

## Individual & Family Development

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Week 1

In chapter one the first concept that was interesting for me is that emotions are a type of feeling that cause both physical and mental changes. Adults and Infants express their emotions differently. Infants primarily have simple and spontaneous emotional reactions based on their needs, but as they mature and learn, their emotions become more unique. Adults may experience various emotions such as anger, jealousy, happiness, love, fear, and anxiety. Knowing this is so important when the client cannot define what kind of emotion is feeling we can help them to define it. Even teaching parents how an infant's emotions are expressed so that parents will not get frustrated for not understanding the infant.

A second concept in chapter 2 that is important for promoting health is exercise. Personally I do not exercise because of lack of time but self discipline. The authors mention that exercise reduces stress and decreases tension which I usually experience. The importance of doing exercise will definitely help our clients.

Lastly, most people or everyone suffers from stress and the techniques described in the book I found are very helpful. Some of them are: Relaxation Exercise 1. Assume a comfortable position. 2. Eliminate other distractions. 3. Close your eyes. 4. Regulate your breathing pattern and focus on inhaling and exhaling. 5. Progressively relax your muscles. 6. Refocus on your breathing, as needed. This technique can help not only ourselves but clients as well.