For this assignment, you should engage in the intervention proposed in your research proposal.

Please try to complete the activity during the time you selected for the intervention on your research proposal. This should be the same time of day that you completed the 3 baseline data collection days.

Before completing the intervention, make a note of your stress level at the moment on a scale of 1 to 9 where 1 = no stress and 9 = maximum stress.  You will enter this into question #4 of this survey.

Please find a quiet location where you will not be disrupted. Prepare whatever you need to engage in the intervention, whether it's a website for slow paced breathing or a guided meditation you will use each time.  Set a timer for the amount of time you specified in the research proposal and engage in the activity. Immediately after the activity, please use the phone app to collect HRV data.

Open the Camera HRV app on your phone.

* Select "Measure HRV"
* Turn your phone over so that the camera sensor is facing up.
* Place your index finger over the camera and the flash for the one minute the app takes to measure your pulse.

Answer the questions in the survey below.

Question 1

What time was HRV measured?

Question 2

Enter your HRV reading.

Question 3

Enter your pulse.

Question 4

Stress question

Please rate your stress level when you started the intervention. Enter the number between 1 and 9 that best corresponds with your stress level.

1 = no stress

9 = maximum stress

Question 5

Please rate your stress level after completing the intervention. Enter the number between 1 and 9 that best corresponds with your stress level.

1 = no stress

9 = maximum stress

**State Ruminative Thoughts Questions (Kocsel et al., 2019)**

1. For the past five minutes, I was not able get certain thoughts out of my mind
2. For the past five minutes, I kept thinking about something over and over again
3. For the past five minutes, I had difficulties suppressing thoughts about myself

**Speilberger State Anxiety Inventory (Speilberger, 1983)**

Participants answer whether they agree with the statements on a 4-point Likert scale ranging from 1 (not true at all) to 4 (certainly true), where higher scores reflect more ruminative thoughts. Asterisks indicate questions that are reverse-scored.

At this moment I feel \_\_\_\_\_\_\_\_\_\_\_\_\_

1. Calm, \*

2. at ease, \*

3. frightened,

4. jittery,

5. worried,

6. secure, \*

7. upset,

8. comfortable, \*

9. indecisive,

10. confused,

11. tense,

12. worried over possible misfortunes,

13. self confident, \*

14. relaxed, \*

15. steady, \*

16. strained,

17. satisfied, \*

18. nervous,

19. content, \*

20. pleasant.\*