**Health Psychology Activities Due Dates 2023**

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| Sitting rising | Jan 12 | Guided imagery | Feb 27 |
| Who am I (parts 1 and 2) | Jan 21 | Hassles & uplifts | March 17 |
| Facial Feedback | Jan 21 | Finger prick pain | Mar 13 |
| Framed messages | Jan 31 | Group sharing parts 1 & 2 | March 23 |
| 7-minute workout challenge | Jan 31 | Binder clip demo | March 20 |
| Health belief model & COVID | Jan 26 | Pre-Fed-up activities | March 25 |
| Peer review of slides | Feb 2 | Movie time activities | March 30 |
| Top 3 stressors | Feb 4 | Post Fed-up activities | April 1 |
| Experiment: find the flaws | Feb 6 | CPR activity | April 3 |
| Into the Wild | Feb 22 | Skinny on Obesity | April 3 |
| BP & HR biofeedback | Feb 24 | Food portion sizes | April 6 |
| Walk 1 and 2 | Feb 18 | Sugar tracking | April 10 |
| Spiderweb | Feb 16 | Self-esteem booster | April 14 |
| Diaphragmatic breathing | Feb 18 | Spirituality booster | April 17 |
| PMR | Feb 20 | Environmental connect & protect | April 22 |
| Vagus nerve stim | Feb 25 | Soothing forces of nature | April 22 |