

Psychological Wellness Guidebooks for Individual Initiative

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Psychological Wellness is partially achieved by choosing the right parents. Our genetic heritage may provide half of our temperamental foundation. Upon this prenatal base, the way we are raised enhances or decreases our inner strengths. Fortunately, biology and development need not be our destiny. Away from the womb and the dependency of youth on caregivers, we can take charge of our own mental health.

Unfortunately, for much of the latter part of the 20th century the emphasis was on vulnerability, dependency, and struggle. Multiple therapeutic specialities arose that focused on human weakness rather than strength. It was estimated that at the time of 9-11-2001 there were [twice as many grief counselors as there were dentists](#).¹ This tragedy also was a watershed in that researchers began to realize that most people were resilient.

Thus, a followon to the first paragraph is support for enhancing personal growth is partially dependent upon the time and place in which you live. Another change that occurred around the turn of the millennium was the acceptance of positive psychology. Positive viewpoints have been around since Maslow, Rogers, and Fromm, but its modern embrace can be tracked to the January 2000 special issue of the *American Psychologist*, a primary professional journal; ergo, another concurrent watershed.

Once human strength replaced vulnerability as the focus of researchers, it became possible to present self-enhancement methods that have worked for many people. As each of us is unique, a menu approach is preferable to *one-size-fits-all* solutions. For this reason, I prepared sets of [booklets to enhance resilience](#).² Many theoretical and practical concepts are discussed along with empirically validated approaches. Each item is covered in one or two pages. While there is some serial development and cross-referencing of parts, each page or two stands alone. Therefore, a brief total reading, followed by perusing of selected parts, is recommended.

To provide a foundation for the material presented in the *Guidebooks*, three free papers are provided on my Website (www.HOUD.info). They are: "[The Pros and Cons of Cognitive Consistency](#),"³ "[The Zeitgeist and the Presentation of Ideas](#),"⁴ and "[A Windshift Toward Positive Psychology and Adult Resilience](#)."¹ These will bring readers up to speed on the cultural shift toward a positive psychology from a victim psychology and the advantages and disadvantage of disciplining our mind.

The contents of the *Guidebook* are ↗

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Typical Guidebook Contents

Guidebook Guidelines
Introduction and Contribution of Positive Psychology
Development of Resilience
The Hard and Rewarding Job of Living
Individuals in Family Systems
[Assessment of Family Interaction](#) (.../AFI.pdf)
The Four P's Model for Developing Human Resilience
Definitions of Stressors, Stress, and Coping
Cumulative Effect of Stressors
Transformation of Stressors into Stress
Cognitive Processes Between Stressors and Stress
Information Processing from Sense Organs to Mind
Perceptions Are How We Interpret "Reality"
Optimists and Pessimists Think and React Differently
Changing our Thoughts
The Great Cognitive Therapy Trio
Resistance to Changing our World View
The Stressor, Stress, and Recovery Complex
System Flow Diagram
Social Support for Health and Adjustment
Expressed Emotion in Families
Mental and Physical Relaxation
Personal Health Assessment
[Health Symptoms Assessment](#) (.../HSA.pdf)
Focused Sharing Groups
Expressive Writing
Humor
Bereavement Theories and Cognitive Restructuring
Religion and Spirituality
Murray Bowen and Differentiation
Hardiness and Resilience
[Resilience-Hardiness-Differentiation Evaluation](#) (RHD)
Areas of Coping
Balance in Life
[Mental Health Items to Consider](#) (.../MHI.pdf)
Epilogue
Can Do Attitude
Resources Available Through Sponsoring Organization

The dual watersheds of positive psychology and the empirical findings of widespread resilience provide the underpinnings for these *Guidebooks*. Individual booklets focus on particular groups but the material is consistent across the series. Content is mostly the same (>90%) except for areas of personalization. For example, while the military deals with deployment, police work in shifts, nurses lose some patients, entrepreneurs struggle with cash flow. The nature of stressors differ but cognitive methods to handle resultant stress is similar.

A dedication page is also available so sponsors can personally present Psychological Wellness to their group.

LINKS

¹www.HOUD.info/resilience.pdf

²www.HOUD.info/guidebook.htm

³www.HOUD.info/cognition.pdf

⁴www.HOUD.info/zeitgeist.pdf

www.HOUD.info/wellness.pdf