

## CULTURE SHOCK & STRESS

Compiled by Galen Currah

“As anxieties multiply, we seem to get little done beyond keeping ourselves alive. Everything is strange, everyone looks alike, we have few friends to whom we can turn for help, and we cannot admit defeat and go home.” — Hiebert, AIFM (1985), 65.

### Causes

(Hiebert)

- ❑ Changes in relationships
- ❑ Loss of understanding
- ❑ Physical illness
- ❑ Psychical and spiritual depression

(Luzbetak)

- ❑ Physical differences
- ❑ Unfamiliar interpersonal relationships
- ❑ Politeness and etiquette
- ❑ Personal territoriality
- ❑ Respect for time and punctuality
- ❑ Incongruities and incompatibilities
- ❑ Unfamiliar signal systems and unknown meanings
- ❑ Starting points of reasoning, reacting and motivating

### Stages

1. Tourist
2. Disenchantment
3. Resolution
4. Adjustment
  - ❑ New vigor, 5%
  - ❑ Normal productivity, 40%
  - ❑ Coping, 50%
  - ❑ Lasting depression, 5%

### Reducing stress through learning to adapt to new cultures

- ❑ Recognizing our anxieties
- ❑ Giving and receiving forgiveness
- ❑ Learning the new language and cultural signal systems
- ❑ Building trust
- ❑ Dealing with stress
  - ❑ Realistic goals
  - ❑ Humor towards self
  - ❑ Treating ourselves
  - ❑ Sharing our burdens
- ❑ Adopting acceptable roles and customs
- ❑ Approving of local ideals