

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 with limited knowledge 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, proofread your answers for grammatical correctness and typos.

Based on what you read about Stefanie and her dilemma, what does she have going for her that might help an intervention plan to reduce her stress so that she can donate? There are 5 *different* things you should pick up on. Do not simply list the same things but say them in different ways. Also, do not read between the lines. The only thing you know about Stefanie is what was written "in black and white".

Personal traits and conditions (environmental, social) that can work in Stefanie's favor.

5 questions: each worth 3 points

3 pts

1. What does Stefani have going for her AND how /why this will help an intervention? Support your answer with the science you have learned about.

There are four more questions identical to the one above. If you answer correctly and in enough detail, the point breakdown is as follows:

1 point for identifying the trait or condition

1 point for explaining why or how the trait or condition will be helpful

1 point for backing up your explanation with scientific facts, findings, or theories

Clearly, Stefanie has "issues" that can and should be addressed if she is going to be able to achieve her donation goals. Identify 5 *different* issues and explain why these issues are increasing her stress. Use what you have learned about the science of stress. Also, do not read between the lines. The only thing you know about Stefanie is what was written "in black and white".

Personal traits and conditions that are increasing Stefanie's stress and getting in the way of her goals.

5 questions: each worth 2 points

2 pts

1. Describe one of Stefanie's issues that are increasing her stress and getting in the way of her goals. Support your answer with the science you have learned about.

There are four more questions identical to the one above. If you answer correctly and in enough detail, the point breakdown is as follows:

1 point for identifying the trait or condition

1 point for explaining why or how the trait or condition is increasing stress

1 point for backing up your explanation with scientific facts, findings, or theories

The Plan Itself

To do well, you need to describe each technique in enough detail that it is clear that you understand that technique. You need to identify 10 things you will do with Stefanie (or have her do) to help her. **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. Tailor them to Stefanie, her situation, and her goals.

TECHNIQUE/ACTIVITY #1

Name of the technique or activity: **this is worth 1 point**

Details of the technique or activity - be thorough. **this is worth 3 points**

- 3** if someone with limited knowledge would understand completely
- 2** if someone with limited knowledge would have to ask you a few questions
- 1** if someone with limited knowledge would have no friggin idea what to do

Which of Stefanie's issues will the technique or activity address and how/why? Support your answer with specific facts, findings or theories from Stress and Pain. **this is worth 3 points**

- 3** technique/activity correctly linked to the issue & justified with scientific facts
- 2** technique/activity was somewhat linked to the issue & justified with scientific facts
- 1** either the technique/activity was not correctly linked OR not justified with sc. facts

There are 7 more techniques/activities where you will answer the same three questions.

Writing: sentence structure, grammar, word choice, typos **this is worth 3 points**

- 3** perfect or perhaps 1-2 minor errors
- 2** not perfect, but still acceptable
- 1** you should have met with the writing center folks