**Stress Project**

Everyone experiences stress. Often we create our own stress or make it worse by the things we do or don’t do. Learning to handle stress in healthy ways can definitely make life more enjoyable. For this project you are going to choose an option below and then write a reflection paper about it.

Reflection papers should be one paged typed, 12 pt. font, and double spaced. The purpose of the reflection paper is to share what you experienced with the project. Items you may want to include in the paper are: what project you chose to do, how you felt after the stress management technique, did you like it or not, did it help you deal with your stress, etc.

Choose **one** of the following options:

\_\_\_\_\_\_Clean your room—Simplify your life by totally cleaning and organizing you disgusting bedroom. Include before and after pictures or have your parents sign your reflection paper when you complete the task.

\_\_\_\_\_\_Get organized—Organize your schoolwork. Get rid of old assignments, organize classes into different binders, put due dates into a planner, etc. Have your parents sign your reflection paper when you complete the task.

\_\_\_\_\_\_Prioritize—Write down a list of everything that you need to do during the upcoming week. Assign each task to a certain day, and rank the tasks by order of importance each day. Include this list with you reflection paper.

\_\_\_\_\_\_Practice stress management techniques—Use a stress management technique daily for 5 days. Each day rate your stress level before and after you use the technique. Include a list of the stress management techniques used and your ratings in your reflection paper at the end of the week.

\_\_\_\_\_\_Stress Journal—Keep a journal of the stress you experience during a 5 day period. Journal entries will have 3 columns, in the first column list what caused you stress, in the second column list your reactions (symptoms, thoughts, behaviors) to the stress, and in the third column list how you coped with the stress (ate chocolate, listened to music, etc.). Include in your reflection paper what you learned about yourself, how you respond to stress, and how this information can help you to deal better with stress in the future.

Stress Project DUE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_