

## Stress and Pain Fall 2023

Module video segments & their quizzes should be completed no later than the night before the class where they are discussed and applied

Activities in green are in-class and you must be physically present    Activities in purple are completed at home.

SARAs and self-assessment projects are worked on every class when there is time available.

31-Aug	5-Sep	7-Sep	12-Sep	14-Sep	19-Sep	21-Sep	26-Sep
website exploration syllabus quiz  pod assignments  choose your SARA question Top three stressors activity	module 1 video segment 1-5 seqment quizzes  ebscohost searches using scribbr	module 1 video segments 6-9 segment quizzes  stunning slides screenshots & snippits	module 2 video segments 1-5 segment quizzes  Spiderweb of Social Networks activity  Into the Wild activity	module 2 video segment 6-10 segment quizzes  peer review of slides activity Hassles & Uplifts activity FOMO 24 acitivity	module 3 video segments 1-5 segment quizzes  Soothing Forces of Nature Activity  Spirituality Booster activity	module 3 video seg 6-8 module 4 video seg 1-2 segment quizzes  screen recording  Environmental connect and protect activity	module 4 video segments 3-6 segment quizzes  SC biofeedback demo activity
28-Sep	3-Oct	5-Oct	10-Oct	12-Oct	19-Oct	24-Oct	26-Oct
module 4 video segments 7-11 segment quizzes  Vagus nerve stim activity	module 4 video segments 12-16 segment quizzes  Stress: Portrait of a killer activity	module 5 video segments 1-7 segment quizzes  Project work	module 5 video segment 8 module 6 video seg 1-4 segment quizzes  A day in the life of stress activity Self-esteem booster activity	module 6 video segments 5-9 segment quizzes  project work	module 6 video segments 10-17 segment quizzes  project work	module 7 video segments 1-5 segment quizzes  Stress or Pain App Exploration & Experimentation Round 1 SARAs due	module 7 video segments 6-10 segment quizzes  bracing activity

31-Oct	2-Nov	7-Nov	9-Nov	14-Nov	16-Nov	28-Nov	30-Nov
module 7 video segments 11-14 segment quizzes  walk #1 activity  <b>Self-assessment</b> <b>Project Part 1 due</b>	module 7 video segment 15 module 8 video segment 1-4 segments quizzes mindful meditation activity walk #2 activity	module 8 video segments 5-12 segment quizzes  diaphragmatic breathing activity	module 9 video segments 1-6 segment quizzes  Finger prick pain activity	module 9 video segments 7-11 segment quizzes  7-min workout challenge activity autogenic training activity	module 9 video segments 12-18 segment quizzes  PMR activity <b>Self-assessment</b> <b>Project Part 2 due</b>	module 9 video segments 19-25 segment quizzes  Mountain Lake meditation activity  <b>Round 2 SARAs due</b>	module 10 video segments 1-6 segment quizzes  rainbow meditation activity

5-Dec	7-Dec
module 10 video segments 7-15 segment quizzes binder clip pain activity	module 10 video segments 16-21 segment quizzes TENS activity

**Final Exam**  
**Dec 12-15**