Psychology

Stress & Happiness assignment Due date: \_\_\_\_\_\_\_\_

Based on the self-assessments, “Pursuit of Happiness” article, *Happy* documentary, notes and class discussions, answer the following two prompts. Your answers do not need to follow a certain format but should ultimately be at least 2 pages, typed (standard MLA formatting). The object is to reflect on what you have learned and how it relates to you personally. Submit to schoology, and turn in the movie documentary worksheet to Mrs. Bloom (if absent for movie, attach “Pursuit of Happiness” article, including your highlights to show you've read it).

Answer both of the following (you don’t have to answer *all* parts of the prompt, but at least one-half of your information should be from the content covered in class):

1. Stress: Based on your scores on the self-assessments, reflect on your current stress level, contributing factors and how it is impacting you. What content from class has helped you to understand your state of stress and/or strategies for coping with it? Consider interviewing someone whom you think copes well with stress. What strategies or traits help them?
2. Happiness: Reflect on the documentary and/or the article on happiness. What strategies could you adopt to improve your overall happiness? Why/how are these effective techniques? Is our society, as the article states, too “obsessed with happiness?”

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