**Assignment 2.1**

1. Define stress and explain the effects of stress.
2. Give every day examples from your own experience of how stress arises.
3. Explain what happens to the body during deep relaxation and the benefits of yoga relaxation techniques.

(Note: an explanation of the autonomic nervous system is not required)

Guideline word count: 1500-2500 words

**To give some additional help ~**

1. Include a brief definition of stress, referring to the source of the definition. You must include at least one definition of ‘stress’ from an identified source and give your own thoughts on this definition.
2. Distinguish between necessary levels of stress in life, and unhealthy levels of stress. Here you must mention the difference between eustress and distress, naming these terms.
3. State some of the long term effects of unhealthy levels of stress on the body and mind. Here you can mention some of the diseases which are attributed to chronic stress and you may conclude that many dieases are due to chronic stress and that all are adversely affected by it!
4. Give relevant examples from the students own experience of how stress arises in everyday life. You will need to show some self-reflection where you give some examples of things which are stressors for you and how you react, i.e. what typical thoughts and emotions occur, what physical symptoms typically occur.
5. Include a brief description of how the body responds in deep relaxation, referring to the source of this information. Here you do not need to go into great depth regarding the SNS & PNS but can briefly describe how they work toegther and what physiological changes the relaxation response elicits. As the word count is not very big you can always add a table to show the effects of the activation of the SNS and PNS branches to save writing lots of sentences.Do remember to reference any tables. This section should be brief letting the emphasis be upon the next section.
6. Discuss the beneficial effects of yoga relaxation techniques. Here you can outline several types of relaxation and there may be specific benefits for some of them for instance we can learn to tell the difference between a relaxed and tense muscle using the squeeze & release method; there are also more general benefits to be given such as learning to consciously relax the mind, take time for ourself without distraction; also ways in which relaxation helps us prepare for other yoga technqiues such as meditation. Remember there will always be benefits of a physical, energetic, psychologcical and even spiritual nature.

**Generally:**

* As you do your research make a note of the sources of all reseach done for your bibliography. This will include all sources visited and of use, not just those referenced. Check out the ‘Essay Writing Standards’ handout to see what details you will need to record for each source referenced as it is very specific for texts, electonic sources and journals.
* Make sure you carefully read the Handout on Essay Writing Standards before staring to write your assignment.
* Use the essay checklist if it helps you!