

ELEVENTH EDITION

Managing Stress

*Skills for Anxiety
Reduction, Self-Care,
& Personal Resiliency*

Brian Luke Seaward, PhD



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To all my friends and family,
and to the great many people I have encountered
over the years and decades, who have
served as dynamic inspirations in my own life, thanks
for making this a better world in which to live.

Brief Contents

Foreword to the Eleventh Edition	xv
Foreword	xvii
Preface	xix
Author Acknowledgments	xxiii
Reviewer Acknowledgments	xxv
How to Use This Book	xxvii
Student and Instructor Resources	xxix
Praise for <i>Managing Stress</i>	xxxi
Introduction	xxxv

PART I	The Nature of Stress	1
CHAPTER 1	Living in an Upside Down World	3
CHAPTER 2	The Nature of Stress	17
CHAPTER 3	The Sociology of Stress	45
CHAPTER 4	The Physiology of Stress	67
CHAPTER 5	Stress and Disease	85
PART II	The Mind and Soul	125
CHAPTER 6	Toward a Psychology of Stress	127
CHAPTER 7	The Stress Emotions: Anger, Fear, and Joy	155
CHAPTER 8	Stress-Prone and Stress-Resistant Personality Traits	177
CHAPTER 9	Stress and Human Spirituality	199

PART III	Effective Coping Strategies	239
CHAPTER 10	Cognitive Restructuring: Reframing	245
CHAPTER 11	Healthy Boundaries: Behavior Modification	261
CHAPTER 12	Journal Writing and Poetry Therapy	275
CHAPTER 13	Expressive Art Therapy	291
CHAPTER 14	Humor Therapy (Comic Relief)	307
CHAPTER 15	Creative Problem-Solving	329
CHAPTER 16	Communication Skills in the Information Age	347
CHAPTER 17	Resource Management: Managing Time and Money	365
CHAPTER 18	Additional Coping Techniques	385
PART IV	Effective Relaxation Techniques	405
CHAPTER 19	Diaphragmatic Breathing	409
CHAPTER 20	Meditation and Mindfulness	417
CHAPTER 21	Hatha Yoga	441
CHAPTER 22	Mental Imagery and Visualization	457
CHAPTER 23	Music Therapy and Sound Healing	475
CHAPTER 24	Massage Therapy and Bodywork	495
CHAPTER 25	Physical Exercise, Nutrition, and Stress	513
CHAPTER 26	Ecotherapy: The Healing Power of Nature	543
CHAPTER 27	Getting a Good Night's Sleep	555
CHAPTER 28	Additional Relaxation Techniques	569
	Epilogue: Creating Your Own Stress Management	589
	Glossary	593
	Index	611

Contents

Foreword to the Eleventh Edition	xv
Foreword	xvii
Preface	xix
Author Acknowledgments	xxiii
Reviewer Acknowledgments	xxv
How to Use This Book	xxvii
Student and Instructor Resources	xxix
Praise for <i>Managing Stress</i>	xxxi
Introduction	xxxv

PART 1 The Nature of Stress 1

CHAPTER 1 Living in an Upside Down World 3

Colossal Sources of Stress in the Current Landscape	5
1. Climate Change	5
2. Economic Uncertainty	8
3. A Divisive Society	10
Trauma: A Colossal Mental Health Crisis on Our Hands	10
Co-Creating a New Normal	13
Be the Calm in the Eye of the Storm	14
Summary	14
Study Guide Questions	15
References and Resources	15

CHAPTER 2 The Nature of Stress. . 17

Times of Change and Uncertainty	18
Definitions of Stress	21
The Stress Response	21
Fight, Flight, Freeze, and Fawn: The Recurring Trauma Response to Stressful Triggers	23
Rest and Digest	24
Tend and Befriend	24
Types of Stress	25
Trauma: Stress on Steroids	26

Types of Stressors	26
Biocological Influences	26
Psychointrapersonal Influences	27
Social Influences	27
Social Stress: Yesterday, Today, and Tomorrow	28
The General Adaptation Syndrome	30
Stress in a Changing World	31
College Stress	32
A Holistic Approach to Stress Management	34
Summary	39
Study Guide Questions	40
References and Resources	40

CHAPTER 3 The Sociology of Stress 45

Technostress: Digital Toxicity and Digital Wellness	48
Digital Toxicity, Digital Dementia, FOMO (Fear of Missing Out), and FOKU (Fear of Keeping Up)	51
Practicing Digital Wellness	53
A Decline in Civility	53
Environmental Disconnect	55
Occupational Stress	59
Race- and Gender-Based Stress	61
Summary	61
Study Guide Questions	62
References and Resources	62

CHAPTER 4 The Physiology of Stress 67

The Central Nervous System	68
The Vegetative Level	68
The Limbic System	68
The Neocortical Level	69
The Autonomic Nervous System	70
The Sympathetic and Parasympathetic Nervous Systems	70

Rest and Digest: Thank You, Vagus Nerve! . . .	73
The Endocrine System	73
The Neuroendocrine Pathways	76
The ACTH Axis	77
The Vasopressin Axis	78
The Thyroxine Axis	79
A Parable of Psychophysiology	79
Four Decades of Brain Imaging	
Research	80
Summary	80
Study Guide Questions	81
References and Resources	82
CHAPTER 5 Stress and Disease . . .	85
Theoretical Models	87
The Borysenko Model	87
The Pert Model	90
The Lipton Model	93
The Gerber Model	94
The Dispenza Model	103
The Pelletier Model	104
DNA, Telomeres, Stress, and Aging	108
Target Organs and Their Disorders	109
Nervous System–Related Disorders	111
Immune System–Related Disorders	114
Summary	116
Study Guide Questions	117
References and Resources	118

PART II The Mind and Soul 125

CHAPTER 6 Toward a Psychology of Stress	127
Freud and the Egg	128
Jung and the Iceberg	132
Elisabeth Kübler-Ross: The Death of Unmet Expectations	135
Viktor Frankl: A Search for Life's Meaning . .	137
Wayne Dyer: Guilt and Worry	139
The Sin of Guilt	140
The Art of Worrying	141
Leo Buscaglia: The Lessons of Self-Love . . .	142
Brené Brown: Shame, Vulnerability, and Courage	144
Abraham Maslow: The Art of Self-Actualization	145

Martin Seligman: Optimism and the Art of Being Happy	149
Some Theoretical Common Ground	150
Summary	152
Study Guide Questions	153
References and Resources	153

CHAPTER 7 The Stress Emotions: Anger, Fear, and Joy 155

The Anatomy of Anger	156
Gender Differences	158
Physiological Responses	159
The Myth of Catharsis	160
Subtle Anger: Microaggressions	162
Anger Mismanagement Styles	162
Creative Anger Strategies	164
The Anatomy of Fear	165
Basic Human Fears	167
Fear, Vulnerability, and Shame	169
Strategies to Overcome Fear	169
Depression: A By-Product of Anger or Fear?	169
Joy, Eustress, and the Art of Happiness	170
Summary	172
Study Guide Questions	173
References and Resources	173

CHAPTER 8 Stress-Prone and Stress-Resistant Personality Traits 177

Type A Behavior	179
Hostility: The Lethal Trait of Type A Personalities	181
Behavior Modification for Type A Behavior	181
Social Influences on Type A Behavior	181
Did Someone Say Type D Personality?	182
Co-Dependent Personality Traits	183
Helpless-Hopeless Personality	187
The High-Tech Personality	187
Resiliency: The Hardy Personality	188
Survivor Personality Traits	191
Sensation Seekers	191
Self-Esteem: The Bottom-Line Defense	192
Summary	195
Study Guide Questions	196
References and Resources	196

CHAPTER 9 Stress and Human Spirituality 199

A Spiritual Hunger? 200

A Turning Point in Consciousness 201

Definition of Spirituality 202

Theories of Human Spirituality 204

 The Path of Carl Jung 204

 The Path of M. Scott Peck 206

 The Path of Hildegard von Bingen 208

 The Path of Black Elk 209

 The Path of Matthew Fox 211

 The Path of Joan Borysenko 212

 The Path of Jesus of Nazareth 214

 The Path of Joseph Campbell 215

 A View from the Path of Michael Beckwith 217

 The Path of Lao Tzu 218

 The Path of Albert Einstein 220

What Is a Spiritual Bypass? 222

Common Bonds of Human Spirituality 223

 Centering Process (Autumn) 223

 Emptying Process (Winter) 224

 Grounding Process (Spring) 224

 Connecting Process (Summer) 225

A Model of Spirituality for Stress Management 225

 Internal and External Relationships 225

 Personal Value System 227

 Meaningful Purpose in Life 228

 The Divine Mystery 230

 Spiritual Potential and Spiritual Health 230

 Roadblocks and Interventions 230

 Current Research on Spirituality and Health 231

Summary 233

Study Guide Questions 234

References and Resources 235

Part III Effective Coping Strategies 239

CHAPTER 10 Cognitive Restructuring: Reframing 245

A Thinking-Process Model 246

Two Minds Are Better Than One 247

Toxic Thoughts 248

The Choice to Choose Our Thoughts 253

 Reframing 2.0: Adopting an Attitude of Gratitude 254

Stay Above the Fray: Raising Your Vibration 255

Acceptance: An Alternative Choice 256

Steps to Initiate Cognitive Restructuring 257

Some Additional Tips for Cognitive Restructuring 258

 Best Application of Reframing 258

Summary 258

Study Guide Questions 259

References And Resources 259

CHAPTER 11 Healthy Boundaries: Behavior Modification 261

Behavior as a Component of Personality 262

 Classical Conditioning 263

 Operant Conditioning 263

 Modeling 263

The Behavior Modification Model 264

 A Second Behavior Modification Model:

 Stages of Change 265

 Is Stress a Trigger for Relapse? 266

Assertiveness 267

Assertiveness Skills 268

Adapting to Major Life Changes: Essential Behavior Modification 270

Steps to Initiate Behavior Modification 271

Summary 272

Study Guide Questions 273

References and Resources 273

CHAPTER 12 Journal Writing and Poetry Therapy 275

Historical Perspective 276

Journal Writing as a Coping Technique 278

 Poetry Therapy 278

 Benefits of Journal Writing 279

Steps to Initiate Journal Writing 281

 Journal Writing Styles, Themes, and Ideas 284

Best Tips for Journal Writing as a Coping Technique 286

Best Application of Journal Writing 286

Summary 287

Study Guide Questions 288

References and Resources 288

CHAPTER 13 Expressive Art Therapy 291

Origins of Art Therapy 292

Art Therapy Goes Mainstream in the American Culture 293

Clinical Use of Art Therapy 294
 Steps to Initiate Art Therapy 298
 Artistic Roadblocks 298
 Materials 299
 Illustrative Themes 299
 Interpretations. 301
 Best Application of Art Therapy 302
 Summary 303
 Study Guide Questions. 304
 References and Resources 304

**CHAPTER 14 Humor Therapy
 (Comic Relief)307**

Historical Perspective 308
 Theories of Humor. 310
 Superiority Theory 310
 Incongruity (Surprise) Theory 311
 Release/Relief Theory. 311
 Divinity Theory. 312
 Inappropriate Humor: Don't! 313
 Types and Senses of Humor 313
 Types of Humor. 313
 Senses of Humor 317
 Group Laughter = Laughter Yoga. 318
 Humor Therapy as a Coping Technique 318
 The Physiology of Laughter. 320
 Steps to Initiate Humor Therapy. 321
 Best Application of Comic Relief 325
 Summary 326
 Study Guide Questions. 326
 References and Resources 327

**CHAPTER 15 Creative
 Problem-Solving329**

Think Like da Vinci! 331
 The Creative Process. 332
 Players on the Creativity Team. 332
 Creativity: Bend, Break, and Blend?. 336
 Boredom: An Essential Component
 to Creativity! 336
 Creative Problem-Solving in Times of Global
 Social Chaos 336
 The Myths of Creativity. 336
 Obstacles to the Creative Process 338
 The Right Answer 339
 I'm Not Creative 339
 Don't Be Foolish 340
 To Err Is Wrong. 340

From Creativity to Creative
 Problem-Solving 341
 Steps to Initiate Creative Problem-Solving . . 342
 Description of the Problem 342
 Generating Ideas 342
 Idea Selection and Refinement. 343
 Idea Implementation 343
 Evaluation and Analysis of Action 343
 Best Application of Creative
 Problem-Solving 343
 Summary 344
 Study Guide Questions. 344
 Appendix: Answers to Creative Problems . . 345
 References and Resources 345

**CHAPTER 16 Communication
 Skills in the Information Age347**

High-Tech Communication: Information
 and Communication Overload 348
 High-Tech Miscommunication. 349
 The Ups and Downs of Smartphones. 349
 Effective Communication Strategies. 351
 The Basics of Face-to-Face
 Communication Skills 352
 Conversational Styles. 353
 Verbal Communication 354
 Communicating Ideas and Feelings. 355
 Nonverbal Communication 355
 Listening, Attending,
 and Responding Skills 357
 Conflict Resolution 358
 Conflict Management Styles 359
 Steps to Enhance
 Face-to-Face Communication Skills. 360
 Best Benefits of Effective High-Tech
 Communication Skills 361
 Summary 361
 Study Guide Questions. 362
 References and Resources 362

**CHAPTER 17 Resource
 Management: Managing
 Time and Money365**

Money Matters 366
 Mass Marketing to Your Ego 366
 The Psychology of Poverty. 367
 Money Problems? Try This 367
 Tips for Financial Freedom 367
 The Hands of Time. 369

Roadblocks to Effective Time Management 372

Personality Styles and Behaviors 372

Distractions: Roadblocks on the Time Management Highway 375

 Estimated Time of Completion 375

Steps to Initiate Good Time Management Techniques 375

Additional Time-Management Ideas 377

Best Application of Time Management Skills 380

Summary 381

Study Guide Questions. 381

References and Resources 382

CHAPTER 18 Additional Coping Techniques 385

Information Seeking 385

Social Orchestration 386

Friends in Need: Social-Support Groups 388

Hobbies. 390

Forgiveness 391

 Ho’oponopono: Forgiveness Hawaiian Style 392

Dream Therapy. 393

Prayer and Faith. 394

 Types of Prayer 396

 Of Prayer and Meditation 396

 Research on Prayer and Faith 396

 Prayers for Agnostics and Atheists 396

 Ways to Pray 397

Body Tapping: An Emotional Freedom Technique 388

 Five-Step Protocol. 388

Best Application of Additional Effective Coping Skills 399

Summary 399

Study Guide Questions. 400

References and Resources 400

PART IV Effective Relaxation Techniques 405

CHAPTER 19 Diaphragmatic Breathing 409

The Mystery of Breathing 410

Breathing and Chronic Pain 411

Steps to Initiate Diaphragmatic Breathing. 411

 Step 1: Assume a Comfortable Position 411

 Step 2: Concentration 412

 Step 3: Visualization 413

Summary 415

Study Guide Questions. 415

References and Resources 416

CHAPTER 20 Meditation and Mindfulness 417

Historical Perspective 419

Types of Meditation 420

 Exclusive Meditation 420

 Inclusive Meditation 423

Split-Brain Theory 426

Left Brain, Right Brain, Top Brain, Bottom Brain. 429

Altered State of Consciousness 429

Physiological and Psychological Effects of Meditation 431

Neuroplasticity: The Neuroscience of Meditation 432

Meditation and Brain Imaging Research 433

Meditation and Chronic Pain. 433

Steps to Initiate Meditation 433

 Grand Perspective Mental Video 434

 Mindfulness. 434

Best Application of Meditation 435

Summary 435

Study Guide Questions. 436

References and Resources 436

CHAPTER 21 Hatha Yoga 441

Historical Perspective 442

 Physiological and Psychological Benefits 443

Hatha Yoga and Chronic Pain 444

Steps to Initiate Hatha Yoga 444

 The Art of Breathing 445

 The Art of Conscious Stretching 445

 The Art of Balance 446

 Salute to the Sun (Surya Namaskar) 446

 Hatha Yoga Asanas. 449

 Sample Workout 451

Additional Thoughts on Hatha Yoga 451

Best Application of Hatha Yoga 453

Summary 453

Study Guide Questions. 454

References and Resources 454

CHAPTER 22 Mental Imagery and Visualization457

Historical Perspective 458
 Mental Imagery Research 460
 Mental Imagery as a Relaxation Technique 462
 Tranquil Natural Scenes 463
 Behavioral Changes 464
 Internal Body Images 466
 Color Therapy 468
 Mental Imagery and Chronic Pain 469
 Steps to Initiate Mental Imagery 469
 Best Application of Mental Imagery 470
 Summary 470
 Study Guide Questions 471
 References and Resources 471

CHAPTER 23 Music Therapy and Sound Healing475

Historical Perspective 476
 From Sound to Noise to Music 478
 Music as a Relaxation Technique 479
 Biochemical Theory 480
 Entrainment Theory 482
 Metaphysical Theory 484
 Psychological Effects of Music 485
 Visualization and Auditory Imagery 487
 Music Therapy and Chronic Pain 488
 Steps to Initiate Music Therapy 488
 Best Application of Music Therapy 489
 Summary 489
 Study Guide Questions 490
 References and Resources 490

CHAPTER 24 Massage Therapy and Bodywork495

Historical Perspective 496
 The Need for Human Touch 497
 Massage Therapy Research 497
 Types of Massage 498
 Shiatsu 499
 Swedish Massage 500
 Rolfing 501
 Myofascial Release 502
 Sports Massage 503
 Thai Massage 503

Chinese Massage 504
 Other Touch Therapies 504
 Physiological and Psychological Benefits 508
 Massage Therapy and Chronic Pain 508
 Best Application of Massage Therapy 509
 Summary 509
 Study Guide Questions 510
 References and Resources 510

CHAPTER 25 Physical Exercise, Nutrition, and Stress 513

Physical Exercise and Stress 514
 Types of Physical Exercise 514
 Physiological Effects of Physical Exercise 517
 Theories of Athletic Conditioning 518
 Fitness Shortcuts to Health? 520
 Psychological Effects of Physical Exercise 520
 Physical Exercise and Chronic Pain 522
 Steps to Initiate a Fitness Training Program 523
 Best Application of Physical Exercise and Activity 525
 Nutrition and Stress 525
 Diet for a Stressed Planet 527
 Nutritional Shortcuts for Health? 530
 Additional Stress and Nutritional Factors to Consider 530
 A Word about Genetically Modified Foods 532
 Spiritual Nutrition 533
 Psychological Effects of Food 534
 Recommendations for Healthy Eating Habits 535
 Additional Tips for Healthy Eating 537
 Summary 538
 Study Guide Questions 539
 References and Resources 539

CHAPTER 26 Ecotherapy: The Healing Power of Nature543

A Historical Perspective on Ecotherapy 544
 A Nature-Deficit Disorder? 545
 Physiological Effects of Ecotherapy 547
 Entrainment: A Symphony in
 Natural Rhythms 548
 Circadian Rhythms and Physical Health 549
 Psychological Effects of Ecotherapy 549
 Nature and the Art of Solitude 551
 Spiritual Moments 551
 Earning “Nature Points” 551
 Best Application of Ecotherapy 552

Summary 553
 Study Guide Questions. 553
 References and Resources 554

CHAPTER 27 Getting a Good Night's Sleep555

The Purpose of Sleep. 557
 The Study of Sleep 557
 The Importance of the Brain's Glial Cells . . . 557
 Melatonin: The ZZZZ Hormone. 558
 Sleep Robbers 559
 Good Sleep Management 562
 Tips to Improve Your Sleep Hygiene 563
 Best Application of Good Quality Sleep 566
 Summary 567
 Study Guide Questions. 567
 References and Resources 567

CHAPTER 28 Additional Relaxation Techniques569

T'ai Chi Chu'an. 569
 Philosophy of T'ai Chi Ch'uan. 570

Physiological and Psychological Benefits 570
 T'ai Chi Ch'uan as a Relaxation Technique 571
 Benefits of T'ai Chi Chu'an 571
 Additional Thoughts on T'ai Chi Ch'uan 571
 Progressive Muscular Relaxation. 572
 Physiological Benefits 572
 Steps to Initiate PMR. 573
 Autogenic Training 574
 Historical Perspective 574
 Steps to Initiate Autogenic Training. 576
 Other Suggestions 577
 Biofeedback 579
 What Is Biofeedback? 580
 Types of Biofeedback 580
 Best Application of Additional Relaxation Techniques 582
 Summary 583
 Study Guide Questions. 584
 References and Resources 584

Epilogue: Creating Your Own Stress Management Program. 589

Glossary.593

Index 611

Foreword to the Eleventh Edition



In my first book, *Mind as Healer, Mind as Slayer*, I explored the topic of the remarkable power of consciousness on health and well-being. Since that time several decades ago, we have unlocked many secrets of the mind-body-spirit connection to gain a fuller understanding of the the power of the mind, consciousness, and the foundation for optimal health and longevity.

As an early pioneer in the field of psychoneuroimmunology (PNI) and integrative medicine, I innately understood the significance of consciousness, in both health and disease, and the limitations of the Western biomedical model. In the course of my career, I collaborated with and befriended many of the experts highlighted in this book, including Hans Selye, Jonas Salk, Norm Shealy, Herb Benson, and Norman Cousins and several others who greatly contributed to the emerging field of PNI. Speaking of Hans Selye, who is widely regarded as the “father of stress management,” here is a story that isn’t typically found in a college textbook, but in this case, it should be, and I would like to share it now:

In his later years, Hans Selye was diagnosed with terminal cancer. As a titan in the field of human physiology and endocrinology, he was encouraged by his friends to write his autobiography. As he reflected on his life and professional career, he first found himself grieving being denied science’s grand recognition by his peers ... the Nobel Prize in Medicine. Rather, he saw the award go to a colleague for similar research. The frustration from this event lingered deep in his unconscious mind for decades. Yet, in coming to terms with this as he wrote about his life, he resolved

to forgive his colleagues, make peace with this chapter of his life, and move on. In doing so, his shift in consciousness had a significant effect on his health status. Remarkably, doctors discovered his cancer went into remission. Indeed, Selye went on to live many more years and inspire countless people, including me, with the legacy of his life’s work.

Like myself, my colleague and friend, Dr. Seaward, is a pioneer in this field of stress management. When the first edition of this textbook came out in 1990, stress management was, by and large, taught through the lens of the biomedical model, specifically, symptomatic relief. *Managing Stress* set a new standard in the approach to teaching this topic by offering a holistic (mind-body-spirit) approach. Today, we may take for granted the acceptance of the mind-body connection, yet 30+ years ago it wasn’t well accepted, particularly in academia, and certainly not in conventional medical care. As such, it was a bold decision by Dr. Seaward to include chapters on anger management, energy medicine, humor therapy, music therapy, mindfulness, creative problem-solving, and nature therapy, not to mention stress and human spirituality into the grand picture of effectively coping with stress. Perhaps for this reason, over the years and many editions, this book has been referred to as the bible of stress management.

Dr. Seaward’s contribution of the synthesis of wisdom in this book (as well as his other works) is highly significant to the field of personal wellness, health promotion, and self-care. As you will see, this book not only contains several landmark studies in the field of PNI, but a dynamic synthesis of new research and practical strategies, providing a solid foundation from which to build a vibrant strategy for personal health and well-being.

As you know, recent events on the world stage remind us of the dramatic importance of personal

resiliency as we navigate these uncertain and challenging times. This textbook is more than a collection of facts, theories, and ideas to cope with stress; it is a remarkable toolbox with which to keep yourself grounded in the winds of change. Use it well.

—**Kenneth R. Pelletier, PhD, MD**
University of California School of Medicine,
San Francisco
Author, *Mind as Healer*, *Mind as Slayer*
and *Change Your Genes, Change Your Life*

Foreword



© Courtesy of Larry Dossey, MD

“After ecstasy, the laundry!” This ancient saying can be applied to our current understanding of health and illness. During the past 50 years, we have discovered that, beyond doubt, the mind has an enormous impact on the body. Our emotions, thoughts, attitudes, and behaviors can affect us for good or ill. Now that we have

glimpsed these lofty insights, it’s time to get down to practicalities and apply them. It’s time, in other words, to do the laundry. But the task isn’t simple. How, exactly, can we bring mind and body into harmony? How can we alleviate the stressful effects of modern life? How can they be turned to our advantage? Can we learn to benefit from these changes? Can we become wiser and healthier in the process? Advice is not difficult to find, as self-proclaimed experts are everywhere. They tout the latest formulas for stress-free living and personal transformation from tabloids, talk shows, and a plethora of self-help books, giving the entire area of stress management a bad name.

It is refreshing, amid all this blather, to discover Dr. Brian Luke Seaward’s *Managing Stress*. In clear, uncluttered language, he takes us on a gentle walk through the territory of mind-body interaction. From cover to cover you will find that he is a very wise guide and possesses a quality almost always missing in stress management manuals: humor. Dr. Seaward knows the field well—he has taught it and lived it—and he provides scientific documentation at every step. But perhaps most importantly, Dr. Seaward daringly goes beyond the usual approach to the subject to speak of the soul and of human spirituality. He realizes that stress management and maximal health are impossible to attain unless the questions of life’s meaning are addressed.

Since *Managing Stress* first came out in 1994, the pace of life has certainly quickened. With this change, Americans have begun to embrace a host of complementary healing modalities, which underscores the importance of seeking a sense of inner peace from the winds of change.

As a physician who has long advocated the integration of mind and body for optimal health, I find it a pleasure and honor, therefore, to recommend this work. It is a fine contribution to the field of stress management and will serve as an invaluable guide to anyone seeking harmony in their life.

Managing Stress is a treasure for individuals seeking practical methods of achieving a more stress-free, happier, productive life. It is also an implicit invitation to an expanded view of our individual mind and body, and our place in the planetary Order of Things. Our individual health and the health of everything else ultimately depend on this realization.

The bottom line: Seaward’s views have increasing relevance in today’s world. Our lives have changed considerably since the first edition of *Managing Stress* was published. It is increasingly clear that our individual health is not possible unless it is considered in the entire planetary context. What happens locally in our lives is never divorced from what occurs anywhere else on the earth, as the current coronavirus pandemic has painfully shown. That is why we must expand our concepts of stress beyond the interaction of mind and body of single individuals, and beyond our immediate social milieu, to include the entire global nexus.

We are therefore learning that “mind-body” is not limited to personal experience, because we cannot secede from the natural world into which we are born and embedded. We are global creatures whose individual mind and body transcend their customary limits and boundaries in ways that connect with every living thing. We ignore this at our own risk. While this may sound impossibly complex or

even dismal, it need not be because it is an opening through which we can grasp the essential, ultimate nature of human consciousness as infinite, unitary, boundless, and one. This is the ultimate implication of this excellent book.

I congratulate Brian Luke Seaward for this new edition. It is an outstanding contribution. May there be many more.

—Larry Dossey, MD

Executive Editor, *Explore:*
The Journal of Science and Healing

Former Executive Editor,
Alternative Therapies in Health and Medicine

Author of *Reinventing Medicine*,
One Mind, and *Healing Words*



Preface

Uncertainty and Stress with a World in Transition

As a child, you are not responsible for the programming you received in the formative years.

As an adult, you ARE responsible for the upgrades.

Brian Luke Seaward, Ph.D.

The world became a very different place at the start of 2020 when the coronavirus took hold of the world and, like an 8-foot-thick wall of concrete, stopped the world in its tracks. COVID-19 has affected every aspect of life as we know it. The repercussions from this pandemic will be felt for years, if not decades. It is unlikely that we as a nation will ever go back to how things were before. If there is one thing this pandemic has revealed, it is how dysfunctional so many aspects of society are. Going back is not the answer, yet going forward into this uncharted territory offers no easy or quick solutions. Coupled with this pandemic is a vein of civil unrest that has not been seen in this country for more than 40 years. The new layers of stress revealed have not gone unnoticed. Issues like unemployment, bankruptcies, inflation, domestic abuse, self-medication, and political unrest created a perfect storm of stress.

It's no secret that young adults today are growing up in a world that is very different from not only that of their parents, but also that of their older siblings. Since the first edition of *Managing Stress* came out two decades ago, experts agree the world has become a much more frenetic place to live. In the approximately 30+ years that this book has been in print, there have been cultural revolutions in daily life, including significant changes to the music industry (iTunes), the news industry, the job market, the banking industry, the communication industry, the hotel industry (Airbnb), and the cab industry (Uber), not to mention daily changes in social media and the emergence of new ways to create (AI) and share information. Add to this layer of complexity various

health issues, including depression, long-Covid, autism, social unrest, obesity, diabetes, teen suicide, and opioid addiction, as well as population increases and shifting demographics, such as increased Latino, Asian, and Muslim populations and the growing number of senior citizens. There is a great quote from Roy Blixer stating that “the only person who likes change is a wet baby.” By and large, people don't like change, particularly change that they cannot control. Magazine headlines that once suggested various ways to decrease stress now tell us that stress is here to stay (so get used to it). Stress is the new normal. Despite the rapidly changing dynamics around the world, what hasn't changed are the means to find your center, your sense of inner peace.

Experts from a host of disciplines have been commenting on the state of information processing today in the Wi-Fi digital age. The prognosis is not necessarily good. People are spending the vast majority of their time, perhaps all of it, in what has become known as “short-form information processing” and “short-form messaging.” In simple terms, this means cherry-picking information for specific facts, without taking time to process the larger context of the facts or taking time for critical thinking, synthesis, creative thinking, and memorization. Metaphorically speaking, people today are missing the entire forest because they are staring at one or two trees.

The proliferation of tablets, smartphones, and other electronic devices, coupled with instant access to information and decreased attention spans, has begun to change (some say decrease) the intellectual capacity of the twenty-first century citizen. What is being lost is what is now called “slow, linear thinking skills,” along with intuitive-based knowledge. Knowledge (a domain of mental well-being) is the ability to gather, process, recall, and communicate information. Wisdom is the alchemy of knowledge and experience (real, not virtual) accrued over time. Time, however, is a rare commodity today, and more and more experience is viewed through a computer screen. People are opting for information rather than knowledge. As a result, wisdom becomes ever rarer.

Stated simply, there is a big difference between information gathering (e.g., facts and figures) and applying deep-seated wisdom. All-too-common examples include people who venture into national parks for a day's hike unprepared, without proper equipment or supplies. Such people often have cell phones and GPS tracking devices, which they then use to call for help when stranded on a mountaintop or when they have fallen down cliffs. Facts and figures cannot replace common sense (accrued wisdom), nor is a reliance on technology an excuse for ignorance. Stressful times, such as those in which we are living, necessitate wisdom.

Managing Stress is a synthesis of wisdom: accrued knowledge, ageless wisdom, and personal experiences over time. More than just a collection of facts and figures, *Managing Stress* connects the dots for nearly all aspects of stress through the ageless wisdom of the mandala template of mind, body, spirit, and emotions. *Managing Stress* is also a process of transformation, in which one moves from a motivation of fear toward a motivation of love and compassion. Water is a symbol of flexibility in times of change, which is why this symbol was chosen as the cover art for this Eleventh Edition.

A quick glance at any headline makes it obvious that dramatic change will be in the air for some time to come. Pandemics, climate change energy demands, social unrest, economic challenges, domestic terrorism, personal bankruptcy, water shortages, advances in technology, and new diseases are a few of the many changes sweeping the earth as we speak. As planetary citizens, we are not immune to change. Moreover, with change comes stress, and humans are not immune to stress either. But with each change we encounter we have a choice to view it as a threat or an opportunity for growth. This new edition offers a unique synthesis of timeless wisdom from various world cultures, combined with new insights, research studies, and practical approaches to empower you to become resilient to stress during these times of dramatic change.

Many of the multicultural concepts in this edition are considered to be ageless wisdom, also known as common sense. But as the expression goes, "Common sense is not too common when people are stressed." As newly initiated members of the Wi-Fi generation, people not only expect instant information retrieval, but also perfect soundbites of wisdom to accommodate their every need (rarely does a sound bite solve a life problem). As such, experts have coined the term "disposable knowledge" to describe the Internet mentality of failing to dig beyond the surface (or the first 10 listings of a Google search) to really gain a handle

on information content. This book digs beneath the surface to reveal an alchemy of ageless wisdom, current research, and practical tips for you to have the best skills and resources for your personal life journey. As several students have said to me, "*Managing Stress* not only connects the dots; it builds a bridge to a better life."

When *Managing Stress* was first published in 1994, it broke new ground. Never before had the focus of a college textbook presented such a holistic perspective of health and well-being under the influence of stress. Twenty years ago, you would have been hard pressed to find the word spirituality in a college textbook, yet today it would seem awkward not to address this aspect of health. Indeed, many of the topics and aspects that were considered at the vanguard a decade ago are now so familiar that they have become household words: T'ai Chi, hatha yoga, Echinacea, Pilates, meridians, and chakras, to name a few. Today, as the global village knocks on your doorstep, insights from Asia, Africa, and Latin America offer a multicultural approach to seeking and maintaining balance in our lives. Perhaps it's no secret that as the pace of life continues to increase, so does the hunger for credible information to create and maintain a sense of balance in these times of change. As the first edition of *Managing Stress* found its place on bookshelves across the country, it became known as the "bible" of stress management. I am happy to say that I continually hear it described that way. I am also happy to hear so many comments on the writing style, layout, and production of the textbook: aesthetically pleasing to the eyes, easy to read and understand. A lot of work goes into the selection of photographs, cartoons, and artwork to make this book visually appealing and engaging. As with all previous editions, a conscious decision was made not to include stress-inducing photographs. The television news and the Internet are saturated with these types of images, and my intention is to maintain a positive energy between the covers of this book.

What Is New and Improved in This Eleventh Edition?

The topic of stress and stress management (now often called resiliency as well as work-life balance) is quite dynamic, and as such there is always new information to add to the ever-growing body of knowledge. Here are some things added to place this Eleventh Edition on the cutting edge of this colossal topic, as well as more than 20 new workbook exercises to help integrate

this content into one's daily life. With the importance of application of concepts and content, each chapter contains a new feature called the Stress Management Self-Care Tool Kit, with a short, but effective coping skill or relaxation technique to use at the drop of a hat. Also new to this edition at the start of each chapter are three to six learning objectives designed to help the reader focus on what is most important. With several requests for more human interest stories, I have added a handful of new Stress with a Human Face features as well. The section highlighting the wisdom of Brene Brown (shame and vulnerability) has been augmented and moved to Chapter 6: Toward a Psychology of Stress. Also included in this chapter is a new section titled Toxic Positivity. In Chapter 9, Stress and Human Spirituality, some new insights from Michael Beckwith and the topic of Spiritual Bypass have been added. And we have two new chapters including Chapter 1: Living in an Upside Down World and Chapter 27: Getting a Good Night's Sleep. I also took the liberty to condense a few chapters into a newly titled Chapter 28: Additional Relaxation Techniques, including T'ai Chi, Progressive Muscular Relaxation (PRM), Auto-genic Training, and Clinical Biofeedback.

Stress Management in a Rapidly Changing, Chaotic World

As with each new edition, this revision contains highlights of the latest state-of-the-art research on all aspects of stress management. This book strikes a fine balance between highlighting the landmark research on health psychology, psychoneuroimmunology, and holistic healing and the newest research studies,

theories, and applications of effective stress management in our rapidly changing and chaotic world. We have learned firsthand that stress can not only suppress the immune system, but it can also make people more vulnerable to infectious diseases like the coronavirus.

Although it may seem like health care is in a state of flux, from a different perspective it appears to be on the cusp of a new revolution where mind, body, and spirit are seen as equal parts of the whole. Once again, *Managing Stress* stands at the vanguard as the premier resource for holistic (mind-body-spirit) stress management.

Since the creation of the Office of Alternative Medicine at the National Institutes of Health in 1993 (now called the National Center for Complementary and Integrative Health), more money and research has been focused on a host of healing modalities that fall under the domain of complementary or "integrative" medicine. Every technique for stress management is considered at some level to fall into the category of complementary or alternative medicine. Although, at best, the conclusions can only be drawn from outcomes due to the dynamics of the mind-body-spirit paradigm, the interest in this field only continues to grow. This book bears the collective fruit of this growing body of knowledge.

I urge readers to consider *Managing Stress* as an invitation to further explore all of the many topics highlighted in this book in greater depth through other books, articles, and experts in each respective field. No one book can contain all of the information on any topic, let alone this one, but it is my hope that this book sets you on a path toward a well-balanced life.

—Brian Luke Seaward



Author Acknowledgments

When Maureen Stapleton won her Oscar for Best Supporting Actress in 1982 for her role in the movie *Reds*, she walked up to the podium and said, “I’d like to thank everyone I ever met.” At times, writing this book, and working on all its many editions, I have felt much the same way. In fact, I would like to include many people I have never met, but whose work and wisdom have inspired me in a great many ways and found their way into this book. While I would like to share my gratitude with everyone—and you know who you are, including Joe Pechinski, Dave Clarke, Candace Pert, James Owen Mathews, and my invaluable mentors Elisabeth Kübler-Ross, MD, and Larry Dossey, MD—there are simply too many friends, colleagues, scholars, and luminaries to list here. A very special thanks to Mark Ellison and Sally Cadman for their insightful feedback on Chapter 26, *Ecotherapy: The Healing Power of Nature*. Heartfelt gratitude to Randy Glasbergen and

Brad Veley for the use of their wonderful cartoons. Huge thanks also to all my students, friends, heroes, and colleagues too numerous to mention, who were so kind to allow me to use their art therapy pieces or pose for countless photos used in this book. I am forever grateful. I particularly wish to thank my many colleagues who have been so supportive with this work over the years and who have written to tell me that this book has changed the lives of countless people (students and teachers alike) who have used it and taken its holistic message to heart and soul. Special thanks go to Whitney Fekete, Carol Brewer Guerrero, Madelene Nieman, Robin Silverman, Troy Liston, and Susanne Walker at Jones & Bartlett Learning, who are simply awesome. Thanks for making this Eleventh Edition the best ever. The phrase “it takes a village” certainly applies here, so thanks to everyone who has been and continues to be part of my “village.”



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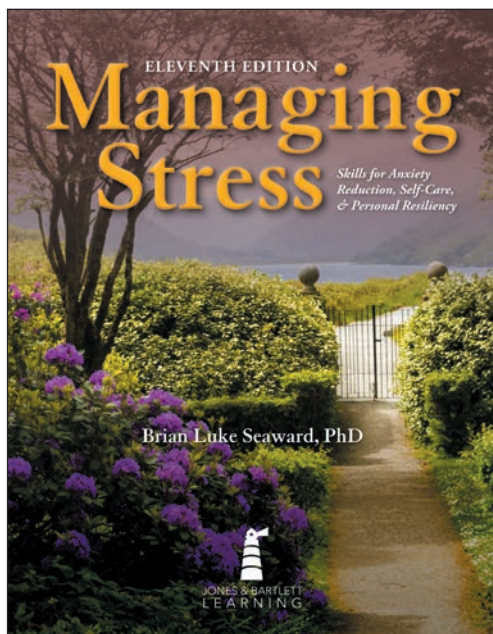
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How to Use This Book



Based on the concept of holistic wellness, where the whole is always greater than the sum of the parts, *Managing Stress's* content and format uniquely offer insights on the integration, balance, and harmony of mind, body, spirit, and emotions throughout each section and in various chapters (e.g., the concept of entrainment can be found in Chapter 5, Stress and Disease, and Chapter 23, Music Therapy). Like the wellness paradigm it is based on, *Managing Stress* is formatted in a mandala of four parts:

Part 1: The Nature of Stress (physiology, stress, and disease)

Part 2: The Mind and Soul (mental, emotional, and spiritual aspects as they relate to stress)

Part 3: Effective Coping Strategies (promoting insights and resolution of stressors)

Part 4: Effective Relaxation Techniques (promoting physical homeostasis)

This book integrates all four components of the wellness paradigm. First, because it is so visible, we look at

stress from the physical point of view, including both the dynamics involved in fight-or-flight and the most current theories attempting to explain the relationship between stress and disease. We then focus on mental and emotional factors, outlining pertinent theoretical concepts of psychology: the stress emotions, anger and fear, as well as specific personality types that are thought to be either prone or resistant to stressful perceptions. (More cognitive aspects are covered in Part 3.) The much-neglected component of spiritual well-being will round out the first half of the book, showcasing selected theories of this important human dimension and its significant relationship to stress. The remainder of the book will focus on a variety of coping strategies and relaxation techniques and come full circle to the physical realm of wellness again, with positive adaptations to stress promoted through the use of physical exercise. As you will surely find, true to the wellness paradigm, where all components are balanced and tightly integrated, there will be much overlap among the physical, mental, emotional, and spiritual factors in these chapters, as these factors are virtually inseparable. And just as the word stress was adopted from the discipline of physics, you will see that some other concepts and theories from this field are equally important to your ability to relax (such as entrainment).

True to the nature of holistic stress management, there is no separation or division between mind and body, emotions and spirit, or any of these four aspects. As such, you will see cross-referencing between chapters to help you connect the dots so that your understanding of the mind-body-spirit connection is solid. You may find it best to start with Chapter 1: Living in a World Upside-Down, and continue straight through to the end of Chapter 9, Stress and Human Spirituality, to gain the best perspective of this colossal topic. From there you can cherry-pick information on which coping techniques and relaxation techniques work best for you. Keep in mind that the best approach is to try them all to find which is most effective for you. Speaking of Chapter 1 (which is new to this edition), given the state of the world today, I felt called to write a new introductory chapter and highlight a handful of key issues that we will all be facing in the coming years.

Each chapter of the text has several pedagogical devices designed to aid in the mastery of the material, including feature boxes, surveys, key terms, exercises, and checklists.

Case studies titled Stress with a Human Face illustrate how real people deal with a variety of stressful situations.

Stress with a Human Face

There are emotional support dogs, and then there is Zion, the epitome of a calming presence and the epitome of a trusted friend. Anywhere you see Clyde, you'll see Zion. Clyde works as an electrician for a Solar Panel Company in Colorado, and the two are inseparable. Zion was adopted 2 years ago in an effort to calm Clyde's anxiety and panic attacks. People who grew up with abusive parents find it a bit uncomfortable to talk about: the midnight commando raids, the drunken brawls, the physical abuse, the mental and emotional abuse. All of this culminates into the trauma that comes from never feeling safe and protected from the very people, the parents, who are supposed to do just that. In this kind of trauma, trust becomes a big issue. More than soft fur to pet, emotional support animals serve the role as a trusted friend. Moreover, pets like Zion fill an essential role that was dramatically missing growing up. Some people look at Zion and see a dog. Clyde sees his best friend.



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Key terms are clearly defined in the text where the term first appears to help with comprehension and expand your professional vocabulary.

- Acute trauma** A singular stressful event, very intense but brief in duration, (e.g., a catastrophic car accident, rape, etc.)
- Chronic trauma** Repeated and prolonged exposure to highly stressful events (e.g. abusive alcoholic parents)
- Complex trauma** A situation where one is exposed to multiple traumatic events (e.g., childhood rape, teenage car accident, abusive alcoholic parents, etc. etc.) and the difficulties that arise as a result.
- Collective trauma** Psychological stress to a traumatic event that involves an entire society (such as a global pandemic, or economic collapse).
- Intergenerational trauma** A term to explain the impact of trauma (alcohol addiction, drug addiction, economic or political oppression, etc.) on more than one generation. Also known as transgenerational trauma.

End of chapter wrap-ups appear at the end of each chapter and contain a comprehensive summary of the main points in the chapter along with study guide questions and references for further study.

WRAP-UP


Summary

- Sleep is an essential component of health and wellness but is often ignored in wellness programming
- Many factors contribute to poor sleep, including caffeine consumption and prolonged screentime.
- The term *sleep robbers* describes factors or behaviors that steal or diminish one from getting a good night's sleep.

NAVIGATE

Access Navigate, available with the code included with each new purchase of this textbook, for a wealth of additional activities to solidify your learning:

- Online Workbook
- Audio Introductions
- Relaxation Media



Study Guide Questions

1. Why is sleep considered important for one's health and well-being?
2. How does a lack of sleep affect short-term and long-term mental cognition?
3. What factors are associated with denying yourself a good night's sleep?
4. What factors contribute to good sleep hygiene?

Box features throughout the chapters provide unique current and historic perspectives on key topics, questionnaires, and things to consider.

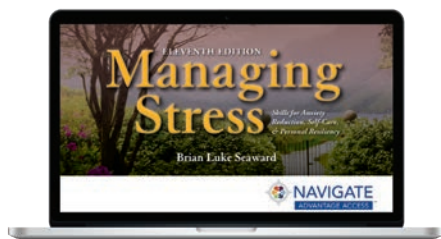
Box 1.1 Self-Care Immediate Stress Relief Toolbox

Note: Throughout this textbook, each chapter contains one or more stress management relief ideas (tools) that you can use to immediately de-escalate and defuse your stress response and recharge your personal energy, for your personal stress relief toolbox, for example:

Find the people doing good. Fred Rogers, known to many as Mr. Rogers, the host of a popular PBS children's show, shared with his television audience a great idea that his mom once gave him. During a national crisis, national calamity, or even a moment of personal strife, look for people doing good. Look for people helping others in times of need. They can be found donating blood, working in food shelters, donating clothes to homeless shelters, volunteer firefighting, taking the elderly to the hospital, feeding the hungry, or perhaps performing random acts of kindness, like opening a door for someone or "giving cuts" in the grocery store. Even in a world of strife, there are always people doing good. Most likely, you won't see them on the news, but they are there. Search them out. And where possible, follow in their footsteps.

Student and Instructor Resources

Navigate Advantage Access



Each new book comes complete with a dynamic online resource packed with instructor and student resources! Navigate Advantage Access provides an interactive eBook, workbook activities, audio engagement with the author, meditation audio and video, as well as assessments, knowledge checks, learning analytics reporting tools, and more.

Relaxation Media and Audio Introductions

In his own words, the author, Brian Luke Seaward, introduces each of the four sections in the book. He provides a summary of each chapter in the section and explains why the information is so important to the understanding and management of stress. This is a great resource for students and instructors!

The author also includes six relaxation audio files as well as a relaxation video—perfect to listen to while studying, meditating, or simply relaxing.

The Art of Peace and Relaxation Workbook, Eleventh Edition

The new edition of the workbook is available online in Navigate. Filled with personal inventories and self-examination exercises, the workbook is an excellent tool for synthesis and application of the content, as well as for self-reflection. Worksheets are included as printable and/or writable PDFs.

Lesson Plans

This edition includes 28 lesson plans and class exercises created specifically for students and participants in the author's holistic stress management certification workshop. The lesson plans have been adapted for instructors who use *Managing Stress* as a college textbook.

Additional Instructor Resources

- Test Bank, including in LMS-compatible formats
- Slides in PowerPoint format
- Instructor's Manual
- Lecture Outlines
- Lesson Plans
- Grading and Analytics Tools



Praise for *Managing Stress*

Instructors

“This textbook does an excellent job of discussing the nature, cause, effect and psychology of stress which allows students to grasp these very important concepts before introducing them to a wide variety of stress management options. The textbook has a strong discussion of topics in stress management and extensive research and resources cited on the efficacy for some of the management options presented. It provides a good mix of popular psychological interventions such as reframing and behavioral modifications and provides thorough coverage of some of the more popular integrative stress interventions.”

—Joshua Burns, ND, DC, Assistant Professor,
Georgian Court University

“We have been using *Managing Stress* as our textbook for Stress Management for 20 years. For any given topic covered, many different perspectives are introduced. For example, when exploring the psychology of stress, theories include Jung, Kubler-Ross, Buscaglia, Brene Brown, and more. Often personal stories are included to bring the ideas to life. The text includes ideas from across the globe and has images and references that are diverse.

The workbook is a useful and productive asset, as it provides numerous exercises and assessments that apply the information provided in the text to the individual student. With this variety, students have choices in their personal work, so they can make their efforts individualized and relevant.”

—Payge Hodapp, MSN, Lead Faculty for
Health and Physical Fitness, Jackson College

“Having taught *Stress Management* since 2012, I make sure to use Seaward’s textbook each and every

semester. I cannot wait to introduce students to all the stress management techniques presented in these pages. Whether it’s a coping strategy or relaxation technique, students will walk out with lifelong skills. Students have called my *Stress Management* course life changing, and it’s primarily due to this textbook!”

—Julio Rodriguez, PhD, University of Florida

“Dr. Brian Luke Seaward has been a leader in stress management for decades among professors/instructors, students, and researchers! The *Managing Stress* textbook and tools present information thoroughly and holistically, encompassing knowledge, attitudes, and behaviors to encourage more positive stress management practices. I have utilized the information from his textbooks, books, and workshops/trainings for my classes, research, presentations, and even for myself personally! Dr. Seaward’s approach is inspiring, transformative, and can even be life-changing!”

—Gwendolyn Roberts Francavillo, PhD,
Malek School of Health Professions,
Marymount University

“The workbook format is absolutely delightful! I thought that the descriptions and the blank space for students to respond are just the right dosage for our students in terms of their attention span, etc.”

—Sachiko Komagata, PhD, PT, ACSM-CEP,
NBC-HWC, Chair/Associate Professor in
Integrative Health, Georgian Court University

“An easy to use and practical guide to real life stressors and how to manage them before they manage you. Brian Luke Seaward provides strategies and techniques to navigate the choppy waters of life and sail through to the calm on the other side. By the way, this afternoon [I] got approval from the General Education Committee to present a three credit Positive Health and Stress

Management honors level course for next semester. Naturally, I am using your books for these courses!!!”

—Christel Autuori, RHD, RYT, MA, Certified Integrative Health Coach, Certified Holistic Stress Management Instructor, Director, Institute for Holistic Health Studies, Western Connecticut State University

“At a time when I was beginning my own holistic health journey, Dr. Seaward’s books and workshops were incredibly helpful for increasing my understanding of health, stress, and spirituality, and the body-mind-spirit connection. Since my first workshop with him nearly 20 years ago, I’ve traveled on his Spirit of Ireland trip, attended his annual retreat, and obtained his level II holistic stress management instructor certification. His books have been part of my journey, both personally and professionally. As I teach holistic health and healing concepts to my students, Dr. Seaward’s *Managing Stress* textbook is a pinnacle resource. As I tell my students, ‘he literally wrote the book on stress management.’ I appreciate that Dr. Seaward’s books and workshops balance the seminal foundations of holistic health with the latest research and health issues. Whether you plan to use this text for inspiring students or for your own personal growth, I recommend it with gratitude and wholeheartedness.”

—Amy L. Versnik Nowak, PhD,
University of Minnesota Duluth

“*Managing Stress* is the best comprehensive, evidence-based stress management book that I have ever used to teach students and nurses about the physiology and pathophysiology of stress, and stress management coping and relaxation skills. Each chapter is extremely well annotated with multiple references and resources. This 28-chapter book is well organized into four parts, including the Nature of Stress, the Mind and Soul, Coping Strategies, and Relaxation Techniques, which make it easy for students and educators to find content, references, and resources. I give this textbook a 5-star rating as it is the most thorough and comprehensive resource on stress management that is easy to use, evidence based, and well written. This book helps learners find thoughtful coping and relaxation skills in a very stressful world. This is a monumentally great gift to the world about stress management.”

—Karen C. Sanders, MSN, RN, AHN-BC,
HWNC-BC, RN Patient Advocacy NC, PLLC

Students

“This textbook is my ‘go to’ book almost daily. As a holistic mental health clinician and trainer, I rely on this book as if it was the DSM version of stress management. It’s a must have in any practitioner’s/educator’s library. I eagerly await the next edition of the book.”

—Lisa Knowles, MEd, LMHC, NCTTP

“I have used Luke’s book *Managing Stress* in not only my own personal life but also as a book for my nursing students to rely on during nursing school. I even used this book in a church retreat to teach my church members how to manage their stress. This book gives so much great information that I cannot even begin to describe how it helps. There is information on just about anything stress related you would want to know. I HIGHLY recommend this book for anyone who is teaching stress or just wants to understand stress better in their own lives.”

—Kim Holden, PhD, MPH, RN, AHN-BC,
CHPN, HWNC-BC, CA, HSMI

“*Managing Stress* has not only been the favorite resource for myself, it has been the constant reference for my Health, Wellness, and Life coaching programs as well. Stress, fear, anxiety, and past limiting beliefs keep us from feeling and living whole, and this book offers the tools for learning, reframing, reviving and sustaining health and wellness, all within an intellectual, scientific, holistic, and spiritual environment. It will be your continued tool for stress management and living well long after you first used it as a textbook. Brian Luke Seaward gifts us with his deep passion for sharing how mind, body, and spirit wellness is the key to living well and thriving in a constantly changing and challenging world.”

—Ceseli Milstein, RN, Life Coach

“*Managing Stress* is a wonderful resource. As a board-certified mental health psychiatric nurse, and mom of six, stress is part of my daily life, at work and at home. The tools I have learned from Brian Luke Seaward’s textbook have helped me in my holistic life. For example, I have facilitated psycho-educational groups and helped a teen through geometry test anxiety with the research and tools in this holistic stress management essential textbook. Though I took this course a couple of years ago, this text remains my go

to on everything stress management. That Brian Luke Seaward focuses on holistic stress management is very important for me and my clients. There is so much help for us all during these shifting times between its covers.”

—Elizabeth A. Carroll, BSN, PMHRN-BC,
Holistic RN, Usui Reiki Teaching Master

“*Managing Stress* has been my go-to textbook for years. I have worked in hospitals and small primary care clinics and have been able to use Brian Luke Seaward’s content to teach stress management techniques to patients and healthcare professionals. Luke has a way of explaining the physiology of stress in an easy-to-understand manner and also provides concrete paths to resolving or alleviating stress, not to mention ways to prevent it in the first place. This is the book on stress and stress management.”

—Lisa Davilia, RN

“Brian Luke Seaward’s book, *Managing Stress*, is the most comprehensive resource I have seen on the topic of holistic stress management. Using wit and wisdom, he tackles the subject with great attention to detail, including real-life examples and the latest research. He not only effectively explains the tremendous health consequences of our stressful lifestyles, but more importantly, he offers hope in the form of a treasure trove of tools and techniques for stress management and reduction. Considering the tremendous impact that these methods can have on health and wellness, *Managing Stress* should be required reading for us all.”

—Amy L. Prestridge, BS, CNHP

“*Managing Stress* is THE most comprehensive text that contains ‘all you need to know about stress management!’ Dr. Brian Luke Seaward is insightful and creative in his writings and, in addition to the text being informative, it is enjoyable to read! I highly recommend this book as ‘the’ go-to resource on this topic.”

—Charlotte Cuneo, RN,
Boston Medical Center

“This comprehensive, must-have book is chock full of the necessary tools and pertinent information to cope with stress from a positive and holistic perspective. As a board-certified nurse wellness coach, I’ve been using the skills and strategies for years with remarkable results. The author communicates clearly and realistically on how to deal with stress, build resistance, and balance your life to unite mind-body-spirit for health and happiness. Highly recommend.”

—Jan Kinder, RN

“Brian Luke Seaward has a special ability to get us to ‘tap in’ and trust in ourselves, cultivating that trust to reach our highest levels of potential, envisioning a better world in which together, we can accomplish most anything. His textbook is a treasure trove filled with ageless wisdom, future insights, and boundless creativity, all while weaving a web of timeless beauty through sharing the very essence of ‘love.’ A learning tool that will be passed down for generations to come, leaving an imprint on each soul that aspires. Its delightfully illustrated graphics, inspired quotes, and creative activities make this book a joy to behold.”

—Patricia Brock
Holistic Stress Management Instructor



Introduction

During the Renaissance, a philosophy shaping the direction of medicine in the Western world started taking hold. This philosophy, promulgated by René Descartes (1596–1650), stated that the mind and body are separate entities and therefore should be examined and treated differently. This dichotomy of mind and body advanced the understanding of the true human condition. Albert Einstein’s revolutionary unified field theory, which at the time was regarded as ludicrous, began to lead Western science back to the ancient premise that all points (energy and matter) connect, each significantly affecting all others, of which the human entity (mental, emotional, physical, and spiritual components) is very much a part.

Only recently has modern science taken steps to unite what Descartes separated more than 375 years ago. The unity of the body, mind, and spirit is quite complex, especially as it relates to stress management. But one simple truth has emerged from the substantial body of evidence-based research: that the physical, mental, emotional, and spiritual aspects of the human condition are all intimately connected. Mental imagery, entrainment theory, pranayama, divinity theory, split-brain research, Jungian psychology, and beta-endorphins all approach the same unity, each from a different vantage point, and each supporting the ancient axiom that “all points connect.”

Given the dynamic changes in our society since the COVID-19 pandemic, stress, mental health, self-care, resiliency, work–life balance, and optimal health have become critical, if not essential, topics in the American culture today. The popularity of good stress management/resiliency skills has grown from the dire need to get a handle on this condition—to deal with stress effectively enough so as to lead a healthy and happy life. But dealing with stress is a process, not

an outcome. Many people’s attitudes, influenced by their rushed lifestyles and expectations of immediate gratification, reflect the need to eradicate stress rather than to manage, reduce, or control their perceptions of it. As a result, stress never really goes away; it just reappears with a new face. The results can and do cause harm, including bodily damage. Studies now indicate that between 70 and 80 percent of all disease is strongly related to, if not directly associated with, stress. So-called lifestyle diseases, such as cancer and coronary heart disease, are leading causes of death; both seem to have direct links to the stress response. With healthcare reform having become a major national issue, the ability of and the need for individuals to accept responsibility for their own health is increasing. But knowledge of the concepts of stress management alone is not enough. Continual application of this knowledge through both self-awareness and the practice of effective coping skills and relaxation techniques is essential for total well-being.

Thus, this book was written to acquaint you with the fundamental theories and applications of the mind-body-spirit phenomenon. More specifically, it offers more than 16 dynamic coping strategies you can use as tools to deal more effectively with the causes of your stress and 12 powerful relaxation techniques to help you reduce or eliminate potential or actual symptoms associated with the stress response. It is my intention that collectively they may help you to reach and maintain your optimal level of physical, mental, emotional, and spiritual well-being in the years to come. For this reason, I would like to suggest that you revisit the book again and again as time goes by. What may appear today to be “some theory” to memorize for a final exam could one day take on great relevance in your life.

