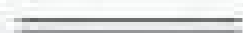


ONE NATION
UNDER STRESS



THE TROUBLE
with
STRESS AS AN IDEA



DANA BECKER

One Nation Under Stress The Trouble With Stress As An Idea

Dana Becker



One Nation Under Stress The Trouble With Stress As An Idea:

One Nation Under Stress Dana Becker, 2013-02-11 Stress Everyone is talking about it suffering from it trying desperately to manage it now more than ever From 1970 to 1980 2 326 academic articles appeared with the word stress in the title In the decade between 2000 and 2010 that number jumped to 21 750 Has life become ten times more stressful or is it the stress concept itself that has grown exponentially over the past 40 years In *One Nation Under Stress* Dana Becker argues that our national infatuation with the therapeutic culture has created a middle class moral imperative to manage the tensions of daily life by turning inward ignoring the social and political realities that underlie those tensions Becker shows that although stress is often associated with conditions over which people have little control workplace policies unfavorable to family life increasing economic inequality war in the age of terrorism the stress concept focuses most of our attention on how individuals react to stress A proliferation of self help books and dire medical warnings about the negative effects of stress on our physical and emotional health all place the responsibility for alleviating stress though yoga deep breathing better diet etc squarely on the individual The stress concept has come of age in a period of tectonic social and political shifts Nevertheless we persist in the all American belief that we can meet these changes by re engineering ourselves rather than tackling the root causes of stress Examining both research and popular representations of stress in cultural terms Becker traces the evolution of the social uses of the stress concept as it has been transformed into an all purpose vehicle for defining expressing and containing middle class anxieties about upheavals in American society *Wie Achtsamkeit die neue Spiritualität des Kapitalismus wurde* Ronald E. Purser, 2021-11-29 Achtsamkeit ist derzeit in aller Munde Für viele geht es schon längst zum Mainstream einige bezeichnen sie sogar als Revolution Doch was wenn Achtsamkeit gar nicht die Welt verändert Ronald E Purser wagt die Antithese Achtsamkeit ist zu einer banalen Form von Spiritualität im Kapitalismus geworden einer die aktiv sozialen und politischen Wandel verhindert und stattdessen dem Neoliberalismus den Weg ebnet Purser beleuchtet wie Konzerne Schulen Regierungen und Militärs sich Achtsamkeit als Mittel für soziale Kontrolle und Ruhigstellung angeeignet haben Er hinterfragt das gängige Narrativ nach dem Stress vor allem selbstgeschaffen und eigenständig ist und Achtsamkeit das Allheilmittel Mit bei ender Kritik rüttelt er an den Grundfesten auf denen die Vermarktung der sogenannten Revolution basiert Denn um das wahrhaft revolutionäre Potenzial von Achtsamkeit zu entdecken müssen wir den Neoliberalismus erst berwinden **Verhaltensprobleme bei Jugendlichen** Sören Lüdeke, 2018-01-04 Sören Lüdeke befasst sich mit transaktionaler Stressverarbeitung in freundschaftlichen und romantischen Beziehungen von Jugendlichen Er behandelt international erstmalig die Fragestellung ob verschiedene adoleszente Verhaltensprobleme in einem Modell Varianz transaktionaler Stressverarbeitung in Peerbeziehungen erklären Ein Fokus liegt bei moderierenden Schutz und Risikofaktoren Im Rahmen eines Kontrollgruppendesigns werden 1019 Jugendliche mittels standardisierter Instrumente untersucht Multivariate Analysen zeigen den hohen Erklärungswert der Verhaltensprobleme für die Stressverarbeitung Neben

vorwiegend sozio-konominischen Risikofaktoren identifiziert die Studie prosoziales Verhalten als Schutzfaktor insbesondere bei hyperaktiven Jugendlichen. Neue Forschungsperspektiven zu sozialen Beziehungen verhaltensauffälliger Jugendlicher werden aufgezeigt.

Abgelenkt Johann Hari, 2022-10-16. Warum haben wir unsere Fokussiertheit verloren und uns zu konzentrieren was sind die Gründe dafür? Und am wichtigsten: Lässt sich Aufmerksamkeit wieder antrainieren? Um diese und viele weitere spannende Fragen zu beantworten hat Johann Hari über drei Jahre lang Forschungen betrieben. Er hat vom Silicon Valley über eine Favela in Rio bis zu einem Boro in Neuseeland mit den weltweit führenden Experten und Fachleuten gesprochen. 12 entscheidende Gründe, die für den Verlust unserer Aufmerksamkeit verantwortlich sind, entlarvt und zeigt Wege auf, wie wir unseren Fokus endlich wieder zurückgewinnen.

Handbuch: Therapeutisierung und Soziale Arbeit Roland Anhorn, Marcus Balzereit, 2015-12-09. Ziel des Handbuchs ist es, den gesellschaftlichen Prozess der Therapeutisierung kritisch zu reflektieren und dessen Ursachen und Folgen für die Soziale Arbeit zu analysieren. Therapeutische Perspektiven und Praktiken bestimmen in zunehmendem Maße die gesellschaftliche Wahrnehmung und Bearbeitung von politischen, ökonomischen, sozialen und kulturellen Konflikten und Ungleichheitsverhältnissen mit der sichtbaren Wirkung einer zunehmenden Individualisierung und Entpolitisierung von gesellschaftlich bedingten Interessenskonflikten und strukturellen Widersprüchen. Klassische Angebote und Verfahren therapeutisierender Sinndeutungen und kurativer Interventionen, die ursprünglich auf spezifische institutionelle Settings und die professionelle Beziehung von Therapeut_in und Patient_in beschränkt waren, haben mittlerweile nahezu alle gesellschaftlichen Sphären, Institutionen, Politikbereiche, Berufsrollen, Identitätskonstruktionen und privaten Beziehungen durchdrungen. Neben der Schule, Lohnarbeitsverhältnissen, Kriegen, Naturkatastrophen, Kriminalität, Sozial- und Gesundheitspolitik ist auch die Soziale Arbeit in den Prozess einer umfassenden Therapeutisierung sozialer Verhältnisse involviert und zwar als eine, die Verallgemeinerung und Veralltägung der therapeutischen Perspektive nicht nur passiv erleidende, sondern maßgeblich auch aktiv vorantreibende und gestaltende Kraft.

Liberating Mindfulness Stearns, Gail J., 2022-05-18. Attempts to reclaim mindfulness from the commercial and corporate juggernaut it has become and to demonstrate its usefulness in spiritual including Christian life.

McMindfulness Ronald Purser, 2019-07-09. A lively and razor sharp critique of mindfulness as it has been enthusiastically co-opted by corporations, public schools and the US military. Mindfulness is now all the rage. From celebrity endorsements to monks, neuroscientists and meditation coaches rubbing shoulders with CEOs at the World Economic Forum in Davos, it is clear that mindfulness has gone mainstream. Some have even called it a revolution. But what if instead of changing the world, mindfulness has become a banal form of capitalist spirituality that mindlessly avoids social and political transformation, reinforcing the neoliberal status quo? In *McMindfulness*, Ronald Purser debunks the so-called mindfulness revolution, exposing how corporations, schools, governments and the military have co-opted it as a technique for social control and self-pacification. A lively and razor sharp critique, Purser busts the myths, its salesmen rely on challenging the narrative that stress is self-imposed and mindfulness is the cure-all. If we are to harness

the truly revolutionary potential of mindfulness we have to cast off its neoliberal shackles liberating mindfulness for a collective awakening

Managing Stress Brian Luke Seaward, 2013-12-20 Study Guide Questions References and Resources 4 Stress and Disease Theoretical Models The Borysenko Model The Pert Model The Lipton Model The Gerber Model The Pelletier Premodel Target Organs and Their Disorders Nervous System Related Disorders Immune System Related Disorders Summary Study Guide Questions References and Resources PART 2 The Mind and Soul 5 Toward a Psychology of Stress Freud and the Egg Jung and the Iceberg Elisabeth K bler Ross The Death of Unmet Expectations Viktor Frankl A Search for Life s Meaning Wayne Dyer Guilt and Worry

Optimizing the Self Ole Jacob Madsen, 2015-06-19 This book provides an analysis of the social representations of leading self help genres including neurolinguistic programming cognitive self help therapy mindfulness self management self esteem self leadership and self control Exploring the globalised therapeutic culture of today the book argues that psychology as science is often abandoned to aid the individual pursuit for self realization and self optimization Opposing the view that self help culture is external to psychology Madsen argues that it is firmly embedded within psychology playing an important role in people s lives Each chapter traces and critically interprets a range of self help philosophies and techniques examining the claims of self help literature to represent the most innovative psychological medical or neurobiological research Discussing each genre in turn chapters examine key research alongside self help literature to explore the effectiveness and impact of leading self help genres in various social contexts and environments The book offers a contemporary critical overview of issues concerning self help combining critical psychology with the theory of social representation to provide a broad perspective on self help as a valid psychology Optimizing the Self will be of interest to academics researchers and postgraduate students in the fields of social representation critical and cultural psychology and theory clinical psychology and the sociology of culture and science The book will also be of use to critical and cultural psychologists and theorists as well as clinical psychologists

[Life Skills and Adolescent Mental Health](#) Ole Jacob Madsen, 2023-05-24 Can school teach us to master life This book confronts what the author sees as an ongoing trend in many Western democracies where citizens are increasingly being held accountable for their health and happiness The author believes that the introduction of life skills in school shows a tendency to place more responsibility on the individual rather than address fundamental societal flaws that really should be solved politically It examines how such responsibility to psychologically deal with these problems affects our mental health and quality of life This book questions the fundamentals of the life mastery curriculum where we might be risking the creation of just another arena where children have to perform challenging readers to evaluate more closely the premises consequences and limitations of life mastery The book one of the first to question life mastery as an achievable goal with critical reviews of the 21st century skills movement will be of interest to psychologists school counsellors teachers students politicians and any reader evaluating school curriculums in relation to the decline in youth and adolescent mental health The Open Access version of this book available

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Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency with Navigate Advantage Access Brian Luke Seaward, 2023-12-22 Managing Stress provides a comprehensive approach to stress management honoring the balance and harmony of the mind body spirit and emotions Referred to as the authority on stress management by students and professionals this book equips students with the tools needed to identify and manage stress while teaching them how to strive for health and balance The holistic approach gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of mind body spirit unity

One Nation Under Stress Dana Becker, 2013-02-21 Stress Everyone is talking about it suffering from it trying desperately to manage it now more than ever From 1970 to 1980 2 326 academic articles appeared with the word stress in the title In the decade between 2000 and 2010 that number jumped to 21 750 Has life become ten times more stressful or is it the stress concept itself that has grown exponentially over the past 40 years In *One Nation Under Stress* Dana Becker argues that our national infatuation with the therapeutic culture has created a middle class moral imperative to manage the tensions of daily life by turning inward ignoring the social and political realities that underlie those tensions Becker shows that although stress is often associated with conditions over which people have little control workplace policies unfavorable to family life increasing economic inequality war in the age of terrorism the stress concept focuses most of our attention on how individuals react to stress A proliferation of self help books and dire medical warnings about the negative effects of stress on our physical and emotional health all place the responsibility for alleviating stress though yoga deep breathing better diet etc squarely on the individual The stress concept has come of age in a period of tectonic social and political shifts Nevertheless we persist in the all American belief that we can meet these changes by re engineering ourselves rather than tackling the root causes of stress Examining both research and popular representations of stress in cultural terms Becker traces the evolution of the social uses of the stress concept as it has been transformed into an all purpose vehicle for defining expressing and containing middle class anxieties about upheavals in American society

Stress in Post-War Britain, 1945-85 Mark Jackson, 2016-12-05 In the years following World War II the health and well being of the nation was of primary concern to the British government The essays in this collection examine the relationship between health and stress in post war Britain through a series of carefully connected case studies

One Nation Under Stress Dana Becker, 2013

Personality and Disease Christoffer Johansen, 2018-06-29 A tremendous amount of research has been performed looking at the relationship between personality and disease Research on this topic has been spread throughout scientific journals on psychology behavioral health psychoneuroimmunology oncology and epidemiology Personality and Disease brings this research together in one place for the first time With contributions from world experts the book summarizes research findings on personality as it relates to cancer heart disease diabetes asthma and allergies dementia and more Is there such a

thing as a cancer prone personality Do sadness anger stress or shyness affect the likelihood that we will fall ill to specific diseases Can we protect ourselves from disease through a positive outlook This book will address both what we know and what we persist in believing despite evidence to the contrary and why such beliefs persist in the face of evidence Investigates whether and how personality affects disease generally Includes cancer heart disease diabetes asthma allergies and dementia Separates fact from fiction evidence from beliefs Collates research from a wide variety of scientific domains Contains international perspectives from top scholars

Suffering and Psychology Frank C. Richardson, 2023-04-03 Suffering and Psychology challenges modern psychology's concentration almost exclusively on eradicating pain suffering and their causes Modern psychology and psychotherapy are motivated in part by a humane and compassionate desire to relieve many kinds of human suffering However they have concentrated almost exclusively on eradicating pain suffering and their causes In doing so psychology perpetuates modern ideologies of individual human freedom and expanding instrumental control that foster worthy ideals but are distinctly limited and by themselves quite self defeating and damaging in the long run This book explores theoretical commitments and cultural ideals that deter the field of psychology from facing and dealing credibly with inescapable human limitations and frailties and with unavoidable suffering pain loss heartbreak and despair Drawing on both secular and spiritual points of view this book seeks to recover ideals of character and compassion and to illuminate the possibility of what Jonathan Sacks terms transforming suffering rather than seeking mainly to eliminate anesthetize or defy these dark and difficult aspects of the human condition Suffering and Psychology will be of interest to academic and professional psychologists and philosophers

The Routledge International Handbook of Global Therapeutic Cultures Daniel Nehring, Ole Jacob Madsen, Edgar Cabanas, China Mills, Dylan Kerrigan, 2020-08-24 The Routledge International Handbook of Global Therapeutic Cultures explores central lines of enquiry and seminal scholarship on therapeutic cultures popular psychology and the happiness industry Bringing together studies of therapeutic cultures from sociology anthropology psychology education politics law history social work cultural studies development studies and American Indian studies it adopts a consciously global focus combining studies of the psychologisation of social life from across the world Thematically organised it offers historical accounts of the growing prominence of therapeutic discourses and practices in everyday life before moving to consider the construction of self identity in the context of the diffusion of therapeutic discourses in connection with the global spread of capitalism With attention to the ways in which emotional language has brought new problematisations of the dichotomy between the normal and the pathological as well as significant transformations of key institutions such as work family education and religion it examines emergent trends in therapeutic culture and explores the manner in which the advent of new therapeutic technologies the political interest in happiness and the radical privatisation and financialisation of social life converge to remake self identities and modes of everyday experience Finally the volume features the work of scholars who have foregrounded the historical and contemporary

implication of psychotherapeutic practices in processes of globalisation and colonial and postcolonial modes of social organisation Presenting agenda setting research to encourage interdisciplinary and international dialogue and foster the development of a distinctive new field of social research The Routledge International Handbook of Global Therapeutic Cultures will appeal to scholars across the social sciences with interests in the advance of therapeutic discourses and practices in an increasingly psychologised society Crisis Lee Ann Hoff,2014 The goal of this book is to provide a base level of understanding of emotional crises what triggers them how to spot warning signs and how to respond in the event of one We are more prone to slip into crisis at certain points in our life major life changes both planned and unexpected and at normal developmental stages and this book will better prepare us to safely navigate these moments for ourselves and others

Toward a Biopsychosocial Welfare State? Nadine Reibling,Mareike Ariaans,2023-10-09 This open access book analyses the idea that medicine and psychology have a substantial and underestimated impact on Western welfare states Based on mixed methods analyses conducted in Germany it analyses this influence on debates and policies related to unemployment poverty and childhood The book demonstrates how the turn to neoliberalism and social investment thinking has created this medicalisation and psychologisation of social policies and the contributions provide important insights for students and scholars of sociology of health and illness political sociology social and health policy medicine psychology and public health

The Oxford Handbook of Cultural Neuroscience and Global Mental Health Joan Y. Chiao,Shu-Chen Li,Robert Turner,Su Yeon Lee-Tauler,Beverly Pringle,2022-02-28 Oxford Handbooks offer authoritative and up to date reviews of original research in a particular subject area Specially commissioned chapters from leadership figures in the discipline give critical examinations of the progress and direction of debates as well as a foundation for future research Oxford Handbooks provide scholars and graduate students with compelling new perspectives upon a wide range of subjects in the humanities social sciences and sciences The first comprehensive book to explore how culture can influence the neurobiological bases of mental illness Integrates theory in cultural neuroscience with principles of global mental health A primary resource for mental health advocacy professionals to address issues of health equity and health diplomacy Book jacket

Reviewing **One Nation Under Stress The Trouble With Stress As An Idea**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**One Nation Under Stress The Trouble With Stress As An Idea**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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