**Name:**

**Student ID:**

**BeWell Assignment #2 (40 points)**

**Complete and Save this assignment as a .pdf file.**

**Upload your typed BeWell#2 by the due date to Canvas.**

**We cannot accept emailed assignments.**

**Late assignments will be penalized as stated in the syllabus.**

**STEP 1: STRESS MANAGEMENT**

**Question #1: Perceived Stress Scale 4 pts)**

1. Complete the Perceived Stress Scale (PSS) belowand total all answers.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Questions  Answer the following questions about your feelings and thoughts during the last month. In each case, you will be asked to indicate by HIGHLIGHTING *how often* you felt or thought a certain way. | | | | | |
|  | **Never** | **Almost Never** | **Sometimes** | **Fairly Often** | **Very Often** |
| 1. In the last month, how often have you been upset because of something that happened unexpectedly? | 0 | 1 | 2 | 3 | 4 |
| 2. In the last month, how often have you felt that you were unable to control the important things in your life? | 0 | 1 | 2 | 3 | 4 |
| 3. In the last month, how often have you felt nervous and “stressed”? | 0 | 1 | 2 | 3 | 4 |
| 4. In the last month, how often have you felt confident about your ability to handle your personal problems? | 4 | 3 | 2 | 1 | 0 |
| 5. In the last month, how often have you felt that things were going your way? | 4 | 3 | 2 | 1 | 0 |
| 6. In the last month, how often have you found that you could not cope with all the things that you had to do? | 0 | 1 | 2 | 3 | 4 |
| 7. In the last month, how often have you been able  to control irritations in your life? | 4 | 3 | 2 | 1 | 0 |
| 8. In the last month, how often have you felt that you were on top of things? | 4 | 3 | 2 | 1 | 0 |
| 9. In the last month, how often have you been angered because of things that were outside of your control? | 0 | 1 | 2 | 3 | 4 |
| 10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? | 0 | 1 | 2 | 3 | 4 |
| Total all answers to calculate score (sum of all 10 questions) |  | | | | |
| SCORING: Scores for the Perceived Stress Scale (PSS) range from 0-40 (0-13 = low perceived stress; 14-26= moderate perceived stress; 27-40 = high perceived stress). | | | | | |
| Question #2: (4 pts)  From the score categories above, explain how you scored (number and category (low, medium, high)) on the PSS and personal reasons as to why you scored the way you did on this scale. Be specific and relate your answers to your personal experiences. |  | | | | |

**STEP 2: RELAXATION/STRESS MANAGEMENT VIDEO MODULES (24 PTS)**

|  |  |
| --- | --- |
| PART A: Guided Relaxation and Progressive Relaxation  Choose ONE (1) of the following to PARTICIPATE in: | |
| TOPICS | **WEBLINKS** |
| Need to relax? Take a break for meditation | <http://www.mayoclinic.org/healthy-living/stress-management/multimedia/meditation/vid-20084741> |
| Guided Relaxation and progressive Muscle relaxation | <https://www.youtube.com/watch?v=fDZI-4udE_o> |
| Hypnotherapy relaxation and Stress relief | <https://www.youtube.com/watch?v=Qnbuq7SWqWM> |
| Guided relaxation – progressive muscle relaxation | <https://www.youtube.com/watch?v=2ZKNr-W9A1U> |
| Progressive muscle relaxation meditation | <https://www.youtube.com/watch?v=PYsuvRNZfxE> |
| Healing Spirit: Guided meditation for sleeping | <https://www.youtube.com/watch?v=EuSYl8J0Bf0> |
| PART B: Watch and Reflect  Choose ONE (1) of the following videos from the list below: | |
| Time Management: Pomodoro Technique | <https://www.youtube.com/watch?v=TxdLBxNMbtw> |
| Time Management: Hoe to get more time in your day | <https://www.youtube.com/watch?v=dpJ6RiqicqI> |
| How to better manage your time | <https://www.youtube.com/watch?v=VUk6LXRZMMk> |
| Time Management: How to Write a to-Do list and know where your time goes | <http://ed.ted.com/on/7iFzKKiq> |
| PART C: Watch and Reflect  Choose ONE (1) of the following videos from the list below: | |
| Bullet Journaling | <https://www.youtube.com/watch?v=fm15cmYU0IM>  <https://www.youtube.com/watch?v=17Ykq55jFdU> |
| Dealing with Stress | <https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en> |
| Mindfulness | <http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes> |
| Self-Compassion | <https://www.youtube.com/watch?v=s0cawZpopXU> |
| Complete a guided meditation (for at least 10 minutes) on one of the following websites/apps | <http://www.calm.com>  <http://stopbreathethink.org/> |

**Question #3:** Based on the 3 videos you viewed, answer the following questions with a detailed explanation.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | State and describe which video option you participated in and/or watched? | Briefly state the reason why you chose this video. | Explain what you learned through this video with regards to the video topic. | How can you use this information in your current life and/or managing personal stress levels? |
| PART A: Video |  |  |  |  |
| PART B: Video |  |  |  |  |
| PART C: Video |  |  |  |  |

**STEP 3: SMART Goal Check in: (6 PTS)**

|  |  |
| --- | --- |
| State your **REVISED** 1-2 sentence SMART goal from your BeWell#1 assignment. (IMPORTANT: Be sure to incorporate your TA/Instructor’s feedback into your SMART goal). |  |
| How is your SMART goal going? Describe your progress in 2-3 detailed sentences. |  |

**Final Instructions: Save as a .pdf (recommended).**

**Upload your assignment to Canvas by the due date.**

**Double check your uploaded document for errors.**