

Psychological and Spiritual Well-Being

Chris never considered himself a spiritual person until he enrolled in a class on the science of personal well-being. For a homework assignment, he had to pursue different paths to happiness. As part of his experiment, he went to a Mardi Gras celebration and partied all night to see if having fun made him happier. To test whether doing good makes a person happy, Chris volunteered to help build a house for a homeless family. “I can’t remember the name of a single person I met at the party,” he says. “But I’ll never forget the look on the family’s faces when we handed them the keys to their new home.”

The quest for a more fulfilling and meaningful life is attracting more people of all ages. The reason? As the burgeoning field of positive psychology has resoundingly proved, people who achieve emotional and spiritual health are more creative and productive, earn more money, attract more friends, enjoy

better marriages, develop fewer illnesses, and live longer.

This chapter reports the latest findings on making the most of psychological strengths, enhancing happiness, and developing the spiritual dimension of your health and your life.<

Emotional and Mental Health

“A sound mind in a sound body” was, according to the ancient Roman poet Juvenal, something all should strive for. This timeless advice still holds. Almost 2,000 years later, we understand on a much more scientific level that physical and mental health

are interconnected in complex and vital ways. One does not guarantee the other, but recent research has found that individuals whose lifestyles include the following four fundamental behaviors are less likely to become depressed, be overwhelmed by stress, or suffer poor mental health:

- Regular exercise
- A healthful diet
- Moderate alcohol use
- No tobacco

✓check-in Do you practice these four key behaviors?

Unlike physical health, psychological well-being cannot be measured, tested, X-rayed, or dissected. Yet psychologically healthy men and women generally share certain characteristics:

- They value themselves and strive toward happiness and fulfillment.
- They establish and maintain close relationships with others.
- They accept the limitations as well as the possibilities that life has to offer.
- They feel a sense of meaning and purpose that makes the gestures of living worth the effort required.

✓check-in How many of these characteristics do you have?

Psychological health encompasses both our emotional and mental states—that is, our feelings and our thoughts. **Emotional health** generally refers to feelings and moods, both of which are discussed later in this chapter. Characteristics of emotionally healthy persons include the following:

- Determination and effort to be healthy.
- Flexibility and adaptability to a variety of circumstances.
- Development of a sense of meaning and affirmation of life.
- An understanding that the self is not the center of the universe.
- Compassion for others.
- The ability to be unselfish in serving or relating to others.
- Increased depth and satisfaction in intimate relationships.
- A sense of control over the mind and body that enables the person to make health-enhancing choices and decisions.

Mental health describes our ability to perceive reality as it is, to respond to its challenges, and to develop rational strategies for living. A mentally healthy person doesn't try to avoid conflicts and distress but can cope with life's transitions, traumas, and losses in a way that allows for emotional stability and growth. The characteristics of mental health include:

- The ability to function and carry out responsibilities.

- The ability to form relationships.
- Realistic perceptions of the motivations of others.
- Rational, logical thought processes.
- The ability to adapt to change and to cope with adversity.

✓check-in How would you assess yourself on each of these characteristics?

Culture also helps to define psychological health. In one culture, men and women may express feelings with great intensity, shouting in joy or wailing in grief, while in another culture, such behavior might be considered abnormal or unhealthy. In our diverse society, many cultural influences affect Americans' sense of who they are, where they came from, and what they believe. Cultural rituals help bring people together, strengthen their bonds, reinforce the values and beliefs they share, and provide a sense of belonging, meaning, and purpose.

To find out where you are on the psychological well-being scale, take the Self-Survey: How Satisfied Are You with Your Life?

The Lessons of Positive Psychology

Positive psychology (the scientific study of ordinary human strengths and virtues) and positive psychiatry (which promotes positive psychosocial development in those with or at high risk of mental or physical illness) focus on the aspects of human experience that lead to happiness and fulfillment—in other words, on what makes life worthwhile.¹ This perspective has expanded the definition of psychological well-being.

According to psychologist Martin Seligman, PhD, who popularized the positive psychology movement, everyone, regardless of genes or fate, can achieve a happy, gratifying, meaningful life. The goal is not simply to feel good momentarily or to avoid bad experiences but to build positive strengths and virtues that enable us to find meaning and purpose in life. The core philosophy is to add a “build what's strong” approach to the “fix what's wrong” focus of traditional psychotherapy.²

emotional health The ability to express and acknowledge one's feelings and moods and exhibit adaptability and compassion for others.

mental health The ability to perceive reality as it is, respond to its challenges, and develop rational strategies for living.

culture The set of shared attitudes, values, goals, and practices of a group that are internalized by an individual within the group.

Among the positive psychology interventions that have proven effective in enhancing emotional, cognitive, and physical well-being; easing depression; lessening disease and disability; and even increasing longevity are:

- Counting one's blessings.
- Savoring experiences.
- Practicing kindness.
- Pursuing meaning.
- Setting personal goals.
- Expressing gratitude.
- Building compassion for one's self and others.
- Identifying and using one's strengths (which may include traits such as kindness or perseverance).
- Visualizing and writing about one's best possible self at a time in the future.³

Neuroscientists, using sophisticated imaging techniques, have been able to identify specific areas in the brain associated with positive emotions, such as love, hope, and enthusiasm. As people age, the processing of emotions in the brain appears to change, with older adults responding more to positive information and filtering out irrelevant negative stimuli.

✓check-in Practice positive psychology:

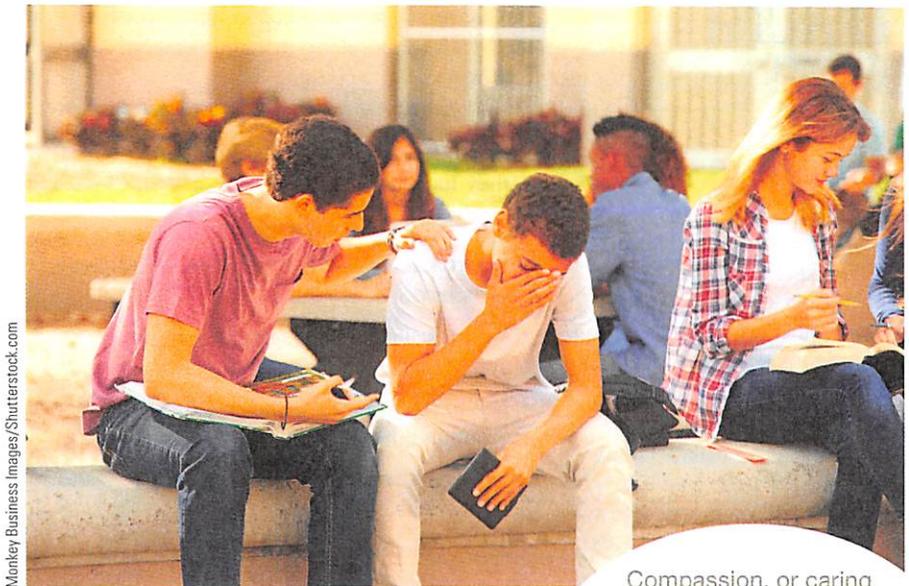
The next time you think, "I've never tried that before," also say to yourself, "This is an opportunity to learn something new."

- When something seems too complicated, remind yourself to tackle it from another angle.
- If you get discouraged and feel that you're never going to get better at some new skill, tell yourself to give it another try. (See Health Now! for more suggestions.)

Boost Self-Esteem

Each of us wants and needs to feel significant as a human being with unique talents, abilities, and roles in life. A sense of **self-esteem**, of belief or pride in ourselves, gives us confidence to dare to attempt to achieve at school or work, and to reach out to others to form friendships and close relationships. Self-esteem is the little voice that whispers, "You're worth it. You can do it. You're okay."

Self-esteem is based not on external factors like wealth or beauty but on what you believe about yourself. It's not something you're born



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Compassion, or caring about others, is a characteristic of an emotionally healthy person.

with; self-esteem develops over time. It's also not something anyone else can give to you, although those around you can either help boost or diminish your self-esteem.

The seeds of self-esteem are planted in childhood when parents provide the assurance and appreciation youngsters need to push themselves toward new accomplishments: crawling, walking, forming words and sentences, learning control over their bladder and bowels.

Adults, too, must consider themselves worthy of love, friendship, and success if they are to be loved, to make friends, and to achieve their goals. Low self-esteem is more common in people who have been abused as children and in those with psychiatric disorders, including depression, anxiety, alcoholism, and drug dependence.

One of the most useful techniques for bolstering self-esteem and achieving your goals is developing the habit of positive thinking and talking. While negative observations—such as constant criticisms or reminders of the most minor faults—can undermine self-image, positive affirmations—compliments, kudos, encouragements—have proved effective in enhancing self-esteem and psychological well-being. Individuals who fight off negative thoughts fare better psychologically than those who collapse when a setback occurs or who rely on others to make them feel better.

Develop Self-Compassion

Self-compassion is a healthy form of self-acceptance and a way of conceptualizing our favorable and unfavorable attitudes about ourselves and others. Some psychologists describe it as being kind to yourself in the face of suffering and

self-esteem Confidence and satisfaction in oneself.

self-compassion A healthy form of self-acceptance in the face of perceived inadequacy or failure.

HEALTH NOW!

Count Your Blessings

Gratitude has proven as effective in brightening mood and boosting energy as the standard, well-studied techniques used in psychotherapy. Following are some simple steps to cultivate and express gratitude.

Every day, write down 10 new things for which you are grateful. You can start with this list and keep adding to it: your bed, your cell phone and every person whose efforts led to its development, every road you take, loyalty, your toothbrush, your toes, the sky, ice cream, etc.

Record the ways you express gratitude. How do you feel when doing so?

Create a daily practice of appreciation. This may be as simple as saying a few words of thanks before each meal (if only to yourself) or writing down your feelings of gratitude.

Make a list of 10 people—teachers, coaches, neighbors, and relatives—to whom you owe a debt of gratitude. Write a one- to two-page letter to each of them, stating your appreciation of what he or she has contributed to you and your well-being. You do not have to send the letters. What is important is that you focus deeply on the contribution of each person and allow feelings of gratitude to come as they may.

emotional intelligence The ability to monitor and use emotions to guide thinking and actions.

self-actualization A state of wellness and fulfillment that can be achieved once certain human needs are satisfied; living to one's full potential.

practicing a “reciprocal golden rule,” in which you treat yourself with the kindness usually reserved for others.

Individuals high in self-compassion tend to:

- Be understanding toward themselves when they make mistakes.
- Recognize that all humans are imperfect.
- Not ruminate about their errors in judgment or behavior.
- When feeling inadequate, engage in soothing and positive self-talk.
- Not exaggerate the significance of painful thoughts (though they're mindful of them).
- Manage frustration by quelling self-pity and melodrama.
- Accept their flaws.
- Let go of regrets, illusions, and disappointments.
- Seek psychological help when needed.⁴
- Take responsibility for actions that may have harmed others without feeling a need to punish oneself.⁵

In contrast, individuals low in self-compassion are extremely critical of themselves, believe they are unique in their imperfection, and obsessively fixate on their mistakes.

After a traumatic life event, self-compassion may help individuals recognize the need to care for themselves, reach out for social support, engage in less self-blame and self-criticism, and look back on the time as an emotionally difficult event rather than an experience that defines or changes them.⁶ Therapists have developed specific cognitive treatments that can increase the attributes of compassion for self and others, and alleviate feelings of anxiety and depression.

✓check-in How do you practice self-compassion?

Boost Emotional Intelligence

A person's intelligence quotient (IQ) was once considered the leading predictor of achievement. However, psychologists have determined that another “way of knowing,” dubbed **emotional intelligence**, makes an even greater difference in personal and professional success.

Emotional quotient (EQ) is the ability to monitor and use emotions to guide thinking and actions. Neuroscientists have mapped the brain regions involved in emotional intelligence, which overlap significantly with those involved in general intelligence. Among the emotional

competencies that most benefit students are focusing on clear, manageable goals and identifying and understanding emotions rather than relying on “gut” feelings.

✓check-in How emotionally intelligent do you think you are?

People with high EQ are more likely to enjoy good mental and physical health, and are more productive at work and happier at home. They're also less prone to stress, depression, and anxiety, and they bounce back more quickly from serious illnesses.

Meet Your Needs

Newborns are unable to survive on their own. They depend on others for the satisfaction of their physical needs for food, shelter, warmth, and protection, as well as their less tangible emotional needs. In growing to maturity, children take on more responsibility and become more independent.

No one, however, becomes totally self-sufficient. As adults, we easily recognize our basic physical needs, but we often fail to acknowledge our emotional needs. Yet they, too, must be met if we are to be as fulfilled as possible.

Humanist theorist Abraham Maslow believed that human needs are the motivating factors in personality development. First, we must satisfy basic physiological needs, such as those for food, shelter, and sleep. Only then can we pursue fulfillment of our higher needs—for safety and security, love and affection, and self-esteem. Few individuals reach the state of **self-actualization**, in which they function at the highest possible level and derive the greatest possible satisfaction from life (Figure 2.1).

Pursue Happiness

“Imagine a drug that causes you to live eight or nine years longer, to make \$15,000 more a year, to be less likely to get divorced,” says Martin Seligman, the “father” of positive psychology. “Happiness seems to be that drug.” As a meta-analysis of long-term studies has shown, happiness even reduces the risk of dying—both in healthy people and in those with diagnosed diseases. But even if just about everyone might benefit from smiling more and scowling less, can almost anyone learn to live on the brighter side of life?

Skeptics who dismiss “happichondria” as the latest feel-good fad are dubious. However, happiness researchers, backed by thousands of

scientific studies, cite mounting evidence suggesting that happiness is, to a significant degree, something anyone can nurture. (See Health on a Budget.) Among 5,000 students in 280 countries who completed a massive online open course (MOOC) on happiness, positive feelings kept going up as the course progressed. The students registered progressively less sadness, anger, and increasing fear and more amusement, enthusiasm, and affection.⁷

The Roots of Happiness Psychological research has identified several factors that contribute to a sense of well-being:

- Your happiness set point—a genetic component that contributes about 50 percent to individual differences in contentment.
- Life circumstances such as income or marital status, which account for about 10 percent.
- Thoughts, behaviors, beliefs, and goal-based activities, which may account for up to 40 percent of individual variations.⁸

Education may protect against mental disorders, but it doesn't guarantee happiness. Asked if they were "feeling good and functioning well," people with varying levels of education had similar odds of high levels of emotional well-being.⁹ As studies with apps to monitor activity have shown, individuals who are more physically active are happier in general—and feel even happier when they are physically active.¹⁰

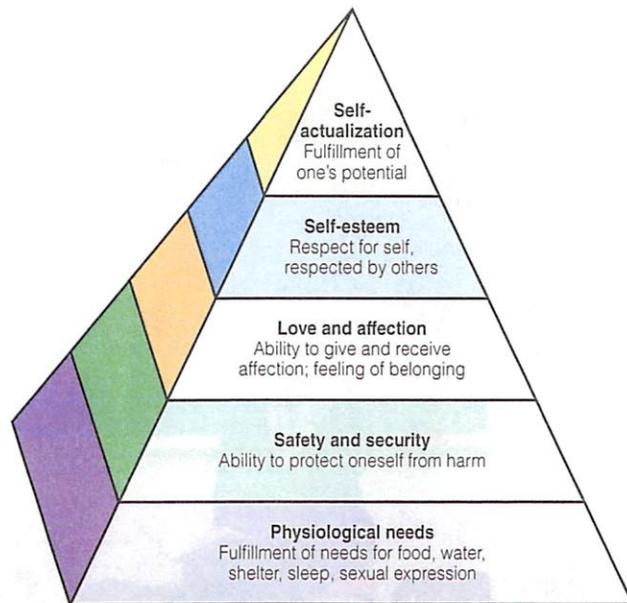


FIGURE 2.1 The Maslow Pyramid

To attain the highest level of psychological health, you must first satisfy your needs for safety and security, love and affection, and self-esteem.

Source: Maslow, Abraham H., Frager, Robert D., Fadiman, James, *Motivation and Personality*, 3rd Edition, © 1987. Reprinted by permission of Pearson Education, Inc., Upper Saddle River, NJ.

Intelligence, gender, and race do not matter much for happiness, although gender equality does.¹¹ Health has a greater impact on happiness than income, but pain and anxiety take an even greater toll. People seem to be less able to adapt to the unpredictability of certain health conditions

HEALTH ON A BUDGET

Happiness for Free!

Money can't buy happiness. As long as you have enough money to cover the basics, you don't need more wealth or more possessions for greater joy. Even people who win a fortune in a lottery return to their baseline of happiness within months. So rather than spend money on lottery tickets, try these ways to put a smile on your face:

- **Make time for yourself.** It's impossible to meet the needs of others without recognizing and fulfilling your own.
- **Boost your appreciation quotient.** Regularly take stock of all the things for which you are grateful. To deepen the impact, write a letter of gratitude to someone who's helped you along the way.
- **String beads.** Think of every positive experience during the day as a bead on a necklace. This simple exercise focuses you on positive experiences, such as a cheery greeting from a cashier or a funny e-mail from a friend, and encourages you to act more kindly toward others.
- **Create a virtual DVD.** Visualize several of your happiest memories in as much detail as possible. Smell the air. Feel the sun. Hear the sea. Play this video in your mind when your spirits slump.
- **Fortify optimism.** Whenever possible, see the glass as half-full. Keep track of what's going right in your life. Imagine and write down your vision for your best possible future and track your progress toward it.
- **Immerse yourself.** Find activities that delight and engage you so much that you lose track of time. Experiment with creative outlets. Look for ways to build these passions into your life.
- **Seize the moment.** Rather than wait to celebrate big birthday-cake moments, savor a bite of cupcake every day. Delight in a child's cuddle, a glorious sunset, a lively conversation. Cry at the movies. Cheer at football games. This life is your gift to yourself. Open it!



Positive activities, such as reading to children, can enhance happiness and self-esteem..

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- Focusing on time leads to greater happiness than focusing on money
- Spending time and money on others rather than oneself increases happiness.
- Spending time and money to acquire experiences rather than possessions boosts happiness.¹⁴
- Moral judgments influence self-assessments of happiness.¹⁵ Simply put, doing good makes us feel good.
- Having a happy partner may enhance health as much as striving to being happy oneself.¹⁶

Positive activities also boost positive emotions like happiness. One of the most effective is performing small acts of kindness. While there is no set formula for their variety and frequency, Lyubomirsky advises a minimum of once a week, which provides as much a boost as a thrice-weekly activity. She also recommends variety—taking out the trash when it's your roommate's turn one time, for instance, and buying a hot chocolate for a homeless person the next—because simple repetitions lose their ability to boost happiness.

✓check-in What are the greatest sources of happiness in your life?

than they are to others. The well-being of individuals who can no longer walk after an accident, for example, typically returns to its pre-accident levels, while many diagnosed with epilepsy face a lifetime of uncertainty about the occurrence of seizures.

What Does and Doesn't Make Us Happy

Many people assume that they can't be happy unless they get into a certain school, earn a certain grade, get a certain job, make a certain income, find a perfect mate, or look a certain way. But according to psychologist Sonja Lyubomirsky, author of *The Myths of Happiness*, such notions are false. "People find a way to be happy in spite of unwanted life circumstances," she notes, "and many people who are blessed by wealth and good fortune aren't any happier than those who lack these fortunes."¹² Individuals with enough cash in their checking and savings accounts so they don't have to worry about money report more positive perceptions of their financial well-being and overall life satisfaction, but more money doesn't bring more joy.¹³

What does make us happier? According to recent research:

Become Optimistic

Mental health professionals define **optimism** as the "extent to which individuals expect favorable outcomes to occur." Studies have established "significant relationships" between optimism and cardiovascular health, recovery from heart attack,¹⁷ stroke risk, immune function, cancer prognoses, physical symptoms, pain, and mortality rates.¹⁸ As a recent review concluded, "individuals with greater optimism and hope seek to engage in healthier behaviors"—which can protect from disease and aid in recovery.¹⁹

For various reasons—because they believe in themselves, because they trust in a higher power, because they feel lucky—optimists expect positive experiences from life. When bad things happen, they tend to see setbacks or losses as specific, temporary incidents, which fortifies their resilience.²⁰ In their eyes, a disappointment is "one of those things" that happens every once in a while rather than the latest in a long string of disasters. Even when depressed, individuals able to envision a brighter future are more optimistic and regain optimism more quickly over time.²¹

In terms of health, optimists not only expect good outcomes—for instance, that a surgery will

Optimism The tendency to look out, remember, and expect measurable experiences.

be successful—but take steps to increase this likelihood. Pessimists, expecting the worst, are more likely to deny or avoid a problem, sometimes through drinking or other destructive behaviors. In a longitudinal study of more than 70,000 women, those who ranked highest in optimism were at much lower risk of dying of cancer, heart disease, stroke, infection, respiratory disease, or other causes than those who ranked the lowest.²²

Individuals aren't born optimistic or pessimistic. Researchers have documented changes over time in the ways that individuals view the world and what they expect to experience in the future.²³ Cognitive-behavioral techniques (discussed later in this chapter) have proven effective in helping pessimists become more positive.

✓check-in Do you usually anticipate the best or the worst possible outcome?

Manage Your Moods

Feelings come and go within minutes. A **mood** is a more sustained emotional state that colors our view of the world for hours or days. Most people experience a range of moods but respond to them differently. When struggling with a bad mood, men typically try to distract themselves (a partially successful strategy) or use alcohol or drugs (an ineffective tactic). Women are more likely to talk to someone (which can help) or to ruminate on why they feel bad (which doesn't help).

The most effective way to banish a sad or bad mood is by changing what caused it in the first place—if you can figure out what made you upset and why. The questions to ask are: What can I do to fix the failure? What can I do to remedy the loss? Is there anything under my control that I can change? If there is, take action and solve it. Ask to take a makeup exam. Apologize to the friend whose feelings you hurt. Tell your parents you feel bad about the argument you had. If there's nothing you can do, accept what happened and focus on doing things differently next time. "In our studies, resolving to try harder actually was as effective in improving mood as taking action in the present," says Larsen.

Learning effective mood-boosting, mood-regulating strategies can help both men and women pull themselves up and out of an emotional slump. You also can try to think about what happened in a different way and put a positive spin on it. This technique, known as *cognitive reappraisal*, or *reframing*, helps you look at a setback in a new light: What lessons did it teach you? What would you have done differently? Could there be a silver lining or hidden benefit?

✓check-in Track your moods



Fear



Enthusiasm



Anger



Affection



Sadness



Amusement

Every day, rate how much each emoji matches how you have been feeling on a scale of 1 to 10. At the end of the week, average your daily ratings into a collective score. Track how your feelings change throughout the term.

Take Control

Although no one has absolute control over destiny, we can do a great deal to control how we think, feel, and behave. By assessing our life situations realistically, we can make plans and preparations that allow us to make the most of our circumstances. By doing so, we gain a sense of mastery.

In nationwide surveys, Americans who feel in control of their lives report greater psychological well-being than those who do not, as well as extraordinarily positive feelings of happiness. One way to boost self-control is with a short bout of moderately intense exercise. An aerobic workout, such as a half-hour run or bike ride, improves "executive" brain functions, such as self-control.

Develop Autonomy

One goal that many people strive for is **autonomy**, or independence. Both family and society influence our ability to grow toward independence. Autonomous individuals are true to themselves. As they weigh the pros and cons of any decision, whether it's using or refusing drugs or choosing a major or career, they base their judgment on their own values, not those of others. Their ability to draw on internal resources and cope with challenges has a positive impact on both their psychological well-being and their physical health, including recovery from illness.

Those who've achieved autonomy may seek the opinions of others, but they do not allow their decisions to be dictated by external influences. For autonomous individuals, their locus of control—that is, where they view control

autonomy The ability to draw on internal resources; independence from familial and societal influences.

as originating—is *internal* (from within themselves) rather than *external* (from others). (See Chapter 1).

Autonomy also contributes to a sense of personal mastery, the tendency to feel that life circumstances are under one's control. A sense of mastery reflects general expectations about an individual's coping resources rather than confidence in performing specific behaviors. Closely related to self-efficacy and an internal locus of control, mastery is associated with better cardiometabolic health and reduced risk for disease or death.

Assert Yourself

Being assertive means recognizing your feelings and making your needs and desires clear to others. Unlike aggression, a far less healthy means of expression, assertiveness usually works. You can change a situation you don't like by communicating your feelings and thoughts in non-provocative words, by focusing on specifics, and by making sure you're talking with the person who is directly responsible.

Becoming assertive isn't always easy. Many people have learned to cope by being passive and not communicating their feelings or opinions. Sooner or later they become so irritated, frustrated, or overwhelmed that they explode in an outburst—which they think of as being assertive. However, such behavior is so distasteful to them that they'd rather be passive. But assertiveness doesn't mean screaming or telling someone off. You can communicate your wishes calmly and clearly. Assertiveness is a behavior that respects your rights and the rights of other people even when you disagree.

Even at its mildest, assertiveness can make you feel better about yourself and your life. The reason: When you speak up or take action, you're in the driver's seat. And that's always much less stressful than taking a backseat and trying to hang on for dear life.

.....
✓**check-in** When was the last time you asserted yourself? When was the last time you wished you had?
.....

Spiritual Health

Whatever your faith, whether or not you belong to any formal religion, you are more than a body of a certain height and weight occupying space on the planet. You have a mind that equips you

to learn and question. And you have a spirit that animates everything you say and do. **Spiritual health** refers to this breath of life and to our ability to identify our basic purpose in life and experience the fulfillment of achieving our full potential. Spiritual readings or practices can increase calmness, inner strength, and meaning; improve self-awareness; and enhance your sense of well-being. Religious support has also been shown to help lower depression and increase life satisfaction beyond the benefits of social support from friends and family.

Spirituality is a belief in what some call a higher power, in someone or something that transcends the boundaries of self. It gives rise to a strong sense of purpose, values, morals, and ethics. Throughout life you make choices and decide to behave in one way rather than another because your spirituality serves as both a compass and a guide.

The terms *religiosity* and *religiousness* refer to various spiritual practices. That definition may seem vague, but one thing is clear. According to thousands of studies on the relationship between religious beliefs and practices and health, religious individuals are less depressed, less anxious, and better able to cope with crises such as illness or divorce than are nonreligious ones. It doesn't matter if your beliefs are Christian, Jewish, Muslim, Buddhist, or any other religion. The more that believers incorporate spiritual practices—such as prayer, meditation, or attending services—into daily life, the less likely they are to experience symptoms of mental disorders, anxiety, and stress.²⁴

.....
✓**check-in** How would you describe your spiritual self?
.....

Spirituality and Physical Health

A growing body of scientific evidence indicates that faith and spirituality can enhance health—and perhaps even extend life. Individuals²⁵ who pray and experience spiritual well-being consistently describe themselves as enjoying greater psychological and overall well-being. Various studies have found that religiosity reduces alcohol use disorders,²⁶ binge drinking,²⁷ vulnerability to eating disorders, and symptoms of depression. Among Latino men and women, those who are more spiritual are also significantly less sedentary—an important boost for good health.²⁸

Church attendance may account for an additional 2 to 3 years of life (by comparison, exercise may add 3 to 5 extra years), according to researchers' calculations. The reason may be the

piritual health The ability to identify one's basic purpose in life and to achieve one's full potential.

pirituality A belief in someone or something that transcends the boundaries of self.

sense of community or support, or that people feel less depressed when they join in religious services. Prayer and other religious experiences, including meditation, may actually change the brain—for the better. Using neuroimaging techniques, scientists have documented alterations in various parts of the brain that are associated with stress and anxiety. This effect may slow down the aging process, reduce psychological symptoms, and increase feelings of security, compassion, and love. Increasingly, physicians are recognizing the importance of spiritual engagement for individuals at the end of life and their families.²⁹

Deepen Your Spiritual Intelligence

Mental health professionals have recognized the power of **spiritual intelligence**, which some define as “the capacity to sense, understand, and tap into the highest parts of ourselves, others, and the world around us.” Spiritual intelligence, unlike spirituality, does not center on the worship of a God above, but on the discovery of a wisdom within.

All of us are born with the potential to develop spiritual intelligence, but most of us aren’t even aware of it—and do little or nothing to nurture it. Part of the reason is that we confuse spiritual intelligence with religion, dogma, or old-fashioned morality. “You don’t have to go to church to be spiritually intelligent; you don’t even have to believe in God,” says Rev. Paul Edwards, a retired Episcopalian priest and therapist. “It is a scientific fact that when you are feeling secure, at peace, loved, and happy, you see, hear, and act differently than when you’re feeling insecure, unhappy, and unloved. Spiritual intelligence allows you to use the wisdom you have when you’re in a state of inner peace. And you get there by changing the way you think, basically by listening less to what’s in your head and more to what’s in your heart.”³⁰

Clarify Your Values

Your **values** are the criteria by which you evaluate things, people, events, and yourself; they represent what’s most important to you. In a world of almost dizzying complexity, values can provide guidelines for making decisions that are right for you. If understood and applied, they help give life meaning and structure.

When you confront a situation in which you must choose different paths or behaviors, follow these steps:

1. Carefully consider the consequences of each choice.
2. Choose freely from among all the options.



Kistock/betty images

Like these students serving meals at a shelter for the homeless, you can enrich your spiritual life by giving of yourself.

3. Publicly affirm your values by sharing them with others.
4. Act out your values.

Values clarification is not a once-in-a-lifetime task but an ongoing process of sorting out what matters most to you. Values are more than ideals we’d like to attain; they should be reflected in the way we live day by day.

.....
✓check-in Do you put your values into action? If you believe in protecting the environment—for instance, do you shut off lights or walk rather than drive in order to conserve energy? Do you recycle newspapers, bottles, and cans?

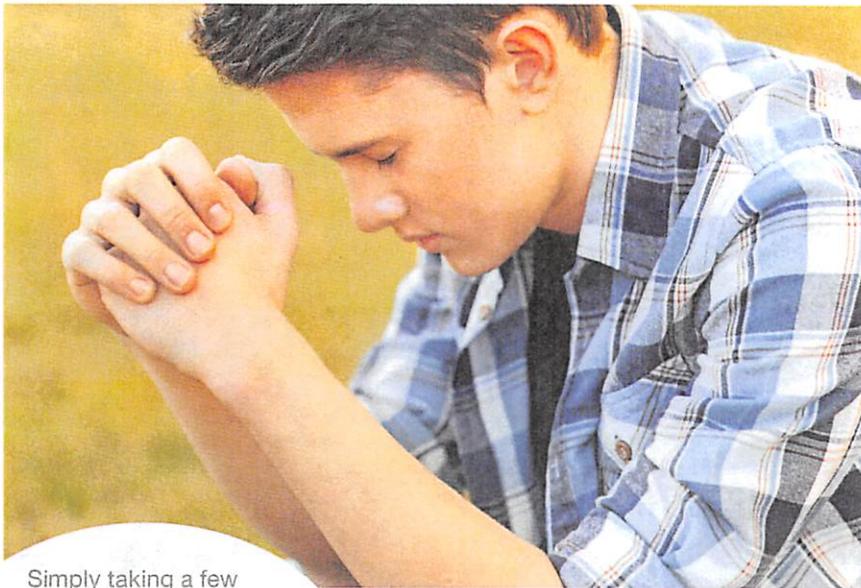
Enrich Your Spiritual Life

Whatever role religion plays in your life, you have the capacity for deep, meaningful spiritual experiences that can add great meaning to everyday existence. You don’t need to enroll in theology classes or commit to a certain religious preference. The following simple steps can start you on an inner journey to a new level of understanding:

- **Sit quietly.** The process of cultivating spiritual intelligence begins in solitude and silence. “There is an inner wisdom,” says Dr. Dean Ornish, the pioneering cardiologist who incorporates spiritual health into his mind–body therapies, “but it speaks very, very

spiritual intelligence The capacity to sense, understand, and tap into ourselves, others, and the world around us.

values The criteria by which one makes choices about one’s thoughts, actions, goals, and ideals.



Simply taking a few moments to stop and enjoy the day can help quiet your mind and soothe your spirit.

softly.”³¹ To tune into its whisper, turn down the volume in your busy, noisy, complicated life and force yourself to do nothing at all. This may sound easy; it’s anything but.

- **Start small.** Create islands of silence in your day. Don’t reach for the radio dial as soon as you get in the car. Leave your ear buds on as you walk across campus but turn off the music. Shut the door to your room, take a few huge deep breaths, and let them out very, very slowly. Don’t worry if you’re too busy to carve out half an hour for quiet contemplation. Even 10 minutes every day can make a difference.
- **Step outside.** For many people, nature sets their spirit free. Being outdoors, walking by the ocean, or looking at the hills puts the little hassles of daily living into perspective. As you wait for the bus or for a traffic light to change, let your gaze linger on silvery ice glazing a branch or an azalea bush in wild bloom. Follow the flight of a bird; watch clouds float overhead. Gaze into the night sky and think of the stars as holes in the darkness, letting the light of heaven shine through.
- **Use activity to tune into your spirit.** Spirituality exists in every cell of the body, not just in the brain. As a student, you devote much of your day to mental labor. To tap into your spirit, try a less cerebral activity, such as singing, chanting, dancing, or drumming. Alternative ways of quieting your mind and tuning into your spirit include gardening, walking, arranging flowers, listening to music that touches your soul, or immersing yourself in a simple process like preparing a meal.

- **Ask questions of yourself.** Some people use their contemplative time to focus on a line of scripture or poetry. Others ask open-ended questions, such as: What am I feeling? What are my choices? Where am I heading?
- **Trust your spirit.** While most of us rely on gut feelings to alert us to danger, our inner spirits usually nudge us not away from but toward some action that will somehow lead to a greater good—even if we can’t see it at the time. You may suddenly feel the urge to call or email a friend you’ve lost touch with—only to discover that he just lost a loved one and was grateful for the comfort of your caring.
- **Develop a spiritual practice:**
 - **If you are religious:** Deepen your spiritual commitment through prayer, more frequent church attendance, or participation in a prayer group.
 - **If you are not religious:** Keep an open mind about the value of religion or spirituality. Consider visiting a church or synagogue. Read the writings of inspired people of deep faith, such as Rabbi Harold Kushner and Rev. Martin Luther King Jr.
 - **If you are not unsure of religion:** Try nonreligious meditation or relaxation training. Focusing the mind on a single sound or image can slow heart rate, respiration, and brain waves; relax muscles; and lower stress-related hormones—responses similar to those induced by prayer.

✓**check-in** Live your legacy. Write a one-page essay detailing your legacy as if you were a biographer recounting a long, fruitful life. Consider traits, accomplishments, and behaviors that you hope to be remembered for. Then consider what you do on an average day and how these activities align with the legacy you’d like to leave behind.

Consider the Power of Prayer

Prayer, a spiritual practice of millions, is the most commonly used form of complementary and alternative medicine. However, only in recent years has science launched rigorous investigations of the healing power of prayer. As research has documented, people who pray regularly have significantly lower blood pressure and stronger immune systems, are hospitalized

less often, and are less likely to smoke heavily or abuse alcohol than those who are less religious. However, praying for others, regardless of the type of prayer or religion, has not been shown to improve either symptoms or recovery of patients undergoing various medical procedures.

✓**check-in** Do you pray? Is there a specific reason why or why not?

Cultivate Gratitude

A grateful spirit brightens mood, boosts energy, and infuses daily living with a sense of glad abundance. Although giving thanks is an ancient virtue, only recently have researchers focused on the “trait” of gratitude—appreciation not just for a special gift but for everything that makes life a bit better. Feelings of gratitude are associated with better mood, relief of depression in individuals with chronic illnesses,³² improved sleep, less fatigue, recovery from posttraumatic stress,³³ healthier eating behaviors,³⁴ and lower risk of heart failure.³⁵ Here are some of its psychological effects:

- More frequent and intense positive emotions.
- More positive views of the social environment.
- More productive coping strategies.
- Greater appreciation of life and possessions.

College students who keep gratitude journals report higher levels of happiness, feel better about their lives as a whole, are more likely to have made progress toward important personal goals, exercise more regularly, and report fewer negative health symptoms.

Among the most popular “gratitude interventions”—techniques for increasing appreciation—is keeping a diary and recording three things you are grateful for every day. In clinical studies, this approach has proven as effective as the rigorously developed and tested techniques used in psychotherapy. However, a recent meta-analysis of gratitude studies found that such interventions are most effective in inducing feelings of thankfulness rather than relieving anxiety and that other regular activities involving self-discipline may also promote psychological well-being.³⁶

✓**check-in** Three Good Things
Every night, write down three good things that happened during the day. They can be big or small but should be specific (e.g.

“having a great dinner with close friends” rather than “having great friends”).
As you train yourself to notice and remember the little things that make a difference, you’ll feel their impact more.

Forgive

Being angry, harboring resentments, or reliving hurts over and over again is bad for your health in general and your heart in particular. The word *forgive* comes from the Greek for “letting go,” and that’s what happens when you forgive: You let go of all the anger and pain that have been demanding your time and draining your energy.

People may feel more in control and more powerful when they’re filled with anger, but forgiving instills a much greater sense of power. Forgiving a friend or family member may be more difficult than forgiving a stranger, because the hurt occurs in a context in which people deliberately make themselves vulnerable. Forgiving yourself may be even harder.

When you forgive, you reclaim your power to choose. It doesn’t matter whether someone deserves to be forgiven; you deserve to be free. However, forgiveness isn’t easy. It’s not a one-time thing but a process that takes a lot of time and work, and involves both the conscious and the unconscious mind.

✓**check-in** Is there someone in your life you haven’t forgiven—yet?

Sleep and Health

You stay up late cramming for a final. You drive through the night to visit a friend at another campus. You get up for an early class during the week but stay in bed until noon on weekends. And you wonder: “Why am I so tired?” The answer: You’re not getting enough sleep. You’re hardly alone. According to the Centers for Disease Control and Prevention (CDC):

- About 35 percent of U.S. adults sleep less than 7 hours a night, which puts them at risk of obesity, type 2 diabetes, high blood pressure, heart disease, stroke, mental distress, and death.³⁷
- Women are more likely than men to report not getting enough sleep.
- African Americans report getting less sleep compared with all other ethnic groups.

FOUR STRATEGIES FOR CHANGE

How to Forgive

Compose an apology letter. Address it to yourself and write it from someone who's hurt you. This simple task enables you to get a new perspective on a painful experience.

Leap forward in time. In a visualization exercise, imagine that you are very old, meet a person who hurt you long ago, and sit down together on a park bench on a beautiful spring day. You both talk until everything that needs to be said is finally said. This allows you to benefit from the perspective time brings without having to wait years to achieve it.

Talk with "safe" people. Vent your anger or disappointment with a trusted friend or a counselor, without the danger of saying or doing anything you'll regret later. And if you can laugh about what happened with a friend, the laughter helps dissolve the rage.

Forgive the person, not the deed. In themselves, abuse, rape, murder, and betrayal are beyond forgiveness. But you can forgive people who couldn't manage to handle their own suffering, misery, confusion, and desperation.

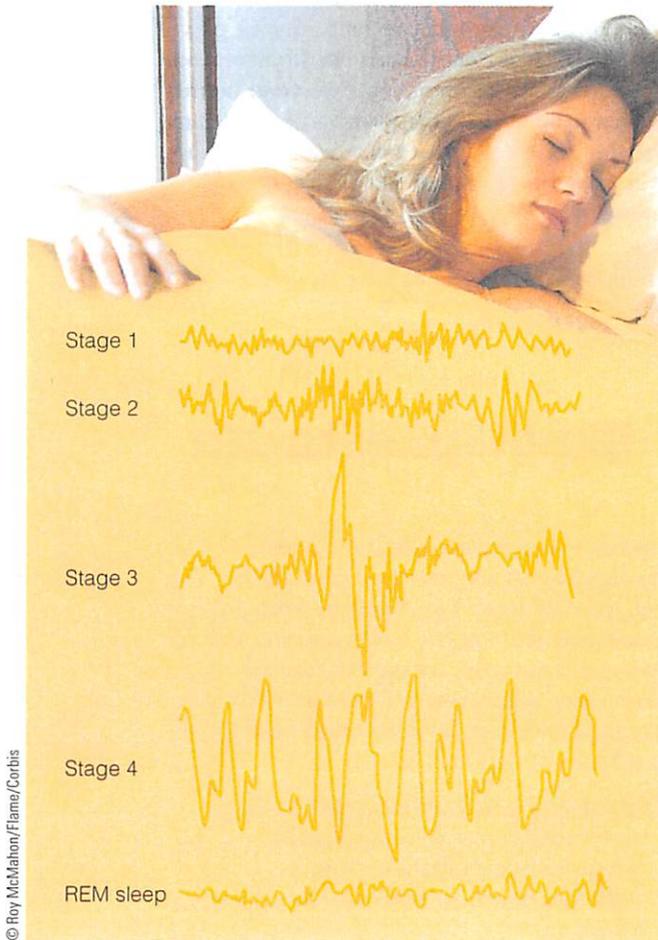


FIGURE 2.2 The Stages of Sleep

A good night's sleep consists of a sequence of different brain rhythms.

✓check-in Are you getting enough sleep? The National Sleep Foundation recommends 7 to 9 hours for men and women ages 18 to 25. How do you compare?

Sleepless on Campus

College students are notorious for their erratic sleep schedules and late bedtimes. In one recent study, about two-thirds of students reported poor sleep quality; the average number of hours slept reported by participants was 6.68, with a range of 1 to 11 hours.³⁸ In the American College Health Association–National College Health Assessment (ACHA-NCHA) survey, 22 percent of college students said that sleep difficulties have affected their academic performance, ranking behind stress and anxiety.³⁹ (See Snapshot: On Campus Now.)

Alcohol compounds many students' sleep problems.⁴⁰ Poor-quality sleepers report drinking more alcohol than good sleepers and are twice as likely to use alcohol to induce sleep as are better sleepers. Students who drink more alcohol go to bed later, sleep less, and show greater differences between weekday and weekend sleep timing and duration.⁴¹ In general, students who do not adhere to a regular bedtime and rising schedule are more likely to be poor sleepers.

Female students generally have poorer sleep patterns than males and suffer more consequences as a result. Women report more sleep disturbances than men and are at greater risk for poor academic performance and more physical, social, and emotional problems. Men sleep better at the beginning of the academic year, but their sleep quality decreases. Women's sleep quality worsens only slightly over the school year. Students reporting poor-quality sleep feel more tense, irritable, anxious, depressed, angry, and confused than others.

On average, college students go to bed 1 to 2 hours later and sleep 1 to 1.6 hours less than students of a generation ago. Their sleep quality declines with increasing levels of stress or alcohol/cigarette use and with decreasing levels of general health.²⁵ Fortunately, college students can learn to practice good "sleep hygiene" to improve the quality of their sleep—as well as their moods and overall feelings of well-being.⁴² One important step: turning off digital devices, since "screen time" can delay and disrupt sleep, impair thinking, and increase stress and anxiety.⁴³

SNAPSHOT: ON CAMPUS NOW

📺 Sleepy Students

Over the past 7 days, students getting enough sleep to feel rested in the morning:

	Percent (%)		
	Male	Female	Average
0 days	9.6	11.8	11.3
1–2 days	26.7	31.8	30.2
3–5 days	48.7	46.0	46.7
6+ days	15.0	10.3	11.85

Students often feeling tired, dragged out, or sleepy during the day:

	Percent (%)		
	Male	Female	Average
0 days	13.4	7.1	9.2
1–2 days	36.0	29.8	31.6
3–5 days	38.9	45.3	43.3
6+ days	11.6	17.7	16.0

Impact of sleepiness on daytime activities:

	Percent (%)		
	Male	Female	Average
No problem	13.6	8.2	9.9
A little problem	48.9	47.2	47.5
More than a little problem	23.6	26.0	25.3
A big problem	9.9	13.1	12.2
A very big problem	4.0	5.5	5.1

Source: American College Health Association. American College Health Association-National College Health Assessment II: Undergraduate Student Reference Group Executive Summary. Hanover, MD: American College Health Association; Spring 2016.

What Happens When We Sleep?

A normal night of sleep consists of several distinct stages of sleep, divided into two major types: an active state, characterized by rapid eye movement (REM) and called REM sleep (or dream sleep); and a quiet state, referred to as non-REM or NREM sleep, that consists of four stages:

- In Stage 1, a twilight zone between full wakefulness and sleep, the brain produces small, irregular, rapid electrical waves. The muscles of the body relax, and breathing is smooth and even.
- In Stage 2, brain waves are larger and punctuated with occasional sudden bursts of electrical activity. The eyes are no longer responsive to light. Bodily functions slow still more.
- Stages 3 and 4 constitute the most profound state of unconsciousness. The brain produces slower, larger waves, and this is sometimes referred to as “delta” or slow-wave sleep (Figure 2.2).

After about an hour in the four stages of non-REM sleep, sleepers enter the time of vivid dreaming called REM sleep, when brain waves resemble those of waking more than those of quiet sleep. The large muscles of the torso, arms, and legs are paralyzed and cannot move—possibly to prevent sleepers from acting out their dreams. The fingers and toes may twitch; breathing is quick and shallow; blood flow through the brain speeds up; men may have partial or full erections.

How Much Sleep Do You Need?

Over the last century, we have cut our average nightly sleep time by 20 percent. More than half of us try to get by with less than 7 hours of shut-eye a night. College students are no exception, with an average sleep time slightly less than 7 hours, with little difference between men and women.

No formula can say how long a good night's sleep should be. Normal sleep times range from 5 to 10 hours; the average is 7.5 hours. About one or two people in every hundred can get by

with just 5 hours; another small minority needs twice that amount. Each of us seems to have an innate sleep *appetite* that is as much a part of our genetic programming as hair color and skin tone.

✓**check-in** Do you use an electronic device before bedtime? If so, it may be disrupting your sleep. Smartphone users need more time to fall asleep and get less sleep compared to nonowners.⁴⁴

To figure out your sleep needs, keep your wakeup time the same every morning and vary your bedtime. Are you groggy after 6 hours of shuteye? Does an extra hour give you more stamina? What about an extra 2 hours? Since too much sleep can make you feel sluggish, don't assume that more is always better. Listen to your body's signals, and adjust your sleep schedule to suit them.

Sleep's Impact on Health

The following are some of the key ways in which your nighttime sleep affects your daytime well-being:

- **Learning and memory.** When you sleep, your brain helps “consolidate” new information, so you are more likely to retain it in your memory. Are you better off pulling an all-nighter before a big test or closing the books and getting a good night's sleep? According to researchers, that depends on the nature of the exam. If it's a test of facts—Civil War battles, for instance—cramming all night works. However, if you will have to write analytical essays in which you compare, contrast, and make connections, you need to sleep to make the most of your reasoning abilities.
- **Metabolism and weight.** Chronic sleep deprivation may cause weight gain by altering metabolism (e.g., changing the way individuals process and store carbohydrates) and by stimulating excess stress hormones. Loss of sleep also reduces levels of the hormones that regulate appetite.
- **Safety.** People who don't get adequate nighttime sleep are more likely to fall asleep during the daytime. Daytime sleepiness can cause falls, medical errors, air traffic mishaps, and road accidents.
- **Mood/quality of life.** Too little sleep—whether just for a night or two or for longer periods—can cause psychological

symptoms, such as irritability, impatience, inability to concentrate, lack of motivation, moodiness, and lowered long-term life satisfaction.

- **Immunity.** Sleep deprivation alters immune function, including the activity of the body's killer cells. If you get less than 7 hours of sleep a night, you're three times more likely to catch a cold. And if you sleep poorly, you're five times more susceptible.
- **Mental disorders.** Disturbed sleep can be an early sign of mental illness; sleep loss may trigger or may be an early sign of a manic episode (see the discussion of bipolar disorder in Chapter 3).⁴⁵ Too much (10 or more hours a night) or too little (5 or fewer hours) sleep, according to recent research, can increase the risk of depression.
- **Alcohol use.** Poor sleep can contribute to increased alcohol-related consequences among heavy-drinking college students. In research on college students, adequate sleep proved crucial in preventing heavy drinking, perhaps by enhancing the ability to plan ahead and anticipate the consequences of one's behavior.⁴⁶
- **Major diseases and death.** Serious sleep disorders such as insomnia and sleep apnea have been linked to hypertension, increased stress hormone levels, irregular heartbeats, and increased inflammation (which, as discussed in Chapter 10, may play a role in heart attacks). Inadequate sleep has also been linked to higher overall death rates.
- **Sexuality.** In a study of college women, those who slept longer were more likely to engage in sexual activity the following day. On average the women slept 7 hours and 22 minutes, with each hour of sleep increasing the women's sexual desire and likelihood of sexual activity.⁴⁷ Young men and women report sleeping better with a partner, regardless of where they sleep.⁴⁸

Breathing Disorders (Snoring and Sleep Apnea)

Although most people snore in certain positions or when they have stuffed-up noses, snoring can be a sign of a serious problem and increases the likelihood of health problems and of accidents. Caused by the vibration in tissues in the mouth and throat as a sleeper tries to suck air into the lungs, snoring can be so loud that it disrupts a bed partner or others

in the same house. In young people, the cause is most likely to be enlarged tonsils or adenoids. In adults, extreme snoring may be a symptom of sleep apnea, which may itself be harmful to health. Heavy snorers and people with sleep apnea may be more likely to develop memory and thinking problems at younger ages than their better-rested peers.

Translated from the Greek words meaning “no” and “breath,” apnea is exactly that: the absence of breathing for a brief period. People with sleep apnea may briefly stop breathing dozens or even hundreds of times during the night. As they struggle for breath, they may gasp for air, snore extremely loudly, or thrash about.

Although apnea, which can lead to high blood pressure, stroke, and cardiovascular disease, may affect as many as 10 million Americans, most are unaware of the problem. More physical activity and fewer hours sitting can lead to improvements. Effective treatments include weight loss (if obesity is contributing to the problem), a nasal mask that provides continuous positive airway pressure (CPAP) to ensure a steady flow of air into the lungs, and, in severe cases, surgery to enlarge the upper airway. Treatment can reduce snoring, improve quality of sleep, and boost performance at work or school.⁴⁹

Movement Disorders Restless legs syndrome, which may affect 12 million Americans, is a movement disorder characterized by symptoms that patients describe as pulling, burning, tingling, creepy-crawly, grabbing, buzzing, jitteriness, or gnawing. Many people with these symptoms have difficulty falling or staying asleep but do not realize that the cause is a medical disorder that can be treated with regular physical activity. Medications also are available.

Circadian Rhythm Sleep Disorders Problems involving the timing of sleep are called circadian rhythm disorders because they affect the basic circadian (“about a day”) rhythm that influences many biological processes. The most common causes are jet lag and shift work. Jet lag generally improves on its own within two to seven days, depending on the length of the trip and the individual’s response. Avoiding caffeine and alcohol and immediately switching to the new time zone’s schedule can help in overcoming jet lag.

A “shift work” circadian rhythm disorder consists of any inability to sleep when one wants or to stay alert when needed because of frequently changing work shifts. Behavioral strategies and good sleep habits can help. In addition,

! CONSUMER ALERT

Sleeping Pill Precautions

Chances are you’ve taken some form of sleep medication. After aspirin, they are the most widely used drugs in the United States. If sleeping pills seem the best option at a certain time in your life, use them with caution.

Facts to Know

- **Sleeping pills** are not a long-term solution to a sleep problem, but they can be helpful if travel, injury, or illness interfere with your nightly rest.
- **Prescription and over-the-counter sleep aids** can interact with other medications or a medical condition, so always check with your doctor before taking them.
- **If taken too often** or for more than several nights, some sleeping pills may cause rebound insomnia—sleeplessness that returns in full force when you stop taking the medication.

Steps to Take

- **Read carefully.** Take time to read through the informational materials and

warnings on pill containers. Make sure you understand the potential risks and the behaviors to avoid.

- **If you are a woman, take half the standard dose.** The FDA has found that women metabolize sleeping medications much more slowly than men so their effects linger longer.
- **Avoid alcohol.** Never mix alcohol and sleeping pills. Alcohol increases the sedative effects of the pills. Even a small amount of alcohol combined with sleeping pills can make you feel dizzy, confused, or faint.
- **Quit carefully.** When you’re ready to stop taking sleeping pills, follow your doctor’s instructions or the directions on the label. Some medications must be stopped gradually.
- **Watch for side effects.** If you feel sleepy or dizzy during the day, talk to your doctor about changing the dosage or discontinuing the pills.

phototherapy—exposure to bright light for periods ranging from 30 minutes to 2 hours—has shown promise as an experimental treatment to help shift workers adjust to their changing schedules.

✓**check-in** Have you experienced Exploding Head Syndrome? An estimated 18 percent of college students have heard loud sounds (a bomb going off or gunshots) or sensed an explosion in their heads as they were falling asleep or waking up. Most had recurrent episodes. Although not physically painful, Exploding Head Syndrome produces intense fear and apprehension, which causes significant distress or impairment for some students.

Getting a Better Night's Sleep

Individuals with insomnia—a lack of sleep so severe that it interferes with functioning during the day—may toss and turn for an hour or more when they get into bed, wake frequently in the night, wake up too early, or not be able to sleep long enough to feel alert and energetic the next day. Most often insomnia is transient, typically occurring before or after a major life event (such as a job interview) and lasting for three or four nights. During periods of prolonged stress (such as a marriage breakup), short-term insomnia may continue for several weeks. Chronic or long-term insomnia, which can begin at any age, may persist for long periods. About three-fourths of insomniacs struggle to sleep more for at least 1 year; almost half, for 3 years.

For about a third of those with chronic insomnia, the underlying problem is a mental disorder, most often depression or an anxiety disorder. Many substances, including alcohol, medications, and drugs of abuse, often disrupt sleep. Caffeine in coffee or other beverages and foods can increase problems falling asleep and interfere with quality of sleep.⁵⁰

About 15 percent of those seeking help for chronic insomnia suffer from “learned” or “behavioral” insomnia. While a life crisis may trigger their initial sleep problems, each night they try harder and harder to get to sleep, but they cannot—although they often doze off while reading or watching a movie.

For chronic insomnia, the American College of Physicians recommends cognitive-behavioral therapy (CBT) as first-line therapy for chronic insomnia.⁵¹ It consists of approaches such as:

- Education about sleep hygiene and good sleep habits.
- Sleep restriction (limiting time in bed to consolidate sleep).
- Stimulus control (eliminating distractions and creating a soothing sleep environment).⁵²

By becoming active participants in their sleep health over six to eight customized sessions, 70 to 80 percent of patients report total or partial resolution of their chronic sleep problems. Unlike pharmacological approaches, CBT involves no safety issues or complications and leads to improved daytime functioning as well as better-quality sleep. Once they master the basic

techniques, patients can rely on them when or if insomnia recurs.⁵³

Sleeping Pills

The use of prescription sleeping pills has more than doubled in the last decade, and increasing numbers of teenagers and young adults use these medications either occasionally or regularly. An even greater number buy nonprescription or over-the-counter (OTC) sleep inducers. Others rely on herbal remedies, antihistamines, and other medications to get to sleep. Here is what you need to know about them:

- **OTC medications.** Various OTC sleeping pills, sold in any pharmacy or supermarket, contain antihistamines, which induce drowsiness by working against the central nervous system chemical histamine. They may help for an occasional sleepless night, but the more often you take them, the less effective they become.
- **Dietary supplements.** The most widely publicized dietary supplement is the hormone melatonin, which may help control your body's internal clock. The melatonin supplements most often found in health food stores and pharmacies are synthetic versions of the natural hormone. Although these supplements may help some people fall asleep or stay asleep and may sometimes help prevent jet lag, there are many unanswered questions about melatonin. Reported side effects include drowsiness, headaches, stomach discomfort, confusion, decreased body temperature, seizures, and drug interactions. The optimal dose isn't certain, and the long-term effects are unknown. Other supplements—such as valerian, chamomile, and kava—have yet to be fully studied for safety or effectiveness in relieving insomnia.
- **Prescription medications.** Current sleep drugs—nonbenzodiazepine hypnotic medications such as Lunesta (eszopiclone), Ambien/Ambien CR (zolpidem), and Sonata (zaleplon)—quiet the nervous system, which helps induce sleep. They're metabolized quickly, which helps reduce the risk of side effects the next day. These medications, which can interact with other medications, are mainly intended for short-term or intermittent use.



WHAT DID YOU DECIDE?

- How would you define emotional and mental health?
- What are the keys to a happy, satisfying, meaningful life?
- Does spirituality affect health?
- How important is a good night's sleep?

YOUR LIFE, YOUR FUTURE

Building a Fulfilling Life

Just like physical health, psychological well being involves more than an absence of problems. By developing your inner strengths and resources, you become the author of your life, capable of confronting challenges and learning from them. As positive psychologists have discovered, you have greater control over how happy, optimistic, upbeat, and lovable you are than anyone or anything else. But only by consciously taking charge of your life can you find happiness and fulfillment.

Here are some suggestions to enhance your emotional health now and in the future. Check the ones that you already practice and then work on adding others.

- **Recognize and express your feelings.** Pent-up emotions tend to fester inside, building into anger or depression.
- **Don't brood.** Rather than merely mulling over a problem, try to find solutions that are positive and useful.
- **Take one step at a time.** As long as you're taking some action to solve a problem, you can take pride in your ability to cope.

- **Spend more time doing those activities you know you do best.** For example, if you are a good cook, prepare a meal for someone.
- **Separate what you do, especially any mistakes you make, from who you are.** Instead of saying, "I'm so stupid," tell yourself, "That wasn't the smartest move I ever made, but I'll learn from it."
- **Use affirmations, positive statements that help reinforce the most positive aspects of your personality and experience.** Every day, you might say, "I am a loving, caring person," or "I am honest and open in expressing my feelings." Write some affirmations of your own on index cards and flip through them occasionally.
- **List the things you would like to have or experience.** Construct the statements as if you were already enjoying the situations you list, beginning each sentence with "I am." For example, "I am feeling great about doing well in my classes."

What's Online



Visit www.cengagebrain.com to access MindTap, a complete digital course that includes Diet & Wellness Plus, interactive quizzes, online versions of the self surveys, videos, and more.

SELF-SURVEY

The Satisfaction with Life Scale

Below are five statements that you may agree or disagree with. Using the 1–7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- 7 - Strongly agree
- 6 - Agree
- 5 - Slightly agree
- 4 - Neither agree nor disagree
- 3 - Slightly disagree
- 2 - Disagree
- 1 - Strongly disagree

- ___ In most ways my life is close to my ideal.
- ___ The conditions of my life are excellent.
- ___ I am satisfied with my life.
- ___ So far I have gotten the important things I want in life.
- ___ If I could live my life over, I would change almost nothing.

- 31 - 35 Extremely satisfied
- 26 - 30 Satisfied
- 21 - 25 Slightly satisfied
- 20 Neutral
- 15 - 19 Slightly dissatisfied
- 10 - 14 Dissatisfied
- 5 - 9 Extremely dissatisfied

30–35 Very high score; highly satisfied

Respondents who score in this range love their lives and feel that things are going very well. Their lives are not perfect, but they feel that things are about as good as lives get. Furthermore, just because the person is satisfied does not mean she or he is complacent. In fact, growth and challenge might be part of the reason the respondent is satisfied. For most people in this high-scoring range, life is enjoyable, and the major domains of life are going well – work or school, family, friends, leisure, and personal development.

25–29 High score

Individuals who score in this range like their lives and feel that things are going well. Of course their lives are not perfect, but they feel that things are mostly good. Furthermore, just because the person is satisfied does not mean she or he is complacent. In fact, growth and challenge might be part of the reason the respondent is satisfied. For most people in this high-scoring range, life is enjoyable, and the major domains of life are going well – work or school, family, friends, leisure, and personal development. The person may draw motivation from the areas of dissatisfaction.

20–24 Average score

The average of life satisfaction in economically developed nations is in this range – the majority of people are generally satisfied, but have some areas where they very much would like some improvement. Some individuals score in this range because they are mostly satisfied with most areas of their lives but see the need for some improvement in each area. Other respondents score in this range because they are satisfied with most domains of their lives, but have one or two areas where they would like to see large improvements. A person scoring in this range is normal in that they have areas of their lives that need improvement. However, an individual in this range would usually like to move to a higher level by making some life changes.

15–19 Slightly below average in life satisfaction

People who score in this range usually have small but significant problems in several areas of their lives, or have many areas that are doing fine but one area that represents a substantial problem for them. If a person has moved temporarily into this level of life satisfaction from a higher level because of some recent event, things will usually improve over time and satisfaction will generally move back up. On the other hand, if a person is chronically slightly dissatisfied with many areas of life, some changes might be in order. Sometimes the person is simply expecting too much, and sometimes life changes are needed. Thus, although temporary dissatisfaction is common and normal, a chronic level of dissatisfaction across a number of areas of life calls for reflection. Some people can gain motivation from a small level of dissatisfaction, but often dissatisfaction across a number of life domains is a distraction, and unpleasant as well.

10–14 Dissatisfied

Furthermore, a person with low life satisfaction in this range is sometimes not functioning well because their unhappiness serves as a distraction. Talking to a friend, member of the clergy, counselor, or other specialist can often help the person get moving in the right direction, although positive change will be up to the person.

5–9 Extremely Dissatisfied

Individuals who score in this range are usually extremely unhappy with their current life. In some cases this is in reaction to some recent bad event such as widowhood or unemployment. In other cases, it is a response to a chronic problem such as alcoholism or addiction. In yet other cases the extreme dissatisfaction is a reaction due to something bad in life such

as recently having lost a loved one. However, dissatisfaction at this level is often due to dissatisfaction in multiple areas of life. Whatever the reason for the low level of life satisfaction, it may be that the help of others are needed – a friend or family member, counseling with a member of the clergy, or help from a psychologist or other counselor. If the dissatisfaction is chronic, the person needs to change, and often others can help.

Common to each category

To understand life satisfaction scores, it is helpful to understand some of the components that go into most people's experience of satisfaction. One of the most important influences on happiness is social relationships. People who score high on life satisfaction tend to have close and supportive family and friends, whereas those who do not have close friends and family are more likely to be dissatisfied. Of course the loss of a close friend or family member can cause dissatisfaction with life, and it may take quite a time for the person to bounce back from the loss.

Another factor that influences the life satisfaction of most people is work or school, or performance in an important role such as homemaker or grandparent. When the person enjoys his or her work, whether it is paid or unpaid work, and feels that it is meaningful and important, this contributes to life satisfaction. When work is going poorly because of bad circumstances or a poor fit with the person's strengths, this can lower life satisfaction. When a person has important goals, and is failing to make adequate progress toward them, this too can lead to life dissatisfaction.

A third factor that influences the life satisfaction of most people is personal satisfaction with the self, religious or spiritual life, learning and growth, and leisure. For many people these are sources of satisfaction. However, when these sources of personal worth are frustrated, they can be powerful sources of dissatisfaction. Of course there are additional sources of satisfaction and dissatisfaction – some that are common to most people such as health, and others that are unique to each individual. Most people know the factors that lead to their satisfaction or dissatisfaction, although a person's temperament – a general tendency to be happy or unhappy – can color their responses.

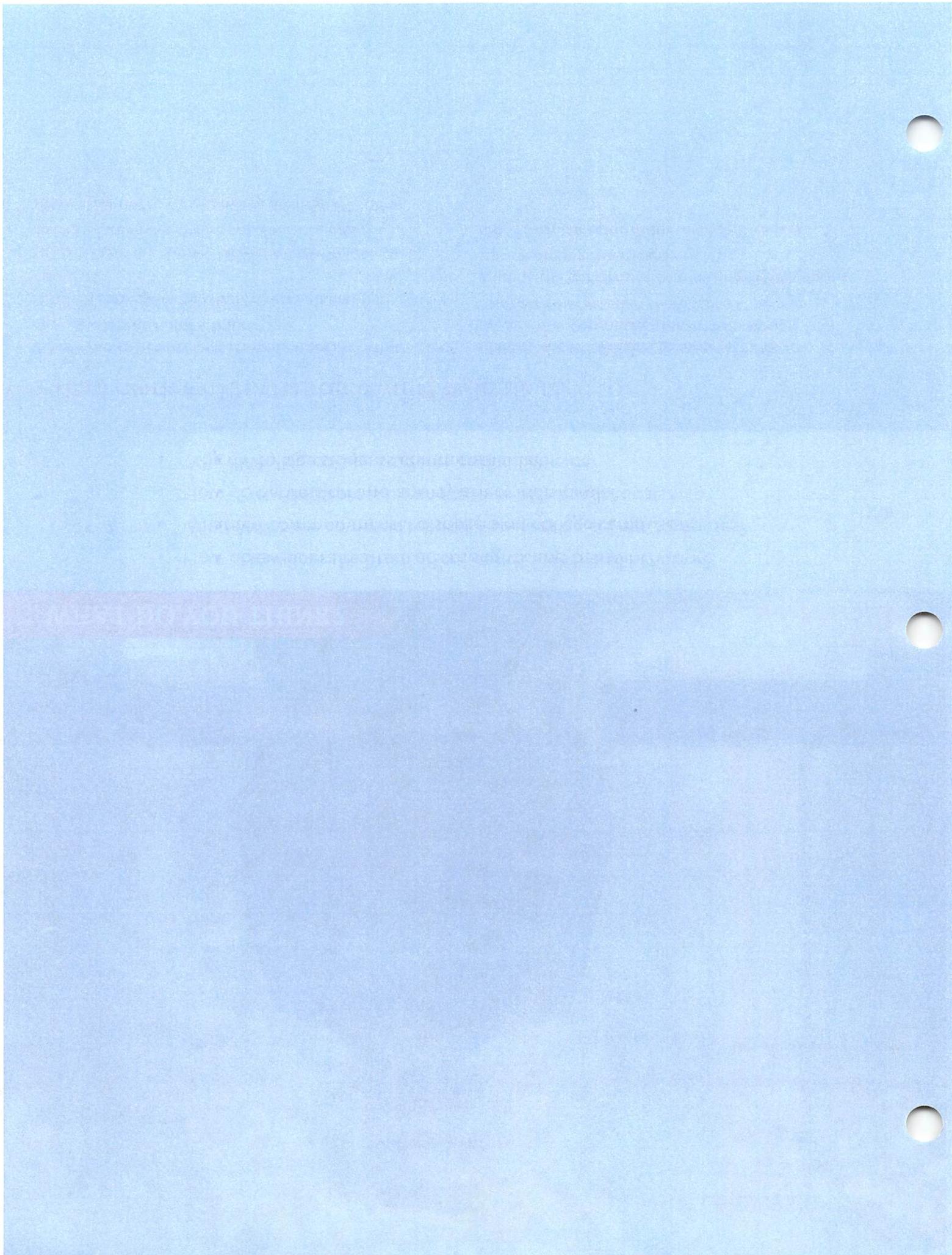
There is no one key to life satisfaction, but rather a recipe that includes a number of ingredients. With time and persistent work, people's life satisfaction usually goes up when they are dissatisfied. People who have had a loss recover over time. People who have a dissatisfying relationship or work often make changes over time that will increase their dissatisfaction. One key ingredient to happiness, as mentioned above, is social relationships, and another key ingredient is to have important goals that derive from one's values, and to make progress toward those goals. For many people it is important to feel a connection to something larger than oneself. When a person tends to be chronically dissatisfied, they should look within themselves and ask whether they need to develop more positive attitudes to life and the world.

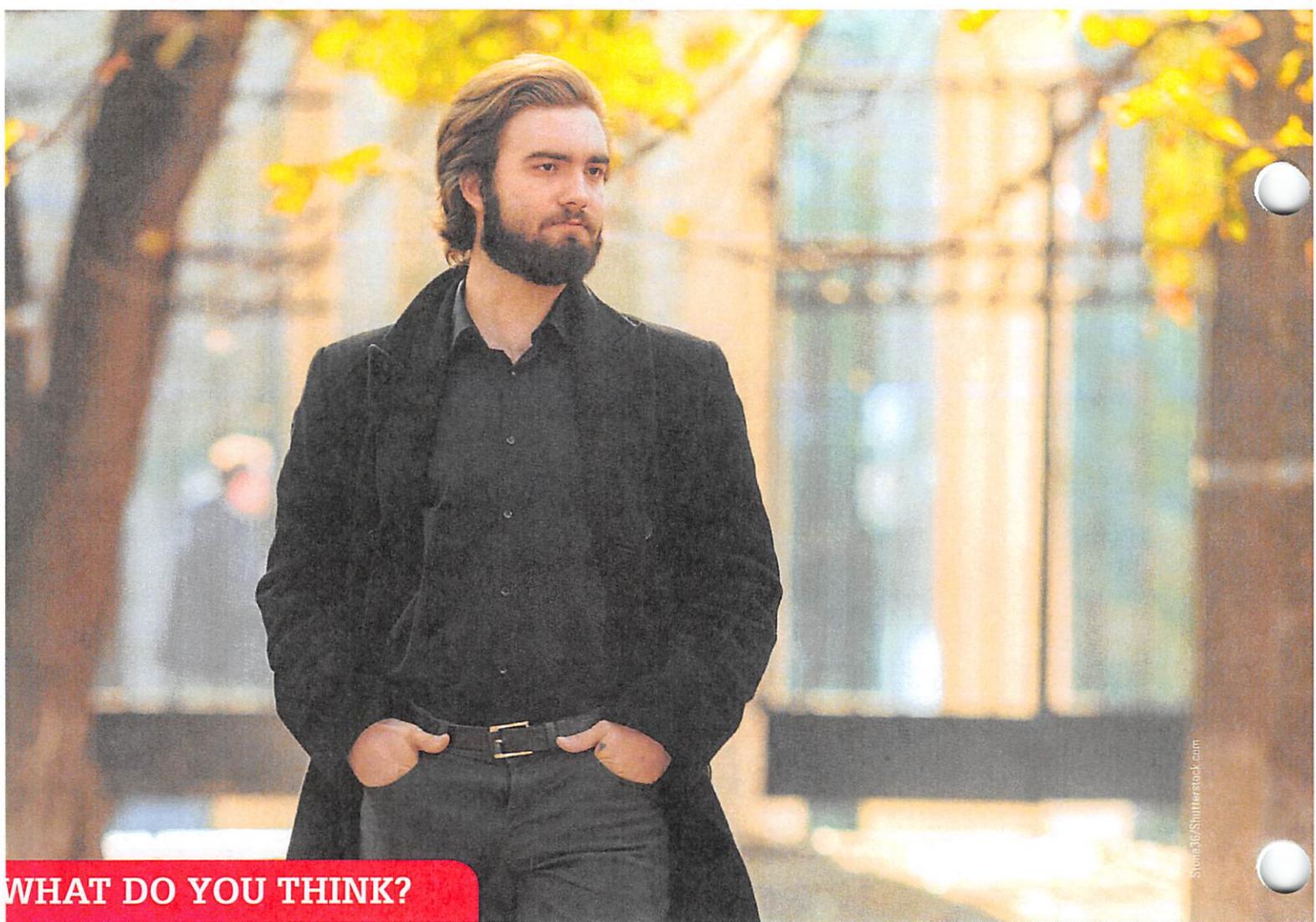
Source: Ed Diener, Robert A. Emmons, Randy J. Larsen and Sharon Griffin. "The Satisfaction with Life Scale," *Journal of Personality Assessment*, 1985, vol. 49, issue 1, 71–75. <https://ppc.sas.upenn.edu/sites/ppc.sas.upenn.edu/files/lifesatisfactionscale.pdf>

REVIEW QUESTIONS

- (LO 2.1) 1. _____ health describes our ability to perceive reality as it is, to respond to its challenges, and to develop rational strategies for living.
- Emotional
 - Spiritual
 - Physical
 - Mental
- (LO 2.1) 2. Which of the following is one of the things that people who practice self-compassion tend to do?
- think optimistically
 - count their blessings
 - believe in their abilities
 - refuse to engage in self-pity
- (LO 2.2) 3. The highest level of the “Maslow pyramid” of human needs is _____.
- Safety
 - Esteem
 - Belonging
 - Self-actualization
- (LO 2.2) 4. Which of the following approaches to practicing positive psychology requires a person to expect positive experiences from life?
- Boosting one’s emotional intelligence
 - Managing moods
 - Becoming optimistic
 - Ignoring the criticisms of others
- (LO 2.3) 5. People who are autonomous _____.
- allow their decisions to be dictated by external influences
 - have absolute control over their destiny
 - are true to themselves
 - have difficulty coping with challenges
- (LO 2.3) 6. Being assertive includes _____.
- tendency toward self-criticism
 - being frustrated when things don’t go your way
 - insisting on your own rights
 - making your needs and desires clear to others
- (LO 2.4) 7. What is the first step in the process of values clarification?
- Publicly affirm your values by sharing them with others.
 - Act out your values.
 - Choose freely from among all available options.
 - Carefully consider the consequences of each choice.
- (LO 2.4) 8. Steps to enrich your spiritual life can include _____.
- joining a church
 - making time for silence
 - undertaking a demanding project
 - learning more about your religion
- (LO 2.5) 9. According to the Centers for Disease Control and Prevention, which of the following statements is true of sleep-related problems among Americans?
- Normal sleep times range from 10 to 20 hours.
 - Women are more likely than men to report not getting enough sleep.
 - Poor-quality sleepers report drinking less alcohol than good sleepers.
 - Asian Americans report getting less sleep compared with all other ethnic groups.
- (LO 2.5) 10. The most widely publicized dietary supplement for relieving insomnia contains _____.
- chamomile
 - antihistamines
 - antipyretic
 - melatonin

Answers to these questions can be found on page 577.





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WHAT DO YOU THINK?

- How does the brain affect our thoughts and behavior?
- What are common mental disorders on college campuses?
- How do depression and anxiety affect individuals?
- Why do college students commit suicide?

After reading this chapter, you should be able to:

- | | |
|---|---|
| 3.1 Review the structures and communication pathways of the human brain. | 3.5 Identify the risk factors, symptoms, and therapeutic approaches for other mental disorders discussed in this chapter. |
| 3.2 Distinguish between mental health and mental disorders. | 3.6 Outline the patterns of committing or attempting suicide among Americans. |
| 3.3 Describe the key factors related to depressive disorders, their symptoms, and treatments. | 3.7 List treatment options for mental disorders. |
| 3.4 Summarize the types of anxiety disorders. | |