

SCI 100 Week 2 Individual Stress Effects and Management Proposal

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Resources: The text, MyHealthLab[®]

Select a stress management technique from Ch. 2 & 3 of the text.

Practice the selected technique for 2 days as you consider the following questions:

- How do the four components of psychosocial health affect your well-being?
- How effective was the technique in reducing your stress?
- Would you use that technique again?
- Would you recommend it to others?

Imagine that your company has announced an upcoming onsite wellness program and your manager has asked you to submit a proposal for a stress management technique to implement at work.

Complete the Stress Management Proposal located on the student website.

Write a 700- to 1,050-word proposal about the stress management technique that includes information from the Week Two readings, information from the Stress Management Proposal, and responses to the following questions:

- **How do you think you would have responded to other stress management techniques?**

- **How would you rank the stress management techniques in terms of personal effectiveness? Once you have ranked them, be sure to provide your rationale for your personal ranking.**

Include at least one peer-reviewed reference.

Format your proposal consistent with APA guidelines.