

Sydney Greenlee

E-Proforma

PT. 1

Summarized “The bear necessities of stress” article.

The article “The bear necessities of stress” talks about our bodies response and how we deal with it. When we endure stressful situations our brains send signals to the adrenal glands, that is how we have adrenaline and noradrenaline. Thats how we get the phrase “fight or flight,” it will prepare our bodies for what is next. To help maintain stress our body will produce something called cortisol, this will increase the blood sugar level and release fat stores. There are a variety of stress-inducing techniques in Psychology research. There are also so many ways researchers have found ways to induce stress in controlled environments, examples would be physical challenges, mental task, and social pressure.

The article will highlight important reasons to use stressors that reflect real-life experiences, and it also touches on “multitasking framework” to show the demands of everyday life. The text discusses the effects stress can show and have on people and how we can measure it. Stress can be in a controlled environment, for example in a lab, and can also be experienced in real-life situations, like jumping out of an airplane. It mentions chewing gum as an example of how it can reduce our stress levels.

It goes over the effects of chronic stress on the body and how they can be manifest in various health issues. It highlights the importance of studying chronic stress in individuals who are experiencing elevated levels of it, examples would be caregivers of autistic children. The text also mentions that we need to find the positive consequences of stressful things that happen in life that help limit stress levels. Overall, this was a very informing passage, and it spoke about the impact stress can have on our mind and bodies. It talks about how we can adapt in the short term, but chronic stress can be very harmful.

PT. 2 Infographic

Rewarding Yourself While Studying:

★The effects of rewarding yourself while studying have been shown to increase test scores, as well as boost your mental health and here is why...★

Increases Motivation



Take a 10min. walk every hour when studying to get your body moving!

Enhances Focus



Take a couple minutes and stretch before and while studying!

Causes Deeper Thinking



Long day of studying? Take a 30 minute nap to restart your brain!

Reduces Stress Levels



Play music while working on homework!
The type of music depends on the person and their ability to focus!

Refreshes your Brain



It's ok to check your phone!
Have a timer set for every 30 minutes to have a phone break!

Prevent's Burnout



Give your self an incentive to reward yourself!

EX: a new shirt, new game, etc.

Improve your Mood



Have snacks with you while studying! Take a couple minutes once in a while to enjoy them!

PT 3. Essay Outline

Question a) Describe and discuss the psychological, social, and physical benefits of owning a pet.

Introduction: Introduce the topic and what each component of the essay means.

Body: Talk about each component of the essay and break it down. This can be done by talking about psychological, social, and physical benefits all separately. Going into detail about why each of them matter and why each of them are all especially important. You can talk about the impacts of not owning a pet compared to the benefits of owning a pet. You can also state sources that you have found such as Websight and books.

Conclusion: Durning this paragraph, I will state my opinion about why you should own a pet and the personal benefits of having one.

References: Lastly this will be where you need to source where you found all your information and link the way you have found it.