# Homework 7 – Stress and Worker Well-Being

## Objectives:

1. To apply the concepts covered in Chapter 10 to your life.
2. To practice written communication

## Directions:

For most students, the end of the semester is a stressful time. As you approach the end of the current term, if you had to choose one stress reduction approach from each of the three types of intervention strategies (primary, secondary, tertiary), which approaches would you choose? Why? Also, describe how you would/will use the approach this semester. Your response should be 3 paragraphs, one per type of intervention strategy, and be formatted properly (i.e., double spaced, Times New Roman, 12 pt font w/ 1 inch margins).

## Submission Instructions:

This homework is due April 20th by class time. It should be submitted electronically through Blackboard. However, I would encourage you to complete the homework before the test to help you study.