**Stage 2 Health and Wellbeing**

**AT2 Folio: Stress & Health (10%)**



**Purpose**

To critically think and reflect about the impact health promotion can have on stress for adults and adolescents.

**Description**

1. Complete the 4 week : Coping with Stress Course from This Way UP to immerse yourself in a stressful adult scenario and engage with active coping mechanisms.
2. Research and engage with an Australian health promotion resource that is designed for adolescents to manage stress.
3. Reflect on the relevant health and wellbeing trends regarding stressors, their impact on health and wellbeing, and typical passive coping mechanisms. Include either: adolescent and adult perspectives; or, the same age group from a local and global context in this aspect.
4. Critically analyse the impact health promotion can have for both adults’ and adolescent’s capacity to manage stress and reduce its impact on health statis.

**Format**

* Use charts, graphs, and figures / images strategically within the body of your text to illustrate trends. These must be individually labelled, appropriately referenced and discussed in your response.
* Use footnotes to reference throughout your task and do not use an appendix as they are not assessed.
* If a written response, you have a maximum of 1000 written words,
* If an, oral you have a maximum of 6min oral or equivalent as a multimodal form.

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| Performance Criteria | Specific Features |
| Critical Thinking | Analysis of health and wellbeing concepts to make recommendations or solve problems |
| Reflective Practice | Personal reflection on health and wellbeing trends and issues in individual, local or global contexts |
| **Grade and Comment** |  |