

14-May	16-May	21-May	23-May	28-May	30-May	4-Jun	6-Jun
website exploration syllabus quiz	module 1 video segment 1 Top three stressors activity video segments 2 - 5 segment quizzes	module 1 video segments 6-9 segment quizzes Reflection Prompt video post Choose your SARA	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 Hassles & Uplifts activity FOMO activity Reflection Prompt video post	module 3 video segments 1-5 segment quizzes Soothing Forces of Nature Activity	module 3 video segments 6-8 module 4 video segments 1-2 segment quizzes Spirituality Booster activity Reflection Prompt video post	module 4 video segments 3-6 segment quizzes Environmental connect and protect activity
11-Jun	13-Jun	18-Jun	20-Jun	25-Jun	27-Jun	3-Jul	9-Jul
module 4 video segments 7-11 segment quizzes Vagus Nerve Stim activity Reflection Prompt video post	module 4 video segments 12-16 segment quizzes Stress: Portrait of a killer activity	module 5 video segments 1-7 segment quizzes A day in the life of stress activity	module 5 video segment 8 module 6 video segments 1-4 segment quizzes Self-esteem booster activity	module 6 video segments 5-9 segment quizzes Reflection Prompt video post	module 6 video segments 10-17 segment quizzes	module 7 video segments 1-5 segment quizzes Stress or Pain App Exploration and Experimentation Round 1 SARAs due	module 7 video segments 6-10 segment quizzes

**Within a given day, you need to stick to the order of what's there.  
 Otherwise, the planned activity might be "ruined".**

11-Jul	16-Jul	18-Jul	23-Jul	25-Jul	30-Jul	1-Aug	6-Aug
module 7 video segments 11-14 segment quizzes  walk #1 activity  Reflection Prompt video post  Self-assessment Project Part 1 due	module 7 video segment 15 module 8 video segment 1 diaphragmatic breathing activity module 8 video segment 2-4 walk #2 activity segments quizzes autogenic training activity mindful meditation activity	module 8 video segments 5-7 bracing activity module 8 video segments 8-12 segment quizzes PMR activity  Reflection Prompt video post	module 9 video segments 1-6 segment quizzes  Mountain Lake Meditation activity	module 9 video segments 7-11 segment quizzes  Rainbow meditation activity	module 9 video segments 12-15 Ice Bucket Challenge activity module 9 video segments 16-18 segment quizzes  Self-assessment Project Part 2 due	module 9 video segments 19-25 segment quizzes  Reflection Prompt video post  Round 2 SARAs due	module 10 video segments 1-6 segment quizzes  7-min workout challenge activity

8-Aug	13-Aug	15-Aug
module 10 video segments 7-15 segment quizzes  Reflection Prompt video post	binder clip pain activity  module 10 video segments 16-21 segment quizzes	Reflection Prompt video post  Final Exam Aug 16-18



**Congrats!**  
**You did it!**