Stress Workshop Presentations:

* What is your technique? Brief descriptor, history if applicable (2 mark)
* How does it work? (3 marks)
* What are the benefits? (3 marks)
* Find an article that illustrates the benefits of your technique (3 marks)
* Demonstration: prepare a 3-5 minute interactive demonstration of your coping technique for the class. (10 marks)
* Visuals: Was your powerpoint engaging? Minimum 3 visuals to compliment your presentation (2 marks)

**TOTAL: /23 marks**

**Groups:**

1. **Jenna Riley Emma Makerra Alex – Guided Meditation**
2. **Maarja Rebecca Paisley Kehgan Carmen – PMR**
3. **Sami Chantal Jessica Emily – Breath Control**
4. **Julia Angela Felicia Annika- Autogenic Training**
5. **Tyler Noah Cooper Mac Cole Julius - Yoga**