

Two short discussion

Psychology



Question Stress is a common cause of health problems and it has been known to lead to death in selected cases. Stress management is used to assist a patient make a guided recovery from stress through a health professional. Most of the therapy is done using physical relaxation techniques that include centering, muscular relaxation, deep breathing, meditation, and relaxation imagery. The physical techniques help in minimizing muscle tension and administer the body's response to fight-or-flight. After the process, patients are able to work and cope better under pressure. The relaxation techniques are sometimes used together to give required results. Continued use of relaxation response techniques help an individual stay relaxed and also have a peaceful state of mind (Davis et al 36).

Question 2

Erik Erickson developed eight stages to explain stages in psychosocial development in humans (Smith, Cecil, and Nancy, 20). The stages are required in a person's life as he advances from an infant to a late adult. In each stage, a person masters, and confronts new challenges with each stage advancing after completion of preceding stages. In case a stage is not completed accordingly, it is likely to cause problems in the future. However, one does not have to master a stage before moving to the next one. The passage of eight stages negotiates biological forces as well as socio-cultural forces. Psycho-social crisis are included in each stage using conflicting forces and if a person is able to combine they sources, he ends up gaining a virtue. An example is when an infant has less mistrust and more trust, which is carried as a virtue in later stages. The stages are divided using age groups, psycho social crisis, existential question, virtues, and significant relationship <https://assignbuster.com/two-short-discussion/>

(Smith, Cecil, and Nancy, 21).

Works Cited

Davis, Martha, Elizabeth Robbins Eshelman, and Matthew McKay. The relaxation & stress reduction workbook. 6th ed. Oakland, CA: New Harbinger Publications, 2008. Print.

Smith, M. Cecil, and Nancy Densch. Handbook of research on adult learning and development. New York: Routledge, 2009. Print.