Research Project: Ways to Reduce Stress (20 points)

Yesterday, we discussed the variety of reasons that stress occurs, as well as the potential symptoms that accompany it. I don’t know about you, but that assignment left me feeling a bit stressed about being so stressed! Therefore, today’s assignment is not as much focused on the problem, as much as it is the solution.

Research (5 points)

* Use a netbook or iPad to conduct research in an attempt to find at least one strategy a person can implement to alleviate or reduce the stress they are feeling.
* One a lined piece of paper, answer the following questions:
1. What stress relieving technique or strategy did you find?
2. What is the name of the website you used to find the technique or strategy?
3. Would you consider it to be a credible source? How do you know?
4. Do you think the technique you found would work for you when trying to relieve your own stress? Why or why not?

Writing (15 points)

* One the back of the same lined piece of paper, write me a letter explaining how I can implement the technique/strategy you found to reduce my stress.
* Include a greeting, body, and salutation. State your claim regarding the technique, support it with evidence of effectiveness, and use commentary to show me how your evidence proves that it works.