Monday April13th, 2020

Welcome to Psychology home learning. Each week we will do 2 things.

1. We will do some type of research, reflection or assignment which will be posted in the assignment part of you team’s page- under general- you will see Psychology assignments. (I’ll also post it on the teacher page)
2. Respond to my post with your post and comment on one other from another classmate.

You will have the entire week to post assignment and discussion post.

Each Monday you will receive the next assignment and post.

**Discussion Post:** We have a new normal. Social distancing, family isolation, virtual friendships, house parties online. These are dark days. As human beings we are social people. For some, anxiety levels will decrease because schoolwork has been downsized, yet for others anxiety levels increase because of uncertainty. How do you manage your anxiety? For this week’s assignment you will create a week anxiety management plan back it up with an article. Here are two things I’m going to do. (Try something new)

For example: <https://www.takingcharge.csh.umn.edu/reading-stress-relief>

I read an article about exercise and meditation and how it balances your mood.

A study from the university of Sussex suggests that reading relaxes your body and ease the tension in your muscles, causing your body to relax. I start my day with reading my Bible. I am a reader anyway, but I enjoy reading religious material. So, I thought why not read through the New Testament over these next months.

Secondly, <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>

I have been reading about exercise and its benefits for reducing anxiety. It builds us your endorphins (feel good hormones) and helps you stay positive. So, I have decided to start each day with a walk/run on the treadmill. My goal is be able to do 5-10K by the summer.

**Assignment:** You had to research and read an article on stress and anxiety and managing it. Please submit the following: (about 150-200 words)

* First of all, an assessment of your anxiety and stress levels. (How are you doing?) What’s on your mind?- A paragraph about your thoughts surrounding our current world situation.
* Summary of the article
* What are 3 high points in the article- things you did not know and what did that make you think about.
* Your opinions about the article- Do you think this is true? Why?
* You have already posted how this can be used in your life on the discussion page.
* What follow up questions did you have about the article? Did it make you wonder something. (For example, I wondered if reading different types of materials changes my stress levels. I chose the Bible because I wanted to read material that will make me think, debate some deep questions.)