**PART 1. Create a Stress Management Plan (Take from 3/22 - 3/28)**

You are going to create a thoughtful plan for addressing 1 primary stressor in your life. Below is the process/outline broken down into more defined steps. Address each prompt below in order to create a personal stress management plan to address the personal stressor you have chosen to focus on:

**1. Identify one stressor**in your life which you would like to manage better

**2. In your textbook on page 543-546**, read & review the "[Creating Your Own Stress- Management Program](https://twu.instructure.com/courses/2913839/files/169269718/download?wrap=1)

**3. Pick one chapter from Part 3 (Chapters 9-17)** of your textbook to use as a **reference and resource** for creating a plan to managing your identified stressor. Describe how you plan to apply the material to your plan for stress management.

**4. Pick 2 worksheets from part 3-coping strategies in your workbook that you have not already done.**Complete them and discuss how they assisted you in managing or understanding your stressor.

**5. Combine** what you have learned from the textbook, worksheets, and class in general with your own ideas and **form a plan to manage your stressor.** Remember to follow the S.M.A.R.T. principles when making any goal. Here is a [link for some example (Links to an external site.)](https://www.developgoodhabits.com/smart-goals-students/): https://www.developgoodhabits.com/smart-goals-students/

**6 . Give a brief summary of the plan you create including...**

* 1. Identify and describe specific things you will do to reduce the amount of stress you experience. Be specific as you can (S.M.A.R.T. goals).
  2. Identify and describe how you will implement at least one coping skill you will practice.
  3. Identify at least one behavior you plan to change and how you plan to change it. (Remember Chapter 10 on Behavior Modification).
  4. Describe the change you expect. Describe your expectations for results.
  5. Discuss your rationale for the plan. Remember to cite and reference the research part you have completed in the workbook and textbook, etc.

**PART 2. Put Your Plan Into Action for 1-week: (Take from 3/29 - 4/4)**

* **Put your plan into action for 1-week** and **track/take notes on your progress**. Feel free to do video diaries if you wish instead of notes. IF you have an app that will help, please make sure to reference that and share!
* **Create "products"** from your work as evidence of your plan in action. These products would include the completed exercises from the workbook, an example of work created from ideas described in the chapter you chose from the textbook,(for example, journaling, expressive art, cognitive restructuring exercises), etc.

**What you will be turning in for PART 2:**

* Tracking info from the source. Can be an image pasted into this section of the assignment.
* Create "products" from your work as evidence of your plan in action.

**PART 3. Formally written reflective summary paper/video: (Take from 4/5 - 4/11 to write up)**

* **Describe the results of your plan and what you learned from your experiences**. Grading will be based upon the student’s thorough and detailed coverage of each prompt along with formatting APA. You can do this in **essay format, video format, or question/answer format.**Whichever format you choose, make sure you**cite**correctly as well as include a **reference page** so I can refer to what was used. Also, make sure to still follow APA guidelines as outlined in the “***How to do well on writing assignments***” portion and “***APA*** info” section. Just like in part 1 write-up, the same requirements for length/word count apply.
  + For example, I'd like you to consider --
    - What you learned about the coping strategy you used to manage the stressor;
    - differences between what you expected would happen and the reality of how your plan worked;
    - Describe what you learned about yourself as you implemented your plan -- behaviors, insights, emotions, etc.
    - What worked, what did not work, what will you continue to do/use.

***Repeated Summary of turn in points from part:***

**What you will be turning in for PART 1:**

* **1) Your answers to all questions in your chosen format as described in part 1.**
* **2) S.M.A.R.T. plan outline**.

**What you will be turning in for PART 2:**

* Tracking info from the source. Can be an image pasted into this section of the assignment. So if you handwrite tracking, you do NOt need to retype. Just take a picture of your tracking notes, upload them, copy/paste it into your project paper.
* Create "products" from your work as evidence of your plan in action. See part 2 for a reminder of details. For example, might be a piece of art from art therapy.

**What you will be turning in for PART 3:**

* Your formally written, APA formatted reflective **paper or video** describing the results of your plan along with what you learned from your experience and all mentioned within part 3. As mentioned in part 1, remember the length and time requirements.