Stress Journal

Because of the unique nature of the next two standards we will be discussing, specifically Stress and Mental Health, you will be required to keep a “Stress Journal.” Now, this does not have to be an overly complicated assignment, though it can certainly become one, and it will be useful to you personally and provide some introspection (looking at yourself). Laid out below are the qualifications for it. This will be counted as a quiz grade.

Materials Needed

- Either a paper folder or a composition notebook that is separate from your classroom notebook.

Number of Entries Per Week

- There will be 4 required entries per week.

Rules for Each Entry

It needs to be a moment when you felt stress, or when your body experienced stressed. (Your answers may change as we move through this unit because there is a distinction between the two, psychological verses physiological.)

- I need a full paragraph written upon each event. This means 5 sentences, but don’t go over 7 per entry.
- You need to make note of what it was that stressed you.
- What your physical symptoms were.
- What you were thinking at time.

(In some cases it might be easier to complete this assignment while you are stressed.)

Other Thoughts You Should Be Aware Of

This assignment could change as the unit progresses. Things could get longer or shorter. The number of times that we pull them out and talk about them will likely be at least once a week, likely on Friday during the last 20 minutes of class. That will be expected, so everyone should have something to talk about that day. Everyone will be getting called upon to share a moment of stress during the week. This is your warning. This will likely continue until the summative exam on this.