

Template for Written Assignment 1

GUIDELINES FOR APA STYLE

- Use Times New Roman typeface
 - Double-space throughout your paper, including your references
 - 1-inch margins all around
 - 12-point font size
 - Number the pages on the top right
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TEMPLATE

Title Page (running head required on the left)

Title (not bolded, centered on line)

Brief Introductory paragraph

Top Stressors (headings centered on line, bolded)

Identify the top two or three stressors in your life. Try to include an acute one, as well as a more chronic stressor. Describe the intensity and duration of the stressor to support whether it is acute or chronic.

Contributing Factors

What are the contributing factors to the stressors? Provide context, such as cultural or sociological factors.

Health

Which aspect of your health do the stressors impact? Physical, emotional, mental, and/or spiritual? Include any physical symptoms, emotional responses, mental, and/or spiritual health issues.

Stress Theory

An acute stressor will trigger the stress response and chronic stress may lead to disease. Describe how this happens using theory to explain the stress response and the general adaptation syndrome. How might this apply to the stressors you are experiencing and probable effects on your health?

Stress versus Post-Traumatic Stress

Describe the difference between the stress response to stressors and post-traumatic stress response (disorder) to trauma. What kind of stressors lead to the different kinds of responses (flight, fight, freeze)?

Resilience

What does resilience mean? How would you describe your resilience to stress? The textbook states that

“relationship, values, and purpose in life are the primary aspects of human spirituality. Most every stressor involves one or more of these aspects” (Seaward, 2017, p. 95). What are your thoughts about this? Is it congruent with your experience and, if so, how? How might these aspects be related to resiliency or stress-resistant personalities?

Conclusion

Discuss one to three stressors and/or stress response you would like to work on as a result of the work you have done so far in this course.

References

(new page, heading is not bolded, centered on line)

Use hanging indent for your references. (Go to format, paragraph, and select hanging where it says special.)

WRITING AND RESEARCH RESOURCES

The following links provide online writing and research aids to help you with your paper assignments.

- [OWL](#) (Online Writing Lab) at Purdue University
- [APA Guidelines](#)
- [Information Literacy for TESU Students](#) (an online guide from the New Jersey State Library to assist you in starting your research, searching databases for articles, citing sources, using ILLiad to request books or articles, etc.)