

# 스트레스 평가와 관리

## Stress Assessment and Management

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### Abstract

Stress can increase the risk of various diseases, exacerbate many medical disorders, and change healthy lifestyle behaviors. Therefore, effective management of stress is essential to decrease vulnerability to illnesses and to improve the quality of life. There is considerable evidence that mind - body interventions such as relaxation, meditation, imaginary technique, cognitive - behavior therapy, and biofeedback can be used as effective adjunctive therapy to conventional medical treatment for a number of medical disorders. The author will introduce the principles of stress management and briefly overview stress management methods and techniques.

Keywords : **Stress; Mind - body intervention**

가

가 (stressor)

( : , )

( , )

가

1. 가

(1). Holmes Rahe(5) ‘

( social readjustment rating scale) ’

(2) (major life event) , ,

(life style)

34% , 29%

(life change unit)

(3, 4)

(minor life event ; hassles),

가 , 가

가

가

Daily Life Experience(DLE) checklist, Hassle Scale, Inventory of Small Life Events, Daily Stress

Scale, Daily Stress Inventory(DSI)

2. 가

가

가 , -

4) (Balance)

, SCL - 90 - R, Beck

가

3.

가

가 ,

A

5) (Rhythm)

가

(6, 7)

1.

1) (Personal Responsibility)

가

가

6) (Awareness)

2) (Holism)

가

3) (Gradualism)

7) (Action)

8) (Experiment - of - One)

가  
가

가

1) (Distraction)

Scarlett O'hara -  
(I'll think of it all tomorrow) -

9) (Egoistic Altruism)

10) (Lifelong Process)

2) (Direct Action)

(  
)

2. (Coping and Problem Solving)

3) (Pro and Con List)

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4) (Relaxation)

가

가

5) (Reframing)

가

‘ (situational redefinition) ’

9) (Catharsis)

가

10) (Journal Writing)

( )

6) (Affirmations)

11) (Acceptance)

(acceptance) (action)

(letting go)

(taking control)

7) (Social Support)

(distraction), (relaxation), (humor),

가 , , 가

(acceptance) 가

가

가

가

“

.”

8) (Spirituality)

가

가

.  
 meditation) ( ; concentrative 가

3. ( : ; , , ,

1) ; )

(1) (Relaxation Technique)(8)

,  
(meditation), (bio- \*  
feedback), (visualization technique) •1 : ; ,

•2 : .

•3 : .

•4 : .

•5 : .

(Meditation) •6 : .

‘ . ’

가 .

가 . •7 : 10~20 .

가, , •8 : 1~2 .

(transcendental meditation), \* (Mini - meditation)  
(mindful meditation ; mindfulness), (Zen 1. .  
meditation), (Benson method) ,

(opening up of at- .  
tention) (focusing of attention) 2. .

· PMR

(zero)

3.

가

가

4.

(Autogenic Training)

(Muscle Relaxation Technique)

가,

가.

(Progressive Muscle Relaxation, PMR)(9)

(warmth)

(heaviness)

가

1973 Bernstein

가

Borkovec

(pro-

gressive muscle relaxation, PMR)

10

40

( )

PMR

가

(stretching),

(trunk rotation),

(jogging in place),

(floppy doll),

(swimmer's shakeout),

(isometric arm re-

liever),

(leg loosener),

(head

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graph TD
    Root[Comprehensive Management Plan for Stress Management] --> C1[1) Self-Care Strategies]
    Root --> C2[2) Cognitive Behavioral Therapy CBT]
    Root --> C3[3) Stress Management Techniques]
    Root --> C4[4) Physical Activity]
    Root --> C5[5) Supportive Psychotherapy]
    Root --> C6[6) Pharmacological Management]

    C1 --> C1_1[Regular sleep hygiene 7-9 hours]
    C1 --> C1_2[Healthy diet balanced nutrition]
    C1 --> C1_3[Stress management techniques relaxation, meditation, deep breathing]
    C1 --> C1_4[Regular exercise aerobic, strength training]
    C1 --> C1_5[Limit alcohol and caffeine]
    C1 --> C1_6[Social support network]

    C2 --> C2_1[Identify negative thought patterns]
    C2 --> C2_2[Challenge and reframe cognitive distortions]
    C2 --> C2_3[Behavioral activation engaging in enjoyable activities]
    C2 --> C2_4[Exposure therapy gradual exposure to stressors]
    C2 --> C2_5[Relaxation training progressive muscle relaxation, diaphragmatic breathing]
    C2 --> C2_6[Stress management techniques]

    C3 --> C3_1[Stress inoculation training SIT]
    C3 --> C3_2[Time management prioritization]
    C3 --> C3_3[Problem-solving skills training]
    C3 --> C3_4[Assertiveness training]
    C3 --> C3_5[Communication skills training]
    C3 --> C3_6[Stress management techniques]

    C4 --> C4_1[Aerobic exercise walking, jogging, swimming, cycling]
    C4 --> C4_2[Strength training resistance training]
    C4 --> C4_3[Flexibility exercises stretching, yoga]
    C4 --> C4_4[Balance exercises tai chi, Pilates]
    C4 --> C4_5[Stress management techniques]

    C5 --> C5_1[Individual therapy]
    C5 --> C5_2[Group therapy]
    C5 --> C5_3[Family therapy]
    C5 --> C5_4[Support groups]
    C5 --> C5_5[Stress management techniques]

    C6 --> C6_1[Medication management]
    C6 --> C6_2[Stress management techniques]
  
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The diagram illustrates a comprehensive management plan for stress management, organized into six main categories, each with specific interventions and goals:

- 1) Self-Care Strategies:**
  - Regular sleep hygiene (7-9 hours)
  - Healthy diet (balanced nutrition)
  - Stress management techniques (relaxation, meditation, deep breathing)
  - Regular exercise (aerobic, strength training)
  - Limit alcohol and caffeine
  - Social support network
- 2) Cognitive Behavioral Therapy (CBT):**
  - Identify negative thought patterns
  - Challenge and reframe cognitive distortions
  - Behavioral activation (engaging in enjoyable activities)
  - Exposure therapy (gradual exposure to stressors)
  - Relaxation training (progressive muscle relaxation, diaphragmatic breathing)
  - Stress management techniques
- 3) Stress Management Techniques:**
  - Stress inoculation training (SIT)
  - Time management (prioritization)
  - Problem-solving skills training
  - Assertiveness training
  - Communication skills training
  - Stress management techniques
- 4) Physical Activity:**
  - Aerobic exercise (walking, jogging, swimming, cycling)
  - Strength training (resistance training)
  - Flexibility exercises (stretching, yoga)
  - Balance exercises (tai chi, Pilates)
  - Stress management techniques
- 5) Supportive Psychotherapy:**
  - Individual therapy
  - Group therapy
  - Family therapy
  - Support groups
  - Stress management techniques
- 6) Pharmacological Management:**
  - Medication management
  - Stress management techniques





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