Week 13-14
Managing stress – CAN WE?

STRESSFUL EMOTIONS, THOUGHTS & BELIEFS

• Negative emotion is the “tinder that feeds the fire of stress” (Girdano et al 2010)
• Concept of pain and pleasure (David Viscott, 1992, 1997). Emotions arouse only 2 feelings: pain and pleasure
  • Pain in the present is experienced as hurt. If released here, it goes no further.
  • If held, the pain of the past is remembered as anger.
  • Pain created by thoughts of the future is perceived as anxiety.
  • Unexpressed anger redirected against one’s self & held inside is called guilt.
  • Anger directed inwardly toward one’s self creates depression.

• Much of our stress comes from stored hurt, disguised as anger, anxiety, guilt & depression & manifested as behavioural pattern
• Look under depression, you will find anger
• Look under guilt, you will find anger
• Look under anger, you will find hurt and sadness.
• Look under hurt and sadness, you will find FEAR --- what you have been hiding all along
Managing stressful emotions:

- A need to balance between right and left brain activities (locus of positive emotions, read more on cortex, limbic etc)
- Neuroplasticity phenomenon – Practicing constructive emotions (via meditation, positive imagery etc to modify the brain to create greater peace & happiness)
- Destructive states of the mind can lead to anger, craving and delusions (Buddhism). Find the antidotes (self respect, self esteem, integrity, seeing the true, the good & the right, compassion, benevolence, generosity, love, friendship

4. Important to recognize the negative / destructive emotions and apply the appropriate antidotes
   - Can change the brain, the mind & the body
   - How to break the unhealthy emotional cycles?
     - Allow yourself to focus on the emotion, focus on how it feels
     - Ride out the unpleasant feelings, allow it to vibrate throughout your body, even if it appears as physical symptoms
     - Assist the process by finding the thought form that blocks..test the blockers (ie I am scared, lonely, give up, quit picking me or no, no, no)

When you discover the negative thoughts, replace it with a productive one (I can do it, I am happy, nothing to fear etc)

Continue to use the positive thoughts (the journey is like making a new path on the grass, letting the old path to grow over)

TRY!
Thoughts
• Thought pattern most of the time is a habit, not a “well-thought response”
• Expression of thoughts surround our life (health, coping, stress level, mood, emotions, feelings etc)
• Thoughts allow us to anticipate a situation, assume a defensive posture & increase background arousal if necessary
• The mind-thought control approach has been core in managing stress.

Beliefs
• Beliefs = enduring patterns of thought.
• Learned in early in life via socialization process
• Act as guidance systems for the flow of life
• Use thoughts & beliefs to change emotional reaction by:
  – Recognize, honour, acknowledge the emotions (do not deny, repress, rationalize)
  – Identify the negative thought complex behind the negative emotion
  – Break the habitual loop that the emotion triggers
  – Replace the negative thought complex with a new, positive thought complex.
  – Respond to situations from the new belief complex.

Managing Stress
• Things needed in order to change “behaviour” (Green & Kreuter, 1995):
  – Knowledge
  – Enhanced personal awareness
  – Appropriate attitude
  – Suitable beliefs
  – A well developed set of skills
  – Relevant environmental conditions
THE HEALTH BELIEF MODEL (application to stress management)

- Understanding **WHAT** needs to be changed is an essential starting point for any behaviour change
- Understand the:
  - Potential stressors (cues to action)
  - Potential negative consequences (perceived susceptibility)
  - Seriousness of the negative consequences (perceived severity)

How to manage stress? (HBM)

1. Increase self efficacy (new behaviours that help us to manage / reduce stress)
2. Recognize benefits of the behaviours (perceived benefits); &
3. Identify barriers (perceived barriers) that prevent us from applying the new behaviours

The Health Belief Model & Its Application to Stress Management

1. **Perceived Susceptibility**
   - Belief that a person may acquire a disease or enter a harmful state as a result of a particular behaviour
   - If we believe that stress has the potential to produce some negative consequences for us; it is likely that we will act to reduce stress in our lives
2. Perceived Severity
   - Belief in the extent of harm that can result from the acquired disease or harmful state as a result of a particular behaviour
   - If we believe that stress has the potential to produce serious negative consequences, such as heart disease, then it is likely that we will act to reduce stress in our lives

3. Perceived Benefits
   - Belief in the benefit of the methods suggested for reducing the risk or seriousness of extent of harm that can result from the acquired disease or harmful state as a result of a particular behaviour
   - If we believe that by learning stress management techniques such as relaxation, we will benefit, then it is likely that we will follow these new behaviours

4. Perceived Barriers
   - Belief concerning actual and imagined costs of following the new behaviour
   - If we can reassure ourselves that applying stress management techniques results in a minimal expense and maximal benefit in the long run, then it is likely that we will follow these new behaviour
5. **Cues to Action**
   - Precipitating /impulsive force that makes a person feel the need to take action
   - If we can identify the personal stressors that trigger negative consequences for us, then it is likely that we will follow the new behaviours that reduce stress in our lives.

6. **Self-efficacy**
   - Confidence to follow a behaviour
   - If we can practice, in small steps new stress management behaviours that we learn and demonstrate that we have acquired mastery over these new behaviours, then it is likely that we will follow these new behaviours.

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**Social Cognitive Theory & Its Application to Stress Management**

- Social Cognitive theory highlights triadic reciprocality among personal determinants, environmental conditions, & learning behaviour
- Selected constructs of the theory that are relevant in explaining stress management:
  - Expectations
  - Expectancies
  - Self-efficacy
  - Self control
  - Situational perception
1. **Expectations**
   - Anticipations that we have about outcomes as a result of engaging in a desired behaviour
   - For example, if we want to start a daily relaxation routine to reduce stress, then we need to (1) reflect on all possible benefits other than just stress relief for engaging in this behaviour and (2) make a complete list of potential benefits.

2. **Expectancies**
   - Values that we place on the anticipated outcome as a result of engaging in the chosen behaviour
   - For example, we think of all the reasons to start relaxation and place most values on improved concentration & least value on finding the purpose of life (self-realization).
   - We then need to constantly remind ourselves about the outcomes that we value most rather than all the outcomes. Such reminders will reinforce the performance of the behaviour.

3. **Self-efficacy**
   - Behaviour & situation-specific confidence that we have in our ability to perform that behaviour
   - For example, to start a daily relaxation routine, we need to break the steps into manageable units, remind ourselves about people we like who use relaxation, and have friends & family who compliment us whenever they find us practicing relaxation.
4. **Self-control**
   - Explicit & specific goal setting for behaviour change
     - For example, if we want to start daily relaxation routine, we need to specify when – which date & at what time – we will start. Ahat will be the duration of each session? What audio aid will be used? What self reward will be given?

5. **Situational perception**
   - How we look at the environment & interpret it.
   - First, we would need to check for any misperceptions and correct these. For example you have been left by the person you love, instead of thinking that you have been "rejected" & feeling depressed, you can focus on thinking of this as a change.
   - Second, we need to look at the environmental event & think about the advantages & disadvantages of this situation.
   - Then focus on the advantages for self. The possible advantages could be fewer arguments, the possibility of starting a new relationship, and so on.

**Foods for thoughts..**

- *Stress is perceived in the mind, suffered in the human spirit, experienced via the emotions, expressed in behaviour, and "held" in the body - Anon*
10 stress bursting tips
1. Effective time management
2. Healthy life style
3. Know your limits
4. Find out what causes you stress
5. Conflict avoidant (unnecessary conflict)
6. Accept the things you cannot change
7. Take time out to relax and recharge
8. Find time to meet friends
9. Positive thinking style (look from different angles)
10. Avoid faulty coping mechanism

The 5-Rs of Coping (Richard Blonna, 2005)
• Rethink
• Reduce
• Relax
• Release
• Reorganize

Aiming to reduce arousal & the stress associated with it

I. Rethink
• Help us to minimize cognitive (& subsequent neurotransmitter & neuromuscular) arousal & decrease repetitive –ve self-talk
• Help us to examine our thoughts & illogical beliefs (about life, stressors) & replace illogical & irrational beliefs with more logical & rational ones
• Changing our view help to defuse potential stressor
1. Knowing what you value

- Values = mirror of our personalities, central for self definition
- Value clarification = process of helping individuals clarify & stand up for what they truly value
- When values are threatened \( \Rightarrow \) stressor. = intrapersonal conflict
- To ease stress management is to clarify one's own values

2. Live one’s own life

- > individualized, > independent (> western culture)
- Be responsible, accountable, in control
- Internal locus of control vs. external locus of control
- Be more assertive
3. Goal Setting

• Set realistic goals
  – Within reach, to guarantee a better chance of success
  – Must accompany with appropriate actions
• Aim for measurable objectives
  – Who? How much? When?
  – Spare for some flexibilities
  – Allocate reasonable time frame
  – Stay committed

4. Logical thinking

• Illogical thinking about stressor & one’s own ability to cope is the greatest source of stress by itself
• Changing our view helps to reduce or even remove the stressor

2 famous interventions:
  – Rational Emotive Behavior Therapy
  – Morita Therapy

a) The ABCDE technique of reducing stress (Ellis & Harper)

• A = Activating event – the primary stimulus that activated the stress response
• B = Belief system – our illogical beliefs about A (accompanied by the specific negative self-talk
• C = Consequence – the negative physical, mental, & behavioural effects of B
• D = Dispute – a process of substituting more rational, logical beliefs & self-talk for each
• E = Effects – an assessment of the effects of the dispute process on C; did D result in diminished consequences?
b) The Morita Psychotherapy (developed in Japan)

- Although we can’t always understand or control our emotions, we do not have to let them control our behaviour
- WE CAN CONTROL OUR BEHAVIOUR
- Acknowledge the existence of –ve thoughts & behaviour, accept them, but do not let them control your behaviour
- SAD, cry etc, get up.. move on (do something more productive)

c. The only constant in life

- .. Is CHANGE
- This rational belief & thought should help us to be less stressful
- View stress in a better perspective
- Helps us to plan around potential stressor, “manage” them before they become overwhelming

5. Dealing with Anger

- Anger is a negative emotion, associated with a variety of physical, emotional & behavioural consequences
- In many cases, anger is illogical, irrational response to a potential stressor
- Mismanaging anger can result in physical 7 emotional disorders (Hbp, road rage, violent.. Behavioural & interpersoal consequences)
- May cause injury & death
**. Managing Inner Anger

Step 1. Admitting it Exists
Step 2. Targetting the source (understand WHAT is easier than of WHY)
Step 3. Identifying the Response (internal vs. internal; which source of anger produces what response)
Step 4: Become proactive in anger management – identify people, places, situations that arouse your anger; think through these stimuli before they occur

Cont’d

Step 5. Do not give in to uncontrolled venting of anger (learn to manage anger therapeutically, liberate yourself from being angry because the consequences are worse – for self & others)
Step 6. Dissipate anger in a healthy way
  • Take time-out
  • Identify & replace illogical beliefs & negative self-talk
  • Attack the problem, not the person
  • Deal with anger promptly
  • Get physical (act it out, positively!)

6. Learned Optimism

• Pessimists use words such as always & never
• Optimists can admit of feeling temporarily overwhelmed & unable to cope; only that they believe it is only a phase (transitory), will pass
• Optimists bounce back, pessimist never
Seligman’s ABCDE model for coping with stress

- **A** = Adversity – stressful situations, person, event, etc
- **B** = Beliefs - illogical beliefs about A (pessimistic beliefs about permanence, pervasiveness, personalization)
- **C** = Consequences – feelings & actions resulting from beliefs about A
- **D** = Distraction – divert your attention away from your beliefs or Dispute – substitute more optimistic beliefs for each B
- **E** = Energization – your new feelings & actions resulting from D

Learn to argue with yourself –(when disputing your beliefs):

- Evidence – examine the evidence
- Alternatives – look for other rational explanations
- Implications – pessimist tend to be catastrophizers, always projecting the worst case scenario as a consequence of their Adversity; must check on logical facts
- Usefulness – If one treats their illogical B as an excuse as further stressor. Pessimist (i.e failed Test1, no use to study anymore)

7. Focus on the bright side

- Admit that life can sometimes be difficult, but we have to move on
- We are not denying the pain, only trying to make the most out of a bad situation
- Allow grieving to take place then move on
8. Enjoy Life

- Put more humor & laughter into life
  - Able to see absurdity I ndifficult situations
  - Able to take oneself lightly while taking the work seriously
  - Able to have disciplined sense of joy in being alive
- Learn when & how to have fun
  - (i.e learn how to play again..)

9. Putting things in their better perspective

- Do not blow things out of proportion
- Making self as the center of the universe (i.e never admit one’s fault or total self-blame)
- We can’t control everything in life
- Rethink of the pace of your life
  - Too fast? Too Slow? Average?
  - Poor time management

II. Reduce

- Help us to examine various ways to reduce volume of stressors we face in life
- > Actions oriented
  - Discover optimal level of demand
  - Coping through the 3-As
  - Managing time
  - Downsizing life
  - Communicating effectively
  - Assertiveness
1. Discovering your optimal level of demand

- Stress in a very individualistic phenomenon (same stressor can effect people differently)

Cont’d

- Illustrations on how our performance is related to our level of demand
- As our LOD increases, we are challenged & our performance increases
- When we reach our optimal LOD, we reach peak performance.
- If we exceed our optimal level of stimulation, the same demands that challenged us can become stressor

Categories of stressors

- 3 types:
  - Stressors that are foreseeable & can be controlled
  - Stressors that are foreseeable & can not be controlled
  - Stressors that are neither foreseeable & nor controllable
  - *** do not overly concerned with # 3
2. Using the Triple As of Coping

- Abolish – completely eliminate stressor
- Avoid – minimizing exposure to stressor
- Alter – somehow changing the way you are exposed to stressor

However, the 3-As do not work with all types of stressor; may work well with situational stressor i.e. traffic, or schedule; nothing interpersonal

3. Managing Time

- Assessing time usage
- Time management as a matter of acting
  - A = Activities that are absolutely MUST be done today or you will suffer from immediate/severe consequences
  - C = Activities that COULD get done when the A-list tasks are finished
  - T = Activities you could TRY to do if all As and Cs get finished
- Finding time by being more efficient / organized

Cont’d

- Protecting your time (many ways to protect)
- Procrastination (AVOID!) – failure, laziness, apathy
  - Don’t overbook
  - Give yourself more time
  - Ensure privacy & limit interruptions
  - Complete more difficult tasks first
  - Reward yourself
4. Downscaling your life

- Living the average life accordingly?
- Focus on simplicity
- Everything must be MORE? – avoid!
- The never enough culture

5. Communicating Effectively

- Master the initiating skills
- Be a good listener
- Respond effectively

6. Asserting yourself

- Learn to say NO
  - Use the DESC model (describe, express, specify and Consequences)
- Describe – give a precise verba picture of the situation or other person's behaviour that is a source of stress
- Express – your feelings using I language
- Specify – be specific in identifying alternative ways you would prefer the person to speak or behave
- Consequences – identify the consequences that will follow if the person does or does not comply with your wishes
III. Relax

- Stressed vs. relaxed states
- Breathings & Relaxation
- Meditation
- Visual imagery
- Quieting reflex & the calming response
- Autogenic training
- Biofeedback
- Systematic Muscle Relaxation
- Yoga & stretching
- Tai Chi
- Human touch

1. The stressed vs. relaxed states

- Use when the thinking does not seem to work to reduce the stress level
- Use techniques that can ‘cancel’ the effects of stress arousal by putting the body in a relaxed state
- Passive relaxation technique = putting the mental into a passive state (allow the mind to slow down)
- Active relaxation technique = involving activities that can help the body to relax

Cont’d

*** Refer Everly & Benson’s Disorders of Arousal Model

- During stressed state= Increased metabolism, heart rate, blood pressure, breathing rate, oxygen consumptions, cardiac output, muscular tension, decreased blood clotting time, increased blood flow to major muscle groups involved in fight or flight
- Relaxation = reverse state of the above or back to normal state
2. Breathing & Relaxation

• Breathing is the basis of life & relaxation
• Correct breathing can strengthen & train lung functioning, increase cardiovascular response, increase oxygenation of the blood, calm the nerve & increase restfulness
• Parts of the brain that relate with breathing are also related to the parts that control stress arousal

How to breath...correctly

1. Find a quiet space, away from others to practice
2. Minimize distractions by closing doors & turning off radio, tv, phone
3. Sit on a chair with your back straight, head up
4. Visualize a picture of your lungs
5. Slowly breathe in through your nose
6. As you breath in, push your stomach forward
7. Let your ribs expand & your shoulder rise as the air fills your lungs completely from bottom-up
8. When your lungs feel full, slowly begin to exhale through your mouth
9. Let your shoulders fall, & your ribs shrink back as the air passes through your mouth
10. Gently pull your stomach back in with your stomach muscle from the lower portion
11. Repeat this activity for 5 minutes
12. Practice this activity a few times a day

3. Meditation

1. Focusing on deep thought; to achieve the fullest possible control over one’s mind
2. Often relates with spiritual elements; includes prayers/chanting/mindfulness etc
3. Reduced muscle strain, increase brain wave patterns, > conducive for relaxation
4. Often characterized as: 1) an interconnectedness with one’s environment; 2) a deep sense of peace 3) a positive, tranquil mood; 4) absence of anxiety & sorrow 5) an enhanced sense of reality & its meaning; 6) sense of a creative energy, & 7) an alteration of the boundaries of space & time
5. Types: Focused meditation, Object meditation, word/phrase/mantra meditation, sound meditation; Nonfocused , moving
4. Visual Imagery

- Mental creation of relaxing visual images & scenes, can be used with other techniques (ie breathing, stretching, yoga, meditation etc)
- Warm = sun, cool breeze = sea, waterfall
- Create your own personal imagery scripts (from start to end)

5. The quieting reflex & the calming response

- Quietting reflex – deep breathing, muscle relaxation, & visual imagery & can be used with any type of stressor

Instruction: (Dr Charles Stroebel technique)

1. Think about whatever it is that is making you stressed
2. Smile to relax facial muscle tension
3. Repeat to yourself “I can keep a calm body & an alert mind”
4. Take a quiet, easy breath
5. Exhale through parted teeth, allowing your jaw to go slack
6. Visualize heaviness & warmth flowing through-out you body

The calming response – Dr Jay Segal

6-steps of the calming response

1. Take a personal inventory of stressors
2. Whenever you are stressed or about to be confronted with any of your stressors, stop what you are focusing on & get in touch with the depth & pace of your breathing. Is it shallow, irregular or uneven?
3. Think of relaxing, warming word & visual image
4. Take 3 deep abdominal breaths. On the first breath, tell yourself “I will not let my body get involved” or “my body will stay uninvolved”
5. On the 2nd, identify any muscle or muscle group that is tense & on inhalation, contract & hold it for 3 seconds; on exhalation release the contraction
6. On the 3rd deep, slow breath, close your eyes & think of your calming word & relaxing image
6. The Autogenic Training

- A form of hypnosis that incorporate visual images of our bodies becoming warm & relaxed
- Autogenic = self generating
- Uses imagery to warm our bodies systematically – arms, legs, stomach & forehead
- It uses breathing & images of certain body parts ➔ let it relax

7. Biofeedback

- A technique that employs instrument that measure body functioning associated with stress (ie temperature, muscle tension, brain wave activity & perspiration)
- Use signals such as beeper, light or buzzer, indication of presence of stress response (there is a machine)
- Often used with cardiovascular disorder, migraine & hypertension
- Once the indicator goes “on” you should employ the other relaxation techniques

8. Systematic Muscle Relaxation (or stretching)

- Dr Edmund Jacobson – worked with presurgical patients
- Not meant for everyone esp those with backpain, disc or other spinal problems or musculoskeletal disorder
- All the exercises must be done as vigorously as possible to the point of feeling uncomfortable & but short of pain
8. Systematic Muscle Relaxation (or stretching)

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Instructions for the systematic muscle relaxation

1. Find a quiet place away from others
2. Minimize distractions by closing the door, of the radio, tv, phone
3. Loosen any tight clothing & remove jewelry & shoes
4. Lie on your back with your arms on your sides
5. Let your legs assume gentle flex with your knees slightly bent & falling outward
6. Your body should not need support to hold this position, but if it does, you may use a small pillow under the knees or/and the small of the back

Body parts that are involved:

1. Feet & calves
2. Spine
3. Shoulders
4. Hands & arms
5. Head & neck
6. Face

For each part, there are specific instructions involved... read more...
9. Yoga & stretching

- Yoga means to yoke or join; sanskrit; ancient Hindu ascetic philosophy
- Includes mental, physical, social & spiritual components
- Must be performed slowly & gently, no rush
- Involve many stretching steps
- i.e. sky reach, toe touch, achilles stretch, standing side trunk bends, back reach, shoulder roll, forward back stretch, reverse back stretch, hurdler’s stretch, groin stretch

10. Tai Chi Chu’an

- A form of self defense in China
- A blend of physical movement & philosophical outlook ... Taoism, emphasizes the balance of opposing forces in life “chi” (yin & yang)
- Tai Chi – moving meditation; emphasizes people to remain calm, conserve energy, remain balance ...
  homeostasis / equilibrium
- 6 underlying concepts: 1) effortless, deep breathing; 2) tension reduction 3)A perpendicular stance; 4) A low center of gravity; 5) An even speed; 6) Mind-Body integration

11. Human Touch

- Skin-to-skin contact, during infancy = bonding; which enhance thriving (physical & psychological growth); provide a sense of connectedness
- Massage = relieves muscle tension, it stimulated circulation to the tissues & muscles
- Can be used in clinical & therapeutical settings “therapeutic touch”
IV. RELEASE
Using physical activity to reduce stress
• Psychological & Physiological benefits of exercise & physical activities
• Developing fitness
• Eating for fitness & health

Physiological & Psychological benefits of exercise & physical activities

Physiological Benefits
• Tension reduction – reduce both acute & chronic muscle tension
• Hormone utilization – under stress, hormones are secreted into the body system to maintain homeostasis & cope with stressor; physical activity allows the use of these hormones
• Fat/Cholesterol utilization
• Enhanced cardio-respiratory function (heart, lungs & circulatory system)

Psychological Benefits
• Release of endorphins, norpinephrine, serotonin & dopamine
  – endorphines blocks pain
  – norpinephrine, serotonin & dopamine are neurotransmitters related with "mood" = antidepressant
• Enhanced self-esteem & self image
• Increased creativity & ability to focus – it is a break from reality; "time-off"
• Reduced anxiety & improved outlook on life – improved mood; channel to relieve anger in a positive, socially acceptable way
### Fitness
- The degree to which our bodies function efficiently
- Health related fitness include muscular strength, muscular endurance, flexibility, and body composition
- Principles of fitness:
  - Specificity = each activity has a specific effect on the body parts
  - Reversibility = “use it or lose it”; fitness results are not permanent, no exercise = loose the fitness
  - Individual differences = genetic & behavioural factors that can influence to the speed & level of improvement in striving for fitness (ie age, gender, race, personality, SES, general health, genetic, KAP, social circle, self image, hobbies, goals etc)
  - Overload = physiological adaptation of cells & tissues to increasing levels of demand (systematically increase the exercise workload through frequency, intensity or time of workouts)

### Eating for fitness & Health
- Choosing foods that provide maximum energy & maintain ideal body composition & produce strong bones & healthy heart
- High complex carbohydrates, low fat, moderate protein intake (supply energy to the body)
- Vitamins, minerals & water helps body to utilize the energy
- Stress can cause depletion of many nutrients esp. the water soluble vitamins
- It also interferes with absorption of calcium
- Avoid unhealthy food intake; unhealthy lifestyle (alcohol, smoking, drugs)

### V. REORGANIZE
Coping by putting it all together
- The importance of wellness in stress management
- Reorganizing the environmental/occupational dimension
- Reorganizing the social & spiritual dimensions
- Reorganizing the intellectual dimension
- Reorganizing the emotional dimension
- Reorganizing the physical dimension
- Moving toward optimal functioning
The importance of wellness in stress management

- Stress does not occur in vacuum
- All those related domains must be functioning in order for us to reach “wellness”
- 6 areas: environmental/occupational; social; spiritual; intellectual; emotional; physical
- By simultaneously linking strategies from all six dimensions and all five R’s, we can generate a synergistic effect against stress

MIND MANIPULATION TECHNIQUE

GET RID OF IRRATIONAL BELIEFS

- **R**(Respect) (Everybody must respect me)
- **W**(Win) (I must always win)
- **L**(Love) (Everybody must love me)
- **R**(Right) (I am always right)

Therapeutic Hobbies

- Gardening
- Sewing/handcraft
- Photography
- Charity work
- Pets
TENSION

The moment you are in tension
You will lose your attention.
This will put you in total confusion
and you will feel the irritation
which might spoil personal relation.

Ultimately, you won’t get cooperation
which will cause complication
You’ll need to watch your BP with caution
or you might have to take medication
Instead... understand the situation
Try to think of a solution.
Many problems will be solved by discussion
which will work out better in your profession.

This is not my free suggestion
It's only for prevention.
If you understand my intention
You'll never come again to TENSION

WHEN YOU CHANGE YOUR THINKING
YOU CHANGE YOUR BELIEFS
WHEN YOU CHANGE YOUR BELIEVS
YOU CHANGE YOUR EXPECTATIONS
WHEN YOU CHANGE YOUR EXPECTATIONS
YOU CHANGE YOUR ATTITUDE
WHEN YOU CHANGE YOUR ATTITUDE
YOU CHANGE YOUR BEHAVIOUR
WHEN YOU CHANGE YOUR BEHAVIOUR
YOU CHANGE YOUR PERFORMANCE
WHEN YOU CHANGE YOUR PERFORMANCE
YOU CHANGE YOUR LIFE!