## **Peer Counseling 1**

## **Decisions, Decisions**

## **Documenting Daily Stress**

We learned that our environment affects our decisions and our stress levels. In this assignment, you will document this by creating a short documentary, comic strip, podcast, slide deck, or another creative representation that goes through your day. Your creation will display real-life decision-making in different settings and how this impacts your stress responses and the people around you. Then, you'll analyze what you learn to help others make better decisions under stress.

**Step One:** Create a short documentary, comic strip, podcast, slide deck, or another creative representation that shows the stress that you go through in one day. Make sure to include how different settings and environments affect your stress responses and choices. Show both adaptive and maladaptive ways that you handled stress, and when you notice others doing the same. You don't need to include names to protect others' identities.

**Step Two:** Using a credible health or expert resource, provide a strategy that you could use or recommend to a peer in the future to help you handle your stress on a daily basis.

Strategy	Source
Identify the recommended strategy here.	Provide the URL, text, or other source of choice.

**Step Three:** Select and answer **one** of the following reflection questions:

- · How did this project help you understand how you deal with stress regularly?
- · Were there any stress responses in your documentation that surprised you? Why or why not?
- · Were there any environmental factors that you hadn't considered that contributed to your daily stress? If so, which one and why?
- · How can you use your stress documentation to help create adaptive stress responses in the future?