# 4 Dealing with Stress in HEALTHY Ways

## 4A LESSON - Understanding and Accepting Healthy Stress

# ACTIVITIES

Scrutinizing our own unhealthy behavioral patterns can be difficult. Usually counselors, friends, or particular activities bring such dysfunctions to light. This lesson's activities and supplements are designed to assist you in recognizing counter-productive behaviors when dealing with stress, and to assist you in accepting healthier choices. For maximizing the value of this lesson, please devote extra time reviewing and employing your self-coaching skills.

4A

### JOURNALING QUESTIONS TO EXPLORE EACH DAY

By now you should be well aware of just how valuable, yet unnatural it is to question your thoughts and behavior as though you were an outsider trying to gain in-depth self-understanding. These questions will guide you in analyzing your reactions to stress in very direct and revealing ways. Using the journal calendar provided in the 2A Lesson, note your answers to the following four questions each day when you recognize that you are accepting or ignoring healthy stress.

***1. Why am I avoiding healthy stress?***
***2. What did I say or do to that allowed me to avoid healthy stress?***
***3. Why am I accepting healthy stress?***
***4. What did I say or do that helped me accept healthy stress?***

The trick to answering these questions is to keep them in the forefront of your mind. As you have already learned from EII's lessons, we humans don't instinctively monitor the quality of our thoughts and actions, yet when we do, we can gain incredible psychological insight.

Sometimes our reactions to emotions are quick and subtle because of prolonged habits. For accessing emotional intelligence, we need to pause and allow adequate time for our minds to realize and accept better judgment. As mentioned earlier, it is wise to often practice being reserved while studying EI, allowing time for the mind to access wiser options.

Once recognizing and labeling your inappropriate reactions, you can prepare the mind for your next scenario by memorizing helpful self-talk and visualizing wiser thoughts. As you begin this activity, spend time memorizing the following statements to easily remind yourself of the challenges we all have in developing healthier minds:

*"Emotional intelligence requires us to avoid our emotions' natural tendencies.*
*Instead, we must develop our judgments through*
*sensible and thoughtful examination that leads us to wiser action."*

By slowing down long enough to evaluate your emotions and honestly confront counter-productive behavior, you have a chance to talk yourself into accepting wiser actions. By memorizing the above statement with serious intent, you are inspired to apply healthier choices and achieve long-term emotional growth.

### MOTIVATION AND STRESS REDUCING SELF-TALK

Spend some time reading the *Motivation and Stress Reducing Self-Talk* supplement, which lists a number of powerful comments and questions to add to your repertoire of positive self-talk. For best results, choose one statement/question a day from this handbook to memorize for future needs.

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## BEHAVIORAL WORD STUDY

# GULLIBILITY

Word studies from previous lessons defined important competencies of healthy mind development. The word *gullibility* fits into the category of obstacles that contribute to unhealthy mind development. By spending time to investigate the elements of *gullibility*, you can reduce the chances of experiencing *gullibility* in future situations. After studying this word, be sure to test your understanding by completing a Blank Word Study.

## OTHER SUPPLEMENT ACTIVITIES

4A

If you haven't already done so, please review the supplements, *Consequences of NOT Enduring Healthy Stress*, and *Reasons Why We Avoid Healthy Stress.* Also complete the *Healthy Stress Questionnaire* that accompanies this lesson for gaining clearer understanding of your current approach to healthy stress and to assist you in improving.

## 4A LESSON - VOCABULARY WORDS

As mentioned in previous lessons, spend time reflecting upon a different word each day for seven days. Make an effort to apply the word of the day in your thoughts and actions. In order to enhance long-term impact of these words, spend time memorizing the brief definitions.

1. ***allegiance- n.*** A reverent regard, devotion, faithfulness, responsibility, or obligation to support a person or a cause. *When we consider the importance of healthy mind development, we have a better chance of building an allegiance toward it.* Synonyms: loyalty, dedication, obedience. Antonyms: apathy, disobedience, treason.
2. ***appraisal- n.*** The act of estimating, considering an opinion or judgment of the nature, importance, quality, value, credibility, needs, etc. of something or someone. An appraisal at best is an act of reasoning that the mind can perform beyond superficial judgment by acquiring further knowledge or details. *Appropriate appraisals are necessary for increasing self-awareness.* Synonyms: evaluation, assessment, critique.
3. ***endeavor- v.n.*** To exert oneself; to attempt with a degree of effort to try to do or affect something and achieve or gain. *Having an endeavor contributes toward strengthening an action that helps us improve our EQ.* Synonyms: try, strive, labor. Antonyms: passivity, inactivity.
4. ***moderate- v.n.*** To avoid excess and keep within reasonable or proper limits. To tone down or reduce excitement; put doubt, suspicion, anger, or other potent emotions to rest or in a controllable state. *Moderate usually stresses the idea of caution, control, or self- restraint, which contributes to many balancing aspects of EQ.* Synonyms: balance, reasonable, limit. Antonyms: excessive, extreme, measured.
5. ***regard- v.n.*** To value or look upon highly, to think of respectfully and with concern. *Regard is a major component of healthy self-governing and contributes toward distinguishing how much we care about our emotional growth.* Synonyms: scrutiny, heed, concern. Antonyms: carelessness, thoughtlessness, inattention.
6. ***sacrifice- v.n.*** The surrender of one thing for the sake of another that has a more pressing demand. Sacrifice allows for the transfer of power that would otherwise remain in conflict. *Sacrifice is a necessary behavior for accepting healthy stress and contributes significantly toward our emotional growth.* Synonyms: endure, yield, surrender. Antonyms: continue, reject, deny.
7. ***yield- v.n.*** To give up, as to a superior power or healthy authority; to relinquish or resign; to give way to influence; to give precedence. To concede under some degree of pressure, but not necessarily to surrender, totally. *Yield contributes toward improving our EQ as a yield sign in the mind, yet we must be careful to yield to a positive, rather than negative ideal.* Synonyms: to bend, submit, surrender. Antonyms: to defend, retain, refuse.

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