

# **Make up work assignment for Fit & Well**

## **Session V**

Type a 2-3 page paper on the following topic;

**“Stress and Stressors, how they affect the body” or “Methods for controlling stress and stressors in our life”**

In the paper give details as to what are stressors and how our body reacts to stressors physically and psychologically. Also, provide information on various ways to handle stress and stressors in our life. Describe various techniques and practices that can be followed to reduce stress.

A cover page with topic title, your name, name of this course, and due date of paper, should be the 1<sup>st</sup> page, which is not considered one of the 2 -3 pages.

Be sure to site your references. List the website address/http of all web sites that you consulted. List any books that you consulted. The reference page is not considered one of the 2- 3 pages. The paper should be type written in size 12 font double spaced. You may email me the paper before the due date or print it out and give it to me at the next class meeting.

**This assignment is due by; \_\_\_\_\_ . If it is not completed or if it is not completed correctly, a full grade reduction will occur at the end of the course.**

If you have any questions about the assignment, be sure to ask me tonight before we leave class.

Mark Sissom