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| --- | --- | --- | --- |
| **Learning outcome** | **I understand this** | **I can recall this** | **I need to revisit this** |
| **I know what stress is, eustress and stress.** |  |  |  |
| I know what the physical responses to stress are. I know the short and long term physical responses to stress. (143) |  |  |  |
| I can explain the stressors, stress response and stress experience. (144) |  |  |  |
| I can give examples of stressors, stress responses and stress experiences. (144) |  |  |  |
| I know how anxiety and stress are linked. (p146) |  |  |  |
| I can list the stress management techniques. |  |  |  |
| I can describe the cognitive stress management techniques, positive thinking, Negative thought stopping, rational thinking, mental rehearsal. Imagery which has two parts. Mindfulness, goal setting, which is long or short term. |  |  |  |
| I can describe the somatic management techniques, relaxation, progressive muscle relaxation. Biofeedback, centring technique, Breathing control |  |  |  |

* **Complete notes on stress**
* **Complete screencast on stress (Will be in place on Monday)**
* **Complete exam paper (will be done and sent via facebook on Monday 18th)**
* **Complete revision on all aspects of EPIP**