

# The Mind-Body Connection

## Review of Session 2

Luci works at Burger King each day after school and on Saturday mornings. Last Saturday morning, while wiping the counters in the kitchen, she knocked over a two-gallon container of catsup, which spilled out across the floor, making a gigantic mess. The manager wasn't there, but the assistant manager told her to clean it up and that he would have to tell the manager in the evening when he came in and have the manager give Luci a call at home. It took Luci 30 minutes to clean up the mess and rinse the catsup out of the mop. Then she went home.

At home she would jump slightly each time the phone would ring and feel her heart pound a little faster. For a few minutes after the phone rang, she would even feel short of breath. Luci didn't eat much lunch because her stomach felt bloated and upset. By 6:00 that evening, she felt tired even though she really hadn't done much more than sit around all day waiting for her boss to call. She cancelled her plans for that evening, because she felt a little headachy and her neck and jaw felt tight and stiff.

Finally, at 6:30 the phone rang. Luci's mother answered it and said it was Luci's boss. As Luci picked up the receiver, her hands were shaking slightly, her stomach felt queasy, and her heart began to pound. But she could hardly believe her ears: Mr. Wilson was laughing! He told her that the assistant manager had described her wading around, ankle-deep in the catsup, for half an hour and then trying to rinse out the now permanently pink mop. He told her not to worry about it, that he was just glad she hadn't slipped, and that she had done a good job of cleaning up the mess.

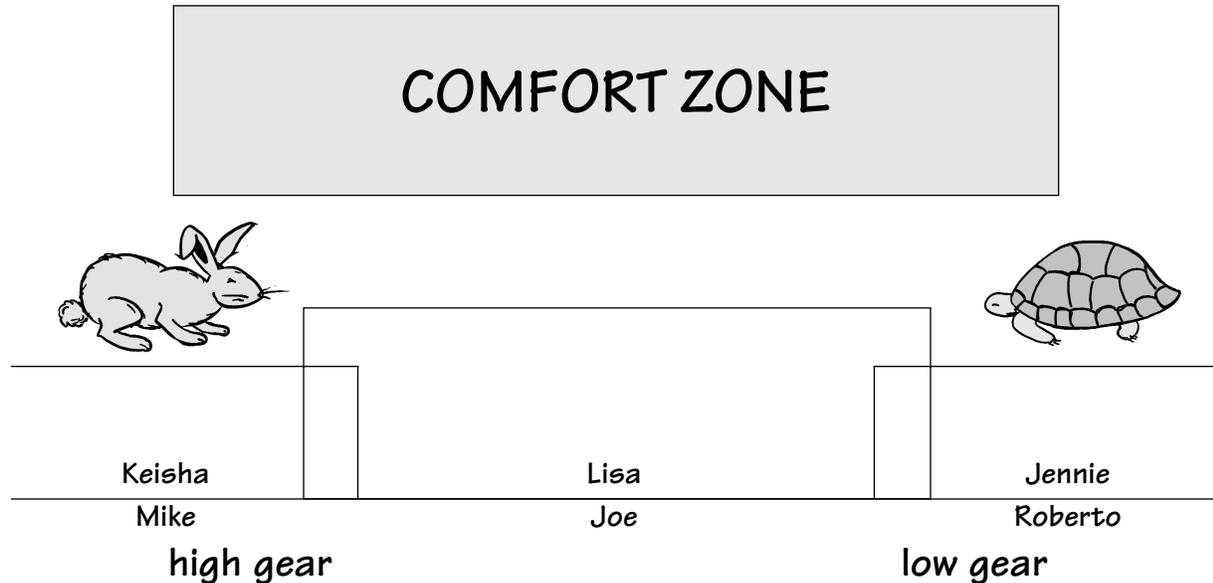
Luci thanked Mr. Wilson, then let herself drop back into a big overstuffed chair and gave a huge sigh of relief. She suddenly felt as though someone had pulled a giant force off her body.

### ***Discussion Questions***

1. What happened to Luci each time the phone rang?
2. Why was Luci headachy and tired by the end of the day?
3. Who or what were the stressors in this story?
4. What do we call the harmful reactions Luci was experiencing?

## Comfort Zones

The amount of stress and distress a person feels comfortable dealing with is called the . . .



1. Jennie and Roberto are comfortable only in low gear, with a few exciting activities and very little distress. Long periods of noise and activity are stressors for them.
2. Keisha and Mike like to run at high gear all the time. They begin to get upset and feel distress if they're not doing something or going somewhere every minute.
3. Lisa's and Joe's comfort zone is the widest. They can feel comfortable both in fast-paced situations and in quieter, slower paced ones. They can handle a tough, demanding stressor and balance it with quiet, relaxing time to give their bodies and minds a chance to refresh themselves.

We all need to learn about our own comfort zones so we can live at a pace that keeps our distress at low levels.

**Where is your COMFORT ZONE on this scale?**

## Stress Filters

One reason that people have different comfort zones is that we each also have a different . . .



The stress filter is your **MIND**, the way you see and think about the stressor.

**What we need to say to ourselves is . . .**

**STRESS AND DISTRESS ENTER  
MY BODY THROUGH MY MIND**

## Home Practice

Use the CD to practice Scanning Relaxation at least once a day until the group meets again. Fill out a Scanning Relaxation Rating Sheet *before* and *after* each practice.

- Choose a quiet place.
- Dim the lights if possible.
- Wear loose, comfortable clothing.
- Practice in a comfortable place.

# Stress Management Program Agreement

As a participant in the program, I need to understand the following things.

## **1. The purpose of the program is to learn . . .**

- How stress develops.
- Techniques for reducing the stress I feel in my daily life.
- How to deal with problems so they don't cause me to feel so stressed and upset about them.

## **2. The program will include . . .**

- Learning to relax my body using relaxation exercises and techniques.
- Training my mind to think differently about problems.
- Using this manual, which I will be able to keep.

## **3. For everyone to feel comfortable and safe . . .**

- What people share in the group needs to remain in the group.
- The group leader will keep what I say confidential unless it is something that puts me or someone else in danger.
- I will show respect for other participants by following these guidelines:  
Listening when someone else talks.  
Taking turns so only one person talks at a time.  
Not criticizing or making fun of other participants.  
Recognizing that other people have a right to their own opinions whether I agree with them or not.

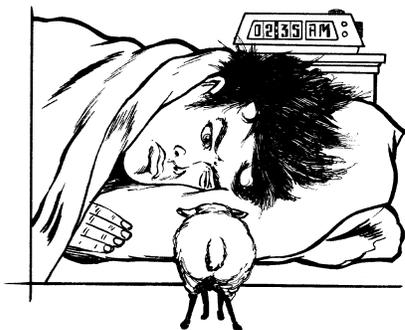
## **4. I will be expected to . . .**

- Attend the program sessions.
- Participate in the discussion and exercises.
- Practice relaxation and other stress-reducing exercises and techniques between sessions.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

# Behavioral Signs of Stress

**BEHAVIORAL SIGNS OF STRESS** are what we do that shows we have stress. Usually, other people can see our behavioral signs of stress.



**hard time falling asleep**



**hard time concentrating**



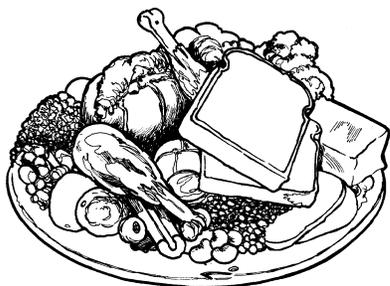
**feeling jittery, jumpy**



**getting angry over little things**



**fidgety hands and fingers**



**overeating**



**feeling like crying**



**can't sit still**

# Physiological (Body) Signs of Stress

**PHYSIOLOGICAL SIGNS OF STRESS** are how we feel in our bodies when we have stress.

