

Psychology 12: Unit 4 - Chapter 15

Stress Diary Project

1. Keep a diary of your stress and coping for 4 days.
 - Note the date and time of the stressful event
 - Provide a brief description of the event
 - Describe your behavior, thoughts, emotions, and physical feelings.
 - Describe how you coped with the event, and then label the coping strategy under “Method” (15.3)

2. Type your diary up, deleting any items that you do not want to share.
 - Use the terminology from 15.1 and 15.2 to describe your behaviours, thoughts, emotions and physical feelings.
 - Describe how you coped with the event, and then label the coping strategy (15.3)

3. In 3-4 paragraphs, analyze the stress in your life.
 - Do you see a pattern in what stresses you out? Describe the pattern, or not, using terms from 15.1 and 15.2 (*perhaps events where you have no control are extremely stressful? Surprises stress you out? Maybe daily hassles are stressing you?*)
 - Do you see a pattern in how you cope with stress? Describe the pattern, or not, using terms from 15.3.
 - As a result of monitoring your stress, has it changed at all? How do you feel about your stressors?

4. Include #2 & #3 in your **ePortfolio in Unit 4**, under the heading “Stress and Coping Diary”

Assessment – Metacognition Rubric

	Beginning	Developing	Accomplished	Exemplary
Thinking Student generates variety of deep thoughts about their reading; often analyzes text and applies generalization	Student does not generate any thoughts or retell from their reading.	Student generates the same type of thinking or retells their reading.	Student generates a variety of thoughts beyond the written word, demonstrating basic thinking.	Student generates a variety of thoughts beyond the written word, demonstrating clear and deep thinking.
Evidence Support from Schema (prior experiences, knowledge, and world experiences)	Does not give support as to how the text connects to prior learning and experiences to support thoughts. Off topic.	Limited support as to how the text connects to prior learning and experiences to support thoughts. Somewhat off topic.	Basic explanation of how the text connects to prior learning and experiences to support thoughts.	Demonstrates ability to make clear (and insightful) explanation of how the text connects to prior learning and experiences to support thoughts.
Evidence Support from Text	Does not give evidence within the text to support idea/thoughts. Somewhat off topic.	Finds limited evidence within the text to support idea/thoughts. Somewhat off topic.	Finds basic evidence within the text to support idea/thoughts.	Demonstrates ability to find clear evidence within the text to support idea/thoughts.

Stress and Coping Diary

Date & Time	Description of Event What was happening, or what was the situation?	Stress Reaction Analysis Describe what you were doing, thinking, and feeling emotionally and physically		Coping Method Identify the specific method(s) you used and describe them
June 1st 4am	Could not fall asleep for the entire night.	Behavioural	- Watching TV because I was bored of trying to fall asleep and being unsuccessful.	Method: Relaxation/Meditation
		Cognitive	- I had a lot of trouble concentrating on getting to sleep and continuously just give up and go back to my computer - Was thinking how much I needed to get to sleep	Description - Eventually I decided I really did need to sleep, so I turned off my computer and got comfortable in bed. - I closed my eyes and took multiple deep breathes to try and relax - I focused on something other than going to sleep, like making up a story in my head or specifically relaxing certain parts of my body.
		Emotional	- I was getting annoyed at how awake I was - I was also feeling quite exhausted and burned-out	
		Physiological	- I had a headache, and my eyes were aching	
June 1st 11:30am morning	Seeing the news and media coverage of the BLM movement and the many protests and riots taking place	Behavioural	- Looking through the different social media sites on my phone that show the news	Method: Problem Solving
		Cognitive	- Throughout the rest of the day, that was all I could think about	Description - Excepting what was happening, and rationalizing that my stressing over it would not help - Finding out what I can do in order to help as much as I can
		Emotional	- Incredibly sad, disappointed, anxious and scared	
		Physiological	- I felt sick to my stomach	

June 2nd 2:30pm- ish	Woke up insanely late in the afternoon and had no motivation to get out of bed, or be productive in any way	Behavioural	- Avoided getting up because of how late it was	Method: Problem Solving/Relaxation Description - I changed my thinking, and view of the late-start day. - I first took a deep breath, tried to to cut myself a bit of slack - I tired to simply take it one task at a time, and if not beat myself up about not getting everything done
		Cognitive	- Tried to avoid school work that I had to do for the day, even though I kept thinking about how behind I was, and how much I had to get done	
		Emotional	- Anxious about being so behind - Scared about not being able to finish what I needed to get done that day	
		Physiological	- I felt sluggish, tired and unmotivated - I felt heavy, like it would be hard to move around	

June 3rd Through -out the whole day	Much to my surprise, there was nothing that I stressed about that day :) (which is kind of rare for me) (to the right isn't the responses to stress that I experience, but how I felt throughout the day without stressing; this is something I thought would be interesting to record and compare with other days)	Behavioural	- I did everything I set out to do that day, including making time for fun things like baking banana bread, and making pizza with my family	Method N/A
		Cognitive	N/A	
		Emotional	- Was happy, motivated and positive for the day	Description
		Physiological	N/A	

June 4th 1:30pm- ish	I got up late again, and missed the Psychology google meet I also felt quite behind in my school work again.	Behavioural	- Because of my stress, I was quite irritable towards my family today - I avoided what I had to do, procrastinated the tasks I had given myself	Method: Problem solving/Meditation
		Cognitive	- I just kept thinking about all that I had to get done, but ignored doing anything about it	Description - Same as a few days prior, just tried to calm down and take one thing at a time - Wrote a to-do list which really helped
		Emotional	- Anxious about being unproductive and sleeping in again	
		Physiological	- Tired, and had another headache.	
June 4th 3:30pm- ish	I got an email from my Graphic design teacher with a list of all the work I needed to complete before the cut-off date for the course	Behavioural	- I had to copy down what I still needed to complete and made sure the list was somewhere I could easily see it and be reminded of it	Method: Problem solving/Meditation
		Cognitive	- Continuously thought about it throughout the day - Kept thinking that I wasn't making any progress even if I was working as fast as I could	Description - Took a deep breath to calm down and tried to focus on one assignment at a time. - I wrote out all of my missing work and made a schedule on my calendar to spread out the workload over the weeks until the due date.
		Emotional	- Scared and anxious that I won't be able to finish what I needed to in time - Nervous that I wouldn't get a good grade	
		Physiological	- I have butterflies in my stomach, and a headache	

June 5th !:00pm	This was when I had to present my Capstone to my CLE teacher over google meet	Behavioural	- I went through my capstone (which was a website) multiple times and practiced what I would say when presenting	Method Meditation/Relaxation
		Cognitive	- I kept thinking about how important the presentation it as I need it in order to graduation, and had limited time to put it together	Description - I needed to calm myself down before presenting, so I took some deep breaths - I also had to remind myself that I <i>am</i> good at presentations and it just feels like I'm out of practice
		Emotional	- I was nervous I wouldn't meet to criteria of the assignment - I was anxious about presenting in front of an audience, even if it was just one person - I was scared that I would do or say something wrong in the presentation and that would affect my mark	
		Physiological	- I had butterflies in my stomach, my palms were sweaty and I was really jittery - I also could not sit still	