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|  | **Hypothesis and Prediction**  Stress is a common thing in all of our lives. It is an inevitable factor that motivates us to accomplish our goals. Sometimes we experience extreme levels of stress that makes us more susceptible to disease and behavioral changes. In order to avoid being burned out, a treatment must be sought to lower stress levels. There are an array of treatments that could be successful. The one we are experimenting with is hypnosis.  Problem:  Is hypnosis successful in reducing extreme levels of stress?  Hypothesis:  Hypnosis is capable of lowering stress.  Prediction:  If a subject undergoes hypnosis for a certain period of time, then his or hers stress levels should be reduced. |

*This Web Site is Best viewed with 256 or more colors.*

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