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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)	8				

**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: low  
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

Since this is my 5<sup>th</sup> year of college (I'm finishing up my Bacc core) I have my act pretty well together. I get stressful situations often but am pretty good at defeating them

## 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	<a href="https://www.youtube.com/watch?v=N9jmO6xwFfs">https://www.youtube.com/watch?v=N9jmO6xwFfs</a>
Need to relax? Take a break for meditation	<a href="http://www.mayoclinic.org/healthy-living/stress-management/multimedia/meditation/vid-20084741">http://www.mayoclinic.org/healthy-living/stress-management/multimedia/meditation/vid-20084741</a>
Guided Relaxation and progressive Muscle relaxation	<a href="https://www.youtube.com/watch?v=fDZI-4udE_o">https://www.youtube.com/watch?v=fDZI-4udE_o</a>
Hypnotherapy relaxation and Stress relief	<a href="https://www.youtube.com/watch?v=Qnbuq7SWqWM">https://www.youtube.com/watch?v=Qnbuq7SWqWM</a>
Guided relaxation exercise for anxiety	<a href="https://www.youtube.com/watch?v=6KLhMGiSmHs">https://www.youtube.com/watch?v=6KLhMGiSmHs</a>
Progressive muscle relaxation meditation	<a href="https://www.youtube.com/watch?v=PYsuvRNZfxE">https://www.youtube.com/watch?v=PYsuvRNZfxE</a>
Healing Spirit: Guided meditation for sleeping	<a href="https://www.youtube.com/watch?v=EuSYl8J0Bf0">https://www.youtube.com/watch?v=EuSYl8J0Bf0</a>
Complete a guided meditation (for at least 10 minutes) on one of the following websites/apps	<a href="http://www.calm.com">http://www.calm.com</a> <a href="http://stopbreathethink.org/">http://stopbreathethink.org/</a> <a href="https://insighttimer.com">https://insighttimer.com</a> 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	<a href="https://www.youtube.com/watch?v=TxdLBxNMbtw">https://www.youtube.com/watch?v=TxdLBxNMbtw</a>
Time Management: How to Write a to-Do list and know where your time goes	<a href="http://ed.ted.com/on/7iFzKKig">http://ed.ted.com/on/7iFzKKig</a>
Time Management: How to get more time in your day	<a href="https://www.youtube.com/watch?v=dpJ6Riqicql">https://www.youtube.com/watch?v=dpJ6Riqicql</a>
How to better manage your time	<a href="https://www.youtube.com/watch?v=VUK6LXRZMMk">https://www.youtube.com/watch?v=VUK6LXRZMMk</a>
Bullet Journaling	<a href="https://www.youtube.com/watch?v=fm15cmYU0IM">https://www.youtube.com/watch?v=fm15cmYU0IM</a>
Bullet Journaling	<a href="https://www.youtube.com/watch?v=17Ykq55jFdU">https://www.youtube.com/watch?v=17Ykq55jFdU</a>

### **PART C: Watch and Reflect**

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

The Power of Vulnerability	<a href="https://www.youtube.com/watch?v=iCvmsMzIF7o">https://www.youtube.com/watch?v=iCvmsMzIF7o</a>
Mindfulness	<a href="http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes">http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes</a>
The Positivity Ratio	<a href="https://greatergood.berkeley.edu/video/item/the_positivity_ratio">https://greatergood.berkeley.edu/video/item/the_positivity_ratio</a>
Benefits of Gratitude	<a href="https://greatergood.berkeley.edu/video/item/the_benefits_of_gratitude">https://greatergood.berkeley.edu/video/item/the_benefits_of_gratitude</a>
The Habits of Happiness	<a href="https://www.ted.com/talks/matthieu_ricard_on_the_habits_of_happiness">https://www.ted.com/talks/matthieu_ricard_on_the_habits_of_happiness</a>
Self-Compassion	<a href="https://www.youtube.com/watch?v=s0cawZpopXU">https://www.youtube.com/watch?v=s0cawZpopXU</a>
Be a Warrior not the Worrier	<a href="https://www.youtube.com/watch?v=-FyVetL1MEw">https://www.youtube.com/watch?v=-FyVetL1MEw</a>
Getting stuck in the negatives (and how you get unstuck)	<a href="https://www.youtube.com/watch?v=7XFLTDQ4JmK">https://www.youtube.com/watch?v=7XFLTDQ4JmK</a>

**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>
<b><u>PART A:</u></b> <b><u>Video</u></b>	Hypnotherapy relaxation and stress relief. I love hypnotism stuff so I instantly went for this video, it is about trancing and using that to relax yourself.	I love hypnotism and find it very interesting.	A lot about stress is the mindset, and with something as hypnotism you can snap yourself out of a stress cycle and calm yourself drastically.	Partly the hypnotism can be used, but also just the knowledge that I can snap myself out of a stressful feeling of hopelessness at any time.
<b><u>PART B:</u></b> <b><u>Video</u></b>	Time management: pomodoro technique. It is about using the pomodoro technique, which involves working for 25 minutes then taking a break then working again. Short cycles of work and relax.	My dad has made me use this technique in the past as he is a big fan of it, and it is effective for me as well.	Our brain doesn't like the idea of having to pound out hours of work, but if we give it a small goal of 25 minutes it avoids the "pain" feeling you get when contemplating work. You get started and feel good doing it.	If I feel overwhelmed with the amount of work reminding myself to take breaks and not get too ahead of myself will help.
<b><u>PART C:</u></b> <b><u>Video</u></b>	Mindfulness. A ted talk about mindfulness, the benefits, and why one should do it.	I have an app about mindfulness that I use to meditate sometimes	Mindfulness is the art of being in the present and not getting bogged down by what may happen or what went wrong in the past.	Being more in the present and not letting "what ifs" get me down.

### STEP 3: SMART Goal Check in:

State your 1-2 sentence <b>SMART</b> 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 am going to eat at least 5 cups of fruit each week for the next 5 weeks, logging my progress on my phone.
As you work towards your goal, what is the biggest barrier you are currently facing?	Remembering to buy more fruit when I go to the store so that I do not run out
Describe in detail a way/strategy you will use to overcome this above barrier. Be specific.	I have been writing reminders in my phone so that I don't forget while out

(If you listed “no barriers”, explain why.)	
How is your SMART goal going? Describe your SMART goal progress since <u>BeWell#1</u> in 2-3 detailed sentences:	So far so good, I have missed a couple days because I ran out of fruit and couldn't make it to the store but for the most part I have been keeping up with it. The crazy thing is I feel a noticeable difference in how good I feel during the day and especially the couple hours after eating the fruit. “wholesome” is one way to put it.

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

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