

COMPREHENSIVE

# STRESS

# MANAGEMENT

SIXTH EDITION



JERROLD S. GREENBERG

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UNIVERSITY OF MARYLAND

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## COMPREHENSIVE STRESS MANAGEMENT, SIXTH EDITION

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IF I WERE ASKED TO CHOOSE THE BEST WAY TO MANAGE STRESS, I WOULD PROBABLY CHOOSE COMMUNICATING WITH OTHER PEOPLE AND OBTAINING SOCIAL SUPPORT FROM THEM. FOR THIS TO OCCUR, THOUGH, PEOPLE HAVE TO MAKE THEMSELVES AVAILABLE TO PROVIDE THAT SUPPORT, MEANING THEY HAVE TO SACRIFICE A GOOD DEAL OF THEIR OWN TIME, EFFORT, AND ENERGY. THAT IS WHY THIS BOOK IS DEDICATED TO MY WIFE, KAREN. KAREN IS SOCIAL SUPPORT INCARNATE. SHE IS CARING, CONCERNED, CONSIDERATE, LOVING, AND AVAILABLE TO FRIENDS, FAMILY, AND EVEN ACQUAINTANCES. THAT IS WHY SHE IS SOUGHT OUT BY PEOPLE IN HER WORLD WHO ENCOUNTER PROBLEMS AND NEED A SYMPATHETIC EAR TO LISTEN. TO RECOGNIZE THIS EXTRAORDINARY PERSON, WHOM I AM FORTUNATE TO HAVE IN MY LIFE, AND TO ACKNOWLEDGE THAT SYMPATHETIC EAR, THAT LOVING PERSON, THAT STRESS-BUSTER, I DEDICATE THIS BOOK WITH LOVE.



## PREFACE

**T**he first edition of this book evolved out of two needs. The first pertained to my discussions with students, colleagues, friends, and relatives who, as I listened more carefully, seemed to be crying out for help in dealing with the stress of life. Upon closer scrutiny, I realized that the only cries I was deaf to were my own. I, too, needed help managing stress. The second need related to the nature of texts on this subject. I thought they were informative or interesting but seldom both. Furthermore, I didn't think stress management was presented as the complex subject I envision it to be. I thought books on this subject explored parts of stress management but omitted several key components. Both of these needs continue to exist and cry out for this, the sixth edition of *Comprehensive Stress Management*.

This book, then, is written in a more personal, informal manner than most and is organized to consider stress as a function of situations in life that, when perceived as distressing, result in emotional and physiological arousal. There is an abundance of scientific and statistical information in this book, but it hangs onto anecdote, humor, and personal experience to breathe life into its content. In addition, numerous means of assessment are provided so that content takes on personal meaning for each reader.

We all learn from our experiences, and I am no exception. Consequently, this sixth edition of *Comprehensive Stress Management* incorporates changes recommended by readers of the first five editions while maintaining the elements valued by those readers. Revisions include the following:

1. A logo has been placed alongside material in this textbook that relates to sections in the accompanying workbook, Your Personal Stress Profile and Activity Workbook. In this way, instructors have the option of incorporating workbook content into coursework, or not using the workbook at all. Given that the logo is unobtrusive, it is easy to ignore if instructors decide not to require the workbook for their students. On the other hand, if the workbook is required, its content and the content included in the textbook can more easily be integrated and coordinated.
2. A logo has also been placed alongside material in this textbook that can be included in a *stress portfolio*. This allows instructors who are so inclined to help students collate and organize into one source the scales and questionnaires they complete, the community projects in which they engage, and other stress-related materials they generate. These *stress portfolios* can be used to evaluate students, to help students become employed, or to help students make sense of several months' work on stress management. Since the logo is unobtrusive, like the logo for the workbook, it also can be easily ignored if instructors decide not to use *stress portfolios*.
3. Readers have a responsibility for their community's stress levels as well as their own; thus, this edition of *Comprehensive Stress Management* now includes a boxed feature entitled *Getting Involved in Your Community*. This box appears in most chapters and challenges readers to apply that chapter's content in a project to decrease stress levels in their communities. I define "community" as either the college community,

the city or town community, the state, the country, or the world. In other words, readers have the obligation to make their communities less stressful places for themselves and for others, their “neighbors.” Ways in which that can occur are offered in most chapters.

4. Two new discussions have been added to chapter 3. One concerns posttraumatic stress disorder. The other added material relates to stress and other conditions such as miscarriage, premature delivery, sports injuries, and slower healing.
5. A new section entitled *Spirituality and Stress* has been added in chapter 5. This section speaks to the influence of our spiritual dimension on our levels of stress and on our abilities to manage stress.
6. A new section entitled *An Attitude of Gratitude* was added in chapter 7. This section describes a concept I have found to be extremely useful in helping my students and workshop participants understand how important perception is in the development of stress responses. Years later, students recall the attitude of gratitude discussions and relate how that thought has stayed with them over time.
7. My friend Jerry Braza, who teaches at a college in Oregon, introduced me to a relaxation technique that I decided to include in chapter 11. This technique is called *mindfulness*, and it has a great deal of potential to aid in the management of stress. Mindfulness is described and instructions for performing this technique are then provided.
8. Numerous World Wide Web addresses have been added where appropriate. This allows the reader who wants more information about a topic to obtain that information via the Internet.
9. The most current references have been added, statistics have been revised based on the latest available data, and state-of-the-art topics have been included (for example, covenant marriages in chapter 17). In addition, several new photographs that better relate to the chapter content have been substituted for less relevant and/or outdated photos. The sum of these changes assures the reader of the most current and accurate material, presented in an interesting and educational format.

Part 1 of this book contains a complete discussion of the stress reaction and its relationship to specific illnesses and diseases. Parts 2, 3, and 4 teach you how to intervene—to step between the stressor and physiological arousal. Consequently, you should be able to limit the harmful effects of the stressors you encounter. In brief, you will learn how to adjust your life situations, perceive events differently, react less emotionally, and use the products of stress to limit their duration. Part 5 discusses the particular stress needs of homemakers, workers outside the home, children and youths, college students, and the elderly. The stress management procedures presented in parts 2, 3, and 4 are applied to each of these specific populations to demonstrate their use in alleviating the harmful effects of stress.

The major theme of this book is that people usually have greater control over their lives and their environments than they realize. Unfortunately, many of us do not exercise this control and become rudderless in a rapidly changing and stressful society. Stress management is learning to recapture control of ourselves, and this book describes how to do that.

## ANCILLARIES

The sixth edition of *Comprehensive Stress Management* is accompanied by an updated ancillary package, including the following:

## For the Instructor

*Comprehensive Stress Management Instructor's Manual and Test Item File.*

Designed to assist the instructor in the optimal use of the text, the instructor's manual contains student learning objectives, chapter outlines, teaching suggestions, and audiovisual resources. The test item file contains more than 700 multiple choice, true-false, and fill-in-the-blank test questions.

*MicroTest Computerized Testing Software.*

## For the Student

*Your Personal Stress Profile and Activity Workbook* by Jerrold Greenberg is a workbook that allows students to evaluate their current level of stress, then develop a personal stress profile. This workbook helps students become active participants in managing their stress instead of merely reading about it.

*Letting Go of Stress Audiotape* can be packaged with the book. It contains instructions for relaxation exercises students can use now and in the future.

*HealthQuest* by Gold/Atkinson/Conley/McDermott is an interactive CD allowing exploration of your health and wellness status. The module on stress management and mental health gives you the opportunity to input your criteria and receive feedback on your stress level. *HealthQuest* can be packaged with the text. Contact your sales representative for details.

## ACKNOWLEDGMENTS

There are many people who have helped bring this project to completion. They can never be adequately thanked, but perhaps a mention here will let them know that their help has been appreciated.

First are my students, who have taught me as much about stress management as I have ever taught them. Not only do I learn from their term papers and other assignments, but the way in which they live their lives teaches me much about managing stress.

Then, there are my colleagues at the University of Maryland. My fellow faculty encourage, stimulate, and provoke me to be as competent and as qualified as I can—if for no other reason than to keep pace with them. In particular, I wish to thank Robert Feldman, the author of chapter 13, whose contribution to this book is obvious, albeit immeasurable.

And, of course, there are those reviewers whose comments exasperated, bewildered, and angered me. They also created more work and revision than I desired. However, they also encouraged and provided important guidance. Because of them, this book is better than it otherwise would have been. These reviewers include:

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Most importantly, there is my family. They not only respected my need for quiet time to write but also provided much of the inspiration I needed. Karen, Keri, and Todd—I don't tell you often enough how much you contribute to my work and productivity, but you do, and I recognize your support and value it.



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