

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)

(:)

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가

1. 가

Holmes Rahe(5) ‘

가 (social readjustment rating scale)’

(2) (major life event)

34% 29%

(life style)

(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) 가
- , SCL - 90 - R, Beck
3. 가
- A 가 ,
- 5) (Rhythm) 가
- (6, 7)
- 1.
- 1) (Personal Responsibility) 가 가
- 2) (Holism) 6) (Awareness) 가
- 3) (Gradualism) 7) (Action)

8) (Experiment - of - One)

가
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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)

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가

5) (Reframing)

가

(situational redefinition)

9) (Catharsis)

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10) (Journal Writing)

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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

(; concentrative meditation) 가

3. (: ; , , ,)

1) ;)

(1) (Relaxation Technique)(8)

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

•2 : .

•3 : .

가, •4 : .

가 •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- 2. tention) (focusing of attention)

. 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

roll), (self - massage), (sit-
 ting stretch), 5 (brisk 5 - minute walk)

5) (Supportive Psychotherapy)

2) (Cognitive Strategies)
 가 .
 ; (10) 18 가

6) (Pharmacological Management)

3) (Stress Inoculation)
 가 .
 가
 (stress inoculation training)
 가 .
 , 가
 (cognitive reframing)
 , 가
 (behavioral rehearsal) , 가

4) (Exercise)
 (aerobic) 가
 , 가
 , 가



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