

NURS 180

FINAL REFLECTION

OF CLASS PARTICIPATION
AND GREATEST LEARNINGS

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Presentation Outline

WHAT TO EXPECT

My Biggest Learnings & Reflections

- Assertiveness
- Dream Theory
- Wayne Dyer: Guilt & Worry

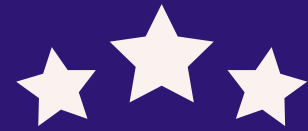
Favourite Strategy/ Idea/ Theory

Self-Assessment of Engagement

Other Course Take-Aways & Strategies

Conclusion





MY BIGGEST LEARNINGS AND REFLECTIONS

The following section contains my biggest learnings and the reasons why I chose them. As well as how I'll use these learnings as I move forward.

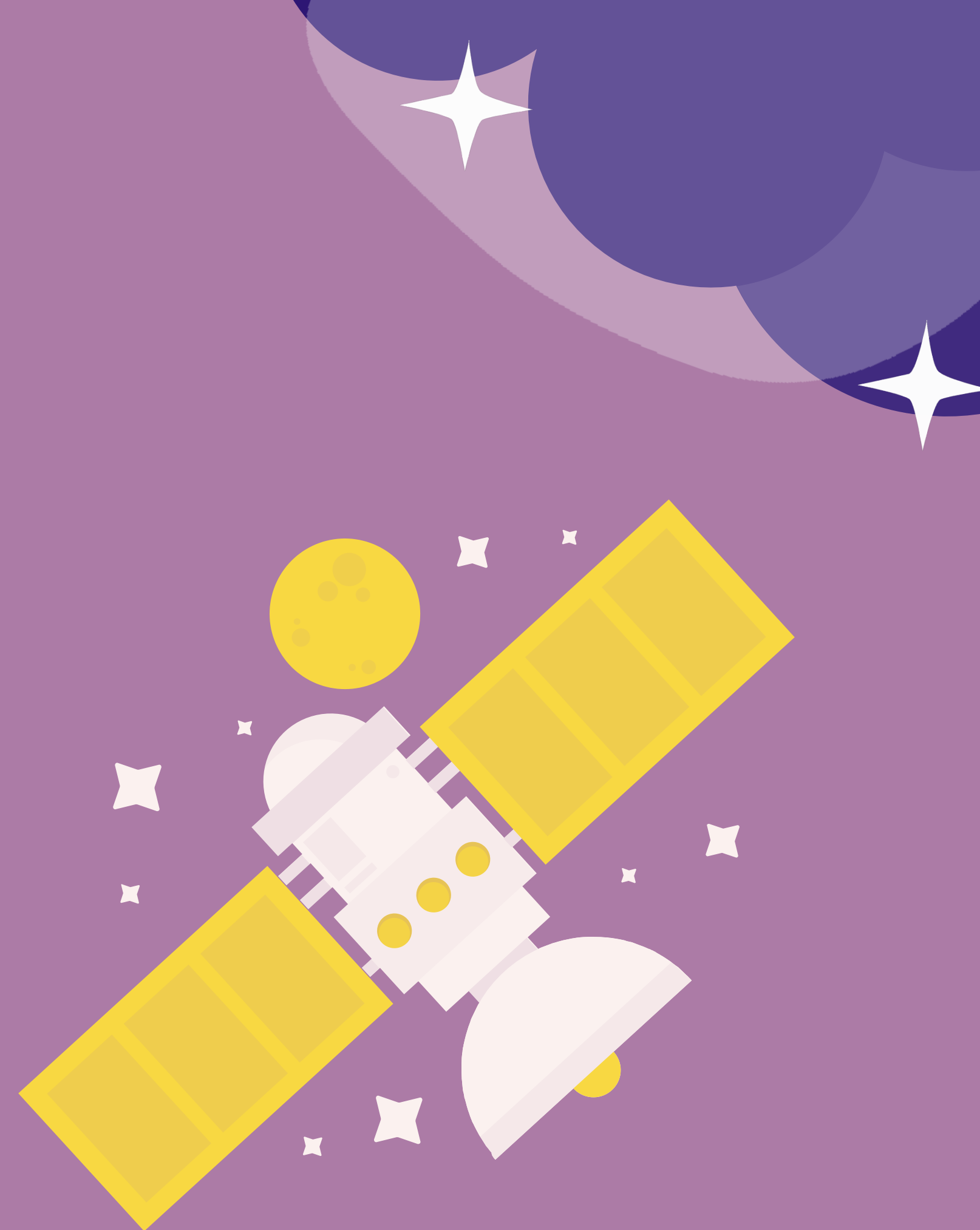


Assertiveness

BIGGEST LEARNING #1

Definition: The term given to a behaviour that is neither passive nor aggressive, but proactively diplomatic.

As a person, it's important to be able to express your own rights and freedoms confidently while not attacking other people - whether it's in the workforce, school or in your relationships. That's why learning about assertiveness and steps to be assertive are so useful to me and are one of my biggest learnings from this course. Assertiveness skills I learned in this course include learning to say no, using 'I' statements, keeping appropriate eye contact and body language, and responding rather than attacking. These skills not only help me to resolve my conflicts, but also enable me to communicate more effectively with others and myself. Which is great, since communication is a skill I want to improve as I move on from this course.





DREAM THEORY

BIGGEST LEARNING #2

Definition: A coping technique in which dreams, including recurring dreams, are explored and deciphered to help understand acute or chronic stressors.

In this course, I was introduced to dream theory during Group 5's presentation on Additional Coping Strategies. As a person who keeps a dream journal, this topic has always been interesting to me. And is something I love to explore. Though scientific evidence and opinions vary on dream interpretation, I personally have found them as effective ways to gain insight into my moods, address chronic stressors (especially with repeating dreams), and practice positive self-care (aka. dedicating some me-time for journaling).

Furthermore, I chose dream therapy as one of my biggest learnings because it gave me a framework to improve my dream journaling. In the past, I used to just write down the dreams and not explore what had happened. But now, I can use the three phases of dream interpretation to access a greater share of my unconsciousness in order to clarify and resolve any personal issues. These steps and some tips are listed in the next slide. Also, dream therapy (especially with the insights made by Robert Johnson) helped me realize that even if I do recognize a dream's message, I still need to be ready to act upon it in order to resolve the issue.



DREAM INTERPRETATION PHASES

HELPFUL TIPS

- Try to look at a dream from someone else's perspective
- Avoid interpretations that inflates your ego
- Disregard dream interpretations that pass the blame onto others

PHASE 1

After writing down the actual dream images and/or events, the first phase is to find any possible associations between the dream and your daily life. Tip: try writing descriptions of the events and then writing down anything that comes to mind.

PHASE 2

Next phase is to draw parallels with the associations from Phase 1 by asking a series of questions. Ex. Have I seen this before? What emotional response does this dream image elicit?

PHASE 3

The last phase is to select the interpretation that seems to be most relevant to you. Try to consider all possibilities, even ones that don't portray you in a positive light.

WAYNE DYER: WORRY AND GUILT

BIGGEST LEARNING #3

When I read Wayne Dyer's section in the Psychology of Stress, it really hit home for me. I personally enjoyed how he defined worry and guilt; worry as a manifestation of fear and guilt as an expression of self-anger. These definitions put them into perspective for me; showing me that worry and guilt were futile emotions that only removed me from the present. And specifically, distracted me from what I could be doing in the present to improve my future and make-up for my past (aka. prevention and treatment). His concept also helped me to realize that when I see guilt or worry in my life, I should start examining what I'm trying to avoid. Since guilt and worry are always substitutes for real actions. In a way, this realization shifted my mindset on these feelings and allowed me to question and counteract them. So now, whenever I'm feeling anxious, I try to write down why I feel this way and how I can stop/decrease it (ex. tracking progress, setting goals). Instead of letting it fester.

NATURE DEFICIT DISORDER

FAVOURITE STRATEGY/IDEA/THEORY

Nature Deficit Disorder: A term coined by Richard Louv to describe the now-common behaviour (affliction) where people (particularly children) simply don't get outside enough, hence losing touch with the natural world.

Overall, I would say that this idea was the most relevant to my daily life. This disorder and environmental disconnect were something I did not address until recently. Due to focusing on my course load, I rarely spent enough time outdoors. I first saw this when my doctor encouraged me to start taking Vitamin D supplements; a common subtle warning of nature deficit disorder and environmental disconnect. At that time, while I still appreciated nature, I often did so through a screen. However, now that I am more aware of this concept, I try my best to spend at least 15 minutes a day outside (usually just walking the Arbutus Greenway). The walking itself is very relaxing, but it's also nice to have a first-hand experience of the springtime weather and reconnect with the natural world. I also plan on going hiking as soon as the Covid-19 situation is over.



SELF-ASSESSMENT OF ENGAGEMENT

When assessing my engagement, I would say that I'm average overall. I've completed every assignment, quiz, and project. And I have participated in most discussions (minus the "Connecting, Sharing, and Supporting Each Other" discussion). In terms of class participation, I have attended all but two classes (one I missed due to a rescheduled midterm). Though I may not be an active speaker, I do my best to stay on task and respectful. Such as participating in group activities, meditations, and staying off of my phone during classes (online or in-person).



Other Take-Aways & Strategies

WHAT I PLAN TO USE IN THE FUTURE

DIAPHRAGMATIC BREATHING

Definitely, a cornerstone relaxation technique that I plan to incorporate daily in order to deal with stress, improve mental clarity, and decrease muscle tension.

TEND & BEFRIEND

The tendency of turning to friends to cope with unpleasant events and circumstances is something I often do. But I plan to use my new found awareness to avoid excessive and harmful co-rumination.

SLEEP HYGIENE

A topic I was aware of before, but now have more tools to deal with sleeping problems. Like biofeedback, media curfews, and other relaxation techniques.

ANGER MISMANAGEMENT STYLES

Knowing my styles (underhander + somatizer) allows me to be conscious of how I display my anger and manage it more creatively (ex. planning ahead).

CONCLUSION

Thank you for your time

Overall, thanks for taking the time/energy to bring this course to UBC's curriculum! I really do believe that due to this course, I now have a better mindset and set of tools to counteract my daily stressors (especially my academic ones). Best of luck in the future and stay healthy!

References

Seaward, B. L. (2018). *Managing Stress: Vol. Ninth edition*. Jones & Bartlett Learning.