Based on the characteristics of your chosen age group, write a description of what "Stress Wellness" would look like for your chosen age group.  (To get ideas, review the descriptions/words of the wellness models you reviewed in Unit 2.  Also look for articles or books related to your chosen age group, to reflect on appropriate wellness ideas.)

Senior citizens are a particularly vulnerable group of people with regards to stress wellness for a combination of three reasons: the potential causes of stress are more numerous, the potential ways of addressing that stress can be difficult, and the potential positive influences that naturally counteract stress can be harder to come by. Senior citizens are afflicted by causes of stress that are less common in younger generations, such as health issues, loss of loved ones, loss of personal self-reliance, and loss of livelihood or dependency. As such, the picture of stress wellness for senior citizens ought to address all of these criteria. Senior citizens must be provided an adequate support structure to counteract the emergent causes of stress in order to limit the degree to which they affect the individual's stress level; by sharing these burdens, the burden naturally lessens. These individuals must also possess obligations or commitments in their lives to keep life engaging and interesting; stress levels increase when these individuals have little to capture their attention, which can often occur when their working lives have ended. The picture of stress wellness for this group of people would involve ongoing commitments or participation in social events to retain engagement in society.

**(above NEEDS TO BE ABOUT 6-12 year olds, SORRY ☹**

And the other book for question #18 is Mind-Body-Spirit (MBS) text by Seaward, including the Introduction and Chapter 1. (managing stress/ a creative journal by brian luke seaward 4th edition)