

Bhs 400 stress management (module 5 cbt)



BHS 400 – STRESS MANAGEMENT (Module 5 CBT) My friend has been suffering from job-related stress. I warned him about the hazardous effects that stress can have on his health. I also recommended some strategies to reduce and cope with stress. I found the internet source " Stress Management Health Center by WebMD" useful to learn about health effects of stress and stress management strategies. Hence I recommended this internet page to my friend for further information on stress. This internet source lists the author and institution that published the page. The author is Jeannette Curtis. The name of the institution is Healthwise, Incorporated. The web address is <http://www.webmd.com/balance/stress-management/stress-management-topic-overview>. The article has been reviewed by specialists in the field. The article was last updated in April, 2007. The page provides accurate information with limited advertising. References list has been provided. The article is updated regularly and all the links are functioning properly. The page can be viewed without any restrictions and conditions. Based on these aspects, I recommended this site to my friend. Following is some useful information I gathered from the webpage.

Stress has some adverse effects on health. These effects have been elaborated in the webpage. Symptoms of stress include increased heart rate, increased breathing, headache, stiff neck, tight shoulders, back pain, increased sweating, nausea and diarrhea. Prolonged stress can affect various organs in the body. It suppresses the immune system and triggers infections. Stress has been linked to high blood pressure, arrhythmias, atherosclerosis, coronary artery disease, heart attack and heart failure. It can worsen symptoms in gastro-esophageal reflux, peptic ulcer disease, irritable bowel syndrome, ulcerative colitis, rheumatoid arthritis, asthma, chronic

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obstructive pulmonary disease, acne and psoriasis. Stress is also linked to erectile dysfunction, low fertility, pregnancy-related problems and painful menstruation (Curtis, 2009).

There are mainly 3 types of stress coping strategies. These are cognitive or reframing strategies, action-based strategies and emotion-based strategies.

The cognitive strategies which help an individual cope stress are re-framing the situation are laughing it out and deliberate positive reinterpretation.

Action-based strategies recommend involvement of problem-solving skills and solution of the problem by systematic approach. Emotion-based

strategies are the most commonly recommended strategies to deal with stress. These strategies are based on distraction, blunting and relaxation.

The recommended internet source has advised many relaxation techniques to cope with stress. Some of them are listening to music, playing with pet, praying, meditation, deep breathing, muscle relaxation, gardening, creative activity, shopping and watching a movie (Curtis, 2009).

Reference list

Curtis, J. (2007). Stress Management. WebMD. Retrieved on 21st April, 2009 from <http://www.webmd.com/balance/stress-management/stress-management-topic-overview>