

Managing Stress

*Principles and Strategies
for Health and Well-Being*

Fifth Edition

Brian Luke Seaward, Ph.D.

*Paramount Wellness Institute
Boulder, Colorado*



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

*A portion of the royalty derived from the sale of
this book will be donated to several nonprofit
organizations dedicated to environmental conservation
and health promotion.*

*Great spirits have always encountered
violent opposition from
mediocre minds.
—Albert Einstein*

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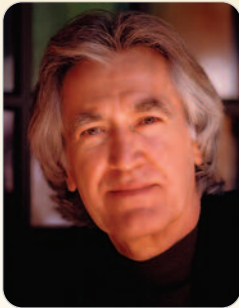
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Foreword



“After ecstasy, the laundry!” This ancient saying can be applied to our current understanding of health and illness. During the past fifty 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: Self-proclaimed experts abound. They shout 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: Principles and Strategies for Health and Well-Being*. 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 pos-

sesses 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 important, Dr. Seaward daringly goes beyond the usual approach to the subject to speak of the soul and of human spirituality because 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, yet 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 his or her life. A new day is dawning in medicine and health promotion, and Dr. Seaward has awoken early to watch and share the sunrise.

—Larry Dossey, M.D.

Executive Editor, *Alternative Therapies in Health and Medicine*. Author of *Reinventing Medicine and Healing Words*.

Praise for *Managing Stress*

PROFESSIONALS

“This book helps students to approach stress management in a livable, realistic, and creative way. It recognizes the premise that coping with stress is a ‘total’ experience and Seaward’s approach to spirituality and stress really opened the minds and hearts of both myself and my students. As one of my students reflected: ‘This class has not only taught me an extreme amount of useful information, but learning effective ways to deal with it, coupled with the daily practice of relaxation techniques and journal writing skills, will encourage me to continue these practices after class ends.’ Personally, this book has helped me refocus on taking time to practice the skills I teach and how these skills must be a part of my daily life.”

— **Jacqueline R. Benedik, MS, CHES,**
Health Educator

“Dr. Seaward’s book is the best resource I have found for teaching a holistic approach to coping with stress. Whether I concentrate on one hour of cognitive restructuring for unemployed professionals, one day of stress and spirituality for nurses, or a semester course for university students, it provides the material I need. It’s reader friendly, rich in references, and full of humor!”

— **Paula LeVeck, RN, PhD**

“Stress is at the heart of most all diseases that society faces today. Brian Luke Seaward’s book goes right to the root causes of stress and communicates cutting edge material. My hope is that more people will put this information to practice by tapping into their inner strength so that we can combat the disease crisis, including obesity, cancer, and coronary heart disease.”

— **Kelly Stobbe, MEd, Wellness Councils of America,**
Director of Council Affairs

“*Managing Stress* is the perfect textbook for my graduate course in stress management for advanced practice nurses. It blends beautifully the research, clinical, and educational components of each topic—a rare find! It is sophisticated enough for advanced students, yet accessible to first-time readers on this subject.”

— **Valerie Yancey, PhD, St. Louis, MO**

“*Managing Stress* is a unique textbook in that it serves as an essential guide to the exploration of the interaction of the mind, body, and spirit. Dr. Seaward brings us an extensive, current, and well-researched review of approaches to stress management in a clear and uncomplicated style. This book, with its seamless blend of theory, skill building and coping techniques, is a gift to us all.”

— **Elaine Matheson Weiner, RN, MPH, CHES,**
Manhattan Beach, CA

“Brian Luke Seaward’s book, *Managing Stress: Principles and Strategies for Health and Well-Being*, is the most comprehensive text on stress management I’ve used for teaching. What makes this book so exceptional is the weaving of science, spirit, and individual stories into an organized, holistic format conducive to personal and professional learning. I would recommend this text for any educator interested in providing the most current research on a growing field that is having such an impact on the lives of individuals yearning to find balance in their lives.”

— **Jamie Damico, RN, MSN, CNS,**
Colorado Springs, CO

“I highly recommend Luke’s text to any college professor who teaches stress management. It is a comprehensive and holistic approach to stress management in that one fully walks away with a clear and in-depth understanding of the wide variety of causes and effects, as well as the many wonderful adoptable options for managing stress. My students frequently remark how beneficial the self-assessments and inserts are, that are included in each chapter. I have reviewed many stress-management books, and I have found this book to be unequivocally the best one.”

— **Susan Kennen, Professor, Health Education,**
Poughkeepsie, NY

“From humor to heart disease, history to holistic, physical exercise to prayer, *Managing Stress* covers all aspects of this worldwide epidemic. With its smorgasbord of techniques to manage stress, it’s the perfect book on how to improve quality of life and increase joy, vitality, and inner calm. It’s informative, fun, and best of all, it inspired this reader into action. It is a must-read for anyone interested in living a healthier, happier life.”

— **Conee Spano, Health Educator, Las Vegas, NV**

STUDENTS

“The information I have learned from this book is definitely something I will remember and use the rest of my life. I found the exercises on breathing, yoga, and aromatherapy most beneficial.”

— **Christine S., University of Northern Colorado**

“The chapter on time management was the best. Before this class I was extremely good at wasting time. Now I realize that time is an important resource that I need to make the most of. I do this by keeping a daytimer, prioritizing, and cutting out a lot of television. Thanks!”

— **Jason A., Indiana University**

“Just from reading the first chapter, I knew this was a book I wasn’t going to sell back at the end of the semester. This book has been my saving grace. Thanks!!!”

— **Bill G., Richland College, Dallas, Texas**

“The most valuable thing I got out of the whole book was dealing with my anger. I never knew I was holding it in. I now know how to let it go and not let my feelings ruin my life. The chapters on music therapy and breathing were excellent.”

— **Melanie B., University of Northern Colorado**

“By far the most significant aspect of this book was the chapter on human spirituality. Even though I had heard most of the information before, it has never been presented to me in such a broad yet concise manner. It refreshed my desire to continue to grow spiritually.”

— **Ivette B., University of New Mexico**

“I had no idea how beneficial keeping a journal is to help ease the tension that occurs in everyday life.”

— **Emily B., University of Vermont**

“It is a great comfort to know there is more than one way to deal with stress. Many times in college, I have found myself very stressed out and in need of relief. I now have many techniques to promote a less stressful lifestyle.”

— **Aspen V., University of Maryland**

“Like most textbooks, I thought this one was going to be boring. Boy, was I wrong! I learned a great deal about my body, my mind, and my spirit. As an athlete, I now have skills for a lifetime. The chapter on humor therapy was the best! Keep those jokes coming.”

— **Will C., University of Utah**

Preface

Moving from a black-and-white version of *Managing Stress* (the fourth edition) to the world of color is no less dramatic than Dorothy's first experience upon leaving Kansas and entering into the enchanting world of Oz. Although these first few pages lack a set of Lollipop Kids to musically greet you and introduce the wonders of this new landscape, let me be the first to officially welcome you to the exciting world of holistic stress management—in living color! For this edition, I have searched high and low for images, not only to bring this energetic material to life, but also to make an indelible impression, both consciously and unconsciously, and ensure the most optimal learning experience. It is my hope that many of these concepts, such as art therapy, music therapy, dream therapy, and energy healing, will leap to life in a way that black-and-white photos could never do and that the transition to color engages your right brain to explore, process, and retain more information, thus allowing for a fuller comprehension of this material. In doing so, you become more empowered to face whatever stressors you encounter from this day forward.

When *Managing Stress* was first published in 1994, it broke new ground. Never before had a college textbook presented such a holistic perspective on health and well-being under the influence of stress. Ten 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 see this aspect of health addressed. Indeed, many of the topics that were considered at the vanguard of stress management a decade are now so familiar that they have become household words: T'ai Chi, hatha yoga, echnacea, Pilates, meridians, and chakras, to name a few. It's no secret that as the pace of life increases, 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 authority on stress management, and I am happy to say that I still hear it described that way.

Under the banner of “new and improved,” this edition strikes a balance between highlighting the landmark research into health psychology, psychoneuroimmunology, and holistic healing and the newest research studies, theories, and applications of effective stress management in a rapidly changing world. Although it may seem as if health care is in a constant 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. Indeed, this recognition is very exciting. 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 officially called the Center for Complementary and Alternative Medicine), more money and hence more research have been devoted to 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 belong to the category of complementary or alternative medicine (CAM). Although conclusions can only be drawn from outcomes due to the dynamics of the mind-body-spirit paradigm, the interest in this field continues to grow. This book bears the collective fruit of this growing body of knowledge.

I have been told many times by countless readers that the beauty and power of this book do not reside in any one feature, such as the stunning colorful images, the writing style, the rich content of information, the human feature stories, the occasional light humor, or even the cartoons. Rather, it is the tapestry of information—the yellow brick road, so to speak—that allows you, the reader, to connect the dots from chapter to chapter so that by the end of this journey you have truly understood the meaning of holistic stress management, where mind, body, spirit, and emotions come together in a dynamic confluence of the human condition.

In an effort to constantly refine and update this textbook, four new features have been included for this edition:

- **Insomnia.** Not only have Americans (and perhaps all planetary citizens) become more stressed in recent years, but they have also become more sleep deprived. Rather than devoting an entire chapter to insomnia, it made more sense, given the holistic focus of this book, to weave the topic of insomnia throughout the book's many chapters.
- **Resource Management.** The second new feature is information on the topic of finances combined with time management, now found in chapter 15: Resource Management: Managing Time and Money. These issues of time and money are examined to help change poor habits into good ones.

- **New Self-Assessments.** Several new questionnaires and surveys have been added throughout the book.
- **Study Guide Questions.** In an effort to help readers gather, process, recall, and communicate information, a special study guide section has been added to the end of each chapter. These content-based questions will challenge readers to retain the information.

Finally, as with every edition, please consider *Managing Stress* to be an invitation to explore the many topics highlighted in this book in greater depth by consulting other books, articles, and experts in each respective field. No one book can contain all the information on any topic, let alone a field as expansive as stress management.

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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 over 360 years ago. The unity of the body, mind, and spirit is quite complex, especially as it relates to stress management. But one simple truth is emerging from the research of the late twentieth century: 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.”

Stress is a hot topic in American culture today. Its popularity stems from the need to get a handle on this condition—to deal with stress effectively enough so as to lead a “normal” 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 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. As the United States begins the twenty-first century, and with health care 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 fifteen coping strategies you can use as tools to deal more effectively with the causes of your stress, and eleven 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.

To the Instructor

As a benefit/incentive of using this textbook and to save you valuable time in the preparation and instruction of this course, the publisher has provided an enhanced Instructor's ToolKit CD-ROM with a computerized test bank, chapter outlines, completely updated and revised PowerPoint presentations, an image bank, and recommended teaching tips, all created by the author. This CD is free to all instructors who adopt this text for classroom use. In addition, a series of experiential class lesson plans are now available on the *Managing Stress* Web site.

For the student, each chapter of the text has a number of pedagogical devices designed to aid in the mastery of the material, including boxes, surveys, key terms placed in the margins, exercises, and checklists. Case studies entitled "Stress with a Human Face" illustrate how people deal with a variety of stressful situations. Each chapter concludes with a comprehensive summary of the main points in the chapter along with study guide questions and references for further study. Key terms are also clearly defined in a handy glossary of terms at the end of the text, which can be useful in studying for ex-

aminations. In addition, at the end of almost every chapter there is a self-assessment to help relate the content to the reader's life.

Managing Stress: A Creative Journal is also available as an optional supplement to the course. The journal contains more than 80 thought-provoking, soul-searching themes designed to engage the student in writing about personal stress, unresolved conflict, and tension-producing emotions. Journal writing has proven to be a formidable coping technique used by psychologists and health educators as an awareness tool for self-exploration and discovery. Also available to the student are 2 complimentary 60-minute audio CDs that provide many relaxation techniques for stress reduction found in the back of each new book. Mental imagery, meditation, progressive relaxation, and autogenic training are taught with a professional mix of voice and restful music. Through listening to these CDs, students are shown how to apply stress-reduction methods to their own lives.

Instructors and students using the fourth edition of *Managing Stress* can access the Web site by visiting <http://health.jbpub.com/managingstress>.

