

part one :

For Discussion Post 1, you must complete an initial post, which should consist of at least 3 paragraphs, of at least 4 sentences per paragraph, due by Friday at 11:59 p.m. For your initial post, please respond to the following questions/prompts:

- First, please complete the attached Student Stress Scale (SSS), by correctly following the instructions in the document and tallying up your total score. Please state your final score, state which category your scores falls into, and specifically explain the events that occurred in your life that led you to this score. (at least 1 paragraph of at least 4 sentences per paragraph)
- Next, select a stressor that you experienced in the last 12 months that you vividly remember (*Note: This stressor may come from the list provided in the SSS, or it may be a different stressor not listed in the SSS). Explain what type of stress it was (i.e., acute physical, chronic physical, or psychological/social; please refer to Chapter 1) and the specific physiological responses that occurred in your body (see Chapters 2, 4, 5, and 6). (at least 1 paragraph of at least 4 sentences per paragraph)
- Finally, if you were to experience chronic stress due to the stressors you marked in the SSS or others you may have mentioned, please explain some of the harmful physiological effects that could result (Please see Chapters 2-6). (at least 1 paragraph of at least 4 sentences per paragraph)

part two in different page :

Please provide a one paragraph description of the activity that you plan to do, justifying why this activity is an example of being good to yourself and reducing and/or managing your stress levels. Please cite at least 1 credible source in your justification paragraph, using APA formatting. Suggested activities include: getting a massage, attending a yoga, tai chi or meditation class, visiting the zoo, getting a pedicure, attending a stress/time/anger management workshop, get a makeover, volunteer to walk dogs at the animal shelter, book a session at the student counseling center, participate in a support group meeting, attend a prayer meeting, etc.

i like to do my nails keep that in your mind