

## Chapter 1 : What is distress?

*People in emotional distress are prone to causing a lot of harm to themselves and to society. Often, they only need someone to talk to. If you are a friend or relative, you can save lives by being patient, understanding, sensitive, and sensible.*

Share Background Suicidal ideas and behaviors may vary across cultures. Depressed individuals worldwide do not always seek treatment, or are undertreated, thus there is a need for effective and appropriate interventions for at-risk individuals via the internet. The anonymity of the internet may help many people who are hesitant to talk with others or to reach out for help feel more comfortable. The internet also provides opportunities for connecting across the globe. Language and culture play a role in reaching individuals who might be depressed. In a scientific study by Dr. Yen Leykin, a global multilingual participant group was recruited via the internet. This was one of the first studies to use the internet to recruit participants, which allowed for the assessment of global predictors and contributors to suicidal ideation and behavior. The Question Do words matter when assessing for depression and suicidal ideation and behavior? The Study Individuals seeking depression and sad mood related material on the internet were presented with a free depression mood screener and survey of suicidal behaviors, beliefs and plans. The survey was translated into five different languages Arabic, Chinese, English, Russian, and Spanish. People were recruited to complete the in-depth questionnaire and survey using Google AdWords. The survey responses were analyzed to assess how many people reported current suicidal ideation, suicide attempts made in the past two weeks, and a lifetime history of attempts. Recruitment exceeded the initial goal of 1, participants, with 3, participating worldwide, amounting to about participants in each language. The Results This study provides a rich data set that can be used by researchers to learn about people who access information about depression and complete a self-assessment on the internet. Distress was evident in this group. Over a span of two weeks, across all 5 languages, approximately 72 percent of participants reported thoughts of death, One out of eight participants 13 percent worldwide reported they had attempted suicide, and approximately only one out of five was receiving some type of mental health treatment or medication over the two-week period assessed. Success of the specific key words for recruitment depended on the language of the ad. Identification of contributors and predictors of suicidal behavior requires an accessible and culturally relevant approach. This study shows the effectiveness of the internet when it comes to recruiting individuals who are looking for mental health related information. The Takeaway The internet is a viable recruitment platform for reaching people with suicidal ideation and behavior from many cultures, and gathering information about contributors and predictors. This study shows that efforts to reach out to people around the world with respect to mental health must take culture and language into account. From this study we have learned that while suicide is an infrequent cause of death, many people around the world report suicidal ideation and suicide attempts. People in distress will reach out and connect through the internet, opening the door for mental health intervention. Grant-related Publications Gross, M. Using Google AdWords for international multilingual recruitment to health research websites. Journal of medical internet research, 16 1 , e Assessing suicide attempts and depression among Chinese speakers over the internet. Leykin, Yan, Ricardo F. Characteristics of 24, users of a depression screening site. Click here to read about Dr. Write a blog post for AFSP! Click here for our Submission Guidelines. Subscribe to get the best of the blog!

### Chapter 2 : When a Friend is in Distress

*The idea of perception being more responsible for determining an outcome than the activating event is central to cognitive behavioral therapy. It certainly holds true for people in distress situations.*

Depressed Uncertain The stress of dealing with cancer can affect parts of your life other than your feelings. It can affect how you think, what you do, and how you interact with others. Some distress is normal. A certain amount of distress is normal when you or a loved one has cancer. This distress is caused, in part, because of the attitudes and fears people have about cancer. For instance, one of the big fears people have is that cancer means death. But this is wrong. Today, there are more than 14 million people alive in the US who have had cancer. Still, people are upset when they learn they have cancer “no matter how much progress has been made in treating it. There are many things that suddenly seem uncertain. People have concerns about what may happen to their bodies. They worry about how the people they care about will cope with cancer and all the things that may happen. And they have fears about what the future will be like. You may feel afraid, exposed, weak, and vulnerable. Such feelings often last through treatment. Anxiety and sadness are common, too. I actually felt better because I was finally doing something about the cancer. People often worry about the operation itself, but also about whether the cancer is growing while they wait. Fears about the changes that surgery will cause can be a major source of distress, too. Then there are concerns about work and home life and how they may change. Insurance and financial issues often add to the worries. For some people, one of the hardest times is after cancer treatment. Rather than feeling happy that treatment is over, they feel even greater distress. One patient put it this way: Nearly everyone has some fear the cancer will come back recur. This is normal, too. Everything about cancer is stressful. Dealing with the side effects of treatment “such as tiredness fatigue , hair loss, weight changes, and how disrupted your life seems “is also stressful. In fact, everything about having cancer is stressful. Being upset and worried are part of it, so a certain amount of distress is expected. But sometimes distress can go from the expected level to one that interferes with your treatment, makes it hard for you to cope , and affects all parts of your life. Here, we will try to explain the range of distress “from normal to very high “and offer some tips on how to handle your feelings in healthy ways. Your first line of defense in coping with distress is having a cancer care team you feel safe with. Talk to them about how you feel. They can direct you to the help you need. Remember, no one can do that except you. These people are a strong source of support, and their well-being is important, too.

### Chapter 3 : What is assistance provided to people in distress called - What is as | StudySoup

*The Art of Comforting: What to Say and Do for People in Distress [Val Walker] on calendrierdelascience.com \*FREE\* shipping on qualifying offers. We live in an increasingly virtual world in which it can be tempting to skip making that true, human connection with someone in pain.*

Definition[ edit ] Eustress occurs when the gap between what one has and what one wants is slightly pushed, but not overwhelmed. The goal is not too far out of reach but is still slightly more than one can handle. This fosters challenge and motivation since the goal is in sight. The function of challenge is to motivate a person toward improvement and a goal. However, eustress can instead fuel physiological thriving by positively influencing the underlying biological processes implicated in physical recovery and immunity. Objective measures have also been used and include blood pressure rate, muscle tension, and absenteeism rates. Research has shown that catecholamines change rapidly to pleasurable stimuli. Eustress creates a better environment for employees, which makes them perform better and cost less. Stress has also been linked to the six leading causes of death: It is better to have productive, happy employees. Eustress is necessary for achievement. Eustress is related to well-being and positive attitudes and thus increases work performance. It is how you perceive your given situation and how you perceive your given task. When a person has high self-efficacy, they can set goals higher and be motivated to achieve them. Flow[ edit ] When an individual appraises a situation as stressful, they add the label for distress or eustress to the issue at hand. If a situation induces eustress, the person may feel motivated and can experience flow. Positive psychologist, Mihaly Csikszentmihalyi , created this concept which is described as the moments when one is completely absorbed into an enjoyable activity with no awareness of surroundings. The core elements are absorption, enjoyment and intrinsic motivation. Stress is also influenced by hereditary predispositions and expectations of society. Thus, a person could already be at a certain advantage or disadvantage toward experiencing eustress. A person downplays their skill levels therefore making the gap too big, and they perceive the challenge to be too large to experience flow. Active procrastination is positively related to flow. By actively delaying work, the person increases the challenge. Those who passively procrastinate or do not procrastinate do not have these same experiences. It is only with the purposeful procrastination that a person is able to increase the challenge. Optimistic people and those with high self-esteem contribute to eustress experiences. Currently, the predominant mindset toward stress is that stress is debilitating. However, mindsets toward stress can be changed. Examples[ edit ] Engaging in an athletic competition is a common example of eustress. Eustress is common in the examples below. The examples below are most often perceived as eustress: Meeting or engaging in a challenge Desired physical exercise e.

### Chapter 4 : How To Communicate With People In Distress | Eskevin's Blog

*Goodstein adds that feeling too "beat" to do the things you used to love -- even when a physical checkup shows everything is alright -- can be a sign of emotional distress and depression.*

A duty to rescue arises where a person creates a hazardous situation. Parents have a duty to rescue their minor children. This duty also applies to those acting in loco parentis, such as schools or babysitters. Other jurisdictions, such as California, extend the duty to rescue to all persons who enter upon real property regardless whether they are classified as invitees, social guests or trespassers. California, [10] [11] Florida, [10] [12] [13] Hawaii, [10] [14] Massachusetts, [10] [15] Minnesota, [10] [16] Ohio, [10] [17] Rhode Island, [10] [18] Vermont, [10] [19] Washington, [10] [20] [21] and Wisconsin. However, many states have limited or removed liability from rescuers in such circumstances, particularly where the rescuer is an emergency worker. Furthermore, the rescuers need not endanger themselves in conducting the rescue. Civil law system[ edit ] Many civil law systems, which are common in Continental Europe, Latin America and much of Africa, impose a far more extensive duty to rescue. In particular, a helper does not have to substantially endanger themselves. Commonly, the situation arises on an event of a traffic accident: Every person must come to the aid of anyone whose life is in peril, either personally or calling for aid, by giving him the necessary and immediate physical assistance, unless it involves danger to himself or a third person, or he has another valid reason. Other provinces follow common law. The penalty for this offence in criminal courts is imprisonment and a fine under article 6 of the Criminal Code while in civil courts judges will order payment of pecuniary compensation to the victims. Germany[ edit ] In Germany, unterlassene Hilfeleistung failure to provide assistance is a crime under section c [37] of the German Criminal Code: In Germany, knowledge of basic emergency measures and first aid and CPR certification is a prerequisite for the granting of a driving license. Greece[ edit ] In Greece, a citizen is required by law to provide help to anyone who asks for it in case of a tragedy or public danger, as long as providing help does not endanger him or her personally. According to article of the criminal code, not providing help in those cases can impose a prison sentence of up to 6 months. However it binds only those who are either legally obligated to care for said people or who themselves have put said people into life or health threatening situation. The maximum penalty is 1 year in prison. If the person dies of injuries due to no aid having been provided by the bystander, a sentence up to 8 years in prison can be imposed. Spain[ edit ] In Spain, a citizen is required by law to provide or seek help to anyone in need as long as providing help does not endanger him or her personally. Not doing so is a criminal offence under Article of the Spanish Criminal Code [41] Ethical justifications[ edit ] Legal requirements for a duty to rescue do not pertain in all nations, states, or localities. However, a moral or ethical duty to rescue may exist even where there is no legal duty to rescue. There are a number of potential justifications for such a duty. One sort of justification is general and applies regardless of role-related relationships doctor to patient; firefighter to citizen, etc. These would justify cases of rescue and in fact make such rescue a duty even between strangers. They explain why philosopher Peter Singer suggests that if one saw a child drowning and could intervene to save him, they should do so, if the cost is moderate to themselves. Damage to their clothing or shoes or how late it might make them for a meeting would be insufficient excuse to avoid assistance. Singer goes on to say that one should also attempt to rescue distant strangers, not just nearby children, because globalization has made it possible to do so. This assumes that all persons would wish to be rescued if they were in distress, and so they should in turn rescue those in distress to the best of their abilities. What counts as distress requiring rescue may, of course, differ from person to person, but being trapped or at risk of drowning are emergency situations which this position assumes all humans would wish to be rescued from. Rule utilitarianism would look not just at whether individual acts of rescue maximize the good, but whether certain types of acts do so. Generally, having strangers rescue those in distress maximizes good so long as the rescue attempt does not make things worse, so one has a duty to rescue to the best of her or his ability as long as doing so will not make things worse. Therefore, virtues desirable character traits such as compassion, sympathy, honesty, and fidelity are to be admired and developed. In cases of emergency, rescue would be the most compassionate act

compared with allowing a person to remain trapped in rubble. There are also ethical justifications for role-specific or skill-specific duties of rescue such as those described above under the discussion of U. Generally, these justifications are rooted in the idea that the best rescues, the most effective rescues, are done by those with special skills. Such persons, when available to rescue, are thus even more required to do so ethically than regular persons who might simply make things worse for a utilitarian, rescue by a skilled professional in a relevant field would maximize the good even better than rescue by a regular stranger. United States[ edit ] In an case, *Buch v. Rather* than seek medical attention, Beardsley instead had a friend hide her in the basement, and Burns died a few hours later. Beardsley was tried and convicted of manslaughter for his negligence. However, his conviction was reversed by the Supreme Court of Michigan saying that Beardsley had no legal obligation to her. Germany[ edit ] In , a year-old man collapsed in a bank lobby in Essen and later died. Several customers stepped over him without providing assistance. With the help of security camera footage, these customers were identified and sentenced to fines of several thousand euros each for failing to provide assistance. A customer who phoned emergency services was not indicted, as he was considered to have provided sufficient assistance.

*Download people in distress stock photos. Affordable and search from millions of royalty free images, photos and vectors.*

I know for a fact that this is not true, because, despite my always single status I have comforted my sisters, friends, and roommates through about a million breakups. Comfort, she explains, is both an art and a practice: Through a series of interviews with other effectively comforting individuals " people whose jobs require a certain level of empathy, respect, et al from the list below " Walker manages to make the point that comforting comes in many varieties, is applicable in all settings, and is often a conscious choice that is being made " that it is a deliberate way of interacting with the world that, through practice, a person could become better at. Each of the interviewed comforters had a fascinating story, a reason why they had chosen their professions, a lesson life had given them that enabled them to see that being comforting was the better choice for them, and I found many of the stories moving, and their perspectives invaluable. Many of them had endured tragedies or difficulties or health issues of their own, which made me think a lot about what breeds those comforting qualities, what kind of ground they grow best in. That it carries through to their other interactions with people " that they are not just comforting in one situation, but, the more they do it, and the better they get at it, the more it translates across the board " was both reassuring and daunting. What exactly does it mean to be comforting? It means to be present, a startlingly difficult goal in our time-pressured, always-on-the-move society. Good comforters, states Walker, share some defining characteristics " The first being that we are capable of giving our full attention. Best of all, Walker recognizes that not every person will excel at all aspects of comforting: She advises that we play to our strengths, figure out which of these qualities we embody and embrace them in our quest to become better comforters. And then build up our weaker spots as we can. And Walker not simply disregarding email or Facebook, or texting as too gauche or impersonal for comforting purposes is a relief, because I often think the potential of social media in certain situations is underestimated " maintaining communication with people in tough places is one of the absolute highlights of technology, for me, as a chronically ill person. And she concludes with a ton of books, websites and other resources for further, more specific reading. And I feel like this book has reminded me of the ways in which I am innately comforting, and the ways in which I could use some work boundaries, hopefulness, adaptability and given me some more tools to add to my toolbox. Yes; yes, I did use a West Wing quote as my title. Wanna make something of it? Also, I got a very nice reply e-mail from the author, which could not have been more appreciated. Please, please, please, read it Jul 24, Trudy Pomerantz rated it really liked it Recommended to Trudy by: Unfortunately, in Christian circles two views seem to predominate when someone is suffering. The first is to tell you that God means it for our good. It is not that this is not true but what is being forgotten is that we were told to weep with those who weep. Knowing that we live in a fallen world and that God has a plan in all that we are going through does not take away the pain. In the middle of tragedy, as Ms. Walker says, we just need to be there for people. The second view that I have met while I am struggling through problems and I confess this to another believer is an accusation that I do not trust God enough. Some seem to feel a need to discern the sin in us whether God is punishing us for something or whether we are not dealing with our path in this life as perfectly as we should. These people should read this book which I think is a far more Biblical approach. While we can try our best to imitate God in his role as a comforter, it is truly only He who can "mend the broken-hearted. She allowed me to fall apart in her presence. She just sat with me amid the mess in my kitchen, the mess in my life, and the mess in my heart and allowed me to be in my pain. Unshakable, steady, tender, and empathetic presence.

### Chapter 6 : Types of Stressors (Eustress vs. Distress)

*Some distress is normal. A certain amount of distress is normal when you or a loved one has cancer. This distress is caused, in part, because of the attitudes and fears people have about cancer. For instance, one of the big fears people have is that cancer means death. But this is wrong.*

The doctor may rely on an electrocardiogram and echocardiogram to rule out a heart condition. A lung biopsy can also be conducted to rule out other lung diseases. However, this is rarely done. Treating acute respiratory distress syndrome Oxygen The primary goal of ARDS treatment is to ensure a person has enough oxygen to prevent organ failure. A doctor may administer oxygen by mask. A mechanical ventilation machine can also be used to force air into the lungs and reduce fluid in the air sacs. This can help ensure an adequate fluid balance. Too much fluid in the body can lead to fluid buildup in the lungs. However, too little fluid can cause the organs and heart to become strained. These include the following types of medications: This is a way to strengthen the respiratory system and increase lung capacity. Such programs can include exercise training, lifestyle classes, and support teams to aid in recovery from ARDS. What is the outlook? For example, a young person with trauma-induced ARDS will have a better outlook than an older person with a widespread blood infection. Many survivors of ARDS fully recover within a few months. However, some people may have lifelong lung damage. Other side effects may include: However, you may be able to lower your risk of ARDS by doing the following: Seek prompt medical assistance for any trauma, infection, or illness. Stop smoking cigarettes, and stay away from secondhand smoke. Chronic alcohol use may increase your mortality risk and prevent proper lung function. Get your flu vaccine annually and pneumonia vaccine every five years. This decreases your risk of lung infections.

### Chapter 7 : What Have We Become by People In Distress on Amazon Music Unlimited

*Walker is the author of The Art of Comforting: What to Say and Do for People in Distress, which was a gold medalist for the Her articles and interviews have appeared in AARP Bulletin, Time, Good Housekeeping, Coping with Cancer, Marie Claire and Whole Living.*

### Chapter 8 : People In Distress Stock Photos & People In Distress Stock Images - Alamy

*The answer is the same levels of physiological arousal but less emotional expression than women. One psychological advantage that men had over women in general is that men tend to be more stable under psychological distress.*

### Chapter 9 : Los Angeles Times - We are currently unavailable in your region

*When officials in Franklin County, Pennsylvania began sending a mental health expert into the field with law-enforcement agencies to help people in distress, their goal was to refer 80 patients to.*