

**Lecture#4/June 4, 2012**

**Common Mental Health Problems**  
**Stress**

**Cause, Symptoms, Management**

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# Mental and Emotional Illness

- Signs of Mental 'Health'
  - Most effective and optimum development of one's personality
  - Attainment of maturity appropriate to age and the society in which he grows
  - Capacity to feel right about self, others and the world around

# Characteristics of People with Good Mental Health

- They feel comfortable about themselves
- They feel right about others
- They are able to meet the demands of life



# Causes of 'mental health' problems

- Genetic Background/Hereditary Endowment
- Early Environment – Social, Religious and Physical factors
- Stressful Situations Developing in Adult Years (that are not dealt with) – Unresolved Conflict



# Signs of 'Mental Problems'

- Changes in Behavior
- Changes in General Appearance
- Self Pre-Occupation
- Periods of Confusion and Loss of Memory
- Distorted Communication
- Suspicion
- Physical Concerns
- Dangerous Acts
- Depression
- Delusions, Hallucinations

# Stress

Definition, Cause, Symptoms,  
Management





**REJOICE IN THE LORD ALWAYS  
BE ANXIOUS FOR NOTHING – IN  
EVERYTHING BY PRAYER AND  
SUPPLICATION WITH  
THANKSGIVING, LET YOUR BURDENS AND  
NEEDS BE MADE KNOWN TO GOD – AND  
THE PEACE OF GOD WHICH SURPASSES ALL  
UNDERSTANDING WILL KEEP YOUR HEARTS  
AND MINDS THROUGH CHRIST JESUS  
PHILIPPIANS 4:6**

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# STRESS

- **Stress – Everyone feels it at some point everyday**
  - **At Home, In School, On the Road, At Work and some times even in Church**
- **What is Stress?**
  - **It is a family of related experiences caused by many circumstances**
  - **Stress is a condition or feeling experienced when a person understands that demands on him or her exceed the personal resources he or she is able to muster up.**

# What is stress? – Crisis??

In Chinese ,  
Stress and Crisis are described by one word, with 2 symbols

- DANGER
- OPPORTUNITY

Stress is Crisis

- A Danger & Opportunity
- A Friend & A Foe

Stress and Stressor are two different things

- Stress is the internal adaptive response
- Stressor is the external demand influencing that change

# Stress - Stressor connection

The **event/person** causing stress is called **stressor**

A threatening stranger  
Sound of an explosion  
A cry of 'fire'  
Sight of a snake or spider

A Stressor generates Adaptive Responses

- Run Faster
- Fight Harder

**The result of the adaptive response whether positive or negative is stress**

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# Stress – sometimes good??!!

Stress is a normal part of life

In small amounts stress is good.

It may be a useful positive response

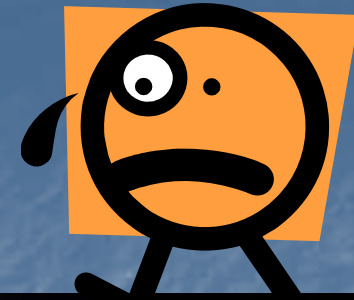
It helps focus our attention and improve our performance

# No Stress – Boring!!!



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# Too much stress



- Too much stress, too often is an enemy
  - Reduces Performance
  - Emotionally, Physically and Spiritually Unhealthy
- Primary Result of unmanaged stress – ANGER
- Stress related anger – Ready to erupt at any moment
  - If not detected and addressed appropriately, it causes harmful reactions.

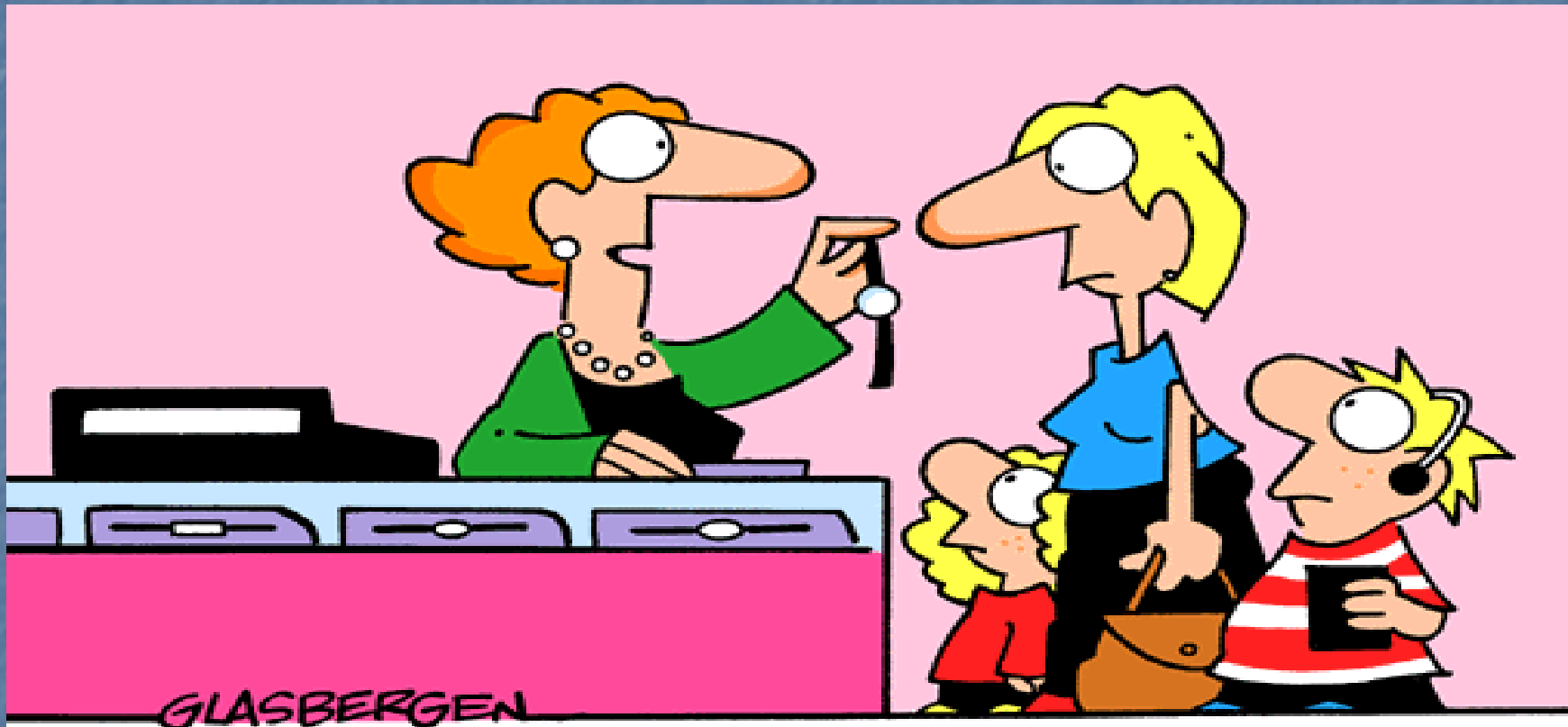


# Causes

# Common Causes

- Time Demands – “I must do this”
- Unexpected Demands – “ I have enough to do already”
- Unrealized Goals – “I am a failure”
- Too Many ‘Shoulds’ – “I know I should”
- Family Demands
- Physical Problems
- Financial Problems
- Being Perfectionistic

# Stressed oooooout!!!!



**“This is the perfect watch for mothers.  
Every day is 36 hours!”**

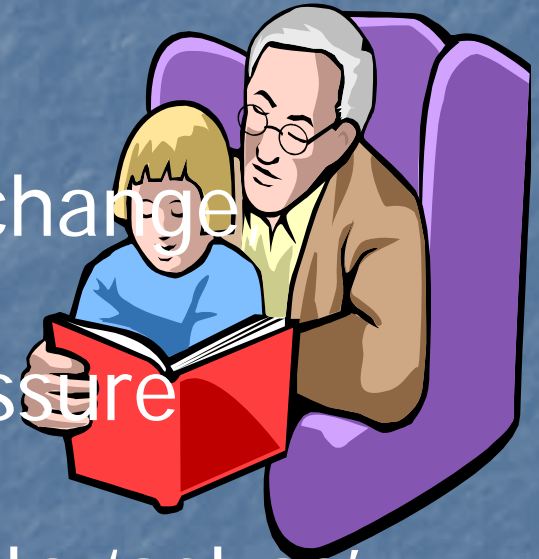




# Stress and life cycle



- A general misconception – Stress applies only to adults
- There is no age bar for stress
- Adolescence is the period of change physically and emotionally
- Social demands and peer pressure increase
- Children – Yet feel pressured to 'act as' Grown up men or women – Identity Crisis



**Church**



**Husband/Boss**



**WIFE/Nurse**



**CHILDREN**



# Society and Stress

- We live in a highly competitive world
- Even from a very young age, a number of demands are thrust on an individual by Parents, Relatives, Church, Teachers
- Expectations to make decisions about college and career; Lookout for a mate
- Settling down in life, Role changes
- When a stressor stays with a person, it becomes hazardous to the wellbeing of the person



# Do I Measure Up?

- Societal pressure is an unavoidable stressor
  - Often forced to flow with the crowd to be recognized
  - Craves to impress others by having to pretend what a person is not
- These stressors often conflict and compete with each other
- How do I measure up to the expectations of OTHERS?
- Fears of failure causes negative stress reactions such and uncontrolled anger and violence

# Other Causes of stress

- Emotional stressors
  - Fears and anxieties of success in life
  - 'Awful' feelings about tomorrow
  - 'Procrastination' of today's activities
- Family Stressors
  - Struggles with Independence and Role changes
  - Sibling rivalry
  - Coping with parents, children, spouse
- Social Stressors
  - Interactions with others – Expressing Feelings
  - Leaving Home (for some), Staying at Home (For others)
  - Feeling isolated around others

## Other Causes of stress



- Change Stressors
  - Alteration of life – Changing a Job, Moving from school to college, Changing Houses
- Decision Stressors
  - Role Changes – Overwhelming number of choices
  - Ambiguous and Conflicting choices
- Chemical Stressors
  - Caffeine Addiction
  - Drugs, Alcohol Abuse
  - Chemicals abused beyond our control – chemicals in water, food additives, pesticides in food etc.



# Effect; Symptoms

# Stress Reactions – Adaptations

## Stage 1 - Alarm

- This stage sounds a warning when something is perceived to create stress
- Pain is a very important part of this system

## Stage 2 - Fight or Flight (Body prepares)

- Pupils dilate
- Mouth becomes dry
- Heart Rate, Pulse and Respiration increase

# STRESS REACTIONS

## Stage 3 - Exhaustion

- Fight-or-Flight is for a limited time only: like a stretched rubber band
- It will take time for the rubber band to return to its previous state.
- The rubber would have lost some of its elasticity in the process as well

## Stage 4 - Return to Normal

- Pupils constrict, heart rate becomes normal etc
- If the adaptation does not take place
  - RUBBER BAND BREAKS
    - Uncontrolled anger, Violent Behaviors, Drug Addiction



# Physical Manifestations

- Cardio Vascular
  - Rapid Heart Beat, Hypertension, Migraines
- Gastro Intestinal
  - Stomach Ache, Ulcer, Diarrhea, Constipation
- Musculo-Skeletal
  - Back Pain, Muscle Pain, Spasms

# NEGATIVE STRESS REACTIONS

- Overreaction of Hostility
- Use of Abusive Language
- History of Explosive Aggressive Outbursts
- Assaultive Acts and Destruction of Property
- Body Language of Tense Muscles (Clenched Fist, Glaring Looks)
- Social Withdrawal
- Rebellious and Disrespectful Treatment of Others

# Negative Stress Reactions

- Anger is linked to a specific precipitating factor such as stress
- When left, unmanaged leads to aggression
- Often directed to a person or object that is not the cause of anger
  - Becoming suspicious of others over small things
  - Joking at someone else's expense
  - Becoming hostile, resentful and carrying a grudge



# Management

# Stress Management

## Secular View

- It is Impossible
- I am too Tired
- Nobody Loves Me
- Nobody Cares for Me
- I can't go on
- I can't Figure it out
- I can't do it
- I am not Able
- It's not Worth it
- I can't Forgive Myself
- I can't Afford to

## Biblical View

- All Things are Possible (Luke 18:27)
- I'll Give you Rest (Mt 11:28)
- I Love You (John 3:16)
- I Care for You ( 1 Pet 5:17)
- My Grace is Sufficient (2 Cor 12:9)
- I'll Direct your Paths (Prov 20:24)
- I can do All Things (Phil 4:13)
- I am Able (2 Cor 9:8)
- It will be Worth it (Rom 8:28)
- I Forgive You (1 John 1:9)
- I will Supply your Needs (Phil 4:7)

# What can you do about stress?

Don't Despair

You are not alone.  
Every other living  
person faces the  
same dilemma

There is no  
single, all  
purpose solution

Approach Stress  
with Common  
Sense



# Overcoming Stress

- Think 'Right'; Feel 'Right'
- Thought Create 'Moods'
- Negative Thinking –outgrowth of – Wrong Thinking
- Negative Thinking contain Distortions
- Stop the 'Stinking' Thinking
- Start thinking 'Right' thoughts
- Right thoughts give rise to 'Right' words

# Practical Stress Management Tips

- Check Up – What am I doing; thinking; saying – that causes stress?
- Learn to say – NO!
- Recognize your 'Limitations'
- Recognize 'Self Imposed Stress'
- Recognize to Admit that you are 'stressed'
- Learn to Trust in God

# Stress Management 101

- Reserve Time for Yourself – Otherwise, just 'waste' an afternoon
- Do not struggle with things you cant change
- Do not deal with Big problems late at night
- Seek Divine Assistance



# Stress MANAGEMENT

Regain lost self esteem by talking out the feelings with someone you trust. If you can't find anyone else, say a prayer

Channel destructive behavior to constructive behavior by an effort of self-will as well as help from friends, and family (positive outlets of aggressive energy)

- Knead Bread
- Chop Wood
- Trim a Hedge
- Play a Piano

Maintain an Stress Journal

- Helps reflect what triggered the stress and how you dealt with it.

# What can you do about stress?

Work your stress off!!

If you are angry or upset, work it off

Do a physical activity that you enjoy

Take a Walk, Sit in the Sun

Go for a vacation spot in your mind

Imagine doing something successfully

Exercise

# Adapt to stress

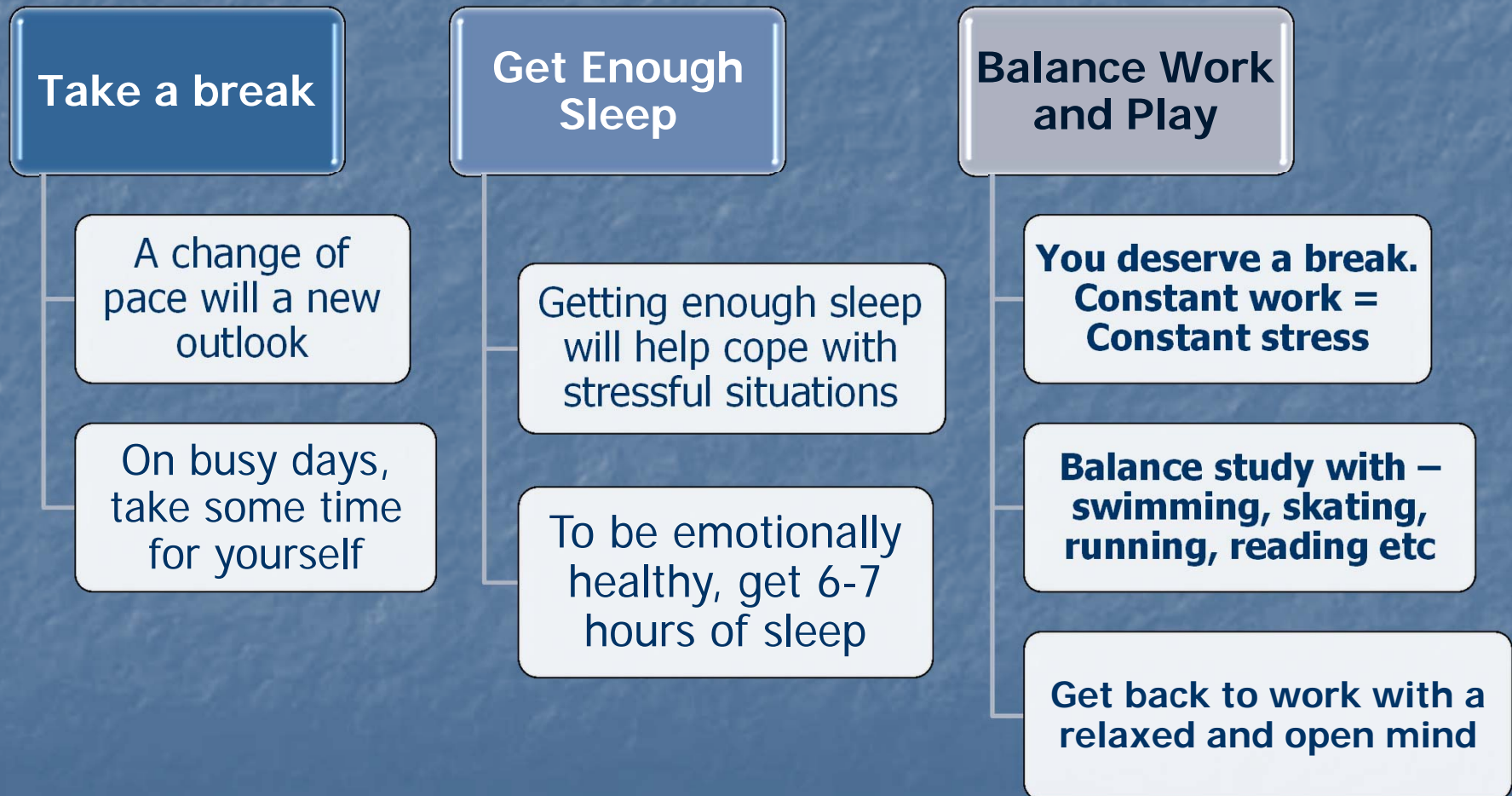


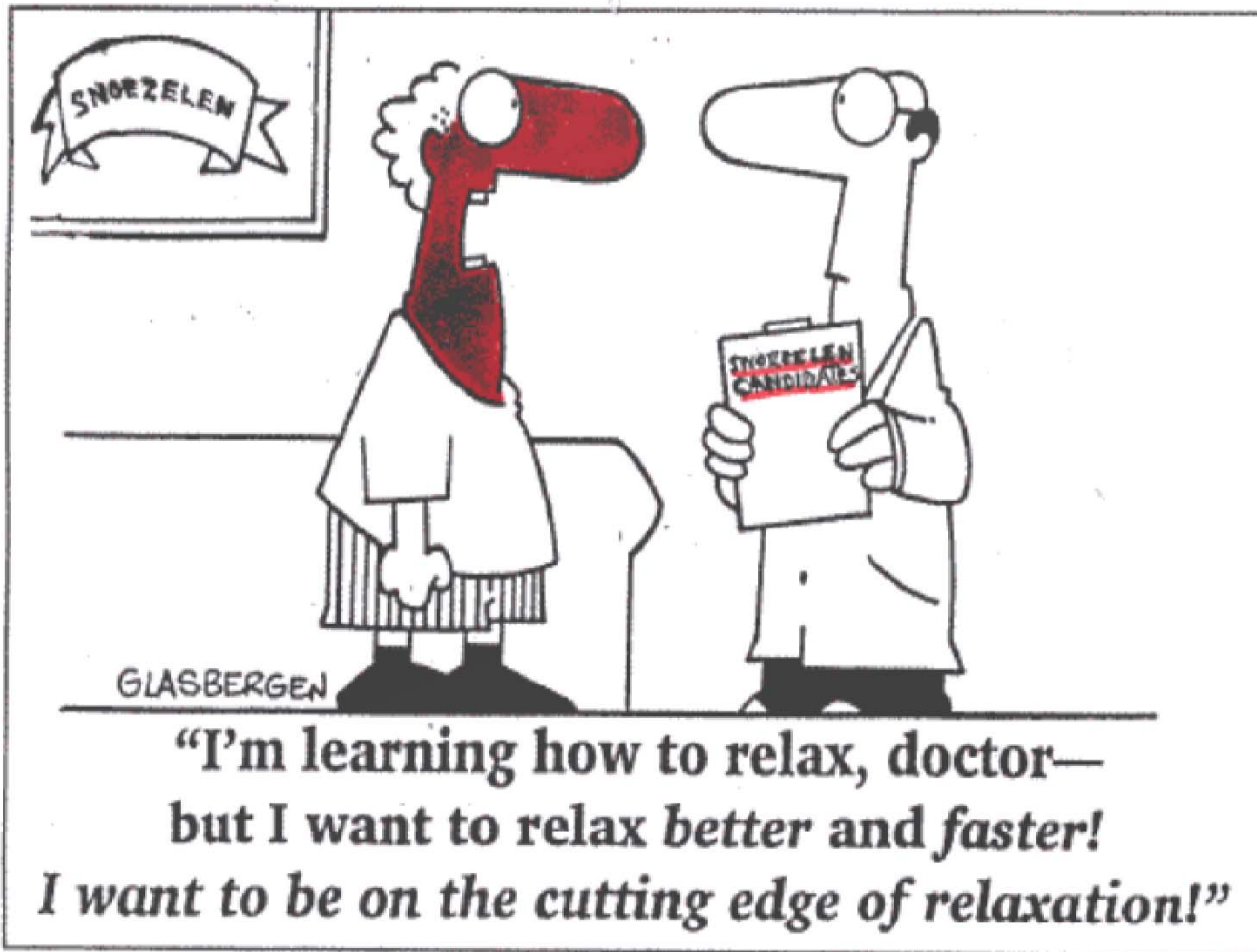
**“This phone has a special filter that makes calls from your mother 20% less stressful.”**

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# What can you do about stress?





GLASBERGEN

**"I'm learning how to relax, doctor—  
but I want to relax *better and faster!*  
I want to be on the cutting edge of relaxation!"**

# What can you do about stress?

## Learn to Relax

- You know yourself best. What helps you to relax?
- Tighten fist, hold for 5 seconds, let go
- Do the same with face, shoulders, stomach, legs

## Do Something for Others

- It helps to take your mind off yourself and do something good for others. "Do unto Others ....."

## Make Yourself Available

- When you are bored, call up a good friend
- Pray, Meditate the Word, Fellowship with God's Children



# A Case Study

- 45 Year Old Female
- Married; Mother of 4 children
- Works as the Director of a Day Care Center
- Stressed; Angry; Often Violent to Children
- Complains about Husband's Unwillingness to do Household Chores; Disciplining Children

# Process

- Completed a Profile in 1<sup>st</sup> Session
- Completed a Personality Assessment (Arnos Temperament Profile)
  - Melancholy Compulsive in Inclusion
  - Melancholy in Control
  - Melancholy in Affection

# Session 2

- Reviewed the Temperament Profile
  - Compulsive Fear of rejection because of extremely Low Self Esteem
  - Mood swings that follow 'negative thinking process'
  - Compulsive Perfectionism
- Temperament cannot be changed but adaptations can be made



# Session 3

- Talked about her current stress and reactions
- Perfectionism and Control issues
- Anger is okay if 'properly channeled'
- Talked about having 'let somethings go'
- Helped her realize that she was 'living life too seriously'
- The more she controlled, the more she lost control
- She was helped to realize that she was being 'too hard on herself and her children'
- Carry over from 'work place'

# Session 4

- Talked about her not having to be responsible for her husband and her children's behavior
- Needed to learn to let them go and entrust them to God after doing her part
- Trying to 'squeeze' them into her mold caused rebellion in them and stress in her
- Her trying to control her husband made him mock at her and ridicule her
- She understood how her stress snowballed to a 'vicious' circle

# Session 5

- Talked about the 'affection' characteristics of her temperament
- She needed to 'show' deep and tender feelings
- Family looked at her as a 'tyrant' disciplinarian.
- She could not smile; or 'play'
- Talked to her about seeing her family through the 'eye of Christ'
- Needed to learn to 'forgive'
- Needed to learn to 'stop doing things she DID NOT have to do and hence reduce her stress



# Session 6

- Met with Mrs. and Mr.
- Helped him see why she was 'stressed out' and angry
- Discussed what roles he could play
- Reviewed how he needed to take more 'shared responsibility' about children
- Discussed how he could get involved in taking more responsibility of the household rather than leaving all decisions to her
- Closed in Prayer
- Follow up in 3 months

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