

UNIVERSITY OF SCIENCE, ARTS AND TECHNOLOGY

BACHELOR'S DEGREE STUDY PROGRAM

COMPREHENSIVE ESSAY READING - Part 1

ESSAY 3

PSYCHOLOGY

[Instructions: Read the essay and when you encounter each set of questions, indicate your answer on the separate sheet.]

MODULE - 11

Condensed from the BBC Educational Web page
www.bbc.co.uk/education

Chapter 1: Stress

Chapter 2: Depression

Chapter 2: Empowerment – Positive actions and thoughts

Stress

What is stress?

Stress is not a modern phenomenon. It has been around for hundreds of years, but it is only recently that the medical community is beginning to appreciate the psychological and physical impact of stress on the body. In fact, the physical effects of stress are a normal response, which in times of danger could save your life. When under threat, your body releases a rush of adrenaline, in order to allow a “fight or flight” response, (i.e., to give you the push you need to fight the threat or to run away from it). As a result, your pulse rate increases, blood pressure goes up, blood sugars are raised and blood is diverted to important organs such as the lungs, heart and muscles. In extreme cases, as an attempt to shed load, the bowel and bladder may empty!

Which statement is the most accurate?

154. The medical community has known about the psychological and physical impact of stress on the body for hundreds of years.
155. The physical effects of stress are a normal response and are not necessarily harmful. In times of danger, stress could save your life. When under threat, your body releases a rush of adrenaline to allow a “fight or flight” response.
156. Stress is caused by psychological and physical harm resulting in your pulse rate increasing, your blood pressure going up and also causing your blood sugars to be raised.
157. All stress is harmful; however, what we really need to avoid is long-term continuous stress, as this can really interfere with our life and happiness.

The symptoms of stress

The adrenal hormone rush described above can leave you feeling breathless, with dizziness and palpitations. Nervous diarrhea may also occur. Your muscles will tense and, as it is difficult for the body to maintain this state of readiness, you may find that they soon ache, eventually leaving you feeling tired. You may also find that you cannot sleep as your mind keeps dwelling on the cause of your problems, and you cannot eat, as you feel nauseated.

How can I tell if I'm stressed?

Recognized stress symptoms include:

- Feeling tense, nervous or tired.
- Headaches, due to muscle tension in the neck and scalp.
- Migraines are often stress-related (usually after the event).
- Palpitations, breathlessness, dizziness and chest pains, usually due to muscle spasms.
- Nausea, stomach pain, upset tummy and diarrhea (often resulting in Irritable Bowel Syndrome).
- Anxiety or even depressive thoughts.

If your symptoms are mild and you otherwise feel well, see if they settle when the stress lessens. You may still want to visit your doctor to be checked out. She/he will need to rule out any more serious conditions before discussing stress with you. You know you have been harmed by stress when you cannot sleep, as your mind keeps dwelling on the cause of your problems, and you cannot eat, as you feel nauseated.

Whenever you feel tense, nervous or tired, you have suffered from stress.

The adrenaline rush described above can leave you feeling breathless, with dizziness and palpitations. Nervous diarrhea also occurs. Anxiety or even depressive thoughts, feeling tense, nervous and tired are all common symptoms of stress.

When is stress a problem?

In the short term, stress is not particularly harmful. However, when stress is persistent the symptoms can become severe and it can interfere with your life. Medically, there is evidence that a persistent “stressed” state is not good for your organs. For example, persistently high blood pressure, high gastric acid output, recurrent palpitations and headaches should all be taken seriously and are indicators that you are not coping with your level of stress.

Are there any cures for stress?

As it is a normal response, there is no “cure” as such for stress, though there are ways of feeling less stressed.

Recognizing stress for what it is and realizing how it affects you is half the battle. As soon as you see the symptoms, you can start to do something about it. Learning relaxation techniques and ways of avoiding stress will help you to cope with stress when it is affecting your daily living.

The only real “cure” for stress is to remove from your life the factor(s) that is causing your stress. If it is a relationship problem, the first step should be to talk it through with the person. If it is a work problem, you should consider discussing it with your colleagues or manager.

Which statement is the most accurate?

158. Persistent high blood pressure, high gastric acid output, recurrent palpitations and headaches should all be taken seriously; they are indicators that you are having some difficulty with your stress level.
159. Many have found that to cure stress they need to remove what is causing it. For example, if it is a relationship problem, the first step to consider is changing your partner. If it is a work problem, you should consider discussing it with your colleagues or manager.
160. In the short term, stress is not all that harmful. However, when stress is persistent, the symptoms can become severe and you need to do something about it as soon as possible.
161. Using cigarettes and alcohol to cope with stress, while not socially acceptable methods of relaxing, do temporarily alleviate the symptoms of stress and make you feel a little better.

Using cigarettes and alcohol to cope with stress are socially acceptable methods of relaxing, but they do nothing for you physically and will not actually deal with the stress itself.

Your physician may recommend medications, such as tranquilizers or anti-depressants, but these do not offer effective, long-term stress management. It is better to seek psychological support and therapy, as well as actually dealing with the cause of your stress. Medication, however, may be a good short-term measure.

Panic Attacks

What is a panic attack?

Panic attacks are a more extreme version of how your body naturally responds to stress.

Symptoms can appear in seconds and include:

- Rapid heartbeat
- Rapid breathing or inability to catch your breath
- Stomach churning
- Trembling
- Feeling light-headed
- Sweating
- Chest pains
- Hot or cold flushes
- Feeling sick
- Feeling terrified

Attacks can last from five to 20 minutes.

Are there any long-term effects?

Panic attacks can be so frightening that sufferers permanently fear another attack and therefore heighten the chances of it happening again.

Some people start to avoid situations that might trigger attacks, which can lead to social phobias such as agoraphobia.

Panic attacks can seriously affect your confidence and your desire to go out and enjoy life, sometimes leading to depression.

Why do they happen?

Panic attacks usually happen as a result of feeling anxious, and they are often part of another health problem, such as a phobia or an anxiety disorder (like obsessive compulsive disorder for example).

Attacks can also come out of the blue, with no feelings of anxiety beforehand and for no apparent reason. This is called **panic disorder**.

Physical triggers may be dieting, food allergies, antidepressants and withdrawing from drugs (including nicotine and alcohol).

Which statement is the most accurate?

162. Medication, such as antidepressants may be a good short-term measure for some; however, they do not offer the effective, long-term stress management that psychological support, therapy, and actually dealing with the cause of your stress could.
163. Panic attacks can be so frightening that sufferers should permanently avoid situations that might trigger them. Doing this can lead to social phobias such as agoraphobia.
164. Panic attacks can leave you, for no apparent reason, with the “blues” or with feelings of anxiety.
165. Complementary therapies such as acupuncture and massage are the only possible solutions to reduce anxiety.

How is it treated?

Psychotherapy (trying to understand the cause of your attacks) and cognitive-behavioral therapy (changing the negative thought patterns that encourage the attacks) may help if you experience attacks regularly.

Complementary therapies such as acupuncture, massage and regular exercise may help reduce anxiety.

Can I help myself?

Put the Brakes on Burnout!

Stress of all types is on the increase, and Ellen McGrath, a psychologist writing in the U.S. magazine *Health*, offers a few tips to keep stress from leading to burnout in your life:

- Take a break, any break: Take a ten-minute walk or five minutes of calm, deep breathing. Set aside 15 minutes to read or reflect at the beginning and at the end of each day.
- Take control: Surround yourself with things that make you smile – photos, flowers, or mementos. Take responsibility for your schedule and arrange less-stressful times to do necessary things.
- Eat well: Do not wait until you are ravenous or settle for a junk-food snack to get you by – no matter how busy you are. Frequent meals centered on fruits and vegetables will help you to avoid fatigue.
- Keep moving: Vigorous exercise reduces stress and increases feelings of contentment and a sense of control. Make it fun!

Keep Work in Its Place

According to a report by the French International Office of Labor, work-related stress has become “one of the most serious problems of our time.” Ulcers, heart ailments, nervous exhaustion, absenteeism, and accidents – these are the price of too much stress, which costs both the employee and the employer. In Europe, staff reductions and the increasing responsibilities of employees, together with the desire for increased production and profits, have markedly increased stress in the workplace, notes the French medical journal *Le Concours Médical*, adding that some in France are even dying from overwork. Several studies show that an individual best resists stress when he cultivates warm and loving friendships with those around him. Experts now agree that relaxation, physical exercise (most cases of depression have been totally controlled by regular exercise), a balanced diet, and keeping work in its place – reserving time for family and recreation – help.

Fighting your attack only makes you feel more panicky – try to go with the flow. Learning to breathe deeply and calmly can help ease hyperventilation during an attack. Your health care professional should be able to advise you and refer you to specialists.

Which statement is the most accurate?

166. To fight panic attacks and damaging stress it is recommended to take regular breaks, surround ourselves with things that make us smile – photos, flowers, or mementos – eat well, and engage in regular vigorous exercise.
167. Studies show that an individual can often resist stress when he cultivates friendships with those around him who are not stressed.

168. Fight your panic attack; otherwise, you may feel more panicky. Learning to breathe deeply and calmly can help ease hyperventilation during an attack.

MODULE - 12

CHAPTER 2 – Depression

What is depression?

Depression is a psychiatric condition characterized by feeling low. This can range from mild feelings of apathy and sadness to suicidal ideas and actions.

There are different types of depression, each with different definitions and treatments. Manic or bipolar depression is characterized by extreme mood swings, while Seasonal Affective Disorder is linked to winter and a lack of light. A health professional should be able to correctly diagnose your illness and suggest an appropriate form of treatment.

What are the symptoms?

- Mood swings
- Anxiety
- Tearfulness
- Loss of confidence
- Withdrawal
- Agitation
- Sleep and eating problems
- Loss of libido
- An inability to concentrate
- Nausea
- Aches and pains
- A slowing of the bowels

In more severe types of psychotic depression, patients also experience paranoia, hallucinations, bizarre ideas and a loss of grip on reality. They can become extremely withdrawn to the point of immobility.

What are the causes?

The exact cause of depression is unclear, but it can be roughly divided into two groups:

The “reactive” type of depression

This type of depression is a reaction to adverse events in your life such as the death of someone close, splitting up a romantic relationship, or financial problems. This sort of depression responds less well to drug therapy, as the cause itself has to be addressed and if possible sorted out.

Endogenous depression

This is a depression from within and is thought to be caused by a chemical imbalance rather than as a reaction to a life event. Patients with this type of depression may need more long-term support and are more likely to relapse.

Which statement is the most accurate?

169. Depression is a psychiatric condition ranging from feelings of apathy and sadness to suicidal ideas and action. Manic or bipolar depression is characterized by extreme mood swings, while Seasonal Affective Disorder is linked to darkness and a lack of oxygen.
170. People who regularly take drugs will often have a negative reaction to adverse events in their life, such as the death of someone close, divorce or financial problems.
171. Endogenous depression is a depression from within and is thought to be caused by overexposure to chemicals causing hormonal imbalance, rather than to a reaction to a life event.

172. Whenever you have mood swings, anxiety, tearfulness, loss of confidence, withdrawal and agitation, it means that you are depressed.

Treatment

Counseling and support

Treatment will depend on the type of depression you have and your symptoms. It ranges from support and counseling from your doctor, a nurse or the community health team, including your local community psychiatric nurse (CPN), through to inpatient treatment at your local psychiatric unit.

Therapies for depression

Either your own doctor or the community psychiatrist may prescribe drugs to help your depression as well as supportive therapy such as psychological or behavioral therapy.

Antidepressant medication

The drugs you may be given will depend on your symptoms. There are a variety of antidepressants. Some have a calming effect while others make you less withdrawn. Some help you sleep, others stop the sleepiness you may be experiencing, etc. They all aim to gradually improve your mood and help you get on with your life.

Other therapies

Group therapy, music therapy, art therapy and behavioral therapy all offer non-pharmacological methods of managing your depression, giving you support and rebuilding your confidence.

Electric shock therapy is still sometimes used for inpatients who are extremely depressed to the point of immobility.

Fears & Phobias

Social Phobias

Social Phobias

Picture the scene: You are wandering around a supermarket or shopping center on your own. As you walk about, you are sure everyone is watching you – and it scares and embarrasses you. You find your heart beating much faster than usual, your throat becomes dry, or you sweat – or you have a combination of all three. You do not know why it is happening and you cannot do anything about it. You panic and you feel you have to leave. Eventually you will completely avoid the place or situation that made you feel this way.

If this sounds like you – and it happens a lot of the time – it could be that you have one of, or some combination of, the following:

Social phobia: This is a fear of being in situations (usually in public) that will involve the sufferer thinking they are being watched or judged in some way. They might feel extreme anxiety that they will make a fool of themselves in public or continually fear that, by their actions, they will be putting someone out. They might have very low self-esteem and be extremely self-conscious about speaking in public or meeting new people. They might also have a specific fear of being sick, crying or blushing in public.

Agoraphobia: This is often thought of as a fear of open spaces, but it is actually a fear of feeling anxious wherever the anxiety occurs. These do not always have to be big, open spaces. When someone consistently avoids a

place or situation where anxiety crops up, he or she becomes agoraphobic and cannot face leaving a place that feels safe to him or her.

Claustrophobia: Claustrophobia is usually described as a fear of enclosed places. But it is more like a fear of not having an easy escape route. Anyone who experiences this phobia has the predominant sense of needing to be able to get out, or get home, very quickly. If you suffer from claustrophobia you might:

- Immediately look for the way out when you enter a room
- Dread the moment the doors click shut on a train
- Hate the thought of using a lift or elevator
- Find auto trips difficult – especially on superhighways – because of the lack of an easy escape route

If you have a social phobia there's a chance that you will have elements of claustrophobia too. You might worry that if you panic in a space where you are without an easy way out, everyone will notice you and it could lead to a loss of control.

Panic Attacks

A panic attack can be an extreme reaction to your phobia. They have a number of common symptoms like fast heartbeats, tightness in the throat and dizziness. During a panic attack some people may also be convinced they are about to die and feel a complete and overwhelming need to get away from the situation they are in. These usually occur in late adolescence or early adulthood, but can happen at any stage of life.

Fears & Phobias

What You Can Do

Some phobias are easier to manage than others and affect people at particular times or in specific places. If you are scared of heights, generally you can do your best to avoid going in tall buildings or looking over the edge of cliffs. If you are scared of the dark, you might try to make sure you go to sleep with a light on.

These steps do not take away the phobia; rather, they help you avoid encountering your fear. But if you find your phobia affects the way you want to run your everyday life, you may find it in time completely taking over your life. And you may want to do something to try to help yourself deal with it – or to overcome it.

There are lots of theories about the best way to help overcome your phobia. But people are afraid of things for different reasons, and what may be the right strategy for one person may not apply to everyone.

- You could try some relaxation techniques such as meditation to calm yourself down and help deal with the anxiety.
- When you do not feel stressed or threatened, you could use this time to make a list of exactly what you feel when your phobia is triggered.
- Trying to break down your phobia into stages of anxiety can really help. By listing how it affects you mentally and physically, and what you think would happen in your very worst case scenario, you will be able to anticipate what you will feel before it happens.

- Physical exercise can also help you. By exerting the heart through exercise, you will be making it stronger and less likely to trigger the rapid heartbeat that makes anxiety feel so unpleasant.

- Try cutting down on alcohol – itself a depressant – and caffeine. Caffeine keeps you awake, speeds up your heartbeat and increases the urgency of urination. These are all symptoms of anxiety anyway, so you should try not to encourage them!

In any case, and whatever your phobia, if it really does stop you from being the person you want to be, your best bet really is to talk it through with your health care professional. And do not worry; even if you think your phobia is unusual or weird or marks you out as some kind of freak, it is not – and you are not.

Which statement is the most accurate?

173. Many think that those who suffer from phobias are some kind of a freak because they can be so unusual and weird.

174. The drugs you may be given depend on your symptoms. There are a variety of antidepressants, so the drugs you might be given will not be the same as what might be prescribed to someone else. Some help you sleep and calm down. Their purpose is to help you improve right away so you can get on with your life.

175. Because the heart goes through a lot of anxiety, it is recommended that you do plenty of physical exercise. By exerting the heart through exercise, you will be making it stronger and less likely to trigger the rapid heartbeat that makes anxiety so hard to handle.

176. If you are depressed, avoid taking antidepressant drugs as they have terrible side effects. It is best to seek out group therapy, music therapy, art therapy or behavioral therapy; all offer non-pharmacological methods of managing your depression, giving you support and rebuilding your confidence.

MODULE - 13

Obsessive Compulsive Disorder Introduction

Obsessive Compulsive Disorder (OCD) is a condition where sufferers continually and obsessively worry about certain things and feel compelled to act on them. It occurs when there's a problem with the way the brain deals with normal worries and doubts, resulting in repeated actions or rituals. It can often start in childhood, when kids worry that their thoughts or actions might mean something bad will happen – either to them or to someone else because of them.

Everyone has had a catchy tune stick in their head which they wish would go away, and many people will do things which others might call superstition – for example, touching wood after saying out loud something they hope won't happen.

People with OCD experience their compulsions to do certain things in the same way – like a broken record – which reminds them they haven't done something they feel they should have. Whereas most people just find an irritating tune annoying and can try to forget it, people who have OCD cannot deal with **not** acting on their thoughts.

These obsessive thoughts vary from person to person. Common types of obsession are:

- Hygiene: worrying about cleanliness (e.g., washing hands continuously, cleaning surfaces, etc.)

- Checking: turning off electrical appliances, locking doors, turning taps off, etc., and repeatedly checking to be sure you have done it.

People with OCD can worry that something bad will happen to themselves or others if they do not make sure they have checked everything again and again. So they can check or wash things many, many times before the tension they feel decreases.

Some sufferers of OCD worry that something specific and bad may happen unless they do something to prevent it. Footballers or pop stars may go through a special routine before each gig or match, but in OCD this can become a ritual that has to be followed again and again.

Having OCD is different than having an addiction like alcoholism. An addiction occurs when you have a physical dependency on a substance or sensation. The repetition involved in OCD is not part of an addiction; rather, it comes from the brain's need to relieve mental stress and anxiety, and comes from within the person.

OCD can stop a sufferer from seeing himself as a good person. For example: you are waiting for a train. Someone is standing in front of you near the edge of the platform. Someone with OCD might feel that because it is physically **possible** that they could throw the other person in front of the train as it arrives, they fear they could actually be **capable** of doing it, which would make them a murderer. If you keep worrying that you may be able to do something like this, it could be a sign of a form of OCD.

Obsessive Compulsive Disorder
Other Forms of OCD

Other forms of OCD include:

Hoarding: This could be the excessive storage of useless things from newspapers & magazines to old shoes, clothes and toys, etc. Often, the sufferer will not throw these things out because they think they might become useful or valuable in the future. They might also think that to throw them out would be an emotional betrayal of the person who gave them the items. This hoarding is not the same as keeping little souvenirs or gifts from special occasions – with OCD it can completely take over someone's life!

Ordering is another form of OCD, wherein people feel they have to put things in specific places or in a special order. This form of OCD stems from a fear of losing control or of being overwhelmed if items are not placed exactly where they want them.

And **perfectionism**, where people feel they have to check again and again for mistakes that could reveal what they see as personal faults, or for anything that could threaten the way they are thought of at work or school.

In most serious cases of OCD, **cognitive behavioral therapy** is the best treatment, which changes these negative patterns of thought by understanding why they occur in the first place. Sometimes medication is also effective and can greatly reduce the symptoms too.

If you have OCD, you are not alone and it is treatable. Most people with OCD do, with a bit of help sometimes, find a way to live with their symptoms and lead a normal life.

Obsessive Compulsive Disorder

What You Can Do

What to do if you are worried you might have OCD

For people who show serious signs of OCD, it can take a long time for these symptoms to lessen. There are two main ways that can help you to deal with and overcome OCD.

The first is to try to understand why you feel the way you do. **Cognitive behavioral therapy** (CBT) has been shown to really help people in this way. “Cognitive” means “breaking down into separate parts”; so cognitive behavioral therapy involves one-on-one talking with a specialist, learning about OCD and your obsessive behavior, and learning to live with your individual feelings.

CBT also helps to counter other negative thought patterns such as depression. Once a course of cognitive behavioral therapy has been completed – which can be between eight and twelve one-hour sessions – most people with obsessive compulsive disorder start to notice a dramatic decrease in their symptoms. It works like this:

- You will learn to practice relaxation techniques and then, at times when you do feel relaxed, try to examine or rate the anxiety you feel when you go through a ritual or compulsion.
- Once you can easily become relaxed – and this can take some time – you will be helped to imagine NOT carrying out your compulsion, by learning to manage your anxiety when you think about it.
- The next stage is to try this in real life. If you have a compulsion or ritual, try to do it one less time or delay the time before you go through

it again. This is a big step and can take a long time. But once you have cracked this, you are well on the way to overcoming the compulsion.

The second way is through **medication**. A doctor may also decide that a course of drugs may help, such as the antidepressant drug fluoxetine (which is found in well known drugs like Prozac). These non-addictive drugs help to clear and relax the mind so that it becomes easier to deal with life and talk about the reasons a compulsion or obsession occurs in the first place.

Which statement is the most accurate?

177. Another effective treatment is to endeavor to break down your phobia into stages of anxiety. By listing how it affects you mentally and physically, and what you think would happen in your very worst-case scenario, you will be able to imagine what it is like before it happens. This will help you deal with it when it does occur.
178. Panic attacks cause irregular heartbeats, tightness in the chest and even dizziness. During a panic attack, most people are convinced they are about to die and feel a complete and overwhelming need to get away from the situation they are in.
179. Agoraphobia is often thought of as a fear of tight spaces, but it is actually a fear of feeling anxious regardless of where the anxiety occurs. When someone consistently avoids a place or situation where anxiety can crop up, he or she becomes agoraphobic and thus cannot face leaving a place that feels safe to him or her.
180. If you have a worrisome compulsion or ritual, one way to start breaking it is to try to do it one less time, or even just delaying the time before you go through it again. This is a big step that can be done in a short time. Once you have cracked this, you are well on your way to overcoming it.

Self-Harm, Side Effects & Getting Help

Even though self-harm is usually the result of mental anguish, damaging your body can lead to:

- Blood poisoning
- Infections from wounds
- Scars and lasting damage to your body that can be embarrassing and painful

Other problems associated with self-harm can include:

- Alcohol and substance abuse
- Eating disorders
- Homelessness
- Suicide – self-harmers can become suicide statistics if their distress is left unchecked or a self-inflicted injury goes too far. There were 6,216 recorded suicides in the UK in 1999.

Relationships can also be affected as:

- Self-harm is stigmatized and people do not feel they can be open, which puts up barriers between people.
- Self-harmers often find it hard to trust other people.
- Friends and relatives of self-harmers can be frustrated by the self-harmer's behavior and the fact that their support doesn't appear to help.

There is a light at the end of the tunnel – people do stop self-harming when they've sorted their problems out and found other ways of coping. It might take a long time and they might need help, but things can get better.

How can I manage my self-harming?

- Try to understand why and when you self-harm.
- Recognize people who support you and help you feel good about yourself.
- Be patient. Change takes time and one setback doesn't mean you haven't improved.
- Talk to somebody who you see as "safe."
- Do not suffer on your own – doctors, counselors, your friends and family can help.

How do I help someone I know who is self-harming?

- Be aware that you cannot necessarily change your friend or relative's life or coping mechanisms.
- Be caring, respectful and willing to listen, and allow the self-harmer to retain their dignity.
- It may be hard, but do not patronize, condemn, judge, panic or attempt to explain or control.
- Becoming part of the self-harmer's support network is a step towards helping them develop other coping mechanisms.
- Be patient – your support will make a big difference even though it may not seem like it.

Which statement is the most accurate?

181. **Ordering** is another form of OCD, where people feel that they have to put things in specific places or in a special order. If items are not placed exactly as that person has decided, they have a fear of losing control or of being overwhelmed.
182. A **perfectionist** is a person that feels he has to check again and again for mistakes. He is obsessed with not being found wrong. He always needs to portray that he has done things perfectly right.
183. If you are waiting for a train, be sure never to stand near the edge of the platform, because someone with OCD might try to throw you in front of the train as it arrives – which would make them a murderer.
184. People with phobias need to learn to practice relaxation techniques. During the times when they do feel relaxed, they should try to examine or rate the anxiety they feel when they go through a compulsion. Once they are able to easily relax themselves, they will be helped to imagine NOT carrying out the compulsion.

Self-Harm – Sarah’s Story, Part 1

Sarah is 19 and she’s been self-harming since she was 14. She decided to get help during sixth form at school and with the support of friends, her physician, and her counselor – and knowing that she’s not the only one with this problem – she is getting better. This is her story.

Listen to part one of Sarah’s interview (3 mins. 47 secs. 2,869 KB).

Cutting was a way out

I first started cutting when I was 14. I cannot remember why I first cut or how it happened. Once I started cutting, I just found it was such an easy escape route from everything – it made it so much better.

Before my A levels I decided to get help. I went to my GP who prescribed antidepressants. Since being at university, I’ve had lots of help from my GP and my counselor. My GP prescribed more medication and antidepressants

to level out my mood. My counselor helped me talk through things, why I felt that way and why I did it ... She helped me with the thinking of it before I would cut. Now I take a break to sit down and think: "Why am I feeling like this and what can I do about it?" My counselor helped me to approach people to resolve problems so I do not cut as often as I did.

Support from friends made all the difference

In sixth form, I told my best friend Abby. She didn't understand but she was very supportive. I was really scared of telling people because I was worried they would think I was weird. But Abby was great, and over the years I've told a few people – boyfriends, etc. – and they've had mixed reactions, but generally they've been great.

When I explain my reasons for doing it, they are generally understanding. In Hollyoaks, they've been showing a character self-harming. I watch people's reactions to that. They laugh or make jokes and it really hurts and makes it hard to approach people.

If you trust someone, they try to understand it, but I do not think anyone understands it apart from people who do cut themselves.

Listen to how Sarah is coping since starting counseling (2 mins 52 secs, 2,169 KB)

Sarah cuts for two different reasons

I cut for two different reasons. The first one is when I'm very emotional, upset, tearful, and totally hysterical. It might be a really small thing that's upset me, but I've blown it out of proportion. And without thinking about it, I cut myself and for a moment, I feel better. It relieves tension – it is probably

the same effect as when you drink loads of alcohol. And then five minutes afterwards I think, “Oh my god, I’ve done it again.”

There are other times when I’ve felt completely numb and I’ve felt nothing. Inside is just a great void. And I’ve cut to actually feel – to feel real and to feel emotions.

Sarah’s parents still do not know about her problem; read the **final part of her story**

Who can help?

See our section on **Self Harm** for details of all the support and help that is available, whether you are harming yourself or you are worried about someone else who is.

Which statement is the most accurate?

185. **Hoarding.** This could be the excessive storage of things like newspapers & magazines, shoes, clothes and toys, etc. Often, the sufferer will not throw these things out because he or she thinks they might become useless and that doing this would be a waste of money. He or she might also think that to throw stuff out would be an emotional betrayal to the person who gave them the items. These hoarders also keep useless little souvenirs or gifts. OCD can completely take over their life!
186. Obsessive thoughts vary from person to person. Common types of obsession are: worrying about cleanliness, washing hands continuously, cleaning surfaces, turning off electrical appliances, locking doors, turning taps off, repeatedly checking things you have done, etc.
187. People with OCD can worry that something terrible will happen to themselves or others if they do not make sure that they have carefully checked everything again and again. So they keep checking or washing things many, many times before the tension they feel finally decreases.

SOURCE OF MATERIAL for STRESS AND DEPRESSION – UNLESS INDICATED OTHERWISE:

http://www.bbc.co.uk/radio1/onelife/health/healthy_mind/phobia5.shtml

MODULE – 14

Chapter 3

EMPOWERMENT – Positive Actions and Thoughts to Live and Work By

Teachers have a tremendous influence on their students. Words of wisdom to students will long be remembered after graduation. Here are some excellent quotes that could be very encouraging to both the teacher and the student. Use them in your teaching classes and use them to live by.

□ Which quote gives the best advice on how to view calamity?

188. A gem is not polished without rubbing, nor a man made perfect without trials. —*Chinese Proverb*

189. A good pilot is best tried in a storm.

190. Calamity: the test of integrity. —Samuel Richardson

191. Neurotic means he is not as sensible as I am, and psychotic means he's even worse than my brother-in-law. —Karl Menninger

□ Which quote gives the best advice on how to view adversity?

192. Ambition is the grand enemy of all peace. —John Cowper Powys

193. Worry is the darkroom in which —negatives are developed.

194. We grow small trying to be great. — E. Stanley Jones

195. Adversity can either destroy or build up, depending on our chosen response. —*Tim Hansel*

□ Which quote does **not** give any advice on how to face adversity?

196. A kick in the teeth may be the best thing in the world for you. —
Walt Disney
197. Adversities do not make a man frail; they show what sort of man he is. —Thomas A Kempis
198. Adversity introduces a man to himself.
199. Adversity is the diamond dust heaven polishes its jewels with.
—*Robert Leighton*
200. Adversity is the first path to truth. —Lord George Noel Gordon Byron
201. Adversity is the trial of principle. Without it a man hardly knows whether he is honest or not. —Henry Fielding
202. Adversity makes a man wise, not rich. —John Ray
203. —He that gives good advice builds with one hand; he that gives good counsel and example, builds with both; but he that gives good admonition and bad example, builds with one hand and pulls down with the other. —Francis Bacon
204. Adversity reveals genius, prosperity conceals it. —Horace
205. An hour of pain is as long as a day of pleasure.
206. Bad is called good when worse happens.
207. Beethoven composed his deepest music after becoming totally deaf. Pascal set down his most searching observations about God, man, life and death in brief intervals of release from a prostrating illness. —Robert J. McCracken
208. Calamity is virtue's opportunity. —Lucius Annaeus Seneca
209. God does not offer us a way out of the testings of life. He offers us a way through, and that makes all the difference. —W. T. Purkiser
210. God often puts us in situations that are too much for us so that we will learn that no situation is too much for him. —Erwin W. Lutzer

□ Which quote does **not** give any advice on how to view tests in life?

211. God promises a safe landing but not a calm passage.
212. God tests us so that we might stand; the devil tests us that we might stumble. —Adrian Rogers

213. God will not look you over for medals, degrees, or diplomas, but for scars. —Elbert Green Hubbard
214. Great and small suffer the same mishaps. —Blaise Pascal
215. Happiness is like a sunbeam which the least shadow intercepts, while adversity is often as the rain of spring. —*Chinese Proverb*
216. Have you not learned great lessons from those who reject you, and brace themselves against you? Or who treat you with contempt, or dispute the passage with you? —Walt Whitman
217. He who sees the calamity of other people finds his own calamity light. —*Arabian Proverb*
218. If God sends us on stony paths, he will provide us with strong shoes. —Alexander Maclaren
219. If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome. —Anne Bradstreet
220. It is trial that proves one thing weak and another strong. A house built on the sand is in fair weather just as good as if built on a rock. A cobweb is as good as the mightiest cable when there is no strain upon it. —Henry Ward Beecher
221. It takes a rough stone to sharpen the edge.
222. Ambition may be alright, but it sure can get a fellow into a lot of hard work.
223. Life is short and full of blisters. —American Negro Proverb
224. Little minds are tamed and subdued by misfortune; but great minds rise above it. —Washington Irving
225. Look upon adversities as adventures. —Robert Harold Schuller
226. Misfortune is an occasion to demonstrate character. —Lucius Annaeus Seneca

□ Which quote does **not** give any advice on how to view misfortunes?

227. Misfortunes come on wings and depart on foot.
228. One is given strength to bear what happens to one, but not the one hundred and one different things that might happen.—C. S. Lewis
229. Problems are the cutting edge that distinguishes between success and failure. Problems create our courage and our wisdom. It is only because of problems that we grow mentally and spiritually. —M. Scott Peck

230. Rebuke is cruel in adversity. —*Latin Proverb*
231. Rejection is the sand in the oyster, the irritant that ultimately produces the pearl. —Burke Wilkinson
232. Remember the teakettle: when it's up to its neck in hot water, it sings.
233. Some oysters are never wounded ... and those who seek for gems toss them aside, fit only for stew. —Charles Swindoll
234. You cannot be anything if you want to be everything. —Solomon Schechter
235. Sweet are the uses of adversity. —William Shakespeare
236. The greater the difficulty, the more glory in surmounting it.
237. Skillful pilots gain their reputation from storms and tempests. —Epicurus
238. The longer we dwell on our misfortunes, the greater is their power to harm us.

□ Which quote offers advice on how to view criticism?

239. The marathons – the relentless, incessant, persistent, continual tests that won't go away – ah, these are the ones that bruise but build character. —Charles R. Swindoll
240. The roots grow deep when the winds are strong. —Charles R. Swindoll
241. A person who asks a question might be a fool for five minutes, but a person who doesn't ask, is a fool forever.
242. The same boiling water that hardens the egg will soften the carrot.
243. There is always someone worse off than yourself. —Aesop
244. There is no education like adversity. —Benjamin Disraeli
245. Some people ask you for criticism, but they only want praise. —W. Somerset Maugham
246. The ripest peach is highest on the tree. —James Whitcomb Riley
247. Times of general calamity and confusion have ever been productive of the greatest minds. The purest ore is produced from the hottest furnace, and the brightest thunderbolt is elicited from the darkest storm. —Charles Caleb Colton

- Which quote gives advice on why we should avoid selfish ambition?
248. To mourn adversity multiplies the misfortune. It is not hypocrisy to rejoice in distress. It is obedience. —Frances J. Roberts
249. Tough times never last, but tough people do. —Robert Harold Schuller
250. Tribulation: God's fastest road to patience, character, hope, confidence, and genuine love.
251. Ambition: a mental condition that compels one to work one's self to death in order to live.
252. Trials are medicines that our gracious and wise physician prescribes because we need them; and he proportions the frequency and weight of them to what the case requires. Let us trust in his skill and thank him for his prescription. —John Newton

- Which quote helps us understand more what wisdom is?

253. All ambitions are lawful except those which climb upward on the miseries or credulities of mankind. —Joseph Conrad
254. Most people would succeed in small things if they were not troubled with great ambitions. —Henry W. Longfellow
255. Advice is like snow; the softer it falls, the longer it dwells and the deeper it sinks into the mind. —Samuel Coleridge
256. What does not destroy me makes me stronger. —Friedrich Wilhelm Nietzsche
257. Life's precious moments have more value, when they are shared.
258. You fight dandelions all weekend, and late Monday afternoon there they are, pert as all get out in full and gorgeous bloom, pretty as can be, thriving as only dandelions can in the face of adversity. —Hal Borland
259. Wisdom has two parts: 1) Having a lot to say. 2) Not saying it.
260. You need a few splinters in your thumb. They may help you forget the worries in your head. —Charles R. Swindoll
261. Ambition destroys its possessor. —*Talmud*

- Which quote does **not** offer any advice on how to develop a positive attitude in life?

262. Always imitate the behavior of the winners when you lose. — George Meredith
263. You are what you eat, but you are also what you think. What we steadily, consciously, habitually think we are, that we tend to become.
264. Living on Earth is expensive, but it does include a free trip around the sun every year.
265. The people who get on in this world are the people who get up and look for the circumstances they want and, if they can't find them, make them. —George Bernard Shaw
266. Encourage others – “Advice is like snow, the softer it falls, the longer it dwells and the deeper it sinks into the mind.” —Samuel Coleridge
267. We lost because we told ourselves we lost. —Leo Tolstoy
268. If you pray – why worry – then again, if you keep worrying – why pray.
269. A Person Changes Altitude by Changing Attitude
270. The remarkable thing is, we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past ... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude ...
271. Happiness does not come from the things we possess, but how we view the things we possess or how we value the things we possess.
272. The world is full of cacti, but we don't have to sit on it. —Will Foley
273. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you ... we are in charge of our attitudes.
274. Trouble is the common denominator of living. It is the great equalizer. —Ann Landers
275. Whatever advice you give, be brief. —Horace
276. The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts.
277. Life is a journey ... not a destination. Enjoy the trip!
278. As long as a man imagines that he cannot do a certain thing, it is impossible for him to do it. —Benedict Spinoza

□ Which quote does **not** give any advice on how to give advice?

279. He that gives good advice builds with one hand; he that gives good counsel and example, builds with both; but he that gives good admonition and bad example, builds with one hand and pulls down with the other. —Francis Bacon
280. Our eyes are placed in front because it is more important to look ahead than to look behind.

281. The true secret of giving advice is, after you have honestly given it, to be perfectly indifferent whether it is taken or not and never persist in trying to set people right. —Hannah Whitall Smith
282. He who builds to every man's advice will have a crooked house. —*Danish proverb*
283. Advice when most needed is least heeded.
284. Nothing is given so freely as advice. —*French proverb*
285. Anybody can give advice – the trouble comes in finding someone interested in using it.
286. When we ask advice we are usually looking for an accomplice.
287. When a man asks you for advice you can figure he isn't married.

□ Which quote does **not** offer any advice on anxiety?

288. We have a lot of anxieties, and one cancels out another very often. —Winston Churchill
289. Anxiety does not empty tomorrow of its sorrows but only empties today of its strength. —Charles Haddon Spurgeon
290. Delayed obedience is disobedience.
291. Anxiety is the interest paid on trouble before it is due. —William Ralph Inge
292. Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained. —Arthur Somers Roche
293. Lord Jesus, make my heart sit down. —*African Proverb*
294. No one can ruin your day without YOUR permission.
295. The best way to escape your problem is to solve it.
296. A truly happy person is one who can enjoy the scenery on a detour.

□ Which quote does **not** offer any advice on being successful in life?

297. You may get to the very top of the ladder and find it has not been leaning against the right wall. —*A. Raine*
298. If you are happy – let your face know it.
299. Ask not that all troubles end, for when troubles end, life ends too.
300. I've learned that ultimately "takers" lose and "givers" win.
301. There are really only three types of people: those who make things happen, those who watch things happen, and those who say, What happened? —Ann Landers

302. Acceptance of what has happened is the first step to overcoming the consequences of any misfortune. —William James
303. If you don't start, it's certain you won't arrive.
304. Others can stop you temporarily, but only you can do it permanently.
305. Look for opportunities ... not guarantees.
306. Life is what's coming ... not what was.
307. Success is getting up one more time.
308. Happiness comes through doors you didn't even know you left open.
309. You may be only one person in the world, but you may also be the world to one person.
310. Whatever you are willing to put up with is exactly what you will have.
311. Write injuries in sand, kindnesses in marble.
312. Success stops when you do.
313. When your ship comes in ... make sure you are willing to unload it.
314. The biggest lie on the planet is: "When I get what I want I will be happy."

□ Which quote offers advice on being kind to others?

315. Most people will be about as happy as they decide to be.
316. There is always death and taxes; however death doesn't get worse every year.
317. The thinner the ice, the more anxious is everyone to see whether it will bear. —Josh Billings
318. Where everything is bad, it must be good to know the worst. —Francis H. Bradley
319. By the time a Son realizes that his Father was right, he usually has a Son who thinks He's wrong.
320. Everyone hears what you say. Friends listen to what you have to say. Best friends listen to what you don't say.

321. We could learn a lot from crayons: Some are sharp, some are pretty, some are dull, some have weird names, and all are different colors ... but they all exist very nicely in the same box.
322. Kindness is the oil that takes the friction out of life.
323. You know it's a bad day when the bird singing outside your bedroom window is a buzzard.
324. It's a bad day when your horn accidentally gets stuck and you're following a group of Hell's Angels on the freeway.
325. Both medicine and advice are easy to prescribe but hard to take.

□ Which quote gives advice on being a good leader?

326. Kindness is a hard thing to give away – it usually comes right back.
327. The best time to give advice to your children is while they're still young enough to believe you know what you're talking about.
328. Never give advice in a crowd. —*Arab Proverb*
329. Never trust the advice of a man in difficulties. —Aesop
330. In the multitude of counselors there is safety.
331. Always be a little kinder than necessary.
332. Kindness makes you attractive. If you want to win the world, melt it, don't hammer it.
333. Kindness is the ability to love others more than they deserve.
334. A boss creates fear; a leader creates confidence.
335. Be frank and explicit. That is the right line to take when you wish to conceal your own mind and to confuse the minds of others — Benjamin Disraeli
336. I've learned that it's taking me a long time to become the person I want to be.
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