

Stress Control™ with Biofeedback

developed by **Stephen I. Sideroff Ph.D.**

- Identify the stress producing situations in your life.
- Change the way you respond to stress through proven biofeedback and behavior modification techniques.
- Use this program's step by step method to overcome stress permanently and naturally.
- Put relaxation in the palm of your hand with GSR 2 Biofeedback Monitor.
- Liberate yourself from overanxieties and tensions that come between you and a happy, productive life.
- Includes a three hour cassette and complete manual.
- Developed and field-tested by leading psychologists.



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Introduction

We all experience excessive stress in our fast-paced society, yet we were never taught how to effectively cope with this problem.

The six-week program you are about to follow will **train your body and your mind to respond in a new and appropriate manner to the things which cause you stress.**

You will learn to eliminate unnecessary stress? Or, where stress is unavoidable, you will learn to develop reactions that are appropriate to the given situation. You will be guided through exercises that will help you identify your sources of stress, also known as "stressors" or "stress triggers.

You will also learn the difference between good stress and bad stress. For example, moderate amounts of stress can actually help you think better. On the other hand, too much stress can hamper your ability to make rational decisions can seriously affect your health. One of the main goals of this program is to help you find and maintain your own **optimal level of stress.**

HOW TO BENEFIT FROM YOUR STRESS MANAGEMENT PROGRAM

This **guidebook** plays an important part in your training. The charts and questions will help you increase your self-awareness and allow you to monitor your progress. Using the charts on a regular basis will provide you with immediate reinforcement, thereby encouraging you to continue with the program. Included in this program are **Health Cue stickers** which you should place in prominent positions in your environment, i.e. on your desk or telephone. Each time you see this sticker take a moment to relax and repeat your weekly self-statement provided in this guidebook.

A unique feature of your Stress Management Program is the use of the **GSR2 biofeedback monitor**, which provides you with relaxation training. Consistent use of this machine will help you master stressful situations.

The **audio program** is also an integral part of this six-week program. Each week contains different exercises and goals. Stay with the material for the full week by listening to the program as frequently as possible, as well as responding to the questions and charts in this guidebook. People who have used this program have found it helpful to listen to the tracks in the morning, either at home or on the way to work.

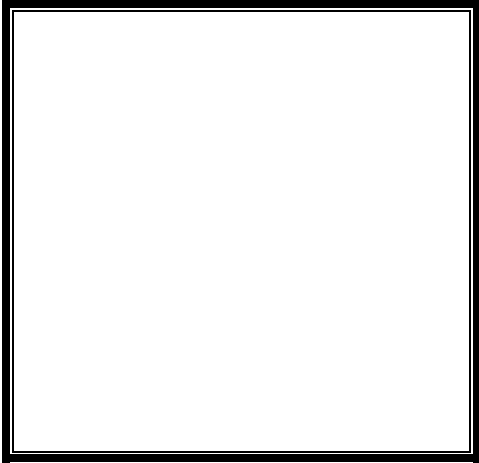
The program, however, is designed not only for listening, but also for **action**. When a technique is described try it out that day and see the benefit it has for you. If you do each of the techniques a number of times (It may be necessary to duplicate some of the charts), you will eventually incorporate stress control skills into your life.

PREPARING FOR YOUR SIX WEEK PROGRAM

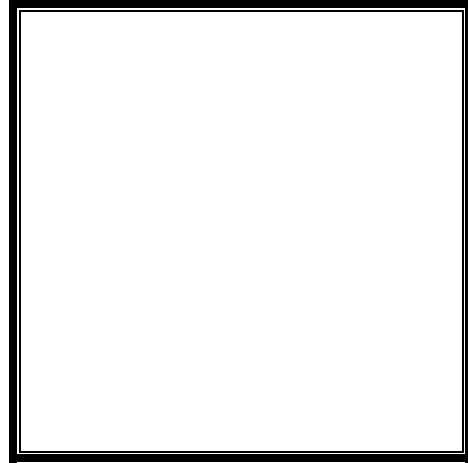
Stress creates wear and tear on your body. Aging, in fact, may be regarded as the sum of the scars from the stress you place on your body. **The more stress, the more aging that takes place.**

Think about how hard you are on your body and mind; the demands you place on yourself, the difficult schedule you keep and the little time you allow for yourself for pleasurable activities. Now take a few minutes to sit back and visualize a typical day in your life.

Below are two full-length picture frames. Envision yourself in the left frame below as you expect to be at age 70 if your current approach to life were to continue. Notice how your face and body reflect the lifestyle you have chosen all these years. Do not be critical or judgmental about the image you perceive. Just pause and take in its message.



AT 70 WITH PRESENT LIFESTYLE



AT 70 WITH IMPROVED LIFESTYLE

In the right frame, imagine your seventy-year-old self if you were to follow a program of self-care and stress management. Look at both portraits. Notice the difference. For example, the image in the right frame may look more erect more energized, more flexible, more alert stronger, healthier, or happier. Describe the differences you see.

Your second exercise is to complete your own epitaph. Do it conscientiously, imagining that you have maintained your present lifestyle until your death. There are three lists of traits that follow, from which you can draw your responses. Where multiple choices are provided cross out those that do not apply.

IN REMEMBRANCE

_____ (your name) was a beloved / tolerated/only familiar/disliked/estranged /feared husband/ wife and the father/mother of _____ children and _____ grandchildren. (other: _____).

According to the family physician, the cause of death was (*enter what you would imagine it to be*) _____, which was predictable in light of the physical condition described by the doctor as 1. _____;

2. _____ .and 3. _____

(choose from the *Physical Traits list* or supply your own description more suitable). As a direct result of the above factors, the physician concluded, this individual's life had been exceptionally long and healthy/of average duration and health/interrupted before its time.

Family members interviewed described him/her in various ways, each member reflecting on the unique relationship he/she had shared. To the husband/wife, three adjectives stood out above all others in describing their marital relationship (choose from the *Personality Traits at Home lists*):

1. _____; 2. _____; and 3. _____; Remembering that the high school yearbook had named the deceased as most likely to become a (*name a professional occupation*), an old friend expressed no surprise/some degree of surprise/total shock at the turn the departed's life had taken in later years. The next-door neighbor, said the deceased, as a neighbor, was (*choose from the personally Traits at home list*): 1. _____
2. _____; and 3. _____. Coworkers described the deceased as a worker who had been (*choose from the Personality Traits at Work list*): 1. _____; 2. _____; and 3. _____.

The professional accomplishments of the deceased were in line with his/her highest expectations / above average and a source of pride / less than had been hoped for. Community involvement or activities of any nature that the deceased joined in an attempt to make the world a better or kinder place, were numerous and admired / generous and respected / few and far between / nonexistent. On the whole, the deceased could be described as fascinating to talk with/especially interesting/somewhat limited/downright boring in terms of her/his efforts to learn new things and grow. On the whole, the community and the grieving family will be at a decided loss / somewhat diminished/neither/hurt nor helped/clearly better off without the influence of this life, now gone.

PHYSICAL TRAITS

- Comfortable weight
 - Physically fit & exercised regularly
 - Moderate eater
 - Occasional drinker
 - Drug nonuser
 - Nonsmoker
 - Family history of longevity overweight physically out of shape & seldom exercised overeater
- Overweight
 - Physically out of shape & seldom exercised
 - Overeater
 - Heavy drinker or alcoholic
 - Drug user
 - Smoker
 - Family history of premature death through disease, heart attack, stroke

PERSONALITY TRAITS AT HOME

- Open and available
- Consistent
- Trustworthy
- Supportive of family
- Sensitive to the needs of others
- Conciliatory, friendly, accepting
- Appreciative of others' efforts
- Sexually giving, considerate
- Committed to home/family
- Generally in good humour
- Trusting of partner's loyalty
- Nurturing as parent or partner
- Thoughtful
- Relaxed
- Handled pressure well
- Fairly healthy
- Emotionally unavailable, closed
- Inconsistent
- Generally unreliable
- Unsupportive of family
- Insensitive to the needs of others
- Belligerent, hostile, critical
- Unappreciative of others' efforts
- Sexually selfish, inconsiderate
- Unable to make a commitment
- Generally irritable
- Jealous of partner
- Unwilling or unable to nurture
- Self-absorbed
- Nervous, tense
- Handled pressure with difficulty
- Susceptible to illness, high stomach problems, high blood pressure

PERSONALITY TRAITS AT WORK

- Capable of admitting blame
- Capable of taking responsibility as needed
- Capable of apologizing when at fault
- Amiable, warm
- Aware of need to grow, made efforts to do so
- Organized
- Capable of giving praise
- Secure
- Maintained sense of humor
- Trustworthy
- Sensitive to employees
- Reliable in following-up commitments
- Incapable of admitting blame, blamed others
- Incapable of accepting responsibility
- Incapable of apologizing when at fault
- Unfriendly, guarded
- Smug, no efforts for further personal growth
- Disorganized / procrastinator
- Incapable of giving praise
- Insecure and defensive
- Made no effort to maintain a sense of humor
- Unable to keep a confidence
- Indifferent to employees
- Unreliable in following-up commitments

ASSESSMENT

The previous two exercises have allowed you to look into your future. If you want to improve upon the picture you have drawn of yourself, now is the time to begin. This program will act as your guide and as your support system.

Note: Prior to participation in this program a medical checkup is recommended to ensure that a particular symptom is not indicative of an illness requiring immediate medical attention. It is also important to inform your doctor of your participation in this program if you are on medication so that dosages can be modified if necessary.

Week One: SELF – AWARENESS SELF-STATEMENT: *"My physical and emotional wellbeing is as important as my other priorities"*

Noticing how your body feels Rate each Stress-Related Symptom below according to how often you have it:
1 = Never 2 = Rarely 3 = Sometimes 4 = Much of the time 5 = Always

PHYSICAL

- Arthritis
- Backaches
- Colitis
- Constipation or
- Hemorrhoids
- Fatigue, lack of energy frequent colds
- Gas
- Headaches
- Heart disease
- High blood pressure
- Muscle tension
- Muscle twitches or aches

BEHAVIORAL

- Aggressiveness
- Agitation
- Anger
- Clearing throat
- Compulsive eating
- Daydreaming
- Difficulty concentrating
- Escapist fantasies
- Forgetfulness
- Insomnia, fitful sleeping
- Sighing

- Use of alcohol
- Repetitive behavior (e.g. leg tapping fingers)
- Use of drugs

EMOTIONAL

- Anxiety
- Depression
- Frustration
- Impatience
- Inflexibility

- ___ Rashes or itching
- ___ Stiffness in neck or shoulder
- ___ Stomach aches or tension
- ___ Ulcers

- ___ Respiratory problems
- ___ Loss of appetite
- ___ Nervousness
- ___ Tears
- ___ Poor posture
- ___ Quick temper
- ___ Teeth grinding
- ___ Racing thoughts

- ___ Irritability
- ___ Loneliness
- ___ Powerlessness

In the Symptom Chart below, list any symptoms rated 4 or 5, and check the intensity from 1 to 10. At the end of each week, complete the appropriate symptom chart located in the back of the guide- book.

Symptom Chart										
Symptom	Check Intensity									
	1	2	3	4	5	6	7	8	9	10
1.										
2.										
3.										
4.										
5.										

Noticing your time pressures

During the day, take note of instances in which you feel that you do not have enough time and feel pressured. Do this whenever you see your HEALTH CUE. Then, take a stress management break and answer the following questions about each "stressor".

- When did the time pressure occur? _____
- Where were you at the time? _____
- Were others involved? _____
- Describe what was stressful: _____

- Describe your reaction in terms of:
 - a) Your thoughts: _____
 - b) Your actions: _____
 - c) Your feelings: _____
- How are you now handling this stress? _____

- What are you not doing that would help? _____
- Why? _____

Establishing your "Health Bank Account"

Each of us has a limited amount of what I call "**Survival energy**". This energy is needed for emergency situations, to fight off disease and to perform at your fullest . The more energy you need to cope with stressful life events, the more you tap into and use up these energy reserves. Visualize this survival energy stored in an internal Health Bank Account. As you draw from this account, you make yourself more susceptible to disease and bring about the breakdown of your physical as well as mental processes. When you take care of yourself, you replenish these resources.

At the back of this Guidebook is your "Health Bank Account"

A person starting out in good health, with no symptoms marked 4 or 5 on the symptom list, would have an opening balance close to 100. You can calculate your own balance by subtracting 10 health dollars for each 5 on your chart, 5 dollars for each 4 and 2 dollars for each 3.

Deposits and Withdrawals

At the end of each day, take a moment to assess the change In your account. Deposits accrue from healthy habits such as eating good food and resolving unfinished business. Withdrawals are the result of lack of physical activity, pressures due to poor scheduling, etc. Determine your daily deposit or withdrawal using the following rating system:

- 2 good health activities, optimal stress
- 1 some health activities, good stress level
- 0 little health activities, good stress level
- 1 no health activities, feeling stressed
- 2 per health behavior, highly stressed.

Remember: The balance in this account is more valuable and important than a balance in your actual bank account
When you take good care of yourself you replenish your account... and earn remarkable dividends!

Noticing your people pressure

During the day, take note of any situation in which you feel some "people pressure" such as a conflict with or an unreasonable demand by someone. Then, during a stress management break, answer the following questions about each "stressor".

- When did the stressor occur? _____
- Where were you at the time? _____
- Who was involved? _____

- Describe what was stressful: _____
- Describe your reaction in terms of:
 - a) Your thoughts: _____
 - b) Your actions: _____
 - c) Your feelings: _____
- Describe any fears you had at the time: _____
- How are you now handling this stress? _____
- What are you not doing to help? _____
- Why? _____

Noticing how filtering creates stress

Do you perceive a threat, disapproval, or conflict before you have all the facts? In other words, do you interpret information improperly or prematurely? Answer the following questions with respect to your "filtering" system.

- In what situation did your filtering create stress? _____
- What did you imagine? _____
- How did this create stress? _____
- When did this occur? _____
- Who was involved? _____

Describe your reactions in terms of:

- Your thoughts _____
- Your actions _____

- Your feelings _____
- What other interpretations could you have made that would have resulted in less stress?

Your unfinished business creates stress

Because all of us have a natural tendency to complete what is left undone we waste energy on an unconscious level worrying about all our loose ends. This creates stress.

Describe some unfinished business that is stressful. _____

Who else is involved? _____

Are you avoiding finishing this? _____

What feelings are involved? _____

What is needed to complete this unfinished business? _____

Below are other sources of stress or "stressors". Which apply to you?

- uncertainties about your responsibilities in your job, home or relationships
- unclear expectations
- crowded or noisy home or work environment
- lack of confidence
- not enough support
- insufficient control over a situation
- intense competition

Change as a source of stress

Any change in our lives causes stress! The larger the change - such as a death in the family, divorce, a move, loss of a job, promotion, marriage, new baby - the greater the level of our stress.

What major changes have occurred in your life over the last year or two:

How did you react to these changes? _____

Resistance to change

Resistance to change can undermine your commitment to this program. You may want to slow down but are afraid of losing your competitive edge or losing the respect of others. Pay attention to this clarity within you, and when you have doubts take a moment to analyze whether or not your fears are realistic.

Stressor level chart

At the back of the Guidebook you will see a chart entitled, "**Stressor Level**". Use this to monitor the amount of stress you experience each day. Mark your level from 0 to 10, where 0 is no stress and 10 is completely stressed. Remember, you don't want to be too high on this scale. Also, fill in the **Symptom Chart for week 1** at the end of the guidebook.

WEEK TWO: LEARNING TO MANAGE YOUR TIME; AND RELAXING THROUGH BIOFEEDBACK SELF - STATEMENT: *By taking time to relax, I will be more successful"*

Biofeedback training

You are participating in this program because you want to:

1. Eliminate unnecessary stress.
2. Reduce the Impact that stress has on your body.
- 3.

Biofeedback training will help you achieve these goals. You will:

- a) learn to relax, allowing your body to recuperate,
- b) learn to reduce tension rapidly, under different conditions, without the biofeedback instrument
- c) become more sensitive to the tension building in your body, enabling you to "nip it in the bud"
- d) learn to combine relaxation with your Health Cues through a process called "conditioning", enabling you to trigger relaxation whenever you see the Cue,
- e) learn to use specific visualization techniques, which will enable you to desensitize yourself to your most troublesome stressors.

Level of tension

To note your progress, it is helpful to assess your level of tension before and after you do your biofeedback/relaxation exercise. Scan your body by bringing your "mind's eye" to each muscle in your body. Feel how tense or relaxed your body is. Fill in your Daily Stress Chart.

For one or two days keep track of how you spend all your time. The list below is for each half hour (do 15 minutes if you can):

8:00 _____	2:00 _____	8:00 _____
8:30 _____	2:30 _____	8:30 _____
9:00 _____	3:00 _____	9:00 _____
9:30 _____	3:30 _____	9:30 _____
10:00 _____	4:00 _____	10:00 _____
10:30 _____	4:30 _____	10:30 _____
11:00 _____	5:00 _____	11:00 _____
11:30 _____	5:30 _____	11:30 _____
12:00 _____	6:00 _____	12:00 _____
12:30 _____	6:30 _____	12:30 _____
1:00 _____	7:00 _____	
1:30 _____	7:30 _____	

It is important to your health and performance to take a relaxation break during the day.

What was your greatest stress during the last few days? _____

Your most difficult situations offer the greatest learning opportunities. What can you learn from this one? (e.g. to do additional planning?, to budget your money more carefully?, to communicate better with another person?)

What did you fear the most about this situation? What were you afraid might happen?

What would you do differently the next time you are in situation?

Setting your goals; your guarantee of success.

Review your Epitaph. In which areas of your life would you like a different outcome? Check the positive goals you wish to achieve:

A more enjoyable and fulfilling family life _____

Friendships with deeper communication _____

Better physical, emotional and spiritual health _____

Higher performance in your professional and business life _____

A higher level of prosperity _____

More service to your community _____

Describe some of your life goals:

Take a moment to determine your deposit or withdrawal from your Health Bank Account and enter this in your Bank Account.

How much stress did you experience today from 0 to 10? Enter this in your Dally Stress Chart - - - - -

Based on these Life Goals, what are your:

Three year goals:

One year goals:

Six month goals:

One month goals:

*Transfer these goals to your "Success With Less Stress" time line at the back of the Guidebook.

*What do you need to do tomorrow to get closer to your goals? _____

* Review all the activities you listed in your schedule this week and evaluate the importance of each task or behavior.

What were your time wasters? _____

Circle all your unnecessary activities.

Daily scheduling and determining high, medium, and low priority items.

Procrastination is the act of putting off high-priority tasks in favor of low-priority ones. We typically do this because the latter are less demanding and less risky. By making a schedule each day, you will be less likely to avoid important activities, you will accomplish more and ultimately you will feel less stressed.

Five steps to daily planning

1. Determine what you **must do** first in order to reach your goals. These are your high priority tasks and should be the first activities scheduled into your day. If they can't be done in one day, break the task down into smaller, more manageable tasks.
2. For the tasks listed in #1, **visualize** going through each step. This "dress rehearsal" will enable you to foresee any problems that might arise. If you find it difficult to visualize, you probably need to get more information before you begin the task.
3. Build into your schedule those "supportive" activities that also must be done. These would include going to the bank, making business or personal contacts, exercising doing your biofeedback training, etc.
4. Determine activities that are important but can be postponed. These are your medium priority tasks Also determine those activities which can be done by someone else. **Learn to delegate responsibility.**
5. Pay attention to your time wasters. These are your low priority tasks that can be eliminated.

As you begin a new week, it is important to determine what you want to accomplish.

Important goals for the next week

High priority one day tasks that will further these goals

a.

b.

a.

b.

a.

b.

a.

b.

At the end of each day ask yourself the following questions:

Based on my priorities and goals, which of my behaviors need to be increased?"

Decreased? _____

"What did I plan to do, but didn't get to? _____

"What did I try not to do, but couldn't avoid doing?" _____

Now, fill in the **Symptom Chart** or **week 2** at the end of the guidebook.

WEEK THREE: PREPARING YOUR BODY TO HANDLE STRESS SELF

STATEMENT: *"I like the way my body feels when I exercise and eat well"*

Food Guidelines

Eat primarily from the following food groups:

- Fresh fruits and vegetables --- preferably raw
- Whole-grain products, such as fiber-rich breads and cereals
- Non- and low fat dairy products such as yogurt and cottage cheese. (Some cheeses are higher in fat content than other, e.g., yellow and soft cheeses)
- Fish and fowl (chicken, turkey). Red meats are high in fat and the animals from which they are derived are frequently injected with various chemicals. Use beans and lentils as protein source rather than red meat as much as possible.

Other tips:

- Don't add salt to your food.
- Avoid fried foods, hard fats such as lard and butter and hydrogenated or saturated oils.
- Have healthful choices available for snacks such as: herb teas, raw vegetables (carrots, celery, cauliflower, broccoli) fruit, popcorn etc.
- Avoid fast food restaurants and convenience foods. They usually provide high levels of fat, sugar, salt and chemical additives.
- Eat larger breakfasts and lunches and smaller dinners.

Detail your food intake for today and note how you feel after each meal or snack, such as: wired, drowsy, lethargic. Was the food healthful or unhealthful? Place a check mark in the appropriate column.

Food	Healthful	Unhealthful	Feelings
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Record your weight daily

1. Are you satisfied with your eating pattern listed above? _____
2. What were your successes? _____
3. What would you like to change? _____

4. How can you make that change? e.g., you could make sure certain foods are not kept in your house; you could avoid certain restaurants; you could plan ahead what and where you will eat. _____

5. Discuss a food habit of yours that you think is out of control: _____

Quick and easy exercises

Exercise is an effective stress-reducer. The following exercises can be interspersed in your program to loosen up, gain flexibility and fight fatigue. They can be accomplished during 5 to 10 minute breaks throughout the day. * START these exercises very slowly.

1. **Neck stretching:** Stand straight with feet apart and hands on your waist. Drop your head forward and bring it back two times. Stretch your head back and bring it forward two times. Rotate your head clockwise four times and then counterclockwise another four time.
2. **Upper body twist:** With arms crossed, holding your elbows, twist your body 90 degrees and then right 90 degrees. Repeat ten times.
3. **Windmill:** Move your arms so that they resemble the moving blades of a windmill. Allow your body to twist gently along with the movement.
4. **Leg lifts:** Standing straight with hands on your waist kick your left leg forward and then return to the standing position. Follow with the right leg. Repeat this ten times, keeping your legs straight.

5. **Side stretch:** Stand with arms out to your sides with palms facing down. Stretch your left arm high above your head, and bend your body to the right. Put your right arm down behind you back. Repeat this in the opposite direction. Repeat four times, remembering to keep your head and raised arm straight.
6. **Jumping Jacks:** With feet together and arms at your sides, jump, landing with feet apart and clap your hands above your head (arms should be straight). Jump again, bringing feet together and arms back to your sides. Repeat this, nonstop, thirty times.
7. **Walking:** This is an easy entry for anyone. Walking does not stress the knees and joints like jogging - a danger if you are overweight.

Now fill in the **Symptom Chart for Week 3** at the end of the guidebook.

WEEK FOUR: CONTROLLING THOUGHTS TO CONTROL STRESS SELF-STATEMENT: *"I can think positively and have control over my fears"*

Follow this week's step by step approach to identify the catastrophic expectations (situations in which we imagine the worst possible consequences), "rules" or unfinished business that create additional stress for you. You will be guided through the following skills to break the "thought - stress" cycle:

- Controlling catastrophic expectations and fears
- Reality testing
- Identifying and overcoming old "rules"
- Assertiveness training
- Resolving unfinished business
- Staying in the present

Overcoming catastrophic expectations

- Describe a current situation - professional or personal - in which your catastrophic expectations (fears) are creating stress. Describe: _____

- What would be a **positive** way of viewing this situation. Think of someone you respect and look up to. How would this person handle it: _____

- What action can you plan right now to improve the situation: _____

- List your strengths, skills, and accomplishments that can be applied to this situation: _____

- Describe how these abilities can help reduce likelihood catastrophic expectations you fear: _____
-

Assertiveness training: changing your rules

Your Bill of Rights:

1. I am permitted to be less than perfect - people will still accept me.
2. Making mistakes is part of being human. Wise people learn from their mistakes.
3. Anger is a natural feeling.
4. When I am sad, an appropriate response may be to cry. Expressing my feelings releases tension, thereby reducing stress.

5. I do not have to be in control at all times.
6. It is important to spend time relaxing in unproductive activities.
7. I am important and need to be taken care of, just like my children and others.
8. Being good to myself is important, as it energizes me which, in turn enables me to have more to give to others.
9. It is important to question.
10. I have an obligation to say "no" when I do not want to do something. If I say "yes" nonetheless, I may feel resentful and/or angry.
 - Do you hesitate about asserting your rights (or saying "no" to a request) for fear of being judged, rejected or making a mistake? _____ Yes _____ No.
 - Using the source of stress you described on the previous page, how can you reduce this stress by following your Bill of Rights? _____

Remember to make your entries in your Health Bank Account, Daily Stress Chart and review your Success Time Line. Are you moving toward your goals? List your "Top-priority" items for next week:

Completing unfinished business

What intruding or repetitive thoughts have been going through your mind recently? Take a minute to sit quietly and pay close attention to your thoughts. Do you recognize some unfinished business? Describe one or two important pieces of unfinished business: _____

Is your unfinished business a feeling you are holding on to, such as anger, resentment guilt or hurt? Is it something left unsaid or a disagreement? Describe: _____

Why aren't you finishing it?

_____ fear of being wrong

_____ fear of being rejected

_____ fear of incurring anger

_____ fear of losing control

_____ "It won't do any good"

_____ Other _____

_____ fear of others not being receptive or listening

_____ skeptical of effectiveness

_____ self-protection

What kind of support do you need to finish (e.g. feedback from a friend):

Where can you get it: _____

What kind of support do you need to finish (e.g. feedback from a friend):

Where can you get it: _____

What action will you take to move closer toward completion?

Action: _____

Let go and relax - staying in the present

1. Make a list of all that is on your mind:

On my mind

First task towards resolution

2. Next to each item, indicate the **first** task that would lead to a possible resolution. If you don't know, then the first task is to get more information.
3. Go to your schedule and fit in each of these tasks at appropriate times.

4. Now that you have made a plan of attack, let go of all these worries, **knowing that you have done what you can at the moment.**
5. Bring your focus to the present by noticing what you see, what you **hear**, what you are **touching, tasting and smelling.**

Now, fill in the **Symptom Chart for week 4** at the end of the guidebook.

WEEK FIVE: DEVELOPING A POSITIVE ATTITUDE AND SELF-IMAGE

SELF-STATEMENT: *"I feel good about myself"*

Improving your self - image

Your attitude can modify the intensity of a stressful situation. The more self-confidence you have, the easier it is to reduce stress. Have a dialogue between the part of you with a positive self-image and the part of you that minimize your abilities through self-doubt.

(doubt): _____

(positive): _____

(doubt): _____

(positive): _____

Let's try to give your positive side more power and control

Describe an accomplishment of which you are very proud: _____

What qualities did this accomplishment demonstrate about you? _____

What abilities did it demonstrate? _____

List other achievements and any complements you have received: _____

If your assets, listed above belong to a friend, how would you describe him or her? _____

Can you evaluate yourself using the same standards, and say this about yourself? _____ YES _____ NO

Describe one of your stressors that can be reduced by drawing on the above qualities and image and improving your self-image _____

What steps can you take today to feel more positive? (e.g. plan to smile and look for what is good about each aspect of your day, reward yourself for an accomplishment): _____

How can you be less critical of yourself today (e.g. by not demanding that you be perfect by being loving to yourself - if this is difficult, think of how you are loving to someone else and turn those feelings inward): _____

Are you looking forward to your day or dreading it? _____

Taking control of your life

What person or situation do you blame for one of your problems?

What "good" excuse do you use for not reaching one of your goals?

If you took responsibility what can you do to improve the situation?

Describe a source of stress you been experiencing the last few days:

Your emotional boundaries - feeling uncomfortable outside your "territory"

If an action or a behavior is new and different for you, it is probably outside your boundaries. We may feel uncomfortable and resist doing this. What actions in this program are you finding hard to follow? (for example, focusing on the positive aspects of your day) _____

Describe why this behavior falls beyond your boundaries (for example, your parents may have always noted what was negative about a situation or anticipated the worst outcome. Thinking positively would therefore be alien to you):

What can you do to change this attitude? (for exams, assert your own right to be from your parents, thereby allowing for **new** foundries): _____

Giving meaning to your life

By finding meaning in your everyday life, you will feel more "connected" to others. What makes **your** life worth living? _____

Now, fill in the **Symptom Chad for week 5** at the end of the guidebook.

WEEK SIX: PUTTING IT ALL TOGETHER SELF-STATEMENT: *"I am putting my physical and mental energies to their best use"*

Desensitization

If you practice relaxing deeply and then **visualizing your stressor**, the intensity of your reaction to the stressor will decrease. This is called **desensitization**.

Using desensitization to control anxiety and stress

Select one of your stressors that you believe cannot be eliminated either by good time management or any other means -- in other words, an unavoidable source of stress or anxiety. (This may be an ongoing conflict with a boss a public speech, an examination). Describe it in detail: _____

Next, make a list of situations that are related to your stressor, but are less stressful. (You may list from 5 to 10 scenes). For example, if taking an exam is your stressor, related but less stressful might be: a) awakening the morning

of the exam, b) studying the night before, c) hearing the exam being announced the week before, etc. List your related stressors from least stressful to most stressful:

1. _____
2. _____
3. _____
4. _____
5. _____

In conjunction with your biofeedback monitor, use the above list of scenes to do the relaxation/desensitization exercise described on your audio program. Start with number 1, staying with it until you can visualize it without any tensing or stress reaction. Then, move on to number 2, and so on, until you can visualize the original stressor while remaining calm.

Rewarding your new and positive behaviors

It is important to reward yourself for making positive changes in your lifestyle. Has your Health Bank Account been increasing in value? By rewarding your positive efforts, you are making further changes more likely. Plan a reward for yourself at the conclusion of this program. Describe your reward: _____

Problem solving to reduce your stress

Describe a source of stress that is caused by difficulty or frustration in reaching a goal. For example, you may be finding it hard to get a particular job. _____

Think of this goal as being the tenth step of a staircase with you standing on the first step. List a number of "steps" or actions you could take that would lead you to that tenth step:

1. _____
2. _____
3. _____
4. _____
5. _____

If you continue to have difficulty, you may need to choose an alternative goal, such as a different job. In choosing an alternative goal, pick one that has as many of the positive aspects of the original goal as possible. Describe: _____

Allow yourself to get support from others in reaching your goal.

Communication and conflict resolution

Think of a conflict with another person that is creating stress. Define the problem specifically: _____

Are you willing to resolve the conflict and not win it? _____

Describe any power struggle going on between the two of you: _____

What additional unfinished business do you have with this person that might get in the way of resolving the specific conflict? _____

Do you have any fears of being rejected or judged by the other person? _____

Go through the following steps with the other person:

1. Define the area of disagreement:
2. Stay focused on the conflict under discussion.
3. Ask questions when you are uncertain about what the other persons is saying.
4. Do not counterattack or introduce other issues until this one is resolved.
5. Take turns expressing thoughts and feelings. Use "I" statements.
6. Take turns suggesting solutions, taking into account the needs of both of you.
7. Avoid manipulation and other power moves.
8. If total resolution is not possible, find those areas or issues upon which you can agree.

Now, fill in the Symptom Chart for week 6 at the end of the guidebook.

The one - minute relaxers

One minute relaxer number 1

- Whenever you feel tense, stressed, worried or frustrated (for example, anticipating encountering a stressor), stop and look at one of your Health Cues.
- Take a deep breath and as you let the air out slowly, let yourself respond to the calmness flowing , over your body as you feel yourself floating downward.
- Repeat to yourself, "**I am calm, I am relaxed**" Notice the control you are beginning to have.

One minute relaxer number 2

Whenever you see one of your Health Cues, check in with your body. In other words, bring your awareness your mental imagery, through the muscles of your body noticing any tension or holding. Notice the muscles around your eyes and mouth... your neck and shoulder... your chest, abdomen and back... your arms and hands, pelvic area, legs and feet.

Wherever you find tension, breathe in... as you slowly breathe out, feel the tension draining from your body.

Assessing your accomplishments and looking ahead.

The following are important stress management issues you have been learning in this program.

Next to each, indicate your "successes" and areas needing further work:

Self awareness (week 1)

Success: _____

Further Work: _____

Time management (week 2)

Success: _____

Further Work: _____

Biofeedback / Relaxation (week 2)

Success: _____

Further Work: _____

Diet (week 3)

Success: _____

Further Work: _____

Exercise (week 3)

Success: _____

Further Work: _____

Food, drug or behavior control (week 3)

Success: _____

Further Work: _____

Improving your thoughts (week 4)

Success: _____

Further Work: _____

Self - image (week 5)

Success: _____

Further Work: _____

Problem solving (week 6)

Success: _____

Further Work: _____

Communication and conflict resolution (week 6)

Success: _____

Further Work: _____

Food drug or behavior control (week 3)

Success: _____

Further Work: _____

Improving your thought (week 4)

Success: _____

Further Work: _____

Self - image (week 5)

Success: _____

Further Work: _____

Problem solving (week 6)

Success: _____

Further Work: _____

Communication and conflict resolution (week 6)

Success: _____

Further Work: _____

Describe any improvements in your performance _____

Success with less stress: a time line.

Today's Date: _____

3 Year Goals:

2 Year Goals:

1 Year Goals:

6 Month Goals:

1 Month Goals:

Activities (behavior) to be increased:

1. _____
2. _____
3. _____

Activities (behavior) to be decreased:

1. _____
2. _____
3. _____

SYMPTOM CHART WEEK 1										
SYMPTOM	CHECK INTENSITY									
	1	2	3	4	5	6	7	8	9	10
1										
2										
3										
4										
5										

SYMPTOM CHART WEEK 2										
SYMPTOM	CHECK INTENSITY									
	1	2	3	4	5	6	7	8	9	10
1										
2										
3										
4										
5										

SYMPTOM CHART WEEK 3										
SYMPTOM	CHECK INTENSITY									
	1	2	3	4	5	6	7	8	9	10
1										
2										
3										
4										
5										

SYMPTOM CHART WEEK 4										
SYMPTOM	CHECK INTENSITY									
	1	2	3	4	5	6	7	8	9	10
1										
2										
3										
4										
5										

SYMPTOM CHART WEEK 5										
SYMPTOM	CHECK INTENSITY									
	1	2	3	4	5	6	7	8	9	10
1										
2										
3										
4										
5										

SYMPTOM CHART WEEK 6										
SYMPTOM	CHECK INTENSITY									
	1	2	3	4	5	6	7	8	9	10
1										
2										
3										
4										
5										

HEALTH BANK ACCOUNT

WEEK 1	Day	Deposit/withdraw	Balance
	1	_____	_____
	2	_____	_____
	3	_____	_____
	4	_____	_____
	5	_____	_____
	6	_____	_____
	7	_____	_____

WEEK 2	Day	Deposit/withdraw	Balance
	1	_____	_____
	2	_____	_____
	3	_____	_____
	4	_____	_____
	5	_____	_____
	6	_____	_____
	7	_____	_____

WEEK 3	Day	Deposit/withdraw	Balance
	1	_____	_____
	2	_____	_____
	3	_____	_____
	4	_____	_____
	5	_____	_____
	6	_____	_____
	7	_____	_____

WEEK 4	Day	Deposit/withdraw	Balance
	1	_____	_____
	2	_____	_____
	3	_____	_____
	4	_____	_____
	5	_____	_____
	6	_____	_____
	7	_____	_____

WEEK 5	Day	Deposit/withdraw	Balance
	1	_____	_____
	2	_____	_____
	3	_____	_____
	4	_____	_____
	5	_____	_____
	6	_____	_____
	7	_____	_____

WEEK 6	Day	Deposit/withdraw	Balance
	1	_____	_____
	2	_____	_____
	3	_____	_____
	4	_____	_____
	5	_____	_____
	6	_____	_____
	7	_____	_____

DAILY STRESS CHARTS

		Stress Tension	
		Before Biofeedback	After Biofeedback
WEEK 1	1		
	2		
	3		
	4		
	5		
	6		
	7		
WEEK 2	1		
	2		
	3		
	4		
	5		
	6		
	7		
WEEK 3	1		
	2		
	3		
	4		
	5		
	6		
	7		
0	10	10	
		Stress Tension	
		Before Biofeedback	After Biofeedback
WEEK 4	1		
	2		
	3		
	4		
	5		
	6		
	7		
WEEK 5	1		
	2		
	3		
	4		
	5		
	6		
	7		
WEEK 6	1		
	2		
	3		
	4		
	5		
	6		
	7		
0	10	10	

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by Dr. Stephen Sideroff
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by Dr. Erik Peper
- Just Say Know
by Dr. Sheila Blume
- Mind Over Muscle
by Major (Ret'd) Nory Laderoute
- Sex Tune Up with Biofeedback
Dr. Michael Spevack

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- Heart Rate
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- Muscle Tension (EMG)
- Temperature
- Skin Conductance(SC)
- Electrocardiography (EKG)
- Electroencephalography (EEG)
- Respiration

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Biofeedback helps you control stress... and more

This tested and proven six week program was developed by Stephen I. Sideroff, Ph.D., clinical psychologist, faculty member of UCLA, and staff member of the Santa Monica Hospital, California.

Through the use of biofeedback you will be able to understand the job, family and social pressures that create excess stress in your life. With this knowledge, you will be able to work on controlling your physical and emotional symptoms through professional behavior modification techniques. This program also includes time

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The unique feature of the program is the inclusion of Thought Technology's GSR2 Biofeedback Monitor which measures change in skin pore size, an instant accurate indication of changes in stress.

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Even more important, this newly-discovered ability to control stress and relax deeply will release powers and capabilities within you that have been restricted by tension for years. There'll be a change in your outlook, attitudes and lifestyle.



1975, 1977, 1978, 1984 International
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Neuenburg, Germany



Stress Control with Biofeedback is a product of Thought Technology Ltd., leaders in the development of stress-control products and programs used by medical, educational and sports professionals worldwide.

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