Stress Portfolio

Psychology B

Keep your own stress diary for a week. Note any type of stress and how you reacted to it. After a week, examine your diary and see if you notice any patterns. This is a portfolio item. After a week, write a 100-word essay describing your stress and how, if possible, you dealt with them. Use the following to guide you through the essay:

* Are you able to identify stressors in your life?
* How did you deal with them?
* Can you change how you deal with them?

NOTE: Students do NOT have to submit their stress diaries. Submit only the 100-word essay.