



Coping Better WITH **NEGATIVE EMOTIONS**

BY STAFF OF ACS DISTANCE EDUCATION

CONTENTS

CREDITS	5
PREFACE	6
CHAPTER 1 NEGATIVE EMOTIONS	7
What are Negative Emotions?	7
The Need for Control	8
Overview of Negative Emotions	9
Causes of Negative Emotions	9
Physiological Arousal	11
The Impact of Negative Emotions	13
Negative Emotions and Mental Health Disorders	14
CHAPTER 2 STRESS CONTROL	15
Why do we Need to Control our Stress?	15
Physiological Response to Stress	16
General Adaptation Syndrome	16
Responses to Chronic Stress	17
Long-term Outcomes	18
Cognitive Responses to Stress	19
Defence Mechanisms	19
The Stress Epidemic	22
Stress and War	22
Stress and Disease	22
Stress and Relationships	23
Stress and Crime	24
Dealing with Stress	26
Stress Management Techniques	26
Poor Coping Strategies	27
Useful Coping Strategies	27

Relaxation Strategies	28
CHAPTER 3 ANGER MANAGEMENT	31
The Impact of Anger.....	31
Anger as Physiological Arousal.....	32
Ways of Conceptualising Anger.....	33
Passive Anger.....	33
Aggressive Anger.....	34
Anger Management.....	35
Ways to Diffuse Anger.....	35
Counselling Strategies.....	37
CHAPTER 4 DEPRESSION AND ANXIETY	40
Depression.....	40
Depressive Disorders.....	41
Symptoms of Depression.....	41
Causes of Depression.....	42
Other Physical Illnesses.....	43
Anxiety.....	43
Anxiety Disorders	43
Symptoms of Anxiety.....	44
Causes of Anxiety.....	44
Combatting Anxiety and Depression.....	45
CHAPTER 5 DEALING WITH SHAME, GUILT AND SELF-DOUBT	46
Other Common Negative Emotions.....	47
Shame.....	47
Guilt.....	49
Self-doubt and Reduced Self-Esteem.....	50
Other Negative Emotions.....	50
CHAPTER 6 COPING WITH NEGATIVE EMOTIONS AT HOME	55
Overcoming Negative Thoughts.....	55
Helpful Techniques for Well-Being.....	57

Medical Services.....	57
Sleep.....	57
Things to Avoid.....	63
Case Studies.....	65
CHAPTER 7 COPING WITH NEGATIVE EMOTIONS AT WORK.....	68
Work Life.....	68
Causes of Negative Emotions at Work.....	69
Anger.....	69
Stress.....	70
Fear.....	70
Disappointment.....	70
Dislike.....	71
Bringing Negative Emotions to Work.....	71
Helpful Techniques for Wellbeing at Work.....	72
Case Studies.....	73
CHAPTER 8 ACHIEVING BALANCE.....	76
Too Much Positivity.....	76
What is Normal? What is Healthy?	77
Some Stress is Fine.....	78
Dealing with Conflict.....	79
Case Studies.....	80
Hedonic and Eudemonic Approaches.....	82
APPENDIX.....	83
Distance Learning and Online Courses.....	83
E-books by John Mason and ACS Staff.....	84
Printed Books by John Mason	85
Useful Contacts.....	86
ACS Global Partners.....	86
Social Media.....	86

CREDITS

© **Copyright:** John Mason

Written by

Written by John Mason *Dip.Hort.Sc.*
FIOH, FAIH, FPLA
& Staff of ACS Distance Education

Photos:

John Mason
Leonie Mason
Stephen Mason

Layout

Stephen Mason

Editorial Assistants/Contributors:

Gavin Cole
Adriana Fraser
Tracey Jones

Published by

ACS Distance Education

P.O. Box 2092, Nerang MDC,
Queensland, Australia, 4211
admin@acs.edu.au
www.acsbookshop.com

P O Box 4171, Stourbridge, DY8 2WZ,
United Kingdom
admin@acsedu.co.uk
www.acsebooks.com

The information in this book is derived from a broad cross section of resources (research, reference materials and personal experience) from the authors and editorial assistants in the academic department of ACS Distance Education. It is, to the best of our knowledge, composed as an accurate representation of what is accepted and appropriate information about the subject, at the time of publication.

The authors fully recognise that knowledge is continually changing, and awareness in all areas of study is constantly evolving. As such, we encourage the reader to recognise that nothing they read should ever be considered to be set in stone. They should always strive to broaden their perspective and deepen their understanding of a subject, and before acting upon any information or advice, should always seek to confirm the currency of that information, and the appropriateness to the situation in which they find themselves.

As such, the publisher and author do not accept any liability for actions taken by the reader based upon their reading of this book.

ISBN: 978-0-9925878-8-8

PREFACE

Today's world is very different, not just in terms of what we have but the way we interact with each other. Communication has changed, and is continuing to change; we are far more connected to each other (across the globe) than we ever were in the past. That connection though, is more likely to be digital, rather than face to face - as it was before. And the digital world is fast moving, it means instant access to news from across the world; what you read in the morning news online, can change within a day, or an hour, or even within minutes. News is not only instant but far more confronting; we see graphic images of terrorism, famine or war. We have constant warnings of impending doom from wars or climate change, or the latest world financial crisis. To the average individual the news may therefore more stressful than it was ever was in the past.

We have more food, and have the potential to eat better, but we are constantly being warned about what we eat. Last year's 'super food' or 'miracle diet' is this year's poison. Most processed food is packed with preservatives and other chemicals that may affect our body chemistry. We have medicines that can fight illnesses, but we have more pollutants in our environment that can cause illnesses.

We have more things available to buy, but to buy them we have to earn more hence there is a greater impetus to perform at work.

We are constantly bombarded with information and spend an inordinate amount of time gathering it. However we also have a tendency to confuse information with knowledge. And because we don't have the time to fully deconstruct, analyse and to learn from the vast amount of information we gather, we focus more on the 'gathering', rather than on acquiring the skills needed to truly understand, absorb, learn and gain wisdom from it. When we don't understand the information this rapidly changing digital world thrusts at us, we are also more likely to be stressed by it.

A rapidly changing world can cause stress, but it is how we deal with that stress that matters. We can look at change from another angle - rather than a threat to our way of life, we could see it as an opportunity for new experience and new knowledge.

Some people cope with stress by understanding and minimizing the things that stress their body. Others use medication to mask problems caused by stress, such as pain. Some people simply do not cope, and develop negative emotions.

This book is designed to help you understand the things that cause stress, the problems that can arise, and the broad range of ways people might manage their stress.