



Career Life Connections 11

Stress Management

Assignment #5

Task One: Personal Stress Score

Consider the last twelve months of changes in your life. Major changes in your life have effects that carry over for long periods of time. **Complete the attached stress scale** to determine your **stress score**. Every event should be considered if it has taken place in the last 12 months. Your susceptibility to illness and mental health problems can be measured on the following stress scores:

Stress Score < 149 = LOW

You are relatively stress free. Your risk of having any health problems due to stress is low

Stress Score is 150-200 = MILD

You have a 33% chance of developing a stress-related illness.

Stress Score is 200-299 = MODERATE

You have been or are having somewhat of a tough time right now. You have a 50% chance of developing the previous conditions.

Stress Score > 300 = MAJOR

You are having a major life crisis right now. You have an 80% chance of having a major stress illness within the next two years.

Task Two: Managing Stress

*****Note: Task Two is a TYPED response with FOUR separate parts.**

1. Review the examples of **stress management** provided below:

- Use health therapies such as homeopathy, aromatherapy, reflexology and/or acupuncture
- Use relaxing breathing techniques
- Join a yoga class
- Practice relaxing meditation
- Try self-hypnosis
- Prioritise your workload
- Prepare a to-do list
- Practice good time management
- Use visualizations
- Talk to someone / try “walk and talks”
- Exercise and keep fit
- Eat a healthy diet
- Try Progressive Muscle Relaxation
- Talk to someone you trust about things upsetting you
- Talk to your doctor
- Listen to music
- Use positive thinking and affirmations
- Get enough sleep
- Use water therapies

A. **Identify three** of the above which you think would be most helpful to you to manage your stress, and, in a **typed response**, **clearly explain how each** of the three you identified might help you. Responses should be in **detailed**, full sentences and should be put under the heading **“Part A.”**

- B. **Choose one** of the three strategies you wrote about (Task Two, Part A) that you are willing to actually try for a **period of two weeks**. You are required to **try your strategy seven times** during the two week period, so consider your choice carefully.

Research your chosen strategy more thoroughly to ensure that what you are committing to doing is something you are actually capable of doing (consider any physical or time or budgetary limitations). **Copy** down at least one **URL** or **ISBN** where you researched your chosen strategy. Under the heading **“Part B” of your typed response, identify your chosen stress management strategy** and **briefly explain what** the strategy requires you to do. Do not forget to **add your citation** under **Part B**.

- C. **Part C: Before starting** to practice your stress management strategy, **rate your stress** on a scale of 1-10 (1 meaning very low stress to 10 feeling VERY stressed) and mark it down in your notes as **Stress Rate on Day 0**. Day 1 is actually the first day you try your chosen strategy.

practice your stress management strategy x 7

After you completed practicing your stress management strategy (seven times during the two weeks), **rate your stress** on a scale of 1-10 (1 meaning very low stress to 10 feeling VERY stressed) and mark it down in your notes as **Stress Rate on Day 15**. Put both stress ratings under the heading **“Part C.”**

- D. **Part D: On day fifteen, type a detailed reflection (approximately 300-400 words and under the heading “Part D”) answering the following questions:**

- i. Describe the successes and/or challenges you had consistently following a specific stress management technique. How hard was it to commit to it?
- ii. Describe your current stress levels. Are they more manageable? Are they lower? Are they higher? Explain! (If it is too soon to notice change, will you keep it up?)
- iii. Would you recommend any of these strategies to family members or friends? Why or why not?

Before handing in your typed work, make sure your responses are separated into the **four requested parts**.

Assignment #5 Checklist:

The following checklist is to help YOU ensure that you have completed all the requirements of this assignment. Once you have made sure you have completed **all** the requirements, hand in Assignment #6 to the Career Centre on or before the due date.

Checklist:



You **completed** the Stress Scale and **added** up your score.



Your **typed** response to Task Two is in **four parts**.



You handed your assignment in to the Career Centre by **Friday, March 3rd, 2020**



**Career Life Connections 11
Session #5**

Stress Management Submission Sheet

**Assignment #5 Due Date:
Friday, March 6th, 2020**

✓ **Check that you have attached all requirements**

My **completed Stress Scale** is attached.

My **4-part typed** response is attached.

Student's First and Last Names: _____

Student Signature

Date