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BeWell Assignment #3 (43 points)

Complete and Save this assignment as a .pdf file.

Upload your typed BeWell#3 by the due date to Canvas.

We cannot accept emailed assignments. Late assignments will be penalized as stated in the syllabus.

STEP 1: CONTRIBUTORS TO STRESS

Question #1: Perceived Stress Scale

a) Complete the Perceived Stress Scale (PSS) below and 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 SCORE: Total all answers to calculate score (sum of all 10 questions)	12				

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:

I scored as a low perceived stress.

From the scoring categories above, how did you score (number and category (low, medium, high)) on the PSS?

Explain at least 2 personal reasons (share to your own comfort level) as to why you think you scored the way you did on this scale. Be specific

- 1.) I am not very stressed because I spend time postulating on my priorities, and determining where I am in regards to them.
- 2.) I am also not stressed because I speak with my friends about my problems and how I deal with

them. Clarity can produce solutions or acceptance.

STEP 2: POSITIVE MENTAL HEALTH VIDEO MODULES

PART A: Guided Relaxation and Progressive Relaxation

Choose ONE (1) of the following to PARTICIPATE in:

TOPICS	WEBLINKS
3 yoga breathing exercises for anxiety	https://www.youtube.com/watch?v=N9jmO6xwFfs
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 exercise for anxiety	https://www.youtube.com/watch?v=6KLhMGiSmHs
Progressive muscle relaxation meditation	https://www.youtube.com/watch?v=PYsuvRNZfxE
Healing Spirit: Guided meditation for sleeping	https://www.youtube.com/watch?v=EuSYl8JOBf0
Complete a guided meditation (for at least 10 minutes) on one of the following websites/apps	http://www.calm.com http://stopbreathethink.org/ https://insighttimer.com InsightTimer via App Store or Google Play

PART B: Watch and Reflect: Time MANAGEMENT TECHNIQUES

Choose ONE (1) of the following videos from the list below:

Time Management: Pomodoro Technique	https://www.youtube.com/watch?v=TxdLBxNMbtw
Time Management: How to Write a to-Do list and know where your time goes	http://ed.ted.com/on/7iFzKKiq
Time Management: How to get more time in your day	https://www.youtube.com/watch?v=dpJ6Riqicql
How to better manage your time	https://www.youtube.com/watch?v=VUk6LXRZMMk
Bullet Journaling	https://www.youtube.com/watch?v=fm15cmYU0IM
Bullet Journaling	https://www.youtube.com/watch?v=17Ykq55jFdU

PART C: Watch and Reflect

Choose ONE (1) of the following videos from the list below:

The Power of Vulnerability	https://www.youtube.com/watch?v=iCvmsMzIF7o
Mindfulness	http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes
The Positivity Ratio	https://greatergood.berkeley.edu/video/item/the_positivity_ratio
Benefits of Gratitude	https://greatergood.berkeley.edu/video/item/the_benefits_of_gratitude

The Habits of Happiness	https://www.ted.com/talks/matthieu_ricard_on_the_habits_of_happiness
Self-Compassion	https://www.youtube.com/watch?v=s0cawZpopXU
Be a Warrior not the Worrier	https://www.youtube.com/watch?v=-FyVetL1MEw
Getting stuck in the negatives (and how you get unstuck)	https://www.youtube.com/watch?v=7XFLTDQ4JmK

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

	<u>Name AND describe in 1-2 sentences which video option you participated in and/or watched?</u>	<u>Briefly state the reason why you chose this video.</u>	<u>Explain what you learned through this video with regards to the video topic (2-3 sentences minimum).</u>	<u>How can you use this information in your current life and/or managing personal stress levels?</u>
<u>PART A:</u> <u>Video</u>	I watched the video of 3 yoga breathing exercises. This video went through a few different breathing techniques to find moments of calm in a chaotic life.	I chose this video so that I could better control my own breath. I tend to breathe a lot throughout the day so I was under the impression that I had figured out how to do so correctly at this point. But I always approach the world with an open mind and am ready to admit when I was wrong.	<p>The first technique was the elongated exhale. In this exercise you breathe in, and then you breathe out, counting to the numbers 4, and 6 (or even 8 if possible) respectively.</p> <p>The second technique was the skull shining breath. In this one, you breathe in, place two hands on your stomach, and then breathe out in short bursts from the diaphragm.</p> <p>The third involved breathing in and out with both nostrils but isolating one component of the nose at a time. This involves making your hand into a yogi gang sign and plugging your nose half way.</p>	I can use these techniques if I'm stressed and need to relax. Focusing on my breath can take my mind off of the other things that may stress me out. This may make my life less stressful, and more calm.
<u>PART B:</u> <u>Video</u>	I watched the video by Socratica on how to study well and manage your time better. The video covered the Pomodoro technique, also referred to as the tomato approach.	I chose this video so that I could learn how to properly manage time while studying. I often find myself wasting time while attempting to study, so I need some sick techniques to use so that I don't waste as much time.	Get everything ready (study tools water etc) and make sure there are no distractions available. Then set a timer for 25 minutes and get to work. It is important to understand that when your brain knows a break will come in 25 minutes we can focus harder on the task at hand.	I can use this tomato tactic next time I saunter to the library and hit the books. Hopefully, it will help me stay on track, and get my work done real fast and real good.

<u>PART C:</u> <u>Video</u>	I watched the video of the Greater Good institute of Berkley talking about how gratitude is a fantastic quality to have going over a study done on the effects of gratitude.	Picking this video was a matter of titles. I found gratitude more interesting than topics of happiness, self-compassion, or being mindful, so I decided that this video would be the one that I clicked on.	The video talked about a study done in which two different groups journaled about hassles and blessings respectively. The group that journaled about blessings was in a better place physically, mentally, and emotionally compared to their hassle-counting counterparts.	I can make attempts to be more grateful in my life, and look at the glass as half full, so that I can get all of the life benefits that come along with that.
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STEP 3: SMART Goal Check in:

State your 1-2 sentence SMART goal you are working on. (From your previous BeWell assignment with revisions if necessary). Be sure that your SMART goal contains ALL 5 SMART components.	I want to eat one serving (one cup) of vegetables every day, recording every day I successfully do so on a calendar on my wall, and on November 17 I will look at my progress and how many days I've eaten one serving of vegetables.
As you work towards your goal, what is the biggest barrier you are currently facing?	The biggest barrier I am facing is that the vegetables here are so dang spendy. I could get a burrito for 6.50 or get half a serving of carrots for 6 dollars. I'm gonna be more full if I eat a burrito so I usually get the burrito. Thus I often don't eat the vegetables as I want to get the most full for my money.
Describe in detail a way/strategy you will use to overcome this above barrier. Be specific. (If you listed "no barriers", explain why.)	To overcome this barrier, I will write down how much dining dollars I spend per day and find a way to incorporate the high cost of vegetables into that budget. This way I can buy the vegetables and still buy the food that I want.
How is your SMART goal going? Describe your SMART goal progress since <u>BeWell#1</u> in 2-3 detailed sentences:	The first few weeks of my SMART goal went very well, and most days of the week I had a full serving of vegetables. These days my diet has been pretty bad, and I have not been getting my proper servings of veggies. I have relapsed back to not eating enough of my greens!

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

Upload your assignment to Canvas by the due date. Double check your uploaded document for errors.