

Due date: October 31st, 2022

Brief

This week's assignment will require you to **select one** of the options listed below (all of them are from this week's lesson), test it out for 3 days, and submit a reflection on your experience.

Options:

- **Breathing:** When you feel stressed, try out one or more of the breathing techniques introduced in section 3.2 (i.e. Alternate Nostril Breathing, 4-7-8 Technique, Box breathing).
- **Meditation:** Meditate for at least 5 minutes per day. You can use one of the meditation techniques from the [stress management workbook](#).
- **Movement:** Carry out at least 30 minutes of moderate exercise per day.
- **Sleep:** Practice at least 6 items on the sleep hygiene checklist, and attempt to sleep at least 7 hours per night.
- **Time Management:** Try out one of the techniques in the "Improving Your Time Management" section (e.g. Time Auditing, The Eisenhower Matrix, Time Blocking, Calendaring, Planning Your Time, The To Do List, The Not To Do List, Weekly Review).

Guidance

- Describe your experience during each of the 3 days of the experiment. (Tip: Journal about your experience at the end of each day so that you remember what happened and how you felt more accurately).
- After completing the 3 days, write a reflection that includes details of: 1) what went well, 2) what was challenging, 3) what you learned, 4) whether you will incorporate the practice into your life in the future (and if so, how you will incorporate it).
- You will need to submit a written document that contains both the daily description of your experience and the reflection.

Submission

Please save your document as a pdf file and submit your assignment on Gradescope, and then upload a copy to the Woolf platform.