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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**

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 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:  From the scoring categories above, how did you score (number and category (low, medium, high)) on the PSS? | low | | | | |
| 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 5th 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 | 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=EuSYl8J0Bf0> |
| 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=dpJ6RiqicqI> |
| 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=iCvmsMzlF7o> |
| 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.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Name AND describe in 1-2 sentences 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 (2-3 sentences minimum). | How can you use this information in your current life and/or managing personal stress levels? |
| PART A: Video | 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. |
| PART B: Video | Time management: pomadoro technique. It is about using the pomadoro 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. |
| PART C: Video | 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:**

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| --- | --- |
| 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 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.  (If you listed “no barriers”, explain why.) | I have been writing reminders in my phone so that I don’t forget while out |
| How is your SMART goal going?  Describe your SMART goal progress since BeWell#1 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.**