Professional Resources
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Emotional Wellness

Navigating Change

Making Stress Work For You

Effective Emotional Expression
Navigating Change

“May You Live in Changing Times”
Navigating Change

Change brings obsessive concerns about the future:
- Increased conflict with peers
- Feelings of insecurity
- Distrust
- Fear
- Depression
- Illness
Navigating Change

How do people Change?
Navigating Change

- Denial/Shock
- Resistance/Opposition
- Exploration/Discovery
- Commitment/Engagement
Assessing Where We Are In The Change Process

Change Assessment
Assessing Where We Are In The Change Process
Change

![Diagram showing the relationship between different aspects of change.

- External/Environment vs. Internal/Self
- Past vs. Future

- Denial
- Commitment
- Resistance
- Exploration]
Every Good Story Has A:
Except Change

End

Transition

Beginning
Life Stories & Change

Beginning

Middle

Transition

Middle

Beginning

Transition

End

End
But Are they really Bad
...for Going from Denial to Acceptance

Anger
Fear
Sadness

Denial
Acceptance
Who Determines the Outcome?

Event + Personal Response =
Tools for Managing Change

- Explain
- Reassure
- Involve
- Be Fair
- Empathize
- Expect good behavior & performance
Making Stress Work For You

Definition
STRESS

“ANY STIMULUS THAT THREATENS TO DAMAGE THE ORGANISM“
It’s All About the Uniqueness of You

- Genetic
- History
- Current State
- Expectation
STRESS MODEL

CUE → YOU → RESPONSE

Body

B - Behavior
A - Affect
S - Sensation
I - Imagination
C - Cognition
WHAT YOU CAN DO

Take On the You

Nutrition

Rest

Support Group

Do Something for Others

Sunshine

Breakfast

Give In

Relax
Stress Related Problems

- Chronic Fatigue
- Insomnia
- Anxiety
- Depression
- Procrastination
- Withdrawal
- Alcohol Abuse
- Drug Abuse
- Food Abuse
- Aggression
The Story of Quid
Effective Emotional Expression

• Be Aware & Accept Feelings
• Positive Outlook
• Express Feelings (appropriately)
• Balance Your Work & Life
Faculty & Staff Assistance Program

- (951) 781-0510
- (800) 266-0510