

Spencer Wilson

W06 Reflection

Point Total: 100

Why is this week's topic important for teamwork? (20 points)

This week we learned about pressure. All of us will be exposed to varying amounts of pressure wherever we go in this life. It's important that we know how to handle said stress in a healthy way. When we are able to handle our own stress, we are better prepared to help others handle their stress.

How do plan on contributing to the team, besides completing your tasks? (20 points)

I plan on contributing to the team this coming week by managing my personal stress and pressure levels, and helping others do the same. Groups work much more effectively together when nobody feels overwhelmed or overworked.

How does your experience relate to other classmates' experiences? (20 points)

It is difficult to say, as we all possess different capabilities when it comes to stress and pressure management. I feel that I'm alright at maintaining a healthy amount of both in my life without letting them overwhelm me.

Tell me about what you taught someone? And what did they learn, that they didn't know before? (20 points)

My wife and I had a good conversation about what pressures we feel, and how we cope with them. We discussed ways that we can better help one another when we notice that we are overly stressed. My wife was able to learn some triggers that I have that she hadn't known of before.

If this was a religion class, how would you relate this week's topic to the gospel? (20 points)

I think that the way we view pressure and stress can be very similar to the way we view adversity in the eternal perspective. It's not usually a pleasant sensation, but as we adopt healthy mindsets and use the various tools at our disposal, we can grow stronger because of our adversities and learn from them.