

Personal Health Assessment Summary III

STRESS!!!

Name: _____

Section Number _____

Instructions:

1. READ **Chapter 1 & 4** of Fitness Now.
2. Answer the questions in **Section A**.
3. Follow the instructions to make a visual map of your life for **Section B**
4. Do the **self-reflection writing** for **Section B**

Writing Format:

- Format 12-point font, double-spaced 1-inch margins. Approx. 3-4 pages (1 Point)_____
- Staple this paper as your cover page.**
- You may choose the format to write this part however the insights must reflect your own stress experiences, stressors and stress management coping techniques. In other words the paper still needs to be self reflective in nature.
 - As a respectful letter from your doctor to yourself.
 - A letter or handout to give to a new student entering Dawson.
 - Write an article as if it will be printed in the Gazette
 - As a Formal Thesis governed Paper or Scientific Report

Grading Criteria:

- Quality of analysis (clearly stated cause, good support, plausible and convincing argument based on primary source data, your text book, and scientific research) (2 Points)_____
- Readability (top down organization, good use of headings clear sentences with no confusing passages.) (2 Points)_____
- Includes all of the criteria in the reflection. (10 Points) _____
- Grammar and correctness. (2 Points)_____

SECTION A.

Complete "Personal Health Assessment & Reflections" 4.1 in your textbook (pages 98-99) and complete the following analysis

1. Stress Level score (personal health assessment 4.1): _____(1 Point) _____

2. According to "Fitness Now" (chapter one) what are "The Big Bad Five" lifestyle habits or stressors that we can control?

_____ (1 Point) _____

3. What are *your* three main negative stressors?

_____ (3 points) _____

4. Name 3 problems that can occur with sleep deprivation.

(3 points) _____

Section B.

- Make a timetable of one "typical week" in your life during the school semester
- Use icons to fill in a typical week in your life.
- Have Fun with this part!
- Staple this schedule to your assignment!!!!
- (Hint : there are 168 hours in a week!)

Be sure to include the following on your schedule :

- | | |
|---|---------------|
| <input type="checkbox"/> School time | # Hours _____ |
| <input type="checkbox"/> Travel time to and from school | # Hours _____ |
| <input type="checkbox"/> Work time | # Hours _____ |
| <input type="checkbox"/> Travel time to and from work | # Hours _____ |
| <input type="checkbox"/> Homework time | # Hours _____ |
| <input type="checkbox"/> Training, fitness or team time, | # Hours _____ |
| <input type="checkbox"/> "Obligated time" (religion,housework...) | # Hours _____ |
| <input type="checkbox"/> Family time | # Hours _____ |
| <input type="checkbox"/> Your sleep time. | # Hours _____ |
| <input type="checkbox"/> Meal time | # Hours _____ |
| <input type="checkbox"/> Meal Preparation | # Hours _____ |
| <input type="checkbox"/> Leisure time | # Hours _____ |

(Where you get to do what YOU want!)

Total Time _____ # Hours
(5 Points) _____

Written Self-Reflection:

What insight can you gain from the way you manage your own schedule?

1. Does your stress level score from **Section A** reflect your stress levels? Why or why not?
2. Pick three stressors from the list above and describe how they affect your wellness?

Identify any benefits or negative consequences that you often experience

- Physically, Emotionally, Socially, Spiritually, Environmentally, Intellectually

as a result of your ability (or lack of ability) to manage your time.

(Include at least three areas of wellness that are affected.)

3. Three possible health consequences (positive and negative) of your time management and/or your stress management.

4. Describe two ways you can maintain or improve your ability to manage your own time management (What could you do differently?).

5. Explain what would motivate you to make changes to the way you manage your time?

