

Stress Reduction and Career Satisfaction Through Self-Exploration

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“The best thing for being sad,”
replied Merlin, beginning to puff and blow,
“is to learn something.
That is the only thing that never fails.
You may grow old and trembling
in your anatomies,
you may lie awake at night
listening to the disorder of your veins,
you may miss your only love,
you may see the world around you
devastated by evil lunatics,
or know your honor trampled
in the sewers of lesser minds.
There is only one thing for it then---
to learn.

Learn why the world wags and what wags it.
That is the only thing
which the mind may never exhaust,
never alienate, never be tortured by,
never fear or distrust, and
never dream of regretting.

Learning is the thing for you.
Look at what a lot of things
there are to learn---
Pure science, the only purity there is.
You can learn astronomy in a lifetime,
natural history in three,
literature in six.
And then, after you have exhausted a million
lifetimes in biology
and medicine and theocriticism
and geography and history
and economics --- why,
you can start to make a cartwheel
out of the appropriate wood,
or spend fifty years learning
to begin to learn
to beat your adversary at fencing.
After that you can start again on mathematics,
until it is time to learn to plow.”

---T.H. White

Career Satisfaction

Why the helping professions?

- Satisfaction* We touch people – and they grow.
Some people cause others to shrink.
- Skill* We are/were already communicators---
Enjoyed relating more to people than things.
- Motivation* We wanted to help – GIVERS & TAKERS.
- Sacrifice* Willingness to GIVE TIME.
- Purpose* EMANCIPATION – Bottom line---
Make people self-directing.
- Price* DRAINING – physically and emotionally.

Stress

DEFINITIONS:

Upset-
Stress-
normalcy.

To disturb the functioning, fulfillment or completion of
The non-specific response of the body to any demand made upon it. The need to perform adaptive functions to establish

Crisis-

Specific Response: cold – shiver – produce more heat.
Pores close to maintain heat.

Crisis-
and

State of disorganization, profound disruption of life goals, life cycles, methods of coping with stress.

Tension increases significantly



(Frustration)

(Distress & Inefficiency)

(Major behavior dysfunction ---
Emotional control may be lost)

UPSET



STRESS



CRISIS

Cumulative

Habitual adaptive
response



Emergency adaptive
coping resources tried



Profound disruption of
adaptive coping
mechanisms

CAUSES OF UPSET

Thwarted Intention
Unfulfilled Expectation
Undelivered Communication

DENIAL

Resignation
Relinquish goals
Rationalize problems
Detachment

BURN-OUT

Disorganization
Panic
Withdrawal
Incapacitation
Escape

Four types of DENIAL

- is not a problem
- is a problem – not significant
- is a problem – is significant, but
I can't do anything
about it
- is a problem – is significant, but
impossible for anyone
to do anything about it

Types of CRISIS

- Developmental – Birth
Adolescence
Aging
- Situational – Severe loss
- Existential – Crisis of choice
- Human Issues of – Purpose
Responsibility
Freedom

Must accept the consequences of
the responsibility to choose and act.

CLASSIFICATION OF FAMILY CRISIS (Hill)

1. DISMEMBERMENT ONLY: Loss – Out (e.g. death, hospitalization, separation)
2. ACCESSION ONLY: Gain – In (e.g. unwanted pregnancy, aged parent or step-parent move in)
3. DEMORALIZATION ONLY: Humiliation (e.g. job demotion, infidelity of spouse, alcoholism)
4. TRANSITIONAL: Re-adjustive – Limbo (e.g. job change, relocation, illness, family conflict)
5. DEMORALIZATION PLUS – Dismemberment, Accession, or Transitional
(e.g. illegitimacy, divorce, desertion, suicide, institutionalization, prison, mental illness, runaway)

CONFLICT OF NEEDS

Code:  =What I Have  =What I Want

Independence _____ Belonging
Freedom _____ Security
Stability _____ Variety
Attention _____ Privacy

STRESS CONTINUUM

STRESS CYCLE - Where are you ___ Tranquil ___ Upset ___ Stress ___ Crisis



UPSETS

Thwarted Intentions
Unfulfilled Expectations
Undelivered Communications

COPING

1. Join it
2. Fight it
3. Overwhelmed-Incapacitated
4. Escape
5. Negotiate

Perceptions

Color

Animal

Trust o _____ 10

Risk o _____ 10

Participation o _____ 10

JOHARVI WINDOW

OPEN	BLIND
HIDDEN	UNKNOWN

Ways to Live

Way 1: In this design for living the individual actively participates in the social life of his community, not primarily to change it, but to understand, appreciate, and preserve the best that man has attained. Social changes are to be made slowly and carefully.

Way 2: In this way of life, the individual for the most part goes it alone. Emphasis is on self-sufficiency, reflection and attempting to control their own life.

Way 3: This way of life makes central the sympathetic concern for the other person. We strive to be helpful in relating to other persons.

Way 4: Life is something to be enjoyed---sensuously enjoyed, enjoyed with relish and abandonment.

Way 5: This way of life stresses the social group rather than the individual. We should merge with a social group in cooperation and companionship.

Way 6: This philosophy sees life as dynamic and the individual as an active

Ways to Live, continued

Way 8: Enjoyment should be the keynote of life, especially enjoyment of the simple things in life.

Way 9: Receptivity should be the keynote of life. The good things in life come of their own accord, and come unsought. They cannot be found by resolute action.

Way 10: Self-control should be the keynote of life. The good life is rationally directed.

Way 11: The contemplative life is the good life. It is the life turned inward that is rewarding. By the cultivation of the self within, a person becomes human.

Way 12: The use of the body's energy is the secret of a rewarding life. Life finds its zest in overcoming, dominating, conquering some obstacle.

Way 13: Individuals should let themselves be used: used by others in their growth, and used by the great objective purposes in the universe.

HOW I LIVE ____

HOW I WOULD LIKE TO LIVE ____

“All relationships between theory and practice are examples of man’s attempts to make sense out of his experience, and to make experiences out of his ideas.”

“Every aspect of behavior in the home, school, or community can be understood only in terms of needs and their satisfaction in relation to the demands of the situation in which the individual finds himself and has experiences.”

Basic Psychological Needs

Belonging

Freedom

Attention

Achievement

Security

Variety

Privacy

Independence

Stability

Affection

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Freedom	_____	_____	Security
Stability	_____	_____	Variety
Attention	_____	_____	Privacy

Psychological Needs

Satisfaction of Needs

Demands of
situation we
experience

Joy

Happiness ---

To do
To love
To hope for

Contentment
(Stress)

Despair

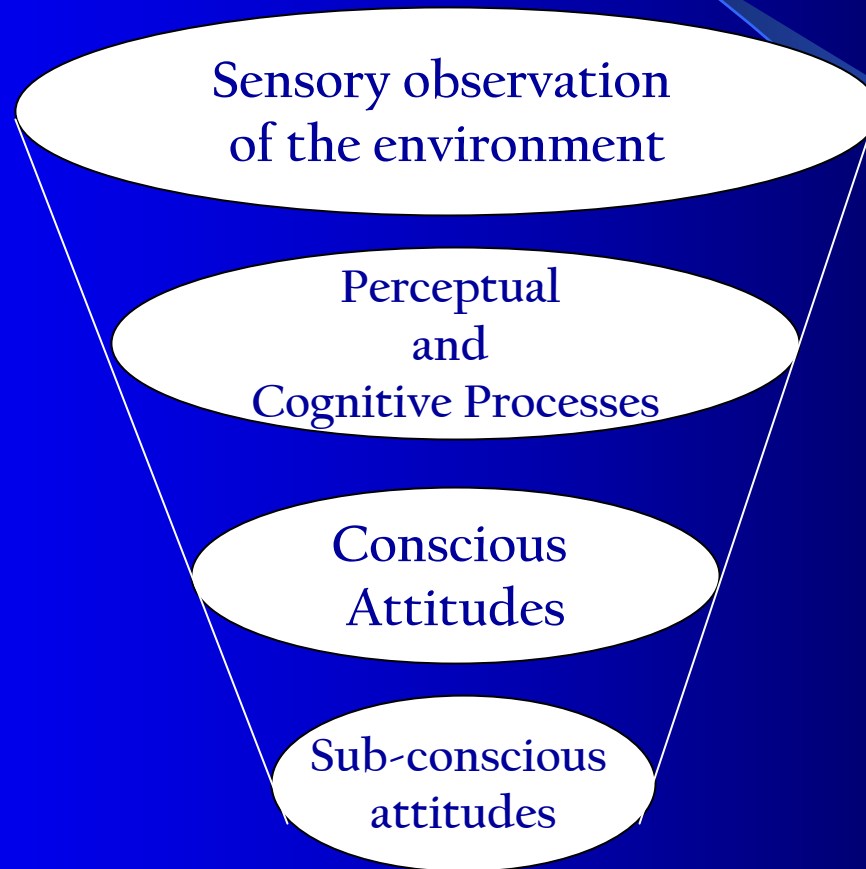
Unhappiness---

To go to bed, and sleep not
To try to please, and please not
To wait for one who comes not

Question: How many minutes or hours a day would it take,
to make that day worth living?

Individual Differences

Cone of Consciousness and Perception



Four problem areas:

Inclusion: Do I belong?

Intimacy: What do they
want from me?

Influence: Do they think
I'm important
or significant?

Goals: What's in it for
use both down the
road?

The Joharvi Window

Open Me (non-trust)	Blind me
Private me	Unknown me

OPEN ME	BLIND ME
PRIVATE ME	UNKNOWN ME

Open Me (trust)	Blind me
Private me	Unknown me

Open me	Blind me
Private me	Unknown me

Open me	Blind me
Private me	Unknown me

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