

What is stress

[Health & Medicine](#)



due Write properly phrased SMART learning objective, relevant to your personal life that you personally hope to achieve by the end of this course. Explain what makes it SMART.

2. Write 1 properly phrased SMART behavioral objective, relevant to your personal life, that you personally plan to achieve upon completion of this course. Explain what makes it SMART. It must relate to your learning objective.

3. Write 1 properly phrased SMART learning objective, relevant to your professional life that you personally plan to achieve upon completion of this course. Explain what makes it SMART.

4. Write 1 properly phrased SMART behavioral objective, relevant to your professional life, that you personally plan to achieve upon completion of this course. Explain what makes it SMART. It must relate to your learning objective.

1. Write 1 properly phrased SMART learning objective, relevant to your personal life, that you personally hope to achieve by the end of this course:
Specific: Joining a yoga class.

Measurable: 15 minutes every morning, 7 days a week in a session.

Achievable: Yoga has proven to reduce stress, adequate time and dedication is required to achieve the goals. Faced with daily life stressors, yoga will be beneficial.

Realistic: The objective can be realistically accomplished with 15 minutes every day. It is a logical and sustainable approach to achieve the goal. The amount of learning is realistic for the timeframe specified, and it is a logical way to achieve my goal. According to Everly & Lating, (2013) relaxation is a health benefit that aids in stress reduction and treatment of anxiety

<https://assignbuster.com/what-is-stress/>

disorders.

Time-phased: This is expected to be a continual exercise in learning how to relax.

2. Write 1 properly phrased SMART behavioral objective, relevant to your personal life, that you personally plan to achieve upon completion of this course.

Specific: By the end of this session, I will be able to demonstrate, cognitive-behavioral skills, as a stress reduction technique.

Measurable: Positive thinking, every conscious moment every day; even when annoyed by someone else.

Achievable: Cognitive-behavior skill is proven to reduce stress successfully.

This will be achieved with the following resources: Course materials, books on positive thinking, and will power. The key to positive thinking so as to avoid any stress is by recognizing the thought distortions and asking yourself what thoughts you are having when you feel distressed (Boyes, 2013)

Realistic: The objectives can be achieved if given priority. Selecting on what to focus on each day is a logical and sustainable approach to achieve the stated goal.

Time-phased: Two months after developing positive thoughts continually, this behavior is expected to be a habit.

3. Write 1 properly phrased SMART learning objective, relevant to your professional life that you personally plan to achieve upon completion of this course.

Specific: Joining a first aid class

Measurable: 2 hours, 6 days a week.

Achievable: Learning on how to save lives is essential as life is sacred. As a <https://assignbuster.com/what-is-stress/>

student taking a course in health sciences; learning first aid is paramount in prevention of fatalities. Not knowing how to conduct first aid is a stressor to most health science students; especially when faced with a life threatening situation (International Maritime Organization, 2001).

Realistic: The objective can be accomplished on class attendance.

Time-phased: Expected timeframe to complete the objectives is exactly six months.

4. Write 1 properly phrased SMART behavioral objective, relevant to your professional life, that you personally plan to achieve upon completion of this course

Specific: Being patient and understanding to clients/ patients in a stressful environment

Measurable: Practicing patience every time I get stressed

Achievable: Being patient and calm has proven to decrease levels of stress (Cooper et al, 2000).

Realistic: The objective can be realistically accomplished provided patience practice is done every time stress is detected.

Time-phased: One month of practicing how to be calm will result to a reward

References

Boyes, C. (2008). 5-minute NLP. London: Collins.

CDC. (2009). Writing SMART Objectives. Retrieved November 22, 2013 from <http://www.cdc.gov/healthyyouth/evaluation/pdf/brief3b.pdf>

CDC (2011) Writing Good Goals and SMART Objectives - Tutorials. Retrieved from

<http://www.cdc.gov/healthyyouth/tutorials/writinggoal/index>.

Clark, D. (2010) Blooms Taxonomy of Learning Domains. Retrieved <https://assignbuster.com/what-is-stress/>

November 22, 2013 from

<http://www.nwlink.com/~donclark/hrd/bloom.html#revised>

Cooper, C. L., Palmer, S., & Institute of Personnel and Development.

(2000). Conquer your stress.

London: Institute of Personnel and Development.

Everly, G. S., & Lating, J. M. (2013). A clinical guide to the treatment of the human stress response.

New York: Springer.

International Maritime Organization. (2001). Elementary first aid. London:

International Maritime

Organization.