

4

Dealing with Stress in **HEALTHY** Ways

4B LESSON - Obstacles to Healthy Mind Development

ACTIVITIES

Lesson activities have been providing a number of analytical tools designed for serious inquiry into the emotional dynamics of your mind. The journaling questions and questionnaires, lists of competencies, and other tools supplied in this program should have contributed toward better understanding of emotional intelligence and in-depth self-awareness. In this lesson's group of activities, you will be taking a closer look at a very distinct a obstacles that interfere with emotional growth.



JOURNALING QUESTIONS TO EXPLORE EACH DAY

Instead of having EII define new questions in this lesson's activities, please consider creating your own questions that relate to particular problems or challenges you experience. If you cannot think of helpful questions, just repeat a few of the ones from previous lessons that you found valuable.

BLOOPER LOGBOOK

Please purchase at least three 3"x 5" side-spiral notebooks for use in this and the next few lessons' activities. In the first notebook, log any bloopers you make throughout each day, from minor forgetfulness to inappropriate choices. Continue logging bloopers for at least two weeks.

Clearly describe your bloopers with as few words as possible. For a thorough investigation, we suggest that you keep the logbook handy at all times. Do a brief review of your entries at the end of each day, and a more careful review at week's end, looking for repeated bloopers. You will undoubtedly find patterns of behavior that you didn't realize existed, yet now have the ability to work toward overcoming such bad habits. Some people find this activity so valuable that they continue to note bloopers for a much longer period-of-time.

Sometimes just seeing repeated notations in writing is all it takes for us to eradicate bloopers. Entries relating to forgetfulness may also assist you in recognizing the kinds of information you don't remember well, and help you consider more effective ways to retain such information. Please be aware that more deeply engrained error patterns may take longer and more advanced strategies to overcome.

As you perform this activity, be careful to treat your logbook as confidential. Be aware that complacency may expose you to embarrassment.

BEHAVIORAL WORD STUDY **GENEROSITY**

Generosity is key to reducing and preventing selfishness. We exhibit *generosity* by meaningfully donating time, money, food, and kindness to those who are most in need, and by supporting other worthy causes. Awareness of the dynamics of *generosity* strengthens compassion and improves mind development, as it assists us in recognizing how we may contribute toward a civilized society in a more meaningful and effective way.

Please review and discuss the categories of this word study, and brainstorm factors to add to the blank lines. Think about occasions when you have shared *generosity* and then discuss reasons why the experiences were meaningful endeavors. To test your understanding after studying the dynamics of *generosity*, fill in a Blank Word Study.

LIST OF INHIBITING DEFICIENCIES

This supplement is a graphic display of the six deficiencies explained in this lesson for quick reference and review. Please consider posting this supplement where it can remind you of necessary study for developing a healthier mind.

MEDICAL TEST— EXPENSE RECORDS

This lesson activity suggests that you complete two blank forms. One was created for you to list your medical tests, shots, and other details so as to remind you when to reschedule such health appointments in the future. The other is to assist you in making sure monthly expenses are actually paid. Also, we suggest that you visit the following website to create and print a wallet size medical card, listing your medicines and other pertinent medical information. This card will surely become quite valuable, should you encounter an emergency: www.medids.com

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STRENGTHS-WEAKNESSES

This supplement helps students distinguish and note encouraging strengths and possible weaknesses that need to be acknowledged for improving emotional intelligence. Please follow the suggestions on this supplement best results.

4B LESSON - VOCABULARY WORDS

As with previous lessons, please review the words below and reflect on a different one each day, watching how the word you chose relates to your thoughts and actions that day. Also note how the definitions relate to this lesson's subject matter. Taking time to memorize these brief definitions will optimize your ability to identify the word in action.

1. **decisive- adj.** Having the ability to make decisions quickly and effectively. *Our ability to be decisive can have an impact on our professions and personal relationships.* Synonyms: assertive, resolute, certain. Antonyms: procrastinating, ineffective.
2. **deliberate-adj.** Done through careful methodical consideration. Being deliberate is action by design. *Learning to be more deliberate helps us feel more organized in thought and manner.* Synonyms: calculated, premeditated, studied. Antonyms: unplanned, unmethodical, spontaneous.
3. **disappointment- n.** An unfulfilled expectation of oneself, another person, thing, or state of them, while searching for alternative ways to empower our spirit. *One's ability to accept disappointment contributes toward self-regulation, endurance, and emotional balance.* Synonyms: discouragement, failure, defeat, setback, inconvenience. Antonyms: pleasure, success, relief.
4. **fortify- v.** An action that builds strength or vigor. *Fortifying our minds emotionally, helps us protect ourselves from inappropriate behavior.* Synonyms: protect, reinforce, brace. Antonyms: neglect, weaken, let go, surrender.
5. **over reactive- v.** Reacting with unnecessary or inappropriate force or excessive exaggeration. When we allow the mind to be over reactive, we can easily treat a \$2.00 problem as though it is a \$200.00 one! *Learning to control reactive feelings contributes toward emotionally balanced actions.* Synonyms: over sensitive, high strung, wired. Antonyms: calm, indifferent.
6. **thoughtlessness- n.** A level of judgment void of sensibility. Thoughtlessness contributes toward inappropriate choices and endangerment. *Thoughtlessness can contribute to inertia and reduce our concern about healthy options.* Synonyms: disregard, heedlessness, negligence. Antonyms: respect, consideration, thoughtfulness.
7. **tolerance- n.** An act or capacity for enduring either a belief that differs from one's own or a necessary pressure or force required for achievement. Tolerance is a necessary action for improving our own behavior and increasing harmony in the world. *Tolerance contributes toward improved patience and resilience.* Synonyms: resilience, strength, stamina. Antonyms: prejudice, narrow-mindedness, weakness.