

Stress Intervention Plan – Stefanie

Please make sure your answers are both thorough AND concise (do not add fluff). Your answers should be detailed enough so that someone else could implement your plan and know exactly what, why, when and how they are doing things to, with, or for Stefanie. I will be looking for evidence that you have learned and can apply the science of stress and stress management. Finally, proof read your answers for grammatical correctness and typos. The grading rubric is at the end of this document.

Based on what you read about Stefanie and her dilemma, what does she have going for her that might help an intervention plan? For each one, explain how or why it might help. Be careful – there are 7 *different* things you should pick up on. Do not simply list the same things but say them in different ways. **14 points**

What Stefanie has going for her	How or why this will help an intervention

Based on what you read about Stefanie and her dilemma, what does she have going on that might pose challenges as far as being able to successfully reduce her stress? For each one, explain how or why it might risk an intervention plan? Be careful – there are 8 *different* things you should pick up on. Do not simply list the same things but say them in different ways. **16 points**

Stefanie's challenges	How or why this might risk an intervention

The plan itself! In the table below, list all the things that you will do to help Stefanie, and/or the things that you will have her do to help herself. I have partially filled out the table to get you started. Your job is to come up with 10 more. IMPORTANT: You can only include two “mind relaxing body” techniques and two “body relaxing mind” techniques. Beyond this, you need to think of other unique strategies.

50 points

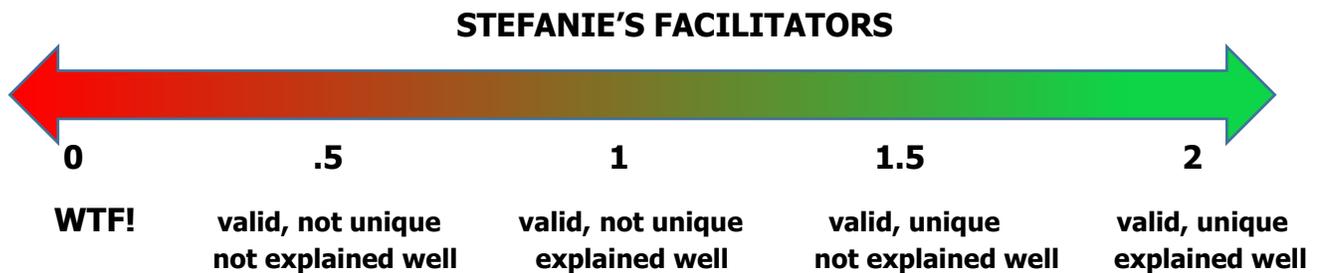
FYI: This assignment is meant to be challenging! If you cannot fill in all the blanks, you should not feel bad.

Descriptive title for the event/activity (10 points)	Details of the event/activity (20 points)	Rationale for the event/activity (20 points)
Initial contact interview	Ask questions to identify her stressors and her beliefs surrounding them.	Need to know the precise nature and scope of the problem so as not to go into the intervention blindly.

GRADING RUBRIC

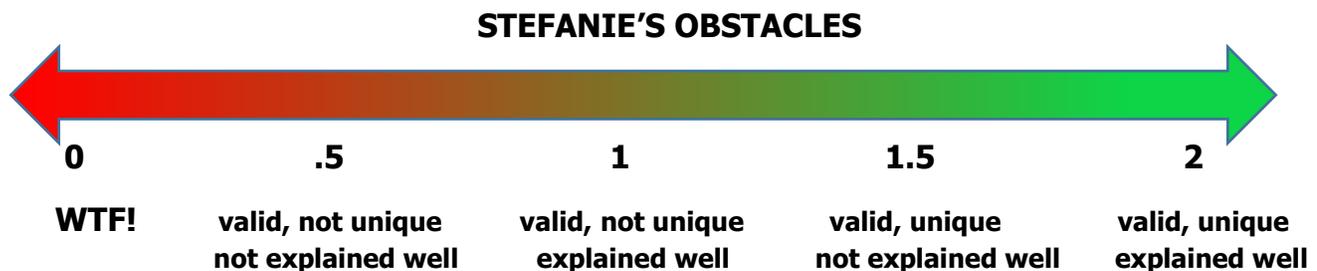
What Stefanie has going for her AND How and/or why this will help

Each of the 7 items will be evaluated as follows



Stefanie's challenges AND how or why this might risk an intervention

Each of the 8 items will be evaluated as follows



Each of the 10 items in the plan will be evaluated as follows



Make sure you write clearly, effectively, and with proper grammar and sentence structure. If I have to re-read what you wrote several times, this will affect your score. The writing center at SUU is open (online) throughout the summer. They can help!