Methods

Name

Institution

**Hypothesis**

My study will be based on addressing the following hypothesis:

If I adopt spiritual wellness, it will help me with the coping and prevention of mental health issues such as stress in my life.

**Participant**

In this study, I will be the main participant. I am a 23 years old male who is still in college on a fulltime basis. I have had issues with managing my stress levels in the past due to my learning schedule, which can, at times, be overwhelming. The high-stress environment often ends up affecting my ability to interact with other people in my social circles.

**Materials**

In this experiment, different materials will be required. For starters, it is a perceived stress scale that will be used in the process of assessing my stress level in relation to different events that are happening in my life (Manzar et al., 2019). Secondly, I will require a spiritual mentor who will guide me in my spiritual wellness journey. Notably, the mentor helps me in the process of overcoming different obstacles that I might encounter in my spiritual wellness journey. Lastly, I will require a notebook that will serve as a diary to record my progress in my spiritual wellness journey.

**Procedure.**

To start off, I will identify the spiritual wellness activities that I will incorporate in my journey with the help of my mentor. Some of the activities will include reading the religious teachings of Buddha and talking about them with my mentor. Next, I will meditate about the teachings and evaluate the manner fit to my context. After that, I will talk with the spiritual mentor about the way I can apply the teachings in my life to reduce my stress levels. I will then apply the teaching to my life in line with the recommendations of my mentor. After that, I will use the perceived stress scale to measure my progress and note it in my diary.

References

Manzar, M. D., Salahuddin, M., Peter, S., Alghadir, A., Anwer, S., Bahammam, A. S., & Pandi-Perumal, S. R. (2019). Psychometric properties of the perceived stress scale in ethiopian university students. *BMC Public Health*, *19*(41), 1-8. doi:10.1186/s12889-018-6310-z