive to comments and criticism of others?						
2	Do I get angry or irritated quickly?						
3	Am I a perfectionist, do I have a tendency to be dissatisfied with what I did or others have done?						
4	Is my heart beating faster, am I sweating, trembling, and experiencing twitching in the face or eyelids?						
5	Do my muscles feel tense, or do I feel tension in the jaw, face, or body in general?						
6	Do I have sleep problems?						
7	Am I anxious, am I often worried?						
8	Do I have physical manifestations such as a digestive disorder, pain, headaches, allergies, eczema?						
9	Am I tired?						
10	Do I have any major health problems such as stomach ulcers, a skin disease, cholesterol problems, hypertension, and cardiovascular disorder?						
11	Do I smoke or drink alcohol to stimulate or calm me down? Do I use other products or medications for this purpose?						
Total per column							
Grand total							

Tallying the scales

Tallying the scales of stress and stressors

Stressors scale assessment

- Between 8 and 14, my level of stressors is very low
- Between 14 and 18, my level of stressors is low
- Between 18 and 28 my level of stressors is high
- Over 28, I am subject to a very high level stressors

Stress scale assessment

- Between 11 and 19, my stress level is very low
- Between 19 and 30, my stress level is low
- Between 30 and 45 my stress level is high
- Above 45, I am subject to a very high level of stress

Four scenarios are possible:

	High stressors	Low stressors
High stress	1 High stressor score High stress score	4 Low stressor score High stress score
Low stress	2 High stressor score Low stress score	3 Low stressor score Low stress score

1 High stressor score : High stress score

In this case, I am probably very tense, psychologically and physically. I am almost always on the alert and often irritable.

Advantages:

I am in a state of constant alert, ready for action. I usually defend myself quickly and do not like "things" that linger. I often have several "projects" under way and I tend to treat everything up front.

Disadvantages:

Eventually, sleep problems and fatigue are common, along with difficulties in coping. The use of substances such as tobacco, alcohol, coffee or tranquilizers is not uncommon. Long-term decrease in performance appears: too many things at once are often at the expense of quality. There are often problems with relationships.

Risks:

The main risks are a state of exhaustion, medical problems of which the most common are cardiovascular diseases.

The higher the score on the stress scale the more serious the risk is.

2. High stressor score: Low stress score

-This scenario is beneficial: indeed it is better to remain calm in adversity and the storm... Unless you underestimate your stress condition, which is possible, in which case, the problems are the same as in the high stressors and stress situation.

-The benefits are improved performance and preserved health. These are often the target of an effective stress management program as long as the level of stressors is not increased...

"What goes around comes around!"

3. Low stressors score: Low stress score

-This scenario is beneficial ... unless major stressors appear!

-The "lack of training" to face the new situation generally leads to a state of emotional crisis with a lack of efficiency.

-Also too few stressors and too little stress cause "**passivity syndrome**" characterized by a lack of motivation and interest in many things.

-It is a very good state for a quiet holiday...

4. Low stressors score: High stress score

-No benefits for this scenario!

It is very important to deal with stress in order to adapt the response to external stimuli.

Appendix 2 : Stress Symptoms Checklist

Name :	Surname :	Date :
For each item, circle the number that corresponds with the degree you experience each symptom.		

Physical symptoms	Never	Seldom	Often	Daily
Indigestion	1	2	3	4
Shoulder tension	1	2	3	4
Headaches	1	2	3	4
Jaw clenching	1	2	3	4
Racing heartbeat	1	2	3	4
Changes in appetite	1	2	3	4
Cold, sweaty palms	1	2	3	4
Constipation or diarrhea	1	2	3	4
Total				
Psychological/Emotional symptoms	Never	Seldom	Often	Daily
Difficulty concentrating	1	2	3	4
Insomnia	1	2	3	4
Feeling nervous	1	2	3	4
Increased alcohol use	1	2	3	4
Feeling rushed	1	2	3	4
Feeling sad or hopeless	1	2	3	4
Forgetting important things	1	2	3	4
Increased use of TV or computer	1	2	3	4
Total				
Social symptoms	Never	Seldom	Often	Daily
Decreased interest in sex	1	2	3	4
Frequent arguments	1	2	3	4
Feelings of hostility	1	2	3	4
Impatience with others	1	2	3	4
Lack of interest in socializing	1	2	3	4
Avoiding friends	1	2	3	4
Feeling jealousy	1	2	3	4
Withholding affection	1	2	3	4
Total				

For each group of symptoms, use the following score ranges as a general guide:

8-14 Stress is creating few problems for you in this area. That doesn't mean you don't perceive stress or need to learn to manage it. You may simply be in a relatively stable, comfortable time in your life.

15-19 Stress is starting to show up in your body, mind, or relationships. It might not be serious now, but it will be helpful to learn some solutions to stress so you can get these symptoms, in their early stages, under control. This will help you avoid the health consequences of stress over time, and add to your enjoyment of life.

20-25 Stress is becoming a problem for you. If you scored any group of symptoms in this range, you could be at risk for illness or relationship problems. Now is the time to start managing your stress. If you feel overwhelmed by the thought of doing this on your own, you might benefit from help.

26-32 You are likely very aware that stress is a problem for you. You may be having health problems already. It's important that you make a new commitment to caring for your health and your relationships.

✓	Symptoms of acute stress reaction
	Rapid heart beat
	Rapid breathing
	Pallor or flushing, or alternating between both
	General effect on the sphincters of the body
	Dry mouth
	Tunnel vision
	Shaking

Appendix 3: Thought Record Sheet

Self-observation of thoughts sheet						
Situation	Emotions	Automatic thoughts	Clue or evidence for	Clue or evidence against	Alternative thinking	Re-evaluate your emotion
Who, what, when, where? 1. Describe the precise event that produced an unpleasant emotion, ideas, thoughts or memories	How did I feel? 2. Evaluate the intensity of the emotion on a scale 0 to 8	What came to my mind at that moment? 3. Write down the thought that preceded, accompanied or followed that emotion 4. Evaluate the level of belief towards that thought using a scale 0 to 8			What are the most convenient thoughts? What would someone else think in this situation?	How do I feel following this new emotion?

Appendix 4: Identification Guide for Cognitive Distortions

Identification guide for cognitive distortions			
✓	COGNITIONS	DEFINITION	EXAMPLE
1	«ALL OR NOTHING» THOUGHTS	Tendency to categorize in the extremes – black or white good or bad, without nuance. Your vision regarding the situation is limited to 2 categories instead of it being a continuum.	“If I’m not hired it is because I am worthless”, “If I don’t get 20/20 on my exam, it is because I suck” «If I don’t succeed completely, I am a total loser. »
2	EXCESSIVE GENERALIZATION (OVERGENERALIZATION)	Tendency to conclude that when something happens, it will happen for the rest of your life which creates painful rejection. One negative event can influence the behavior of a person who will perceive his life devoted only to failure.	«She didn’t want to go out with me, no one will want to go on a date with me. I’ll be miserable and single for the rest of my life. » «Because I don’t feel comfortable during the meet and greet, I don’t have what it takes to make friends. »
3	THE FILTER (SELECTIVE ABSTRACTION)	Tendency to negatively pick at a small detail of the situation, which influences the person to negatively perceive the whole situation. It is a thought filtering process which distorts the vision of reality.	«Because I got a bad grade on my evaluation (that contains many good grades as well), it means that my work is mediocre. »
4	REJECTION OF THE POSITIVE	Persistent tendency to transform a neutral or even positive experience into a negative one.	« I did well on this project but it does not mean that I am competent, I was just lucky. » «They compliment me but everybody knows that it’s not true, they compliment me in order make me feel happy that’s all. »
5	HASTY CONCLUSION: ARBITRARY INFERENCE A. IMPROPER INTERPRETATION OR THOUGHT READING B. PREDICTION ERROR	A. Tendency to decide arbitrarily that someone has a negative attitude towards us without first validating. B. Tendency to foresee the worst and to convince oneself that the prediction is confirmed by facts. Prediction is considered to be a fact even if there is a minimal chance of realization.	A. “I left him a message but he never called me back, he does not consider me a friend.” Or “My boss was glaring at me, he’s probably thinking of firing me.” B. “I’m going to go crazy.” “This therapy isn’t working, I am incurable.” “I am going to be alone all my life.”

Identification guide for cognitive distortions (cont)			
✓	COGNITIONS	DEFINITION	EXAMPLE
	6 EXAGGERATION (DRAMATISATION) AND MINIMIZING	Tendency to amplify the importance given to our own errors, worries and imperfections. Tendency to diminish the importance of our strengths by belittleling them.	"I made a mistake at work, everyone is going to find out and I'll be completely ridiculed in the eyes of my colleagues. ». Example of minimizing: "I found the solution to the problem but it is simply because I got lucky. »
	7 EMOTIONAL REASONING	Tendency to presume that somber feelings necessarily reflect reality.	« I feel that I am a failure therefore I am a failure. » « I feel guilty, so I must have done something bad. »
	8 THE « I MUSTS» AND THE «I SHOULD»	Tendency to motivate oneself by «I should » or «I shouldn't», as if one has to fight or punish them to convince themselves to do something, which brings up feelings of guilt.	« <i>I should</i> do this ...», « <i>I must</i> do that ...» « He <i>should</i> get here in time ...» "After all I have done for him, he should at least be grateful."
	9 LABELLING AND LABELLING ERRORS	Extreme form of excessive generalization that represents the tendency to label oneself negatively after committing an error. It is also labeling another person when he or she presents an unpleasant behavior. Labeling errors are based on the description of something or someone with inexact, colorful words that are charged with emotions.	«I'm a sore loser» instead of saying: «I missed the 18 th hole» "This person is a monster".
	10 PERSONALIZATION	Tendency to take responsibility of an upsetting event without being the cause. It's the origin of feelings of guilt.	« Whatever is going on is my fault. » « I must be a bad mother. »

Appendix 5: Emotions Guide



Questionnaire of emotional awareness (from Steiner and Perry, 1998, pp 35-40)

You must answer according to you. The purpose of this test is to discover where you are in terms of emotional awareness.

1

- A. I noticed that, sometimes, when I find myself with a very emotional person, I'm strangely calm and without feeling.
- Yes No I do not know
- B. Sometimes when I'm about to interact with people I do not know well, I feel sensations such as palpitations, stomach cramps, lump in his throat or dryness, or shortness of breath, but I do not know why.
- Yes No I do not know
- C. I am sometimes overwhelmed by the emotions that disrupt me and make me confused.
- Yes No I do not know
- D. Sometimes I am conscious of feelings of anger, which ranges from mild irritation to rage.
- Yes No I do not know
- E. If a person is emotional, I'm usually able to identify the emotion they are feeling: fear, joy, sadness, hope, anger...
- Yes No I do not know
- F. I like situations where people experience positive emotions, strong love, hope and joy, such as weddings or at church.
- Yes No I do not know

2

- A. After spending a difficult time with someone, I feel that some parts of my body are numb.
Yes No I do not know
- B. I take over the counter medication to fight headaches, stomach aches, digestive disorders, and body aches that my doctor cannot explain.
Yes No I do not know
- C. I know I have strong emotions, but I am often unable to talk to other people about them.
Yes No I do not know
- D. I am aware of feelings of fear, from fear to terror.
Yes No I do not know
- E. I sometimes feel the feelings of others in my body.
Yes No I do not know
- F. Other people like me because I know how to appease emotional situations.
Yes No I do not know

3

- A. I can easily kill a small animal, like a snake or a chicken without feeling anything peculiar.
Yes No I do not know
- B. I am often nervous and irritable, and I cannot help it.
Yes No I do not know

C. I lie about my feelings because it embarrasses me to talk about.

Yes No I do not know

D. I am aware of experiencing strong feelings of love and joy.

Yes No I do not know

E. I often do things for others because I understand them and cannot say "no"

Yes No I do not know

F. I know how to help people sort through their emotions because I usually understand why they feel them.

Yes No I do not know

4

A. I can be in the presence of someone who suffers physically without it bothering me.

Yes No I do not know

B. My hands are sweaty in the presence of people I do not know.

Yes No I do not know

C. I know I have strong feelings but I do not usually know what those feelings are.

Yes No I do not know

D. I know pretty well what I feel and why.

Yes No I do not know

E. Sometimes the feelings of others are clear to me, and this can be a problem.

Yes No I do not know

F. I am generally able to manage people who have strong feelings and unburden themselves on me.

Yes

No

I do not know

5

A. I almost always a rational person and I have no problem with my emotions.

Yes

No

I do not know

B. I've been in love and, without knowing why, I suddenly lost the feeling.

Yes

No

I do not know

C. I am sometimes overwhelmed by bad mood.

Yes

No

I do not know

D. I generally know what I feel when I have to make an important decision, whether it be fear, excitement, anger or some other combination of emotions.

Yes

No

I do not know

E. In a competition, if I am clearly better, if I win, I feel bad for the other person.

Yes

No

I do not know

F. When I find myself in a room full of people, I recognize the mood of the group (excitement, anger, fright or boredom).

Yes

No

I do not know

6

A. I cry very rarely.

Yes

No

I do not know

B. Sometimes when I watch an advertisement on television, tears come to my eyes and I do not really understand why.

Yes No I do not know

C. Sometimes when I feel bad, I do not know whether I'm scared or angry.

Yes No I do not know

D. I am a person who occasionally feels ashamed and guilty.

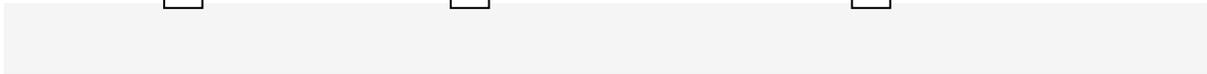
Yes No I do not know

E. I had the opportunity to shoot an animal like a bird, a rabbit or a deer, but I was not able to because I felt sorry for them.

Yes No I do not know

F. I often change my behavior with others because I feel that this will facilitate our relationship.

Yes No I do not know



Interpretation

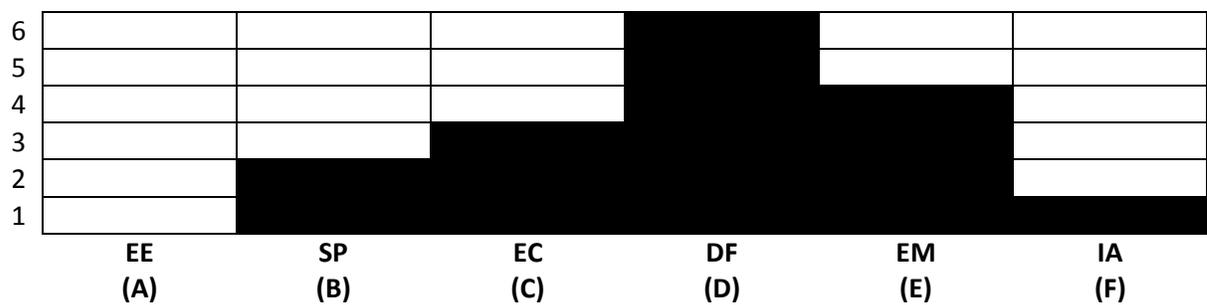
Count all the times you answered "yes" to questions A (from 1 to 6) and put your results in the column on the table below. Do the same for the other questions, B, C, D, E and F.

A	B	C	D	E	F

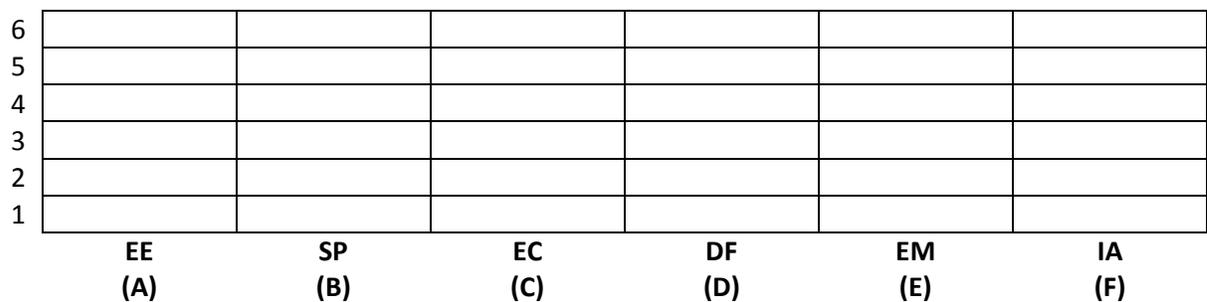
Profile of emotional awareness

To do this fill in the number of squares corresponding to the number of "yes" answers which is according to each of the letters. So if you answered "yes" three times to question C, then you fill in three squares in C.

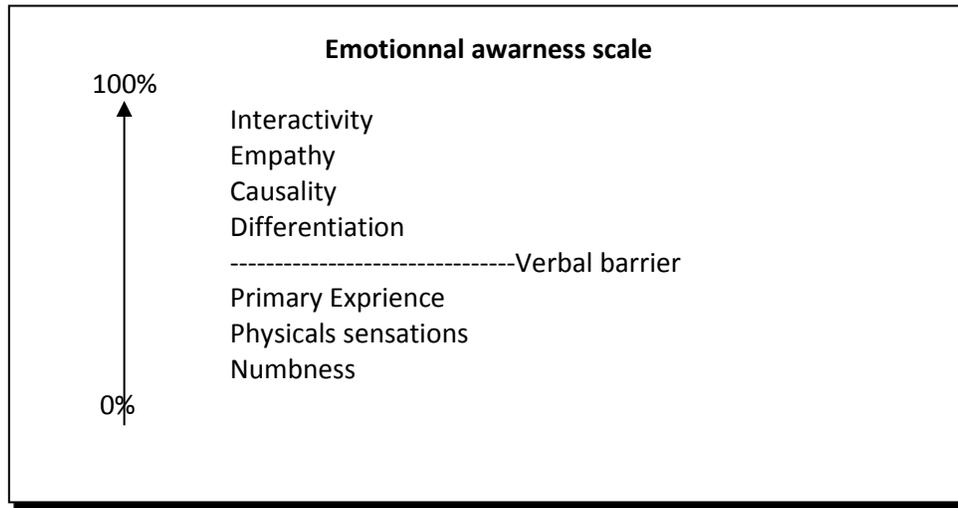
Example:



Your personal profile:



This questionnaire is based on a scale of emotional awareness that goes from "low" to "high" (and therefore 1 to 6 on your chart).



The A questions evaluate emotional numbness (EE), the Bs, the physical symptoms (PS), the Cs, the primary chaotic experience (EC), the Ds, differentiation (DF), the Es, empathy (EM) and Fs, interactivity (IA).

Definitions and explanations of the emotional scale concepts

Numbness: It is when you have no awareness of your feelings

Physical sensations: It is when your emotions have a physical impact (headaches or dizziness, for example) but you are unaware of the emotions themselves.

Primary experience: It is when you are aware of your emotions but you can not identify them. You are unable to speak about or understand them.

Differentiation: It is when, crossing a verbal barrier and talking about your feelings, you learn to tell the difference between anger, love, shame, joy or hatred.

Causality: It is when you can not only distinguish your emotions, but also perceive what causes them.

Empathy: It is when you understand the emotions of others.

Interactivity: It is when you are sensitive to the ebb and flow of emotions around you, and you know how they interact.

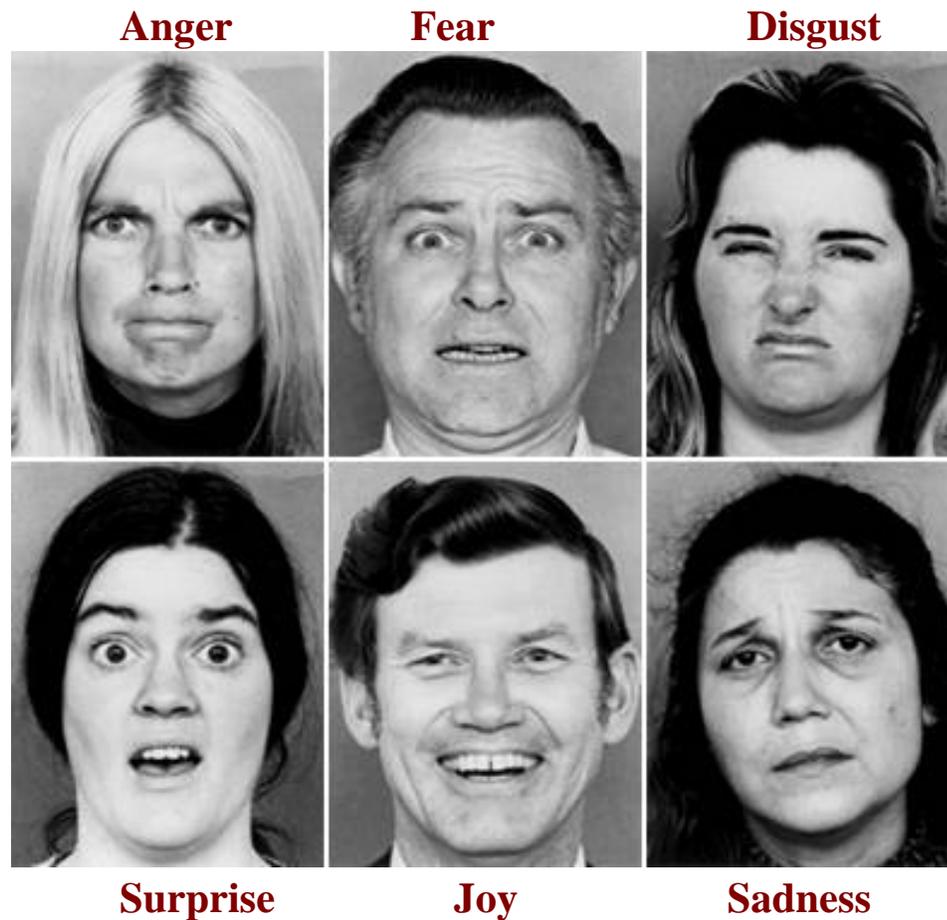
Definition: The emotion (from the Latin motio "action to move, move") is a physical manifestation related to the perception of an event in the environment (external), or in the "mental space" (internal). The emotion was initially an internal event and generates an outward reaction. It is caused by a situation of confrontation and interpretation of this situation. Vast networks of brain structures are involved in the collection, processing and emotion regulation, influencing other psychological phenomena such as attention, memory or language (verbal and nonverbal).

It is important to feel and recognize our emotions as they play a vital role in our balance and our health. In addition, by allowing the natural process of emotion to proceed, we make sure to get the message that the emotion brings us and the ability to modulate and take control of the satisfaction of our needs.

Simple emotions

These are the emotions themselves, in their simplest form. To find out what is important to us, it is necessary to feel them. In it, there are six so-called primary emotions that are innate, that is to say, genetically preprogrammed.

Basic emotions



The simple emotions are the true emotions and are divided into two main classes:

1. **Positive:** they indicate that the need is met
2. **Negative:** they indicate that the need is not met

Each of these classes has three categories:

1. **Need relative to self:** what is the need in question
2. **Relative to the person responsible, to others, the environment:** What or who helps or harms to the satisfaction of needs
3. **In anticipation, in the future:** my reactions to what might happen

	Relative to the need		Relative to the person responsible		Anticipation
	(+) Positive: Indicate satisfaction	approval satisfaction delight wonder enchantment euphoria	joy enjoyment happiness pleasure rapture delight	worship affection benevolence cherish pride tenderness	

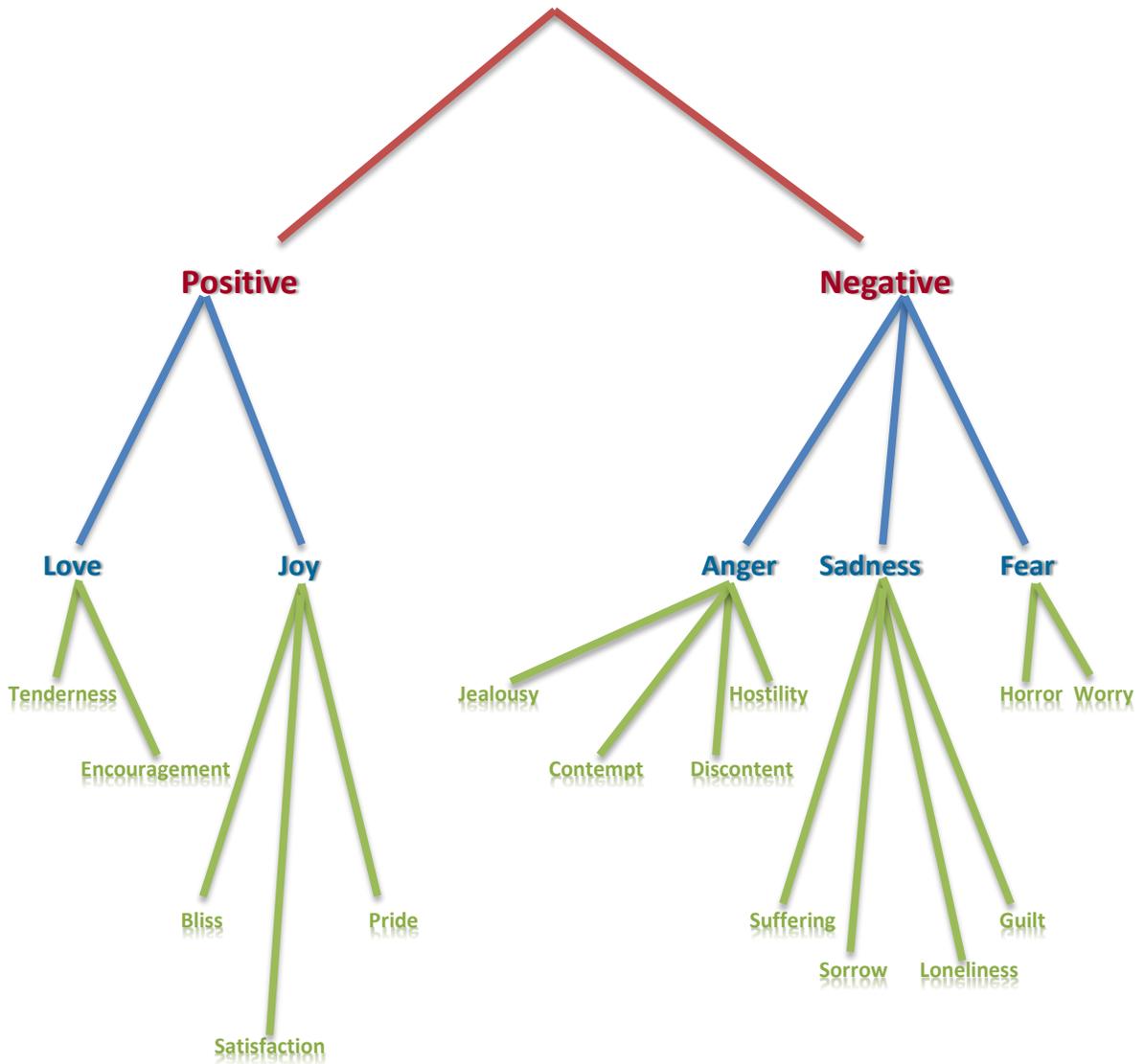
	Relative to the need		Relative to the person responsible		Anticipation
	(-)Negative: Indicate dissatisfaction	Bitterness grief idleness pain boredom	desire discontentment melancholy vague nostalgia pain sadness	aggressive shocked anger disgust hate rabid	exasperation execrate fury hatred impatience rage rebel

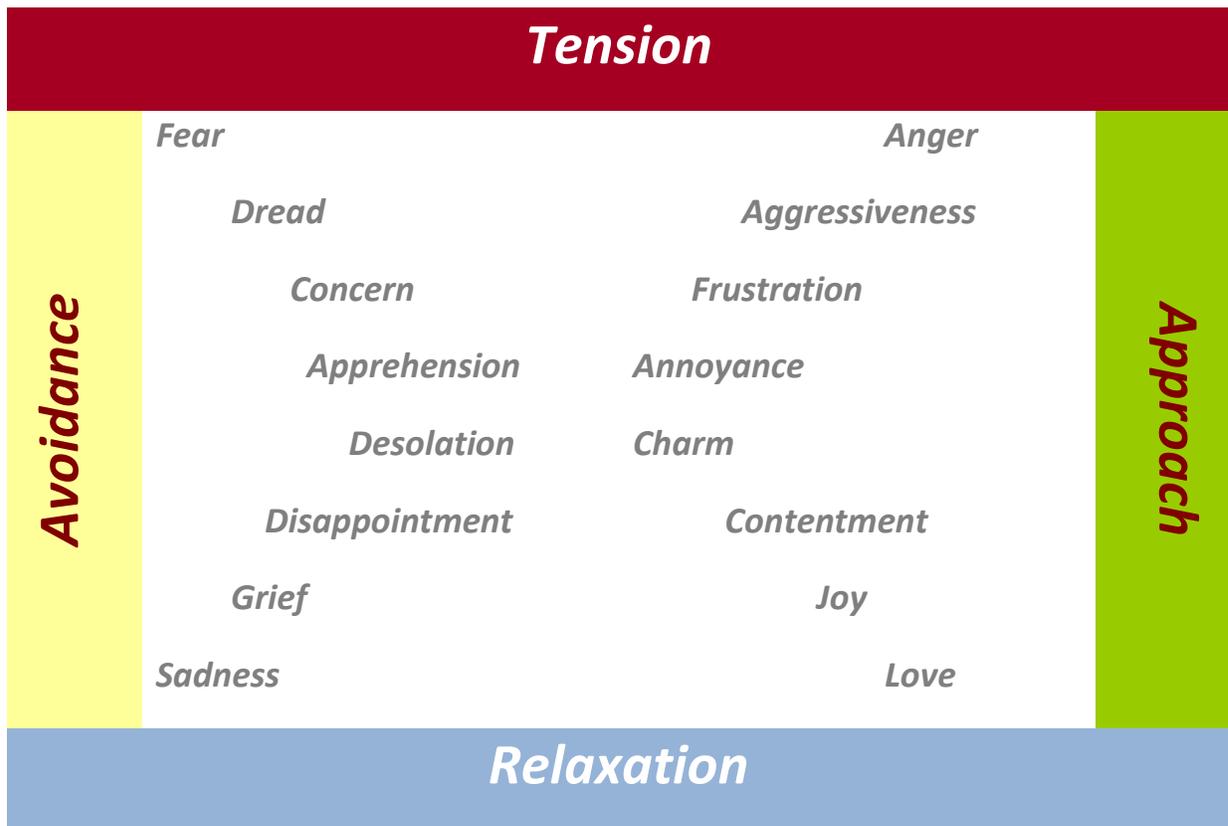
Mixed emotions

They result from learning and offer a defense to avoid feeling the simple emotion. They consist of a combination of several events and emotions in order to cover up and misinform from the basic emotion. They must therefore be decomposed to identify subterfuges and confront them in order to experience the real emotions.

bitterness = anger and disgust love = joy and acceptance guilt = fear and anger revulsion = disgust and surprise concern = fear and surprise	shame = fear, sadness and disgust romantic jealousy jealousy-envy = fear and anger contempt = disgust, anger, rejection	passion = happiness, fear, surprise pity = sadness and anger rancor = fear and anger resentment = sadness and anger satge fright = joy, surprise fear
--	--	---

EMOTIONS





This figure illustrates some of the emotions on two axes. You can notice that when the emotion is closer to the middle, the capacity for balance and adaptation is present. The further away an emotion is from the middle, the more the intensity of the emotion increases. In addition, only one area of the axis remains positive, the "Approach/Relaxation", the other axes become increasingly negative. One of the axes demonstrates the direction of the behavior, either approach or avoidance and the other demonstrates the physical reaction either relaxation or tension. Depending on the intensity of the emotion, the level of tension or relaxation increases as well as the approach or avoidance behavior. The more intense the fear, the more tension and avoidance there will be. The more intense the anger, the more the tension will increase and so will the offensive behavior (approach). The more intense the sadness, the less energy there will be and avoidance will increase as in the case of depression. Inversely, the greater the feeling of love, the greater the approach and relaxation behavior are, thus the importance of learning how to modulate one's emotions.

By grasping the nuance between healthy and unhealthy emotions, gives you particular advantage of being in better spirits to control what you think and your physiological reactions. So, if you identify unhealthy emotion, you are able to confront any erroneous thinking that could produce a negative emotional response. Challenging your thinking errors and correcting them can help you substitute unhealthy negative emotions toward healthy one.

Healthy	Unhealthy
Worry	Anxiety
Sadness	Depression
Annoyance	Anger
Regret	Shame
Disappointment	Hurt
Concern for one's relationship	Jealousy
Acceptance	Envy
Remorse	Guilt

Emotion	Motive	Thoughts	Focus of attention	Behavior / Action trend
Anxiety (unhealthy)	Threat or danger	Have rigid and extreme attitudes. Overestimation of the danger. Underestimated his ability to cope with the threat. Increase the number of threat-related thoughts.	Monitors unduly the threat or danger.	Away physically and mentally from the threat. Uses a superstitious behavior to avoid the threat.
Worry (healthy)	Threat or danger	Has a flexible and preferential attitude. Sees threat realistically. Assesses the ability to realistically deal with the threat. Does not increase the number of threat-related thoughts.	Does not see a threat where there is none.	Confront the threat. Manages the threat constructively. Does not seek any comfort that is not necessary.
Depression (unhealthy)	Loss or failure.	Have rigid and extreme attitudes. Sees only the negative aspects of the loss or failure. Feels powerless. Sees the future in black.	Can not help thinking of past losses/failures. Ruminates over insoluble problems. Focuses on negative events occurring in the world.	Isolates themselves from others. Neglects themselves and their environment. Tries to get rid of their depression in a self-destructive manner.
Sadness (healthy)	Loss or failure	Have flexible and preferential attitudes. Sees both the negative and positive aspects of the loss or failure. Is able to take charge of their life. Is able to look ahead with hope.	Does not think of past losses or failures. Focuses on solvable problems. Focuses on personal strengths and skills. Focuses on positive and negative events occurring in the world in a balanced manner.	Speaks with people who consider their feelings of loss/failure. Continues to take care of themselves and their environment. Avoids self-destructive behaviors.

Emotion	Motive	Thoughts	Focus of attention	Behavior / Action trend
Anger (unhealthy)	There is a breach of one's personal rules or self-esteem is threatened.	Have rigid and extreme attitudes. Starts from the principle that the other person did it on purpose. Believes that he is right and that the other person is wrong. Is unable to see the other person's point of view.	Looks for evidence of malicious intentions in others. Looks for evidence of repeated abusive behavior from others.	Seeks revenge. Attacks the other verbally or physically. Attacks an innocent person, animal or object. Withdraws while showing aggressiveness and sulking. Looks for allies to oppose the other.
Annoyance (healthy)	There is a breach of one's personal rules or self-esteem is threatened.	Have flexible and preferential attitudes. Thinks that perhaps the other person did not do it on purpose. Thinks that perhaps they are both partially right. Is capable of seeing the other person's point of view.	Looks for evidence of lack of malicious intentions in the other person. Does not see an offense where there is none.	Does not seek revenge. Is respected without the need for physical/verbal violence. Does not take it out on innocents. Stands firm and tries to find a solution. (does not sulk) Asks the other not to insult them.

Emotion	Motiv	Thoughts	Focus of attention	Behavior / Action trend
Shame (unhealthy)	Shameful information concerning him was revealed by him or others.	Overestimates the stigma of the information revealed. Overestimates the degree of disapproval of others. Overestimates the duration of disapproval.	Sees disapproval by others where it does not exist.	Flees others to avoid reproach. May attack those who have shamed them in order to save face. May attempt to rebuild self-esteem in a self-destructive manner. Ignores efforts of their social group to return to normal.
Regret (unhealthy)	Shameful information concerning him was revealed by him or others.	Accepts with compassion the information disclosed. Has a realistic view of the degree of disapproval expressed by others. Foresees the term of disapproval realistically.	Focuses on evidence that they are accepted by their social group despite the information revealed.	Continues to have a social life. Meets attempts made by their social group to return to normal.
Hurt (unhealthy)	Mistreated by a person (not deserved)	Have rigid and extreme attitudes. Overestimates the unfairness of the behavior of the other. Thinks the other doesn't care. Feels lonely and forsaken. Can not help thinking of past wounds. Thinks that it's up to the other person to take the first step.	Looks for evidence that the other treats them with no consideration or expresses indifference.	Cuts off communication with the other / sulks. Punishes the other by remaining silent or criticizing without saying why they feel hurt.
Disappoint-ment (healthy)	Mistreated by a person (not deserved)	Have flexible and preferential attitudes. Perceives disloyalty by the other realistically. Thinks that the other person has behaved badly but does not believe that they don't care. Does not feel alone or insensitive. Does not rehash past wounds. Does not wait for the other person to take the first step.	Focuses on the evidence that the other person is not indifferent to the situation and they are concerned.	Express their feelings to the other. Tries to persuade the other to behave more fairly.

Emotion	Motiv	Thoughts	Focus of attention	Behavior / Action trend
Jealousy (unhealthy)	Relationship with spouse is threatened by someone.	<p>Have rigid and extreme attitudes.</p> <p>Overestimates the threat to their relationship.</p> <p>Thinks that their spouse is always on the verge of leaving.</p> <p>Thinks that the spouse is going to leave for someone they find more attractive.</p>	<p>Looks for sexual/sentimental connotations of spouse's conversations with others.</p> <p>Creates an image of infidelity of the spouse.</p> <p>Looks for evidence of spouse's infidelity.</p>	<p>Continually seeks to be reassured about the loyalty and love of their spouse.</p> <p>Monitors and/or restricts the movements and actions of the spouse.</p> <p>Avenges the supposed infidelity of the spouse.</p> <p>Tests and tries to trap the spouse.</p> <p>Sulks.</p>
Concern for the relationship (healthy)	Relationship with spouse is threatened by someone.	<p>Have flexible and preferential attitudes.</p> <p>Perceives the importance of the threat to their relationship realistically.</p> <p>Thinks that it is normal for the spouse to find other people attractive.</p>	<p>Does not look for proof of adultery by the spouse.</p> <p>Does not create an image of infidelity of the spouse.</p> <p>Finds it normal that the spouse is talking with someone else.</p>	<p>Lets the spouse express their love without needing to be reassured excessively.</p> <p>Lets the spouse be free does not monitor them.</p> <p>Lets the spouse express a natural interest for people without imagining any infidelity.</p>

Emotion	Motiv	Thoughts	Focus of attention	Behavior / Action trend
Envy (unhealthy)	Another person has something they would like to have.	<p>Have rigid and extreme attitudes.</p> <p>Regards the desired thing in a negative way in order to try to reduce the attraction.</p> <p>Convinces themselves that they can be happy without the desired thing even if it's not true.</p>	<p>Focuses on a way to obtain the thing they want without taking into account the consequences.</p> <p>Focuses on a way to dispossess the owner of the thing they desire.</p>	<p>Critics the owner of the desired thing.</p> <p>Critics the desired thing.</p> <p>Attempts to steal/destroy the thing they want in order to deprive others.</p>
Acceptance (healthy)	Another person has something they would like to have.	<p>Have flexible and preferential attitudes.</p> <p>Sees both the positive and negative aspects of owning property.</p> <p>Ability to take charge.</p> <p>Able to look ahead with hope.</p>	<p>Knows one's needs versus their desires and accepts that they can not have everything they desire.</p> <p>Focuses on their personal strengths and skills.</p> <p>Focuses on the positive and negative events occurring in the world while maintaining a certain balance.</p>	<p>Respects the owner of the desired thing.</p> <p>Meets their needs without envying the other person.</p> <p>Does not try to have more than the other.</p> <p>Continues to have rewarding and satisfying interpersonal and social relationships.</p> <p>Gratifies themselves daily.</p>

Emotion	Motiv	Thoughts	Focus of attention	Behavior / Action trend
Guilt (unhealthy)	Violates their moral code (by not doing something or by committing a sin), hurts or offends a partner.	Have rigid and extreme attitudes. Thinks they have really committed a sin. Thinks they deserve to be punished. Ignores extenuating circumstances. Ignores the potential liability of others for the committed sin.	Looks for evidence that others accuse them of having sinned. Looks for evidence proving the existence of a punishment.	Wishes to escape feeling guilty using counter-productive methods. Asks for forgiveness. Promises they will never sin again. Punishes themselves physically or deprives themselves. Attempts to deny any legitimate responsibility for their misdeeds in order to appease feelings of guilt.
Remorse (healthy)	Violates their moral code (by not doing something or by committing a sin), hurts or offends a partner.	Have flexible and preferential attitudes. Puts their actions into context and considers with comprehension before judging whether or not they have committed a sin. Rightfully assumes the responsibility for the committed sin. Takes into account extenuating circumstances. Does not think that punishment is necessary and/or is imminent.	Does not look for evidence that others are taking responsibility for the sin committed. Does not look for evidence of a punishment.	Confronts the pain that accompanies healthy consciousness of having sinned. Asks for forgiveness. Atones for the sin by accepting punishment and/or by undertaking the necessary corrections. Does not tend to be defensive or make excuses for their bad behavior.

Hierarchical structure of the emotional fields.

		<i>Love</i>	<i>Joy</i>	<i>Surprise</i>	<i>Anger</i>	<i>Sadness</i>	<i>Fear</i>
<i>Light</i>	1	<i>Aspiration</i>	<i>Relief Fun Bliss</i>	<i>Uncertainty</i>	<i>Torment Envy Annoyance</i>	<i>Pity Sympathy Sulkiness</i>	<i>Timidity Worry Nervousness</i>
	2	<i>Excitement Desire Lust</i>	<i>Subjugation Rapture Merriment Cheerfulness</i>	<i>Distraction</i>	<i>Jealousy Bad mood Agitation</i>	<i>Isolation Solitude Defeat Insecurity Humiliation Embarrassment Nostalgia</i>	<i>Alarm Tension Discomfort Apprehension</i>
	3	<i>Worship Affection Tenderness</i>	<i>Contentment Pleasure Joviality Rejoicing</i>	<i>Wonderment</i>	<i>Disgust Revulsion Contempt Resentment Irritation Frustration</i>	<i>Regret Displeasure Dismay Penalty</i>	<i>Anxiety</i>
	4	<i>Attraction Compassion Sentimentality</i>	<i>Enthusiasm Zeal Joy</i>	<i>Surprise</i>	<i>Exasperation Ferocity Aversion Reluctance Grudge</i>	<i>To be concerned Guilt Remorse Sadness</i>	<i>Fear Shock</i>
<i>Intense</i>	5	<i>Acceptance Passion Infatuation</i>	<i>Spirit Excitement Chill Glee Satisfaction</i>	<i>Amazement</i>	<i>Anger Hostility Bitterness Acrimony</i>	<i>Despair Gloom Depression Affliction</i>	<i>Dread Fright Hysteria</i>
	6	<i>Admiration Love Adoration</i>	<i>Ecstasy Elation Euphoria</i>	<i>Astonishment</i>	<i>Rage Hatred</i>	<i>Agony Suffering Distress Pain Melancholy</i>	<i>Terror Panic Horror</i>

Inventory of emotions in alphabetical order

A - C	D - E	F - O	P - Z
abandoned abhor absent admiration adore affection (affectionate) aggressive agitated agitation alive amazed ambivalent anger anguish anxiety apathy (apathetic) apprehension apprehension approval arrogant attachement (attached) betrayed bitterness bliss blocked blushing boredom broken burnout calm cherish close closed cold extremities compassion concern confidence confusion consideration contempt crazy	death deception defensive delight dependent depreciate depressed desire despair different diminish discarded discomfort discontent discouragement disgust distant distrust disturb dizziness doubt dread ecstasy ejected embarrasement empty enchanted enjoyment enthusiastic envy esteem euphoria evaluated exasperation excessive excessive perspiration excitement excitement excluded	fainting fear fed up feeling blue fiendship forsaken fright frozen frustrated funny fury gentle gratitude grief guilt happiness happy harmonious hate hatred headache horror-panic hostility humiliation idleness impatience impulsive indifferent inferior injured insecurity intimidated invaded invasive irritated jealousy-envy joy judged kind laziness loathe lost love loved lump in the throat madness manipulated manipulation melancholy migraine (tension) misunderstood	pain panic panic attack paralyzed passion patient persecuted perturbed pessimistic pity pleasure positive powerless pride put down rabid rage rancor rapture reasonable rebel recognition refused regret rejected repelled resentment reserved rested restlessness ridiculous romantic jealousy sadness satisfaction satisfaction scare secluded selfishness sensual serenity (serene) shame shy sigh softness solitude (alone) sorrow stage fright strange stressed strong stuck

A - C	D - E	F - O	P - Z
		<p> nausea negative nervousness (nervous) nice nostalgia numbness offended (anger) open optimism </p>	<p> studder suffocation superior surprised sympathy tenderness terror tired trapped tremor twitch uneasiness (discomfort) unwanted vanity various tensions victim violence voluptuous wavering weak withdrawn </p>

Source: Guide des émotions. Michelle Larivey, psychologue.

<http://www.redpsy.com/guide/index.html#fiches>

<http://www.agoravox.fr/actualites/technologies/article/on-ne-construit-pas-de-savoir-dans-31175>

Appendix 6: Cope Questionnaire

COPE Questionnaire (Charles Carver 1997)

Rate how often you use each of the following possible ways of dealing with stressful events in your life. It may be that you use different approaches for different types of stress. Try to answer based on how you generally respond to most of the stresses you face each day.

Question	Never	Seldom	Often	Frequently
1. I turn to work and other activities to take my mind off things.	0	2	3	4
2. I concentrate my efforts on doing something about the situation that's bothering me.	0	2	3	4
3. I say to myself, « This isn't real »	0	2	3	4
4. I consume alcohol or drugs to make myself feel better.	0	2	3	4
5. I ask for emotional support from my family and friends.	0	2	3	4
6. I take initiative to make the situation better	0	2	3	4
7. I refuse to believe that it has happened.	0	2	3	4
8. I say things to vent my unpleasant feelings.	0	2	3	4
9. I ask for help and advice from ther people	0	2	3	4
10. I consume alcohol and drugs to help me get through it.	0	2	3	4
11. I try to see it in a different light, to make it seem more positive.	0	2	3	4
12. I try todevelop a strategy on how to go about it.	0	2	3	4
13. I try to be comforted and understood by someone.	0	2	3	4
14. I look for something positive in what's happening to me.	0	2	3	4
15. I distract myself from the situation by watching TV, shopping, reading, daydreaming, sleeping.	0	2	3	4
16. I accept that this has in fact happened and it is reality.	0	2	3	4
17. I express my negative feeling.	0	2	3	4
18. I try to find comfort in my religious or spiritual beliefs.	0	2	3	4
19. I try to get advice or help from other people about what to do.	0	2	3	4
20. I try to learn to live with it.	0	2	3	4
21. I reflect intently about the initiatives I should take.	0	2	3	4
22. I pray or meditate	0	2	3	4

Calculate your scores for each coping strategy and record them in the appropriate space.

0 You never use this strategy

2 to 3 you seldom use this strategy

4 to 6 you often use this strategy

7 and more, you frequently use this strategie

Question	Total	Sorte de stratégie
1 and 15		<i>Diversion</i>
2 et 6		Action
3 et 7		<i>Denial</i>
4 et 10		<i>Substance abuse</i>
5 et 13		Emotional support
9 et 19		Social support
8 et 17		<i>Venting</i>
11 et 14		Positiveness
12 et 21		Planning
16 et 20		Acceptance
18 et 22		Transcendence

Avoidance strategies

Avoiding, or all other strategies that prevent you from confronting the problem and to solve it is harmful on the emotional, psychological and physical plans which you will see below.

The most prevalent avoidance strategy is *diversion*. Diversion is when we do something else to avoid confronting the problem such as consuming alcohol, drugs and, food. Some even provoke disputes to avert the problem. Computers, electronic games, cell phones and many other things can serve as a diversion to avoid reality. Nonetheless, all these diversions can create a dependency and destroy our relationships and professional life. This will result in an increased stress response. Avoidance accentuates problems simply because it prevents us from solving them.

Venting is another form of avoidance. It focuses on the negative emotions and expressing them instead of trying to find a solution to the problem at hand. This strategy creates conflict and leads to distancing from others who could help and support you, which only makes things worse.

Proactive strategies

Since avoidance strategies don't work, what's the alternative? *Be proactive!* That is, anticipate and take action to prevent stressful situations. The first step consists of being prepared by acquiring the resources which allow us to face the vagaries of life (money, solid social network, good planning or being well organised). Another step is to recognise the signs that announce that an obstacle awaits us around the corner. The simple fact of foreseeing this can allow us to evaluate the importance of the threat and the extent of the action to be taken to prevent the situation from degenerating into major stress. Therefore, you are proactive by having taken concrete initiatives.

IMAGINATION EXPOSITION WORKSHEET

Date	Scenario	Duration (min)	Have you managed? If so, how?	Anxiety 0 à 10/10 a. before b. maximum c. after
				a. _____ b. _____ c. _____
				a. _____ b. _____ c. _____
				a. _____ b. _____ c. _____
				a. _____ b. _____ c. _____
				a. _____ b. _____ c. _____
				a. _____ b. _____ c. _____
				a. _____ b. _____ c. _____
				a. _____ b. _____ c. _____
				a. _____ b. _____ c. _____

Appendix 8 : Hierarchy of Anxiety-Provocation and Avoidance

Hierarchy of Anxiety-Provocation and Avoidance

Name: _____ Date: _____

Please rank your anxiety-provoking and avoidance situations in order from least to most distressing. In the last column, note how upset each situation makes you, from 0 (no distress) to 10 (maximum distress).

Rank	Situation	Avoided yes/no	Distress (0-10)

Appendix 9: Grid of Anticipation and Evaluation of Actions

Anticipation of action grid					
Description of the action	Type of emotion and intensity 0 to 100	Level of pleasure 0 to 100	Feeling of capability to accomplish the task 0 to 100	Rank the actions in order from easiest to hardest to accomplish	Date of completion
				1.	
				2.	
				3.	
				4.	
				5.	
				6.	
				7.	

Evaluation grid of actions performed

Description of the performed action	Type of emotion and intensity during action 0 to 100	Level of pleasure felt during the action 0 to 100	Feeling of capability to accomplish the task 0 to 100	Good calls	Improvement(s)	Date of repetition of the action
1.						
2.						
3.						
4.						
5.						
6.						
7.						

Appendix 10 : Problem Solving Technique

Problem solving technique

Stages	Steps to follow	
1. Be aware of the problem(s)	a) Recognize the presence of one or many important problems and define them. b) Describe the problem (s) in a precise and concrete manner. c) If there are many problems, make a list starting with the most important according to gravity and urgency.	
List of problems/barriers:		
1.		
2.		
3.		
4.		
2. Adopt a constructive attitude.	a) The problem can be considered as a challenge rather than a threat. b) The problem can be an opportunity for personal growth.	
3. Find possible solutions.	Write down spontaneously all the solutions that come to mind without analyzing them right away.	
List of solutions :		
1.		
2.		
3.		
4. Consider the advantages and disadvantages of the solutions.	a) List the short, medium and long term advantages of the solutions found at point 4. b) List the the short, medium and long term disadvantages of the solutions found at point 4.	
Solution 1	Advantages	Disadvantages
Short-term		
Medium-term		
Long-term		

Stages		Steps to follow			
Solution 2		Advantages		Disadvantages	
Short term					
Medium term					
Long term					
Solution 3		Advantages		Disadvantages	
Short term					
Medium term					
Long term					
5. Chose a solution		Chose a solution or a group of solutions.			
6. Know the obstacles and the resources.		a) Recognize the obstacles to overcome. b) Find the available resources.			
		Obstacles	Resources		
7. Determine a plan of action.		a) Produce a detailed plan b) Establish a precise and realistic schedule. c) Start with an easy step. d) Put the plan in action as fast as possible. SPORT objectives (Specific, Positive, Observable, Realistic and Time-bound). Example: I will write my CV and will send it within a week.			
8. Set objectives		SPORT objectives (Specific, Positive, Observable, Realistic and delimiting in Time) Example: I will write my CV and send it within a week.			
List of objectives:					
1.					
2.					
3.					
9. Take action and evaluate the results.			Achieved	To continue	To reschedule
		1			
		2			
		3			

Appendix 11: Are You Motivated?

ARE YOU MOTIVATED?

TAKE THE TIME TO THINK AND ASK YOURSELF THE FOLLOWING QUESTIONS. WRITE DOWN YOUR ANSWERS ON THE SCALE OR IN THE FREE SPACES.

ON A SCALE FROM 0 TO 100:

CONVICTION

To what extent does my mood or my situation have a negative impact on my life?

0 50 100
NO NEGATIVE EFFECT EXTREMELY NEGATIVE EFFECT

To what extent is it important for me to feel better?

0 50 100
NOT IMPORTANT AT ALL EXTREMELY IMPORTANT

To what extent is it a priority for me that things change for the better in my life?

0 50 100
NOT A PRIORITY AT ALL EXTREMELY ELEVATED PRIORITY

If you decide to _____ what good can it bring you?

If your answers are not very elevated, vague or uncertain, you foresee the possibility of maybe making changes but you are still uncertain. You should consider the positive aspects of changing. ([Appendix 112](#))

If your answers are very elevated and you have good reasons to change, **YOU ARE CONVINCED THAT YOU WANT TO CHANGE.**

CONFIDENCE

If you really decide to _____, do you believe that you can achieve it?

0 NOT VERY CONFIDENT 50 100 EXTREMELY CONFIDENT

What would prevent you from _____? (Barriers)

How do you believe you can _____? (Strategies)

If your scores are not very elevated, that you have many barriers or not enough strategies, you must find ways to by-pass these barriers and find action strategies in order to bring changes to your life. ([Appendix 10](#))

*If your scores are elevated and you feel that you have the capabilities, the knowledge, the tools and the appropriate environment, **YOU ARE SURE THAT YOU ARE ABLE TO CHANGE.** You have had enough and you are willing to dedicate time every day in order to feel better.*

Yes: I found solutions, I make an action plan and I put it in action. Anticipation of actions grid. ([Appendix 9](#))

Appendix 13: Satisfaction of Life's Domains Evaluation.

1 = Not satisfied 2 = A bit satisfied 3 = Moderately satisfied
 4 = Very satisfied 5 = Completely satisfied

	1	2	3	4	5
OBLIGATIONS					
My level of activity vs. my level of energy					
My level of activity vs. my ability to manage time					
My balance vs. my hobbies					
Activity vs. relaxation					
Social life vs. family life					
Social contact vs. solitude					
HABITS					
Physical hygiene					
Exercise					
Relaxation					
Nutrition					
Sleep					
Personal hygiene					
Posture					
Clothingt					
Physical health					
Psychological hygiene					
Contact with self					
Management of interpersonal relationships					
Management of emotions					
Self-discipline					
Self-perception					
Satisfaction of my needs					
Accepting criticism					

1 = Not satisfied 2 = A bit satisfied 3 = Moderately satisfied
 4 = Very satisfied 5 = Completely satisfied

	1	2	3	4	5
LIFE SECTORS					
Life as a couple					
Emotional intimacy					
Mutual engagement					
Feeling of love					
Sexuality					
Social life					
Parent- child relationship					
Sibling relationship					
Relationships with other members of the family					
Friendship					
Other personal relationships					
Spirituality					
Work					
Work habits					
Tasks to accomplish					
Work conditions					
Relationship with my colleagues					
Relationships with my boss or bosses					
Hobbies					
Satisfaction of my interest (hobbies, passions)					
Sports					
Social activities (movies, reading, night out ...)					

1 = Not satisfied 2 = A bit satisfied 3 = Moderately satisfied 4 = Very satisfied 5 = Totally satisfied

Domains	1	2	3	4	5	Describe your satisfactions and dissatisfactions	Change objectives SPORT (Specific, Positive, Observable, Realistic and Time-bound) Example: I will write my CV and send it next week.	Due Date	Evaluation/ readjustment
Obligations									
Hygiene/physical health									
Hygiene /psychological health									
Life as a couple									
Family life									
Social life									
Spirituality									
Work/studies									
Living conditions (housing, food, hobbies...)									
Social life /hobbies									
Other:									

Appendix 14: Evaluation of Needs

Needs	1 = Not satisfied 2 = A bit satisfied 3 = Moderately satisfied 4 = Very satisfied 5 = Completely satisfied					Change objectives :SPORT (Specific, Positive, Observable, Realist et limited in Time) Example : I will write my CV and send it next week.	Due Date	Evaluation/ readjustment
	1	2	3	4	5			
Physiological								
Security								
Belonging/ Relationship with others/ Affection								
Self esteem								
Self fulfillment Autonomy Competence								
Inclusion								
Control								
Other:								

Criteria to satisfy a need

- An **adequate response** to a real need always increases our vitality
- An **inadequate response** to a real need does not increase our vitality
- An **adequate response** to a false need does not increase our vitality
- An **excessive response** to a need causes a reaction of revulsion

Appendix 15: Table of Values/Desires

Table of values /desires

Needs are what it takes to make me feel good about myself. Needs are essential to the physical and psychological well being of the individual. Value is a measure of importance that I grant to; an interest for someone, for something, or find beneficial. It encourages you to act in a certain way to maintain a state of wellbeing or happiness. A situation is judged to be negative if it opposes our values and positive if it agrees with our values. If your choice is not realistic, imposed, based on appearances and performance, it does not allow a positive result of feeling happy or well. Your values will be your items A. Desire is envy, or the fact of wanting something. It is not necessary, it is short lived, it is changing and subjective, they will be part of items B and C.

Healthy Values	Unhealthy values
Flexible (exceptions)	Rigidity (general, no exceptions)
Personal (examine and verify)	Interjected (Accepted from the outside without thinking)
Realistic (based on consequences)	Unrealistic (based on what should be good)
Improve life (recognizes needs and feelings)	Resticts life (ignores needs and feelings)

Chose your values/ desires:

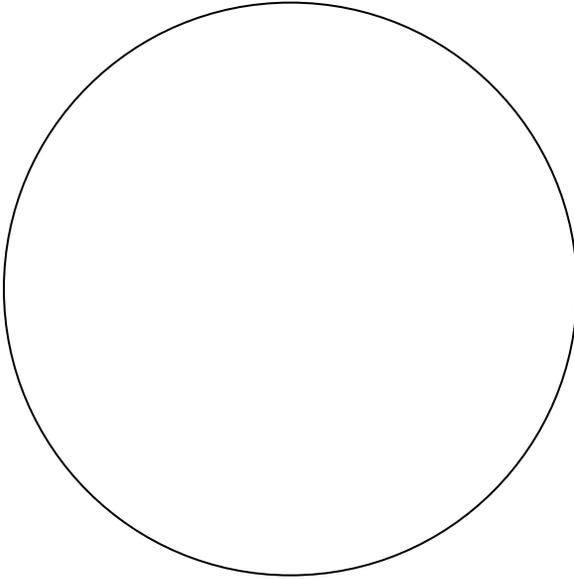
- D. Indispensable to my personal and professional life
- E. Desirable, but not that essential
- F. A bit important

Physical	A	B	C	Morals	A	B	C	Intellectual	A	B	C
Comfort				Sincerity				To learn			
Health				Honesty				To realise			
Activity				Attention				To create			
Physical appearance				Sharing				To teach			
Life conditions				Niceness				To find solutions			
Level of energy				Timidity				Communicate			
Hobbies				Help/support				Artistic activities			
Money				Success				Success			
Environment				Reward				Service			
Nature				Motivation				Liberty			
Atmosphere				Liberty				Autonomy			
Paths				Choice				Equality			
Work conditions				Security				Education			
Vacations				Prestige				Innovation			
Family				Confidence				Diversity			
Friendship				Respect				Decisional power			
Diversity				Fidelity				Open minded			
Team work				Competence				To guide			
Employment stability				Responsible				Wisdom			
Productivity				To be appreciated				Competence			
Prosperity				World peace				Imagination			
Happiness				Equality				Logic			
Inner peace				Friendship				Self control			
Ambition				Open minded				Discipline			
Courage				Indulgence							
Independence				Tenderness							

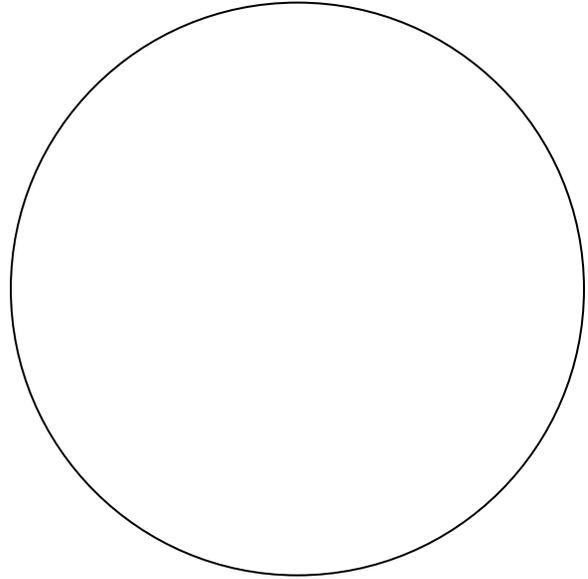
Appendix 16: Relaxation techniques

2 From the values you picked, chose five most important ones to place in the circle. Divide the circle in slices proportionately to the importance you give to each value. Do the same for your desires.

Circle of values



Circle of desires



Why Practice Relaxation

There are many of good reasons to practice relaxation.

First of all, it can reduce anxiety and tension felt in the body. Therefore, the person feels less fatigue since relaxation enables you to use less energy.

Cardiac Coherence

- Take two slow, deep breaths while being aware of your breath at the end of the exhalation. Pause (10 to 15 seconds) before inhaling.
- Imagine that you are breathing through your heart. (Central area of the chest)
- Continue to breathe slowly and deeply, while you visualize and feel each inhalation and exhalation.
- Imagine that the inhalation brings all the oxygen that your heart needs and that the exhalation allows you to dispose of the waste that it no longer needs.

Connect with the warm or expanding sensation that develops in your chest. Encourage and lead the breath with your thoughts. Extend this sensation throughout your body and all around you.

Yoga

These techniques can be practiced as daily exercises and allow to diminish anxiety quickly.

Egg posture

- Kneel down, into a ball and place your forehead on your knees.
- Stretch your arms backwards to the ground.
- Lean your head forward.
- Take 10 deep breaths.

Rocking

- Lie down on your back.
 - Bring your knees to your chest.
 - Hold your knees with your arms.
 - Raise your head.
 - Sway your body from left to right and front to back ten times.
- This technique can be used in many different places and at any time of the day.
- Sit or lay down comfortably.
 - Smile and breathe through your nose.
 - Straighten your head and back.
 - Inhale deeply (approximately 5 seconds) and allow air to reach your lower abdomen.
 - Hold your breath (10 to 20 seconds)
 - Exhale slowly.
 - Hold without breathing (10 seconds).
 - Repeat this exercise 2 to 10 times.

Muscle Relaxation

This technique makes it possible to reduce the tension in your arms and legs, to relax the body, and to concentrate on one thing at a time.

- Lie down comfortably on your back.
- Raise one arm and tighten your fist.
- Release your fist and lower your arm.
- Repeat the exercise with your other arm, then both arms.
- Repeat the exercise with one leg, then the other, then both legs.
- Take deep breaths.
- Note the feeling of heaviness in your arms and the legs.
- Perform this tension and relaxation technique with each part of your body.

Feel your body to relax and become lighter and lighter.

Stop Thinking Technique

To reduce the stress and the anxiety, create a diversion in your brain in order to allow you to regain control of your thoughts.

- + Think of an image, a song, music, a person, or a place. Count things, notice the color of things, count backwards, count your change, cars; do a crossword puzzle, dance, etc.

Relaxation Techniques

+ This will create a diversion by drawing your brain's attention to another thought.

+ Take advantage of this diversion by calming your physiological reaction by taking a quick breath.

Do not let your anxious thoughts invade you and waste your life. React by trying to change them.

Servan-Schreiber, David. *Calmer : le stress, l'anxiété et la diversion sans médicaments ni psychotropes*. Éditions Robert Laffont, Paris, 2003.

Monneret, Simon. *Savoir se relâcher*. Les encyclopédies du mieux-être, CPEL, Paris, 1977.

Prepared by:

Gérard Lebel Inf. Esc. MEd.

Translate by:

Valérie Hébert & Julia Fina



**Calm, rest,
relaxation...**

EFFECTS AND DANGERS OF PSYCHOACTIVE MEDICATIONS

The effects of psychoactive medications vary with their chemical composition, the doses in which they are taken, and the sensitivity of the person taking them.

Taking other psychoactive substances in combination with medications can be dangerous, especially since little is known about certain interactions. For example, alcohol can potentiate or cancel the effects of each of the substances taken. The effects of psychoactive medications vary depending upon the category to which they belong. The main categories of psychoactive medications are as follows:

1. anxiolytics and sedatives
2. hypnotics or sleeping pills
3. antidepressants
4. antipsychotics
5. mood stabilizers

1. Anxiolytics and sedatives

Anxiolytics and sedatives are central nervous system **depressants**. They reduce anxiety and its symptoms (muscle tension, agitation, etc.) while calming and tranquilizing the user. However, not all patients who are experiencing anxiety necessarily need to be treated with these medications.

The anxiolytics and sedatives that are prescribed most often, especially for long-term treatment, belong to the benzodiazepine family. The benzodiazepines preferably used as anxiolytics are alprazolam (Xanax[®]), bromazepam (Lectopam[®]), chlordiazepoxide (Apo-Chlordiazepoxide[®]), clorazepate (Trauxene[®]), diazepam (Valium[®]), lorazepam (Ativan[®]), and oxazepam (Serax[®]).

These medications can cause short-term memory loss, diminished alertness, diminished reflexes, and sleepiness. These effects make it dangerous to drive a vehicle or to operate machines or equipment that require especially close attention. These substances are also known for the risks of physical and psychological dependence that they entail. They are often taken in massive doses or together with other

substances and lead to a form of drug addiction that is hard to overcome.

The other medications that may be used as anxiolytics or sedatives are the barbiturates, buspirone (BuSpar[®]), chloral hydrate (Chloral Hydrate-Odan[®]), and zopiclone (Imovane[®]).

2. Hypnotics or sleeping pills

These are central nervous system **depressants**, which are used to induce or maintain sleep. They can therefore make people less alert when awake. The hypnotics that are prescribed most often, especially for long-term treatment, belong to the benzodiazepine family.

The benzodiazepines mostly used as hypnotics (sleeping pills) are flurazepam (Dalmane[®]), nitrazepam (Mogadon[®]), temazepam (Restoril[®]), and triazolam (Halcion[®]). These benzodiazepines have the same properties as the others mentioned before. They are often abused, when people take them in massive doses or together with other substances.

In appropriate doses, the other benzodiazepines previously described as anxiolytics and sedatives can also be used as sleeping pills. Non-benzodiazepine hypnotics include barbiturates, chloral hydrate (Chloral Hydrate-Odan[®]), zaleplon (Starnoc[®]), and zopiclone (Imovane[®]).

3. Antidepressants

Antidepressants are another class of psychoactive medications. Some antidepressants act directly or indirectly on neurotransmitters, in particular serotonin and norepinephrine. Antidepressants are prescribed to treat depression, characterized by a marked lack of interest or pleasure in life, sleep disturbances, agitation or apathy, unexplained sensations of fatigue or loss of energy, excessive feelings of guilt or worthlessness, and a reduced ability to think and concentrate.

Antidepressants can have undesirable side effects, including reduced alertness, sleepiness, and excitation.

These medications should be used only for cases of depression diagnosed by a physician and are not generally prescribed for temporary problems.

Antidepressants do not create a significant physical **dependence**. However, if treatment needs to be stopped, the dosage should be reduced gradually to avoid symptoms such as dizziness, nausea, and sudden recurrence of the depressive symptoms themselves. Ideally, this process should be done under medical supervision.

4. Antipsychotics

Antipsychotics are a class of psychoactive medications that are used mainly to treat psychoses (mental illnesses that affect behaviour), such as schizophrenia.

Treatment for these illnesses is typically long-term, and the patient's psychological and social care is just as important as any medication prescribed.

As with any other medication, it is not recommended to stop using a prescribed antipsychotic without consulting a physician.

Antipsychotics do not create **dependence**.

5. Mood stabilizers

Mood stabilizers are medications that are used to treat bipolar affective disorder, formerly known as manic-depressive psychosis. These medications facilitate the regulation of mood in people who are experiencing the alternating manic and depressive phases of this disease.

The prototype of this class of medications is lithium (Carbolith[®], Duralith[®], Lithane[®]).

Lithium is of limited effectiveness in some patients and displays significant toxicity. Two good alternatives to lithium are valproic acid (Depakene[®], Epiject I.V.[®]) and carbamazepine (Tegretol[®]).

Lastly, quetiapine (Seroquel®) and risperidone (Risperdal®) are used specifically to treat manic episodes of bipolar disorder and olanzapine (Zyprexa®) to treat manic or mixed episodes in bipolar affective disorder.

A FEW TIPS

- Psychoactive medications should not be taken again without a new prescription from the doctor, and are not appropriate for others to use: a prescription is specific to the patient to whom the drug has been prescribed.
- A medical consultation does not necessarily end with a prescription for medications such as anxiolytics, sedatives or hypnotics.
- An anxiety state is not automatically treated with anxiolytics, sedatives or hypnotics. The doctor knows whether this state is an illness or a temporary problem and will recommend appropriate solutions accordingly.
- Patients must faithfully follow a doctor's prescription and avoid using alcohol or other drugs while being treated with psychoactive medications.
- Taking alcohol or other central nervous system depressants while being treated with benzodiazepines entails certain risks, because this combination can potentiate the depressant effects, thus causing mental and physical deterioration.

PSYCHOACTIVE MEDICATIONS AND DEPENDENCE

Though some psychoactive medications do not cause any physical dependence, all of them can create a psychological dependence in some individuals. Benzodiazepines, in particular, can cause both physical and psychological dependence.

When people take more of a psychoactive medication than their doctor prescribed, this may mean they are abusing their prescription drugs which is called prescription drug abuse. It can take various forms

Classic prescription drug abuse

This concerns all types of medications, the combination of different medications not being rare.

The user's life is focused on taking the drug. An alternating pattern going from periods of controlled use to periods of excessive use is observed. When trying to understand the reason for this pattern, it is often difficult to distinguish between trying to forget, sleep, relieving anxiety, finding a state of well-being or the need to escape to another psychological state.

Insidious prescription drug abuse

Medications are generally taken following a doctor's prescription and, in light of persisting symptoms or the occurrence of new symptoms, the patient uses more and more medication. The person is always searching for a substance that will provide a cure, and the doctor, while more or less understanding the need for such requests, prescribes new drugs or increases the dose.

The situation is exacerbated when the patient makes his or her own mixture, combining different prescriptions from one or more doctors, for the purpose of self-medication.

In this case, the patient, hooked on the prescriptions, regularly takes large quantities of all kinds of medications. It thus becomes difficult to clearly distinguish the role of the illness from the physical and psychological dependency, the fear of seeing the symptoms reappear and the desire to feel the effect of the medication.

Ressource : www.cqit.ca

Centre québécois de lutte aux dépendances

Drugs : Know the Facts, Cut your Risks

Prepared by :

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PSYCHOACTIVE MEDICATIONS



WHAT IS A PSYCHOACTIVE MEDICATION?

Psychoactive medications are drugs that, when prescribed and used carefully, can reduce or eliminate the suffering caused by psychological conditions such as anxiety, insomnia, depression, psychosis, bipolar affective disorder, etc.

Psychoactive medications are prescribed by physicians. After examining a patient, the doctor diagnoses his or her mental health condition and, if treatment appears necessary, prescribes the most appropriate treatment for it.

Many people use psychoactive medications, with or without prescriptions, to cope with the problems of their daily lives. Examples include older people taking medications to deal with loneliness, people who are overworked or overstressed, and people who have gone through a stressful experience.

Sleep disturbances are one of the most common reasons that people see their doctors, and one of the most common conditions for which psychoactive medications are prescribed. Sleep disturbances may be occasional or temporary, but they can become chronic. They may be due to physical causes, psychological causes, or mental illness. Sometimes, however, the person is simply trying to sleep in conditions that make sleeping difficult.

Appendix 18: Naturals health products and mental health

The therapeutic effect of certain substances, such as plants, is not the fruit of chance. The chemical components of these plants, acting on the human organism, are the cause of these effects.

PLANTS & NATURAL HEALTH PRODUCTS ARE NOT WITHOUT RISK!

If a product has an effect, it is because it causes changes in the organism. In the same way as prescribed drugs do, natural health products can have adverse effects, be contra-indicated for certain people or influence, favourably or negatively, the effect of a given medication. Some natural products can even be harmful to health. This is the case with excessive intake of vitamins.

You must always inform your doctor or your pharmacist of the drugs and natural health products you take, whether or not these drugs are prescribed or available over the counter in a pharmacy or any other store.

If you have questions or doubts, before using natural health products, speak with your doctor or your pharmacist.

GINKGO BILOBA

Ginkgo biloba is used to reduce the symptoms of Alzheimer's disease or other types of dementia, to improve memory and concentration, to attenuate symptoms of vertigo and dizzy spells, and to treat circulatory problems in the legs.

WARNING

Ginkgo biloba can have serious interactions with anticoagulants and Aspirin®.

GINSENG

Ginseng is used to reinforce the immune system, to improve well-being and to increase concentration and effectiveness at work.

WARNING

Ginseng can have serious interactions with certain substances, in particular:

- Diabetes drugs (Diabeta®, Diamicron®);
- anticoagulants (Coumadin®);
- and hormone substitutes (Prémarine®, Ogen®).

MELATONIN

Melatonin is used mainly to treat jet-lag symptoms or insomnia. The sale of this product is not authorized in Canada.

WARNING

The effects of prolonged melatonin use are unknown.

St. John's Wort

St. John's Wort has a proven effectiveness in the treatment of mild or moderate depression. However, it does not have any effect in cases of serious depression. This product is also used to increase energy and to treat premenstrual mood variability.

WARNING

- St John's Wort can cause insomnia and agitation.
- St John's Wort can modify the effect of many drugs, in particular:
 - oral contraceptives (contraceptive pill);
 - immunosuppressant drugs (cyclosporine, etc);
 - retroviral agents (Invirase®);
 - Digoxin (Lanoxin®) ;
 - theophylline
 - anticoagulants (Coumadin®, etc);
 - heart drugs or drugs to lower high blood pressure;
 - antidepressants and antipsychotic.
- St John's Wort increases skin sensitivity to sun. <

SAMe

SAMe (S-Adenosyl-L-Methionine) gave encouraging results in treating depression.

WARNING

- SAME can cause a manic episode in people with bipolar disorder.
- SAME has rare side effects, mild digestive disorders. In susceptible people, it is better to start with 200 mg two times a day and gradually increase.

RHODIOLA ROSEA

Preliminary studies have shown that Rhodiola rosea had a positive effect on the central nervous system by stimulating the neurotransmitters (norepinephrine, serotonin, acetylcholine and dopamine) that are related to the following abilities: concentration, memory, mood and learning.

WARNING

- Rhodiola rosea has side effects at high doses. It can cause drowsiness and, more rarely, headaches or stomachaches.

VALERIAN

Valerian is used to improve sleep, to reduce anxiety and stress, and to improve mood.

WARNING

- Valerian can increase the effect of alcohol and certain drugs prescribed against insomnia.
- Cessation of valerian following prolonged usage can induce a

PASSIFLORA

Passiflora (passion flower) is used mainly to calm nervous tension, restlessness and irritability.

WARNING

Because of its sedative effect, do not drive a motor vehicle when taking passionflower. It is counter indicated for pregnant and lactating women. At recommended doses, passionflower is usually harmless. Rarely, nausea may occur.



Natural health products and medications : a risky mix! *Option consommateurs*

Natural health products. Talk to your doctor or your pharmacist about them.
*Collège des médecins du Québec
Quebec Order of Pharmacists*

WWW.PASSEPORTSANTE.NET

GÉRARD LEBEL

INF. CLINICIEN, M.P.S., M. ADM.

Natural's
health products

and mental health



Whether it is drunk black, with milk, espresso, or flavoured, the coffee titillates our taste buds and excites our nervous system. Let us see how it acts on the organism.

A Numbing Stimulant...

Ironically, caffeine decreases the reaction time to visual and auditory stimuli and can slow down the execution of manual duties.

Coffee belongs to the chemical family of xanthine. In the same family, we find the theophylline, which comes from tea and theobromine, which is found in chocolate. These stimulating agents act on various levels; caffeine has a more powerful effect on the brain and the muscles: More precisely, theophylline increases the workload of the heart, bronchi and kidneys. The diuretic effect that occurs leads to the removal of more water from the blood than normally. The effects of theobromine are weaker on the body.

These drinks are all high in purines. These toxins must be eliminated from the body through urine and sweat in the form of uric acid. Uric acid must be diluted with large amounts of liquid to be evacuated and make it less harmful to the mucous membranes of the kidneys and sweat glands. Tea, coffee

and chocolate drinks do not contain enough water for proper elimination. In short, the amount of water used by the body is reduced.

When caffeine is consumed, the most intense effects are felt 30 to 60 minutes after ingestion. At this point in time our heartbeat accelerates, our breathing and our basal metabolism increases and the gastric production of acid is stimulated. The person feels more awake and less tired.

In addition, caffeine ingestion 30-60 minutes before bedtime extends the sleep latency, shortens total sleep time and hinders sleep quality.

The Strongest

The highest concentrations of caffeine come from infused coffee, then instant coffee, iced tea, infused tea, espresso and chocolate.

The content of caffeine depends on several factors, that is to say: the variety of coffee beans or the tea leaves, the agricultural environment, the manufacturing process, the preparation and the consumed portion.

Approximately 60% of caffeine consumed comes from coffee, 30% from tea, and 10% from carbonated beverages (cola).

Cardiac Disease, Hypertension, Ulcers, and Pregnancy

It is said that caffeine acts like a diuretic, stimulates the dilation of the blood vessels, increases the heartbeat, increases the work of the muscles and delays muscular and cerebral fatigue. It stimulates gastric secretions, insomnia, nervousness, and headaches. Furthermore, coffee limits the intestinal absorption of iron and calcium, two nutritive elements which are particularly difficult to fill, especially in the female population. Caffeine creates an addiction and can cause headaches and a feeling of depression among people who decide to limit their consumption of it.

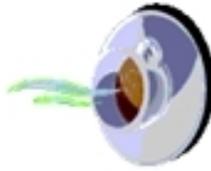
A person who consumes 300 mg of coffee per day risks giving birth to a baby with a low birth weight. Studies have shown that caffeine must be taken moderately if one suffers from cardiovascular problems, hypertension, cancer, osteoporosis, ulcers, gastro-esophageal reflux, insomnia, anxiety, and depression. In addition, it is recommended to pregnant women to reduce or to even avoid caffeine because the caffeine can pass through the placenta of the mother easily, and can then be found in the blood of the child, which is unable to eliminate it himself. It would thus be suggested consuming maximum one coffee per day during a meal. For mothers who breastfeed, it is quite important to reduce or cease caffeine consumption.



Decaffeinated and other alternatives

Chicory and cereal coffees are to be favoured.

These coffee substitutions have no effects on health. They have interesting flavours and are manufactured from chicory roasts, rye, barley extracts, and from the roots of beets. Their taste is far from being comparable with real coffee but they are very flavourful.



Groupe Harmonie Santé,
regroupement de diététistes-
nutritionnistes et professionnels de
la santé du Québec.
www.harmoniesanté.com

www.servicevia.com

GÉRARD LEBEL INF. CARRIÈRE MBS



Separate the Good from the Bad



ALCOHOL

WHAT IS ALCOHOL?

Alcohol is a substance that is produced either through fermentation of plants that have a high sugar content or through distillation.

EFFECTS AND DANGERS OF ALCOHOL

Alcohol is absorbed from the digestive tract into the bloodstream, which carries it throughout the body within minutes.

Alcohol is a central nervous system **depressant**.

Evidence suggests that alcohol consumed at low to moderate levels can benefit the health of some individuals (i.e. men and women 45 years of age and older), for example by reducing the risk of coronary heart disease.

When someone is experiencing acute alcohol intoxication, depending on how much he or she has consumed, it may cause any or all of the following: loss of inhibitions (which in extreme cases can result in a total loss of control); euphoria; diminished alertness and concentration; confusion; disorientation; impaired judgment; altered perception of colours, shapes, sizes and motions; emotional outbursts; aggressiveness and violent behaviour; digestive disturbances (nausea, vomiting); loss of co-ordination; urinary incontinence; etc.

In very serious cases, acute alcohol intoxication can cause hypothermia (a severe drop in body temperature), loss of sensation, loss of consciousness, lack of reflexes, markedly depressed breathing, coma, and death.

The effects of alcohol on the body are proportional to the concentration of alcohol in the blood.

In the brain, alcohol binds to many natural receptors, such as those for glutamate, GABA, serotonin, and nicotine. It also disturbs the functions of the brain's nerve cells by altering the structure of their membranes.

Lastly, alcohol increases the secretion of dopamine in the brain's pleasure centres.

Social risks

- reduced alertness, often resulting in highway collisions and workplace injuries
- loss of self-control, sometimes resulting in violent behaviour, including sexual assaults, murder, and suicide
- vulnerability to violence by others, because people who are intoxicated may find themselves in risky situations they would otherwise avoid, or be in no condition to defend themselves physically.

Health risks

Over the long term, alcohol affects the main vital organs. Chronic abuse of alcohol may result in many different health problems, including:

- neurological diseases and psychological disorders (anxiety, depression, suicide, violence, hallucinations)
- gastrointestinal disorders and diseases of the liver (e.g., cirrhosis) and pancreas (e.g., pancreatitis)

- cardiovascular disorders (e.g. cardiomyopathy)
- blood disorders (e.g. haemorrhaging, anemia)
- metabolic disorders (disturbances in bloodsugar levels; increases in blood uric-acid levels, which can lead to gout)
- hormonal disorders (reduced libido, impotence, infertility, menstrual irregularities)
- reduced resistance to infection and increased risk of cancer (especially of the oral cavity, tongue, oesophagus, pharynx, larynx and liver)

Some points to remember

- If a woman and a man of equal weight were to drink the same amount of alcohol, the woman would end up with a higher blood alcohol concentration and be more vulnerable to the effects of alcohol.
- When you drink alcohol, the more you drink and the more you exceed the limits specified below, the greater the risks you run.
- When alcohol is consumed before, with, or after other legal or illegal substances, the effects can be stronger and the risks may be intensified.
- When alcohol is consumed without eating, it enters the bloodstream much faster and its effects are stronger. So when drinking alcoholic beverages, it is better to eat something.
- Drinking a large amount of alcohol in a short space of time causes blood alcohol concentration (BAC)

to rise significantly. BAC and the intoxicating effects of alcohol can only be reduced with time. The more alcohol consumed, the more time is required. For an example on how to estimate your BAC,

ALCOHOL AND DEPENDENCE

Certain people are at risk of moving on from reasonable, controlled use of alcohol to uncontrolled, excessive use (abuse), dependence, and addiction.

The patterns of excessive alcohol consumption can vary a great deal from one person to the next. Some people may get intoxicated repeatedly over a number of years, but on widely spaced occasions, and never become dependent on alcohol. However, even this pattern is still risky and can involve some dangers.

People who drink too much can become alcohol-dependent and addicted in three stages.

Stage 1

No major harm

The person's work, as well as his or her social and family life remains essentially intact, and physical and mental health is not altered in any significant way.

Stage 2

The person starts having physical or mental health problems, problems in social relationships, problems at work, and problems with the law.

Sometimes, when people start having physical or mental health problems, they will cut back on their drinking, or temporarily stop drinking entirely (abstinence).

Stage 3

Despite the harm caused by the person's drinking, he/she cannot stop or cut back.

Many symptoms may appear, such as trembling, cramps, loss of appetite, and behavioural problems. The person is now considered dependent and addicted to alcohol.

Resource :

www.cqilt.ca

Centre québécois de lutte aux dépendances

Drugs : Know the Facts, Cut your Risks

Prepared by :

Gérard Lebel Inf. Bsc., MPs, MBA

Alcohol and your health



Dietary Chart

Apples	Protects your heart	Prevents constipation	Relieves diarrhea	Improves lung capacity	Protects the joints
Apricots	Prevents cancer	Regulates blood pressure	Fights anemia	Prevents diarrhea	Heals depression and insomnia
Asparagus	Lowers cholesterol levels	Detoxifying and diuretic	Protects against cancer	Protects against heart disease	Remineralizing
Artichokes	Aids digestion	Lowers cholesterol	Protects against heart disease	Stabilizes blood glucose levels	Guards against liver diseases
Avocados	Fights diabetes	Lowers cholesterol	Prevents strokes	Regulates blood pressure	Softens the skin
Bananas	Protects against heart disease	Soothes a cough	Strengthens bones	Regulates blood pressure	Relieves constipation
Barley	Prevents the blood clots from forming	Strengthening, diuretic and digestive	Prevents constipation	Protects against cancer	Reduces harmful cholesterol
Beans (broad bean)	Prevents constipation	Relieves hemorrhoids	Lowers cholesterol	Fights cancer	Stabilizes blood glucose
Beets	Regulates blood pressure	Helps fight cancer	Strengthens bones	Protects against heart disease	Favors weight loss
Blueberries	Fights cancer	Protects against heart disease	Stabilizes blood glucose levels	Boosts memory	Prevents constipation
Bran	Helps fight colon cancer	Prevents constipation	Lowers cholesterol	Prevents strokes	Promotes digestion
Broccoli	Strengthens bones	Helps maintain healthy eyesight	Fights cancer	Protects against heart disease	Regulates blood pressure
Buckwheat	Facilitates blood circulation	Prevents haemorrhaging	Reduces blood pressure	Relieves digestive problems	
Cabbage	Helps fight cancer	Prevents constipation	Favors weight loss	Protects against heart disease	Relieves hemorrhoids
Cacao and Chocolate	Promotes blood circulation	Increases good cholesterol	Fights hypertension	Protects against heart disease	Boosts the digestive system
Cantaloupe	Helps maintain healthy eyesight	Regulates blood pressure	Lowers cholesterol	Fights cancer	Reinforces the immune system
Carrots	Helps maintain healthy eyesight	Protects against heart disease	Prevents constipation	Fights cancer	Promotes weight loss
Cauliflower	Protects against prostate cancer	Helps fight breast cancer	Strengthens bones	Clears bruises	Protects against heart disease
Celeriac (celery root)	Antiseptic	Antirheumatic	Appetizer	Digestive and tonic	Stimulates the adrenal glands
Celery	Lowers blood pressure	Protects against cancer	Helps digestion	Astringent	Alleviates rheumatism
Cherries	Protects against heart disease	Helps fight cancer	Relieves insomnia	Slows the aging process	Protects against Alzheimer's
Chestnuts	Favors weight loss	Protects your heart	Lowers cholesterol	Helps fight cancer	Regulates blood pressure
Cider vinegar	Lowers blood pressure	Attenuates fatigue	Promotes digestion	Relieves arthritis, itchiness, sore throat, and headaches	Treats kidney and bladder infections
Cinnamon	Increases insulin production	Improves intestinal functions	Alleviates pain	Fights bacteria	Fights flatulence
Clementine	Appetizer	Prevents colds	Digestive	Prevents cancer	Source of vitamin C
Coconut	Diuretic	Laxative	Helps digest fat	Protects the heart	High in fiber

Corn	Reduces the risk of <u>cancer</u>	Energizing	Restorative	Reduces cavities in the mouth	Lowers cholesterol
Cranberry	Antibiotic	Antibacterial	Prevents urinary disease	Improves eyesight	Protects against ocular infections
Cress	Antianemic	Antidote for nicotine	Appetizer, detoxifying	Diuretic	Protects against heart disease
Dry beans	Lowers cholesterol	Helps fight obesity and <u>cancer</u>	Protects your heart	Prevents diabetes	Repairs the nervous system
Eggplant	Antianemic	Antirheumatism	Prevents <u>cancer</u>	Lowers cholesterol levels	Boosts the liver and pancreas
Endive	Diuretic	Fights gout	Facilitates bowel movements	Stimulates digestion	Vitamins A, B, C, and minerals
Fennel	Appetizer and diuretic	Fights flatulence	Prevents anorexia	Heals respiratory inflammations	Relieves colics and cramps
Fenugreek	Lowers cholesterol and vermifuge	Relieves neuralgic and arthritic pain	Regulates glucose and fights anemia	Prevents hypertension	Relieves bronchitis, colds and allergies
Figs	Promotes weight loss	Prevents strokes	Lowers cholesterol	Helps fight <u>cancer</u>	Regulates blood pressure
Fish	Protects against heart disease	Boosts memory	Protects the heart	Helps fight <u>cancer</u>	Supports the immune system
Flax	Aids digestion	Fights diabetes	Protects your heart	Improves mental health	Boosts the immune system
Fresh beans	Aids the fetus	Antiseptic	Restorative	Boosts the liver	Boosts the pancreas
Garlic	Lowers cholesterol	Regulates blood pressure	Helps fight <u>cancer</u>	Kills bacteria	Fights yeast infections

Ginger	Anticoagulant Antiseptic	Relieves nausea, vomiting, flatulence and rheumatism	Prevents the formation of ulcers	Relieves the flu and colds	Stimulates digestion
Grapefruit	Protects against heart disease	Promotes weight loss	Helps prevent strokes	Fights prostate <u>cancer</u>	Lowers cholesterol
Grapes	Helps maintain good eyesight	Fights kidney stones	Helps fight <u>cancer</u>	Promotes blood circulation	Protects the heart
Honey	Heals wounds	Favors digestion	Prevents ulcers	Increases energy	Fights allergies
Hot pepper	Aids digestion	Soothes sore throat	Clears the sinuses	Helps fight <u>cancer</u>	Boosts the immune system
Kiwi	Lowers cholesterol	Fights hypertension	Relieves colds	Prevents <u>cancer</u>	Vitamin C
Leek	Destroys bacteria	Diuretic	Astringent	Prevents heart disease	Mineral salts and folic acid
Lemon	Helps fight <u>cancer</u>	Prevents colds and relieves it's symptoms	Treats anemia and vermifuge	Soothes and heals gastric problems	Antirheumatic Antigout Antiarthritic
Lentil	Digestive	Protects your heart	Lowers cholesterol	Rich in minerals	Vitamins A, B, and C
Lettuce	Reduces the risk of <u>cancer</u>	Favors blood coagulation	Protects your heart	Reduces blood pressure and cholesterol	Relieves gout and rheumatism
Lime	Helps fight <u>cancer</u>	Protects your heart	Regulates blood pressure	Softens the skin	Prevents scurvy
Mango	Helps fight <u>cancer</u>	Boost memory	Regulates the thyroid	Favors digestion	Prevents Alzheimer's
Marine algae	Relieves rheumatism	Lowers cholesterol	Prevents infections	Reduces blood sugar	Slows <u>cancer</u>
Millet	Helps heal scars	Balances the nervous system	Fortifying and nutricious	Prevents gallstones	Relieves premenstrual discomfort
Mushrooms	Regulates blood pressure	Lowers cholesterol	Kills bacteria	Helps fight <u>cancer</u>	Strengthens bones
Nectarine	Helps iron absorption	Helps the immune system	Helps fight <u>cancer</u>	Vitamin C, potassium, and fiber	Beta-carotene
Nuts	Lowers cholesterol	Helps fight <u>cancer</u>	Boosts memory	Improves mood	Protects against heart disease
Oats	Lowers cholesterol	Helps fight <u>cancer</u>	Fights diabetes	Prevents constipation	Softens the skin
Oleaginous (nuts)	Lowers bad cholesterol	Fights <u>cancer</u>	Improves bone health	Favors intestinal transit	Prevents heart disease
Olive	Appetizer and laxative	Increases good cholesterol	Reduces the risk of breast <u>cancer</u> (oil)	Prevents heart disease and hypertension (oil)	Reduces the level of harmful cholesterol
Olive oil	Protects your heart	Promotes weight loss	Fights <u>cancer</u>	Fights diabetes	Softens the skin
Onions	Reduces the risk of heart attack	Helps fight <u>cancer</u>	Kills bacteria	Lowers cholesterol	Fights yeast infections
Orange	Supports the immune system	Helps fight <u>cancer</u>	Protects the heart Purifies the blood	Reinforces the Respiratory system	Antihemorrhagic properties
Papaya	Digestive	Prevents heart disease	Firms the skin	Vitamins A, B, C, and minerals	Beta-carotene
Parsley	Atianemic	Antispetic Vermifuge	Prevents flatulence	Protects against <u>cancer</u>	Relieves menstrual discomfort
Parsnip	Reduces the risk of <u>cancer</u>	Facilitates digestion	Protects against congenital malformations	Alleviates rheumatism	Rich in fiber and mineral salts
Peaches	Prevents constipation	Helps fight <u>cancer</u>	Prevents strokes	Helps digestion	Helps relieve hemorrhoids
Peanuts	Protects against heart disease	Promotes weight loss	Helps fight prostate <u>cancer</u>	Lowers cholesterol	Aggravates diverticulitis
Pear	Regulates cholesterol	Protects against colon	Boosts the brain	Mineral salts	Vitamin B and fiber

		<u>cancer</u>			
Peas	Regulates cholesterol	Relieves constipation	Protects against <u>cancer</u>	Prevents cataracts	Relieves colds
Pepper	Prevents cataracts	Protects the immune system	Prevents heart disease	Vitamins B and C	Beta carotene
Pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Relieves diarrhea
Potatoe	Lowers blood pressure	Fights diabetes	Prevents <u>cancer</u>	Relieves rheumatism	Relieves ulcers
Prunes	Slows the aging process	Prevents constipation	Boosts memory	Lowers cholesterol	Protects against heart disease
Quinoa	Fihts fatigue	Strengthens the body	Amino acids	Mineral salts	Vitamin B
Radish	Improves intestinal transit	Antiseptic Appetizer	Reduces the risk of <u>cancer</u>	Prevents heart disease	Relieves coughs (Black radish)
Raspberries	Digestive and antirheumatism	Fights urinary tract infections	Fights inflammation in the mouth	Protects the heart and slows the aging process	Detoxifying and diuretic
Rice	Protects your heart	Fights diabetes	Fights kidney stones	Helps fight <u>cancer</u>	Prevents strokes
Rye	Lowers blood pressure	Prevents atherosclerosis	Prevents heart disease	Vitamins B and E	Mineral salts
Soy	Lowers cholesterol	Prevents heart disease	Reduces the risk of <u>cancer</u>	Eases menopause	Regulates blood sugar
Spinach	Activates pancreatic secretions	Helps fights depression	Protects against <u>cancer</u>	Lowers cholesterol	Cardiotonic and antianemic
Strawberries	Helps fights <u>cancer</u> , constipation	Protects your heart	Boosts memory	Diminishes stress	Alleviates gout
Summer Squash	Favors digestion	Help protect against <u>cancer</u>	Source of fiber	Vitamin A	Vitamin C
Sweet Potatoes	Helps maintain healthy eyesight	Improves mood	Helps fight <u>cancer</u>	Stregthens bones	Lowers blood sugar
Tea	Helps fight <u>cancer</u>	Protects your heart	Prevents strokes	Promotes weight loss	Kills bacteria
Tomatoe	Protects the prostate	Helps fight <u>cancer</u>	Lowers cholesterol	Protects the heart	
Topinambur (Jerusalem artichoke)	Promotes lactation	Prevents hypertension	Energizing		
Turmeric	Antiseptic, Antispasmodic, Vermifuge	Fights osteoarthritis and arthritis	Helps fights <u>cancer</u> and skin disease	Prevents cataracts and Alzheimer's	Relieves arthritis andf diarrhea
Turnip	Hypocaloric	Favors bowel movements	Fights <u>cancer</u>	Mineral salts	Vitamin C
Water	Promotes weight loss	Enables chemical reactions of the body and brain	Prevents kidney stones	Helps fight <u>cancer</u>	Hydrates, eliminates waste and toxins
Watermelon	Protects the prostate	Promotes weight loss	Lowers cholesterol	Prevents strokes	Regulates blood pressure
Wheat	Improves digestion	Favors fetal development	Protects against heart disease	Reduces the risk of <u>cancer</u>	
Wheat germ	Helps fight colon <u>cancer</u>	Prevents constipation	Lowers cholesterol	Prevents strokes	Favors digestion
Winter Squash	Reduces the risk of endometrial <u>cancer</u>	Prevents heart disease	Prevents pulmonary diseases	Relieves constipation	Relieves hemorrhoids
Yogurt	Prevents ulcers	Strengthens bones	Lowers cholesterol	Supports the immune system	Aids digestion

<u>Cancer</u>
Heart
Cholesterol
Blood Pressure
Diabetes

Water: a food?

Since it contains no proteins, carbohydrates or lipids, water is not a food. It does not provide crude energy. However, it is an essential nutrient for life. It is due to water that the body can use energy present in food.

Why drink water?

The body is composed of 60% to 70% of water, according to morphology: thin people have a stronger percentage of it because fat contains very little water.

After oxygen, water is the most important element for life. Water is essential to complete vital processes. The fluids occupy almost all spaces of our body, as much inside the cells than outside. Water:

- maintains the volume of blood and lymphatic liquid;
- provides the saliva which makes it possible to swallow food;
- it's used as lubricant for articulation and the eyes;
- maintains the temperature of the body;
- allows chemical reactions in the cells

- allows the absorption and transport of ingested nutrients;
- allows the neurological activity of the brain;
- ensures the hydration of the skin;
- eliminates waste from the digestive system and the various metabolic processes.

Dehydration involves health problems. The body loses more than one liter per day of body water through urine, and the same quantity through sweat. These water losses must be replaced.

Several disorders may be related to chronic dehydration:

Fatigue, lack of energy, constipation, digestive disorders (poor digestion, heaviness, bloating, pain, nausea, indigestion, loss of appetite), hypertension and hypotension, gastritis, stomach ulcers, respiratory disorders, acid-base imbalance; Excess weight, obesity, eczema, cholesterol, cystitis, urinary infections, rheumatism; premature aging.

According to Pasteur Institute, 8 to 10 glasses of water a day could significantly ease back and joints pain for 80% of people who suffer from these ailments. 2% reduction of water in the human body can cause an

inconsistency in the short-term memory and difficulty concentrating.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45% and can reduce the risk of breast cancer by 79% and the probability of bladder cancer by 50%.

How much water to drink?

In a moderated climate, a person of average size uses more than 2 liters of body water per day, just to ensure the basal metabolism of the organism, (i.e. urine.) The expenditure is more significant:

- in hot weather;
- according to the degree of physical activity;
- during breast feeding;
- in sickness

Each person has their own requirements for water, taking into account their size, the climate and the way they live. To evaluate these needs, the Mayo clinic, in the United States, proposes three approaches that especially include the fact that our food also provides water, with fruits and vegetables, several of them are made up of more than 80% water.



Replacement. Evaluate the quantity of urine excreted per day (one liter and a half approximately in an adult) and add one liter of body water spent for the metabolism (someone fairly active). The loss is 2 liters and a half. As the food provides on average 20% of our water needs, there remains 2 liters to be recovered. One finds it in soups, hot or cold drinks, and, obviously, in drinking water.



Eight glasses of water. Although this often made recommendation is not based on scientific data, it is used as scale. It would be more accurate to say: eight glasses of liquid, because the other liquids contribute to the total water contribution.



Nutritional recommendations. In the United States, the Institute of Medicine recommends men to drink 3 liters daily and 2,2 liters to women.

For her part, Helene Baribeau, nutritionist, recommends: "For men and women who don't exercise, I

suggest drinking from six to eight glasses of water (1,5 to 2 liters.) People who don't eat many fruits and vegetables should consume 2 liters of liquids. As for people who train and perspire intensively, I recommend consuming an additional liter per one hour of exercise."



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Essential to Life



We spend approximately one third of our lives sleeping.

Nonetheless, we still have much to learn about this important part of our lives. The sleep quality that we need is probably the one that makes us feel best. An excess or lack of sleep makes a person irritable or tired.

Almost everyone has a sleepless night once in a while, but this occasional problem is not insomnia. Insomnia is the inability to get enough sleep at night, which reduces a person's efficiency the next day. Studies done on animals have shown that prolonged insomnia can have detrimental effects on the body's growth and ability to recuperate.

The symptoms of insomnia are difficulty falling asleep and waking up frequently or waking up too early in the morning.

Insomnia is a problem related to lack of sleep, difficulty falling asleep and staying asleep. An insomniac person may be completely relaxed, and sleep poorly because of an abnormality in their sleep pattern. Other types of insomnia can be a reaction to the pressures and stresses of everyday life. The wake-sleep cycle seems to become increasingly disturbed as we age. With age, it becomes increasingly difficult to sleep all night or stay awake all day. In addition, many people have trouble maintaining their daily rhythm (respecting the 24 hour cycle) as they age. Aging can also lead to other sleep problems such as sleep apnea, pain, and restless leg syndrome.

Sleep experts categorize insomnia into three types, depending on the cause and duration:

Transient: for example, insomnia due to being hospitalized or travelling by plane to a different time zone.

Acute (short-term): insomnia is generally linked to family or professional problems, serious illness and can last up to three weeks.

Chronic (long-term): some of the root causes are: underlying psychiatric problems, chronic alcohol or drug abuse, alcohol or drug dependence, sleep apnea, restless leg syndrome, or Myoclonia.

Different Types of Insomnia

Insomnia and Sleep Apnea

Sleep apnea is a sleep disorder where the person stops breathing for a period that can range from a few seconds to two minutes, many times during the night. At the end of this period, the person can snore, be startled, and sometimes wake up. As a result of a poor night's sleep, the person feels tired and beat, and may have the impression they suffer from insomnia.

Insomnia Associated with Restless Leg Syndrome

Restless leg syndrome and myoclonia manifest themselves by sudden uncontrolled movements of the legs which prevent sleep. These movements should not be confused with the «hypnagogic jerk» which resembles a jump when we fall asleep. Excessive movements are associated with myoclonia and restless leg syndrome, which can sometimes disturb sleep habits.

Insomnia Related to Medication, Alcohol and Other Substances

Many medications, drugs and alcohol are depressants of the central nervous system and can cause insomnia. By studying users of these depressants of the central nervous system (tranquilizers for example), we have

discovered that their REM sleep does not alternate correctly with their SWS (slow wave sleep). In order to improve sleep, an insomniac must first be stabilized by gradually reducing the doses of the depressant until it is no longer used or necessary. This method can be slow.

Stimulants of the central nervous system such as amphetamines, excessive quantities of coffee or other drinks containing caffeine, antidepressants and sympathomimetic drugs used to treat asthma, can make patients very drowsy during the day and prevent them from sleeping well at night.

Those who consume large quantities of alcohol have a «prematurely aged» sleep, characterized by numerous awakenings, numerous changes in the phases of their sleep and a reduction in restful sleep. Since the sleep is light and fragmented, the total time in bed is increased, which disturbs the wake-sleep cycle. This can lead to excessive drowsiness during the day and poor sleep at night. Even after a year or two of abstinence, the sleep of ex-alcoholics remains disturbed. We still don't know if these sleeping problems attributable to permanent lesions due to alcohol or if poor sleep existed before; in this last case alcohol would have been used to correct the problem.

What to Do to get a Good Night's Sleep

There is no single or simple solution to insomnia, because the root causes and patterns vary greatly from person to person. Here are some rules to follow: to have good sleep hygiene.

- Sleep as long as you need to feel well rested and refreshed but no more. Spending long periods of time in bed seems to be associated with light sleep.

Insomnia

- Do not dwell on your day's problems and do not worry about tomorrow.
- If you are unable to sleep, go to another room and do something relaxing.
- Reading or eating can be beneficial.

What to Avoid

- Do not take sleeping pills without consulting a doctor.
- Do not drink alcohol to help you sleep, even in small quantities.

Avoid stimulants of the central nervous system that prevent sleep: caffeine, fat burners, amphetamines, antidepressants and other chemicals.

- Try to wake up at the SAME time every morning, regardless of the time you want to bed the night before. This will help you establish a regular wake-sleep cycle and make you want to sleep at the same time every night.
- Exercise for the same amount of time each day, preferably in the late afternoon or early evening. Occasional exercise does not necessarily improve sleep for the following night. Excessive evening activity can stimulate your body and prevent it from being relaxed enough to be able to sleep.
- Make sure your room is quiet. The occasional loud noise (from an airplane, for example) disrupt sleep, even among people who are not woken up by the noise and don't remember the next day.
- Maintain a comfortable room temperature (not too hot, not too cold). A temperature of 18 °C (65 °F) is recommended.
- Keep your room quiet, dark and comfortable.
- Do not go to bed before being tired. If it is bedtime, but you are not tired, do something to become relaxed (reading, for example) until you feel tired enough to sleep.
- A light snack can help you but not a heavy meal.
- Occasional use of sleeping pills may help you, but repeated use will prove to be ineffective.
- Avoid napping. Often, naps are more harmful than beneficial; you will feel less tired when it is bedtime.
- Caffeine intake in the evening disrupts sleep, even among those who think the contrary.
- Alcohol intake facilitates sleep, but sleep will be fragmented.
- Do not smoke. Smoking disrupts sleep.



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Appendix 25: List of activities

List of activities

Check the activities you choose and add more that you like if you do not find them in the list.

Observe, admire, contemplate, enjoy simple pleasures	Outings
<ul style="list-style-type: none"> - To sit in the sun - Walking barefoot - Watching the sun rise or set - Flying a kite - Playing in the snow - Being with animals - Playing with animals - Observing wild animals - Bird watching - Taking care of domestic animals (bird, dog, cat, goldfish, etc.) - Admiring a beautiful landscape - Walking and kicking your feet through dead leaves, sand, gravel, etc. - Gazing at the sky, the clouds, or a storm - Looking at the stars or the moon - Smelling a flower or looking at a plant - Enjoy peace and tranquility - Being with someone you love - People watching - To light or watch a fire - Watching beautiful men or women - doing things with the children - Walking on the beach 	<ul style="list-style-type: none"> - Go to social clubs or civic center meeting - Go to a party - Go to a concert - Go to the races (horses, car, boat, etc.) - Go to a conference - Eating with friends - Attend a wedding, baptism, confirmation, etc. - Go to an activity set up by a church (social events, bingo, couses, fundraisers) - Attend a public meeting (good cause, recognition, etc.) - Go to a healthclub, sauna, etc. - Flirt, date, courting, etc. - Go hunting or to the shooting range - Go to the museum or art gallery - Visit the children, family - Go to a play - Go to the movies - Go to the library or bookshop - Go to the music store - Shopping - Attend a concert, opera, or ballet - Go to the restaurant - Attend a banquet, brunch, etc. - Go to an auction, garage sale, etc. - Dancing - Go to the hairdresser or esthetician - Sleep in a hotel for the night
Sports	Arts and crafts
<ul style="list-style-type: none"> - Go to sporting events - Go for a walk - Play baseball or softball - Golfing - Play tennis - Play basketball - Playing handball or squash - Mountain climbing - Water sports (canoeing, kayaking, motor boating, sailing, etc.) - Driving a car or boat - Downhill or cross-counrty skiing - Horseback riding - Playing lawn sports (badmington, croquet, horsehoes, etc.) - Watching a fight - Playing ping-pong - Swimming, doing gymnastics, physical exercise, etc. 	<ul style="list-style-type: none"> - Creating art (painting, watercolor, spculpting, drawing, film, etc.) - Creating or arranging songs or music - Restoring antiques, furniture - Woodworking, carpentry - Playing music - Acting in a play - Making crafts (pottery, jewellery, leather, weaving, etc.) - Photography - Design a garment - Playing in a band - Singning in a choir or group - Listening to music - Sewing

Work, repairs & renovations	Visiting different places
<ul style="list-style-type: none"> - Applying for a job part-time or full-time, temporary or permanent - Give a speech or a conference - Make minor repairs to the house - Gardening, landscaping or working in the yard - Gathering natural products (wild foods or fruit, rocks, wood on the water edge, etc.) - Doing housework or laundry, washing things - Fixing things - Selling products (Avon, Tupperware etc.) - Babysitting children free of charge or for money, regularly or occasionally 	<ul style="list-style-type: none"> - Going to the country - Going to the beach - Walking on the mountain - Talking a walk downtown, window shopping - Visiting another city - Going to the zoo, the carnival, the circus or a theme park - Going to the park, to a picnic or to a barbecue - Going to the drive-in, the ice cream parlor, McDonald's, etc. - Visiting special places; airport, locks, a location with a distinct view, etc.
At home	Reading and writing
<ul style="list-style-type: none"> - Arrange or decorate your room or home - Watching television - Talking - Shaving - Taking a shower - taking a bath alone or with your partner - Putting makeup on, styling your hair, etc. - Combing or brushing your hair - Washing your hair - Using perfume, cologne or aftershave - Taking a nap - Cooking - Singing alone - Listening to the radio - Talking on the phone - Throwing a party - Relaxing - taking care of house plants - Washing the car - Collecting things - Walking around the neighborhood 	<ul style="list-style-type: none"> - Reading a spiritual book - Reading personal development book - Reading a book or article on how to do specific things - Reading the news, poems, novels or plays - Writing novels, news, a play or poetry - Reading essays or professional literature, technical or academic - Receiving letters, postcards, greeting cards or notes - Write a lecture, an essay, article, report, memo, etc. - Write a journal - Write letters, postcards, greeting cards, or notes - Reading comics - Reading the newspaper - Write letters to newspapers or my MP to protest against social, political or environmental conditions - Reading magazines - Reading stories to someone
Play	Finances and purchasing
<ul style="list-style-type: none"> - Playing cards - Solving a problem, a puzzle, a crossword, a word search - Puzzle - Playing pool - Bowling - Playing chess or checkers - Betting (gambling) - Playing board games (Monopoly, Scrabble, backgammon, etc.) 	<ul style="list-style-type: none"> - Buying things - Making food or things to sell - Buying something for one's family - Making a budget, financial planning - Making a purchase - Improving my health (fixing your teeth, new glasses, changing your diet, etc.) - Borrowing something - Selling or exchanging something

Helping, donations, and charity	Conversation topics
<ul style="list-style-type: none"> - Making a donation to religious or charitable institutions - Visiting people who are sick, inhibited, or in trouble - To please people around me - Making food or things to give - Giving gifts - Helping someone - Giving advice to someone - Introducing people that I think might potentially be interested in one another - Teaching someone - To be of service to someone - Volunteering with children, the elderly, at a hospital, or elsewhere 	<ul style="list-style-type: none"> - Talking about my hobbies or special interests (sports, travel, cars, television or radio shows, music, records, performances, lectures, excursions, fashion, shopping, food, news, health) - Talking about childhood or memories - Talking about philosophy or religion - Talking about children or grandchildren - Criticizing someone - Speaking about others - Talking about work - Talking about politics or public affairs - Making jokes - Talking about sex - Expressing love or friendship to someone
Nourishment	Travel
<ul style="list-style-type: none"> - Making snacks - Making preserves, freezing food, stocking up on food, etc. - Eating a good meal - Eating a snack - Having coffee, tea, a soda etc. with friends - Preparing a new or special meal 	<ul style="list-style-type: none"> - Planning a vacation or travel - Driving a long distance - Flying by plane - Looking at maps (road, geographical, etc.) - Driving in a sports car or expensive vehicle - Group travel - Riding a snowmobile or four wheeler (ATV)
Mental activities	Spirituality
<ul style="list-style-type: none"> - Thinking about something good to come - Thinking to yourself and about your problems - Thinking about people I like - Daydreaming - Planning or organizing something - Remembering the past - Planning your schedule, time management - Remembering a friend or relative who died 	<ul style="list-style-type: none"> - Praying - Feeling God's presence in my life - Meditating or practicing yoga - To confess - Listening to a speech or watching a show on spirituality
Developing new skills	Interacting with others
<ul style="list-style-type: none"> - Speaking a foreign language - Taking yoga, relaxation, human relations, dance, language, pottery, drawing, decoration, flower arrangement, plant care, landscaping classes, etc. - Conducting scientific experiments - Going back to school to pursue primary, secondary, college or university studies. 	<ul style="list-style-type: none"> - Meeting with friends - Inviting friend's to come visit - Complimenting someone - Getting a massage or back rub - Giving a massage or rubbing someone's back - Listening to jokes - Kissing - Smiling at people - Visiting friends - Asking for advice - Convincing someone of your point of view - Arguing with someone - Asking for help or advice - Watching family members or friends doing things that make me proud - Spending time with grandchildren
Clothing	
<ul style="list-style-type: none"> - Wearing expensive or ceremonial clothing - Wearing sports clothing - Wearing clean clothes - Wearing new clothes - Wearing a disguise 	<p>Source: Fortin, Bruno (1997). <i>Prendre soin de sa santé mentale: Faire pour le mieux, être à son meilleur</i>. Montréal: Éditions du Méridien. 162 pages. ISBN 2-89415-178-0 http://www.psychologue.levillage.org/plaisirs.html Bruno Fortin, psychologue</p>

Appendix 26: Daily Activities

C: Ability to accomplish the task, P: Pleasure, A: Anxiety Scale from 0 to 10

Time	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday													
9h																				
	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A		
10h																				
	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P
11h																				
	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P
12h																				
	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P
13h																				
	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P
14h																				
	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P
15h																				
	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P
16h																				
	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P
17h																				
	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P
18h																				
	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P
19h																				
	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P
20h																				
	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P
21h																				
	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P	A	C	P

Appendix 27: Weekly activities

<i>Day</i>	<i>Activities</i>	<i>Mastery 0 to 10</i>	<i>Pleasure 0 to 10</i>	<i>Anxiety 0 to 10</i>
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Writing up an agenda ahead of time helps predict what must be done and allows one to get organized, to save time and, motivation to get the tasks done.

In case of an unexpected event that has priority, the agenda can shift and even be cancelled. Alternatives are found.

Stress

We all talk about stress, but we are not always clear about what it is. This is because stress comes from both the good and the bad things that happen to us. If we did not feel any stress, we would not be alive! Stress becomes a problem when we are not sure how to handle an event or a situation.

There are no universal stress-management techniques. However, a situation is only stressful if you interpret it as being stressful. Thus, your feelings about the events in your life are very important. By understanding yourself and your reactions to stressful events, you can learn to handle stress effectively. The best place to start is by figuring out what produces stress in you.

For a situation to be stressful it must contain **one or more of the following elements.** You must feel it comprises **Novelty, Unpredictability, a Threat to your Ego,** and leaves you with a **poor Sense of Control, N.U.T.S.**

Novelty: something new you have not experienced before.
Unpredictability: something you had no way of knowing it would occur.
Threat to the ego: your competence as a person is called into question.
Sense of Control: you feel you have little or no control over the situation.

The stress response

When faced with (or anticipating) a situation that is either novel, unpredictable, threatens our ego, or lowers our sense of control we all secrete stress hormones. When you find an event stressful, your body undergoes a series of changes, called the stress response. There are three stages to this response. They are:

Stage 1 - Mobilizing Energy
 At first, your body releases adrenaline, your heart beats faster, and you start to breathe more quickly. Both good and bad events can trigger this reaction: the night before your wedding or the day you lose your job.

Stage 2 - Consuming Energy Stores
 If, for some reason, you do not escape from the first stage, your body begins to release stored sugars and fats from its reserves. At this stage, you will feel driven, pressured and tired. You may drink more coffee, smoke more, and drink more alcohol than is good for you. You may also experience anxiety, memory loss, catch colds or get the flu more often than you normally would.

Stage 3 - Draining Energy Stores
 If you do not resolve your stress problems, the body's need for energy will become greater than its ability to produce it, and you will become chronically stressed. At this stage, you may experience insomnia, errors in judgement, and personality changes. You may also develop a serious sickness, such as heart disease, ulcers or mental illness.

Coping with stress

Managing stress begins with recognizing the signs that you are responding to a stressor. How?

Listen to your body! When you feel your heart begin to race, you feel flushed, you begin to sweat, and you start feeling edgy and angry, you are likely experiencing a **stress response.**

What we can do however, is to **fool our stress response system** and dampen the release of the stress hormones. The trick is to get your brain to understand that the situation you are in is not so threatening. So, process or think about something positive, this **new message** will dampen your stress response. If you are faced with a stressful situation, then momentarily **bring to mind** an image, a moment, an event, or anything you find pleasant and soothing.

Remember that the primary goal of the stress response is to **mobilize energy for the fight or flight** that is about to ensue. Clearly, you are not going to fight your boss, nor will you pack up and run home! But your brain thinks you will, so let's fool it again. Take a few minutes to **use up the energy** that was mobilized. You don't need to go run a marathon. Walking up and down a few flights of stairs will do the trick. Go get your lunch down the street at a fast pace instead of going to the cafeteria.

If you are not in a location that will allow you to blow off the accumulated steam (e.g. stuck in traffic), then, breathe in deeply several times, contract and release your abdominal muscles, or flex your arm and leg muscles. Your brain expects such things to occur in a fight or a flight

The 10 minutes you will use to move and breathe will not take up valuable time in your day because doing so will help to prevent the decreased productivity that often accompanies being tense, stressed, and worried. In fact, it may help you get right back on track.

Take home message

To deal with stress we need to recognize our body's response to it! When you do, counteract it by bringing to mind a positive image. After that, try to use up some of the energy that was mobilized during your stress response. This will help tide you over until you can find long-term solutions for stress management.

By going about solving your problems logically, by trying to solve our problems using our judgement, or by trying to understand why the problem is happening, there is a better chance greater chances to identify the true root of the stress, to adequately manage the problem and to be resilient.

Each day, take one hour for yourself, alone.

Identify your problems. (NUTS) Is your job, your relationship with someone, or money worries causing you stress? Are unimportant, surface problems masking real, deeper ones? Once you are fairly sure you know what the problem is, you can do something about it.

Solve your problems. Find solutions. Problem solving is the ability to bounce back and have a **plan B** when faced with a stressful situation. If you follow this problem-solving strategy, you should be able to make some changes to take the pressure off yourself. This long-term way of

reducing stress in your life is something everyone will need to do, sooner or later.

- Talk about your problems.
- Get busy to free your mind
- Learn about stress management
- Reduce tension with physical activity, relaxation and respiration and be in the present time.
- Take your mind off your problems.

Preventing stress

- Make decisions.
- Avoid putting things off.
- Delegate.

Remember, it is impossible to have a completely stress-free life. Your goal should be to avoid getting to the third stage of stress where your energy stores are drained. As long as you do not get stuck in the third stage of the stress response, you will avoid becoming chronically stressed.



Understanding and Coping with Stress



Canadian mental health association
www.cmha.ca

www.douglas.gc.ca/stress

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