

# Stress Design Document

<b>Business Purpose</b>	Stress levels with Canaveral Space Systems INC have been drastically rising since the COVID epidemic broke out in 2020. In the last 6 months, employees have been struggling to cope with the stress and the constant changes in day-to-day activities while implementing new system processes. There has been a 35% reduction in the completion of data analysis reports. The President of the Canaveral Space Systems INC has issued a required stress awareness course for all employees to complete, so they will be able to identify where stress may be affecting their bodies and give them the proper techniques to help eliminate daily stress. With the proper stress reduction techniques, employees will be able to comply with data analysis deadlines.
<b>Target Audience</b> <b>Training Time</b>	All current and onboarding Canaveral Space Systems INC employees. 20-25 minutes
<b>Training Recommendation</b>	<ul style="list-style-type: none"> <li>● 1 e-Learning course using Articulate Rise 360             <ul style="list-style-type: none"> <li>○ Due to the number of staff members that need to be trained and educated, employees should receive an e-Learning course.</li> </ul> </li> <li>● Includes 2 virtual human avatars in scenarios, young adult.</li> </ul>
<b>Deliverables</b>	<ul style="list-style-type: none"> <li>● 1 e-Learning Course, developed in Articulate Rise 360</li> <li>● Job Aid with strategies on how to reduce stress.</li> </ul>
<b>Learning Objectives</b>	<p>By the end of the course the participants will be able to:</p> <ul style="list-style-type: none"> <li>● Define the three types of stress.</li> <li>● Identify seven effects that stress has on the body.</li> <li>● Locate the areas of the body that are affected by stress.</li> <li>● List four ways to reduce stress.</li> </ul>
<b>Training Outline</b>	<p><b>Introduction: What is stress?</b></p> <ul style="list-style-type: none"> <li>● Welcome</li> <li>● Objectives</li> </ul> <p><b>1. Three types of stress</b></p> <ul style="list-style-type: none"> <li>● Acute Stress</li> <li>● Episodic Stress</li> <li>● Chronic Stress             <ul style="list-style-type: none"> <li>○ Three Scenarios</li> </ul> </li> <li>● Knowledge Check</li> </ul> <p><b>2. Effects of Stress on the Body</b></p> <ul style="list-style-type: none"> <li>● Musculoskeletal System</li> <li>● Cardiovascular System</li> <li>● Respiratory System</li> <li>● Endocrine System</li> <li>● Gastrointestinal System</li> <li>● Nervous System</li> </ul>

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	<ul style="list-style-type: none"><li>• Reproductive System</li><li>• <b>Marker interaction</b></li><li>• <b>2 Knowledge Check Questions</b></li></ul> <p><b>3. Stress Shrinkers</b></p> <ul style="list-style-type: none"><li>• Exercise</li><li>• Breathe</li><li>• Healthy Diet</li><li>• Self-Care</li><li>• <b>Knowledge Check</b></li></ul> <p><b>Assessment</b> <b>Conclusion</b></p>
<b><i>Assessment Plan</i></b>	<ul style="list-style-type: none"><li>• 10 assessment questions directly related to the learning objectives</li><li>• Learner must score an 80% to pass</li><li>• Learner will have 1 attempt to pass assessment</li></ul>