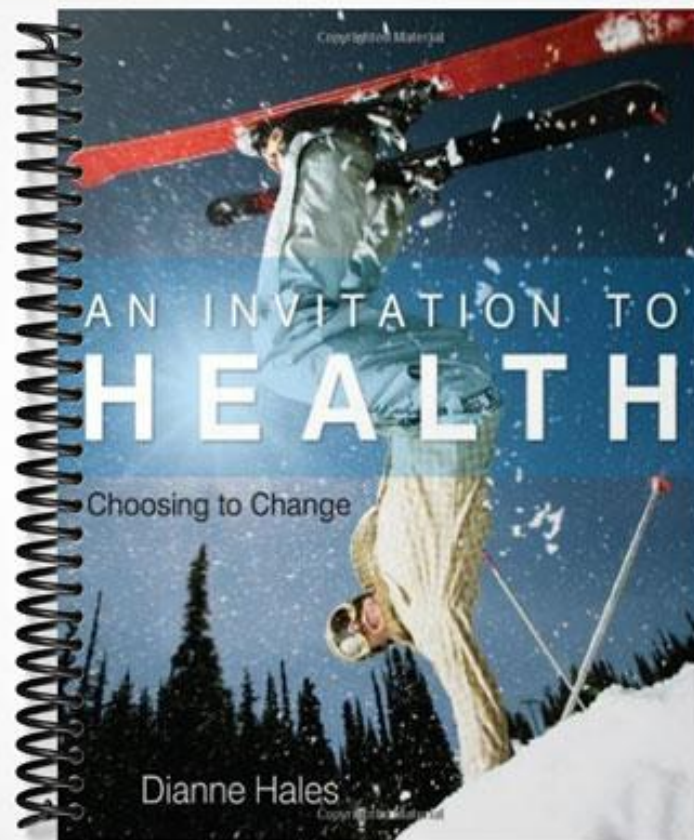
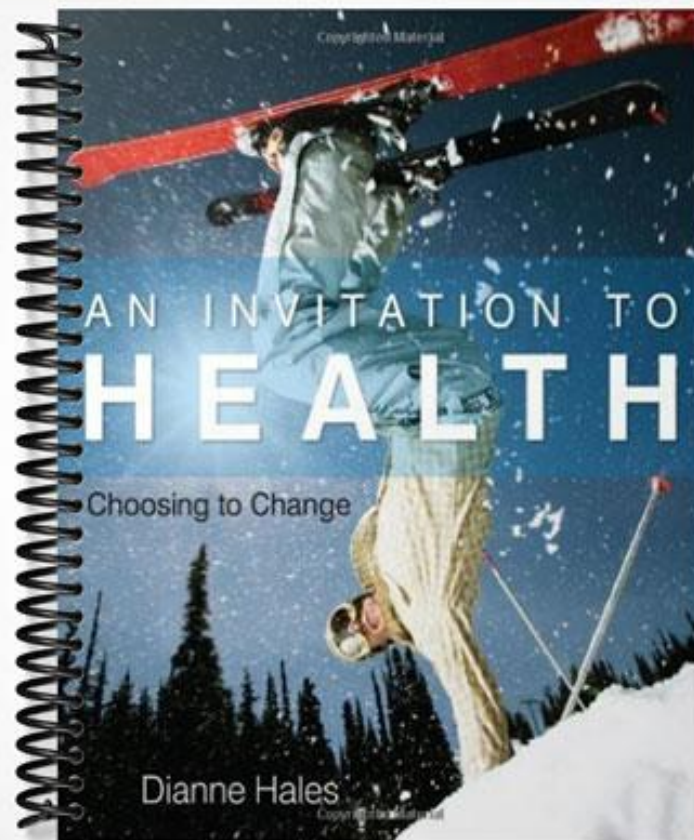


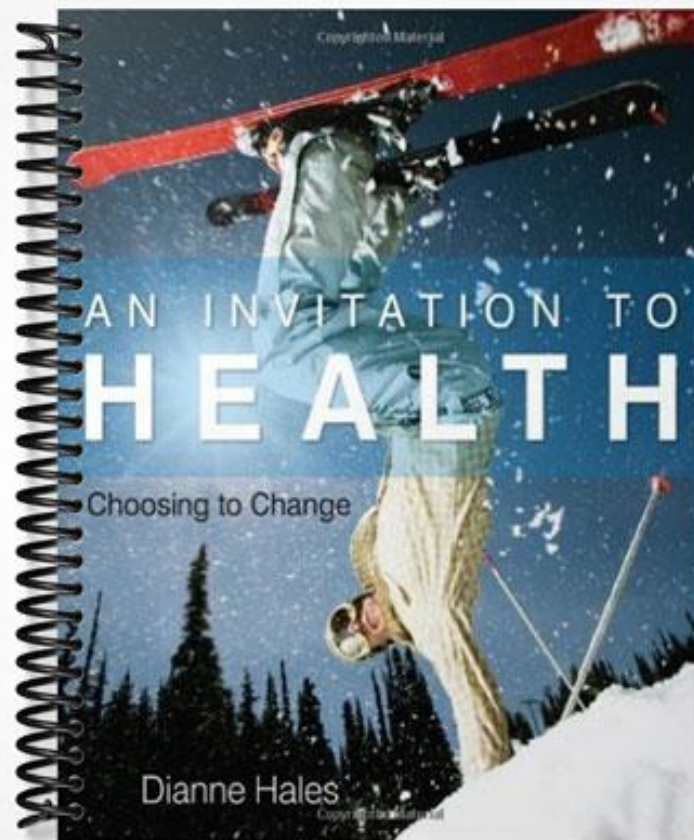
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2

Psychological and Spiritual Well-Being

Learning Objectives

After studying this chapter in the text, the student should be able to:

1. Identify the characteristics of emotionally healthy persons.
2. Name the two pillars of authentic happiness.
3. Discuss some of the health benefits of prayer.
4. Describe four ways that sleep affects well-being.

Chapter Summary

Psychological health can make the difference between facing a challenge with optimism and confidence or feeling overwhelmed by expectations and responsibilities.

Lecture Outline

- I. Psychological Well-Being
 - A. Psychological health encompasses both our emotional and mental states—that is, our feelings and our thoughts.
 1. Emotional health generally refers to feelings and moods.
 - a. Characteristics of emotionally healthy persons, identified in an analysis of major studies of emotional wellness, include the following:
 - i. Determination and effort to be healthy.
 - ii. Flexibility and adaptability to a variety of circumstances.
 - iii. Development of a sense of meaning and affirmation of life.
 - iv. An understanding that the self is not the center of the universe.
 - v. Compassion for others.
 - vi. The ability to be unselfish in serving or relating to others.
 - vii. Increased depth and satisfaction in intimate relationships.
 - viii. A sense of control over the mind and body that enables the person to make health-enhancing choices and decisions.
 2. Mental health describes our ability to perceive reality as it is, to respond to its challenges, and to develop rational strategies for living.
 - a. The characteristics of mental health include:

- i. The ability to function and carry out responsibilities.
 - ii. The ability to form relationships.
 - iii. Realistic perceptions of the motivations of others.
 - iv. Rational, logical thought processes.
 - v. The ability to adapt to change and to cope with adversity.
 3. Culture helps to define psychological health. In our diverse society, many cultural influences affect Americans' sense of who they are, where they came from, and what they believe.
- II. Practicing Positive Psychology
- A. The three pillars of positive psychology are the study of positive emotions, such as hope and trust; positive traits such as wisdom and courage; and positive institutions, such as strong families and democracy.
 - B. Boosting Emotional Intelligence - "EQ" (for emotional quotient) is the ability to monitor and use emotions to guide thinking and actions.
 - C. Knowing Your Needs
 1. According to Maslow, human needs are the motivating factors in personality development.
 - a. First, we must satisfy our basic physiological needs, such as those for food, shelter, and sleep.
 - b. Only then can we pursue fulfillment of our higher needs—for safety and security, love and affection, and self-esteem.
 - c. Few reach the state of self-actualization, in which one functions at the highest possible level and derives the greatest possible satisfaction from life.
 - D. Feeling the Power of Self-Esteem.
 1. Self-esteem is belief or pride in ourselves; it gives us confidence to dare to attempt to achieve at school or work, and to reach out to others to form friendships and close relationships.
 2. Self-esteem is based on what you believe about yourself. It is not something you are born with; it develops over time.
 3. One of the most useful techniques for bolstering self-esteem and achieving your goals is developing the habit of positive thinking and talking.
 - E. Pursuing Happiness
 1. The Keys to Happiness
 - a. Make time for yourself
 - b. Invest yourself in closeness
 - c. Work hard at what you like
 - d. Be upbeat
 - e. Organize, but stay loose
 - F. Becoming Optimistic
 1. Optimism is the inclination to anticipate the best possible outcome.
 2. The key to becoming optimistic is disputing the automatic negative thoughts that flood our brains and choosing to believe in our own possibilities.
 - G. Managing Your Moods
 1. A mood is a more sustained emotional state that colors our view of the world for hours or days.
 2. The most effective way to banish a sad or bad mood is by changing what caused it in the first place.

- H. Looking on the Light Side
 - 1. Humor, which enables us to express fears and negative feelings without causing distress to ourselves or others, is one of the healthiest ways of coping with life's ups and downs.
- III. Feeling in Control
 - A. Developing Autonomy
 - 1. Internal locus of control
 - B. Asserting Yourself
 - C. Connecting with Others
 - D. Overcoming Loneliness:
 - E. Facing Shyness and Social Anxiety
 - F. Loving and Being Loved
 - 1. You may not think of love as a basic need like food and rest, but it is essential for both physical and psychological well-being.
- IV. Spiritual Health
 - A. Spiritual health involves our ability to identify our purpose in life and to experience the fulfillment of achieving our full potential.
 - B. Spirituality is a belief in what some call a higher power.
 - C. Spirituality and Physical Health
 - D. Deepening Spiritual Intelligence
 - 1. Spiritual intelligence is the capacity to sense, understand, and tap into the highest parts of ourselves, others, and the world around us.
 - E. Clarifying Your Values
 - 1. Values are the criteria by which you evaluate things, people, events, and yourself; they represent what's most important to you.
 - a. Carefully consider the consequences of each choice.
 - b. Choose freely from among all of the options.
 - c. Publicly affirm your values by sharing them with others.
 - d. Act out your values.
 - F. Enriching Your Spiritual Life
 - G. Praying
 - 1. Some scientists speculate that prayer may foster a state of peace and calm that could lead to beneficial changes in the cardiovascular and immune systems.
 - H. Expressing Gratitude
 - 1. A grateful spirit brightens mood, boosts energy, and infuses daily living with a sense of glad abundance.
 - I. Forgiving
 - 1. Being angry, harboring resentments, or reliving hurts over and over again is bad for your health in general and your heart in particular.
 - J. Doing Good
 - 1. Altruism—helping or giving to others—enhances self-esteem, relieves physical and mental stress, and protects psychological well-being. Volunteerism helps those who give as well as receive.
- V. Sleepless on Campus
 - A. Sleep's Impact on Health
 - 1. Too little sleep can affect the following:
 - a. Learning and memory
 - b. Metabolism and weight
 - c. Safety

- d. Mood/quality of life
 - e. Life satisfaction
 - f. Cardiovascular health
 - g. Immunity/cancer prevention
- B. What Happens When We Sleep?
1. Stage 1: A twilight zone between full wakefulness and sleep, the brain produces small, irregular, rapid electrical waves. Muscles relax and breathing is smooth and even.
 2. Stage 2: Brain waves are larger and punctuated with occasional sudden bursts of electrical activity. Eyes no longer react to light and bodily functions slow.
 3. Stage 3 and 4: Constitutes the most profound state of unconsciousness. The brain produces slower, larger waves, sometimes referred to as “delta” or slow-wave sleep.
- C. Sleep Disorders
1. Insomnia: A lack of sleep so severe that it interferes with functioning during the day.
 - a. Relaxation therapy: may involve progressive muscle relaxation, diaphragmatic breathing, hypnosis, or meditation.
 - b. Cognitive therapy: challenges misconceptions about sleep and helps shift a poor sleeper’s mind away from anxiety-inducing thoughts.
 - c. Stimulus control therapy: individuals who do not fall asleep quickly must get up and leave their beds until they are very sleepy.
 - d. Sleep restriction therapy: sleep times are sharply curtailed in order to improve the quality of sleep.
 2. Breathing Disorders (Snoring and Sleep Apnea)
 3. Movement Disorders
 4. Circadian Rhythm Sleep Disorders
- D. How Much Sleep Do You Need?
- E. Sleeping Pills
1. Over-the-counter medications
 2. Dietary supplements
 3. Prescription medications

Discussion Questions

- Discuss the concept of psychological health as it relates to the other five dimensions of health. Can psychological health be separate and distinct from the other components without affecting them? How so? How does it or doesn’t it contribute to the holistic model? How do the other dimensions affect one’s psychological health?
- Ask students what it means to love and accept themselves. Can one accept and love another without first loving oneself? How? Why? How does this relate to Maslow’s Hierarchy of thinking?
- Ask students what emotional intelligence means to them. Looking at the five components of emotional intelligence (self-awareness, altruism, personal motivation, empathy, and the ability to love and be loved by friends, partners, and family members), discuss with students how they might go about developing and strengthening each of these. Discuss the benefits of possessing emotional intelligence. What role does an individual’s EQ play in their everyday life or career? Ask them which they would rather have, “A high IQ or a high EQ?” Why or why not?

- Ask students what factors contribute to happiness. Compare these characteristics to those cited for contributing to good psychological health. Ask students to make a list of the things that make them happy. Do they think of the things on the list when they make choices or decisions that may or not affect their happiness? Why? How come?

Classroom Activities

Activity #1: Abraham Maslow's Hierarchy of Needs

Purpose:

1. To assist students in identifying their own potential.

Time:

This activity will take 10 to 15 minutes.

Introduction:

Introduce to students how not reaching our fullest potential can impact our health.

Method:

1. Introduce students to Maslow's Hierarchy of Needs and review the various levels within this model.
2. Have students make their own pyramid and have them write a brief statement about how they have reached each level or not reached a particular level.

Discussion:

1. Ask students to identify areas that they are meeting.
2. Ask students to identify areas that they are not meeting.
3. How do they feel meeting or not meeting a particular area that has influenced their life?
4. Are there areas in life for which students believe that meeting each "step" isn't necessary to achieve the next level? Why or why not?
5. Ask students to identify someone they believe has reached the self-actualization level. Why?

Activity #2: Enhancing Self-Esteem

Purpose:

1. To improve self-esteem.

Time:

This activity will take 10 to 15 minutes.

Introduction:

Enhancing self-esteem and personal well-being is a life long process.

Method:

1. Have students ask themselves the following questions:
 - a. How do I feel about my life in general — positively or negatively?
 - b. Do I constantly send myself negative messages?
 - c. What is one area of my life that I would like to improve on?
2. Write two positive affirmations that you will repeat to yourself whenever you feel those negative or self-defeating thoughts begin to enter your mind.

Discussion:

1. What factors have contributed to your feelings about your life in general, whether they are positive or negative?
2. Will your positive affirmations help derail any negative observations you have of yourself?
3. What role does self-esteem play in the ability to set and establish goals?

References, Readings, and Resources

Cousins, N. (1995). *Anatomy of an illness as perceived by the patient*. New York: W.W. Norton & Co.

Goleman, D. (1997). *Emotional Intelligence*. New York: Bantam Books.

Katz, A. et al. (1992). *Self-Help: Concepts and applications*. Philadelphia: Charles Press Publishers.

Pennebaker, J. W. (1997). *Opening up: The healing power of expressing emotions*. New York: Guildford Press.

Weaver, R.L. (1995). *Understanding interpersonal communication*, 7th ed. Reading, MA: Addison-Wesley Educational Publishers.

Films and Videocassettes

“A Family of Winners”

(Overemphasis on winning and obsessive competitiveness is examined in the context of a father’s “winning-is-everything” personality and its effect on his sons.)

Paul Communications
17575 Pacific Coast Highway
P.O. Box 1057
Pacific Palisades, CA 90272

“Cipher in the Snow”

(Mental health authorities discuss anxiety and anxiety-producing situations.)

The Edge Series
Pennsylvania State University
Audio-Visual Services
University Park, PA 16802

“Clarifying Your Values: Guidelines for Living”

(Students are given opportunities to define their value systems and analyze advantages and disadvantages of acting on their beliefs.)

The Center for Humanities, Inc.
White Plains, NY 10602

“Productivity and the Self-Fulfilling Prophecy”

(Shows the strength of expectations and how they influence our behavior.)

McGraw-Hill Training Systems
674 Via del la Valle
Solana Beach, CA 92075

Internet Resources

National Association for Self-Esteem

The purpose of this organization is to fully integrate self-esteem into the fabric of American society so that every individual, no matter what their age or background, experiences personal worth and happiness.

<http://www.self-esteem-nase.org/>

National Sleep Foundation

This informative site features information on sleep disorders; healthy sleep, support and advocacy; and online resources on sleep.

<http://www.sleepfoundation.org>

Reflective Happiness

Martin Seligman's website on positive psychology.

<http://reflectivehappiness.com/>