

Category 4: Resource Development

Group 4-21

# Scrumptious Stress Relief!

Ethan Lim (6) 103

Damian Chow (4) 103

Ethan Chai (5) 103

Clarence Yee (31) 103

## **ABSTRACT**

Scrumptious Stress Relief is a project targeted at teenagers, aiming to raise awareness about stress, as well as the different ways they can relieve stress, especially through one of the more unique ways, food, which is our main focus for this project. We will do so through our resource package, consisting of a recipe book and a website. We have created a recipe book with 7 recipes that contain stress-free elements, as well as a website introducing to the readers more about stress.

## **1 INTRODUCTION**

### **1.1 Rationale**

Teenagers like us nowadays have to juggle academics, co-curricular activities and other commitments. Thus, it is inevitable that we would feel stressed. There are some commonly known methods to relieve stress, like listening to music or exercise, but we wanted to think of a different way to do so, and we thought of food. Eating the right types and proportions of food helps to relieve stress. Foods that relieve stress can be extremely scrumptious, hence the name of the project. Therefore, we decided to do some research on food and find out what types of food help in relieving stress.

### **1.2 Objectives**

The objectives of Scrumptious Stress Relief are:

- To increase awareness about stress
- To introduce methods of stress relief, and help those feeling stressed relieve stress in a different way, through food

### **1.3 Target Audience**

Our target audience is teenagers (13 to 18 years old), as they start to have intensive workloads, resulting in them to feel very stressed.

## 1.4 Resources

We have included the following in our resource package:

- A website
- A recipe book
- An Instagram account to publicise our project

## 2 REVIEW

In Singapore, there are many examples of the detrimental effects of stress. For example, in 2015, a boy in Primary Five committed suicide by jumping from a 17-storey building just because he had done poorly for one examination. (*The Straits Times*) Also, in 2013, 224 teenagers had written to Samaritans of Singapore, a counselling organisation, telling them that they had suicidal thoughts. (*The New Paper*) These show the growing need and urgency to address stress which threatens many youngster's lives. We have also learnt that from a survey conducted by the Organisation for Economic Co-operation and Development (OECD), out of 540000 students polled, 76% said they were stressed before a test.

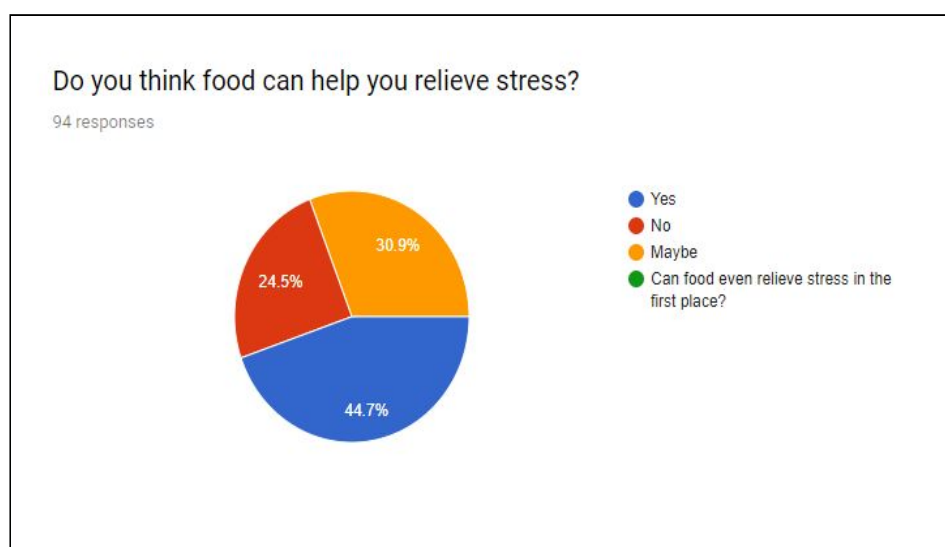
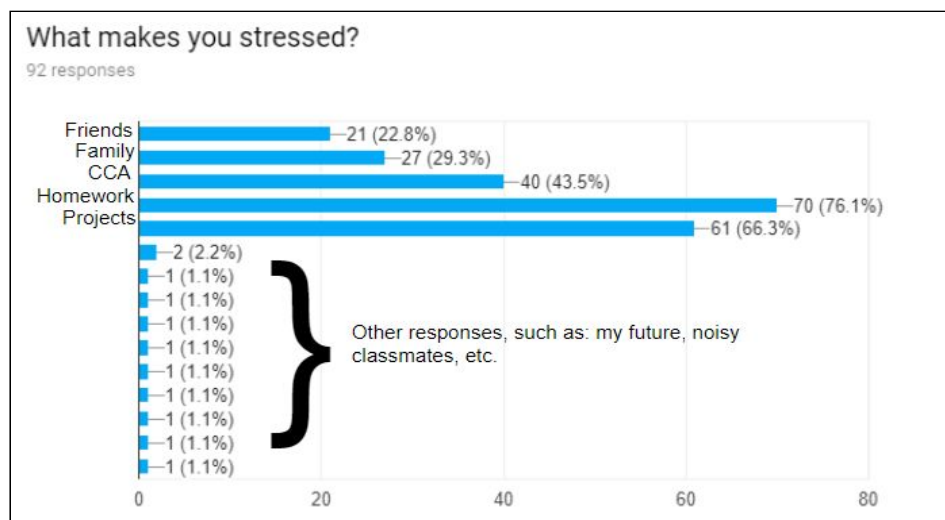
In 2013, Harvard Medical School and researched and found out that food can help to relieve stress, and diet plays a very important role in helping to counter stress. For example, complex carbohydrates are metabolized more slowly and therefore help maintain a more even blood sugar level, which creates a calmer feeling. We have also reviewed a book, *Eat Yourself Calm*. It has introduced us to some facts about stress, the stress-relieving vitamins and minerals and some recipes too. We got inspiration from the book and came up with our very own recipes. Another resource we reviewed is a previous project done by another group last year. We felt that their project was not very comprehensive and only provided brief summaries on methods for stress relief. We felt we could improve on their project through our project, like go in detail into one for the stress-relieving methods, and in our case, food.

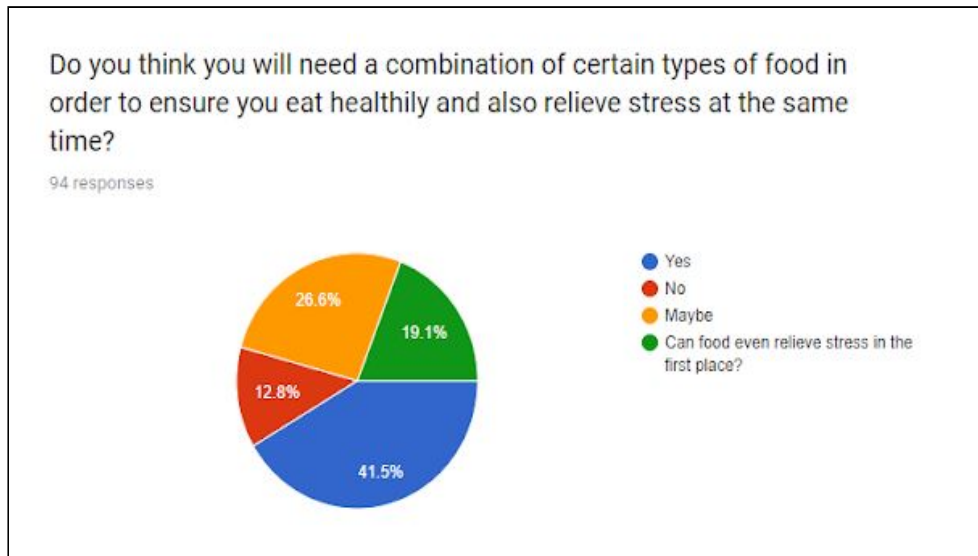
### 3 METHODOLOGY

#### 3.1 Needs Analysis

For our Needs Analysis, we conducted the survey through an online platform, Google Forms on 94 respondents aged from 13 - 18 years old and asked them questions related to stress and if our project would be able to help them relieve stress.

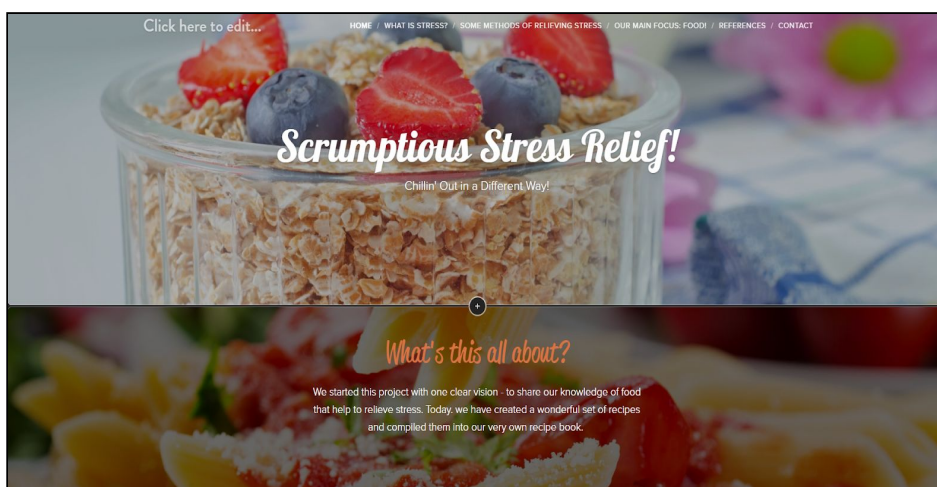
#### 3.2 Survey Results





### 3.3 Development of Resources

We have decided to make a recipe book and a website to promote stress relief. Our recipe book has recipes that contains ingredients with stress-relieving vitamins and minerals, and what ingredients the recipes have. The website provides an introduction to stress and some other cliché methods on relieving stress, although the main focus of our project is food. Moreover, we put up a poster with some pamphlets in the library (with permission) and created an Instagram page, for publicity purposes, as well as to provide some facts about stress.



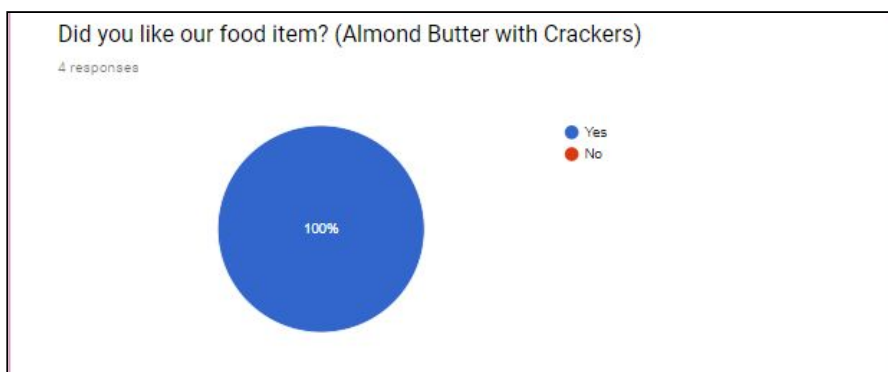
*The front page of our website*

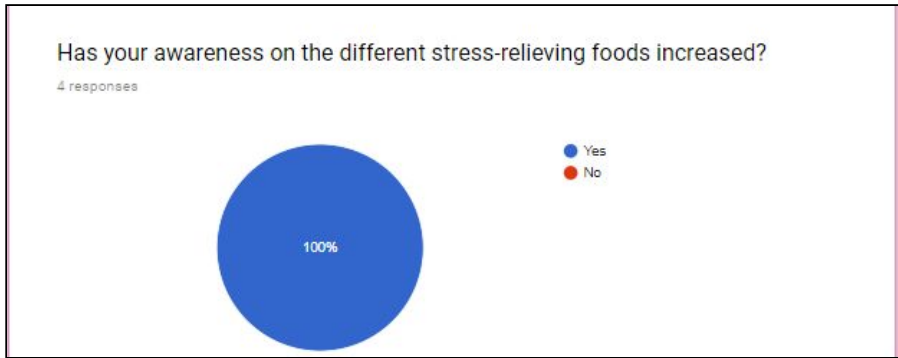


*The cover page of our recipe book*

### 3.4 Pilot Testing

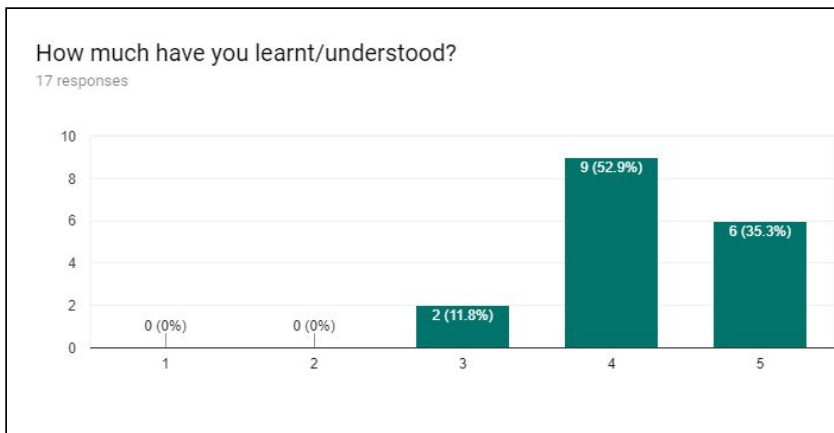
In order to find out our the effectiveness of our resource, we conducted our first round of pilot testing. We made our recipes and got a small group of 4-5 people to try them, and showed them our website. To ensure fairness in during the test, we requested that they give us their honest responses.

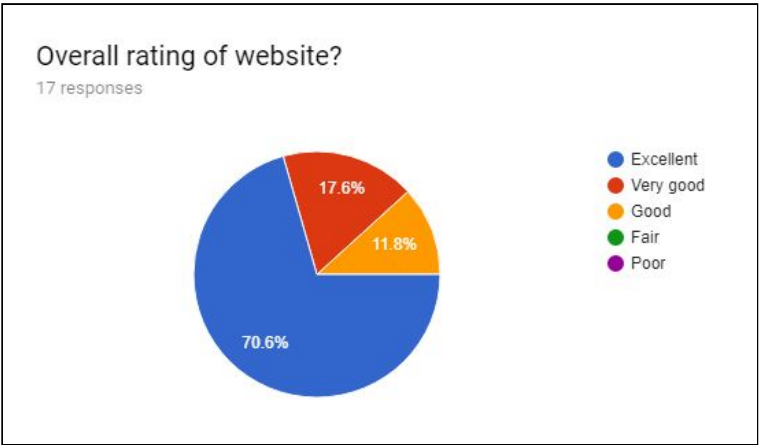
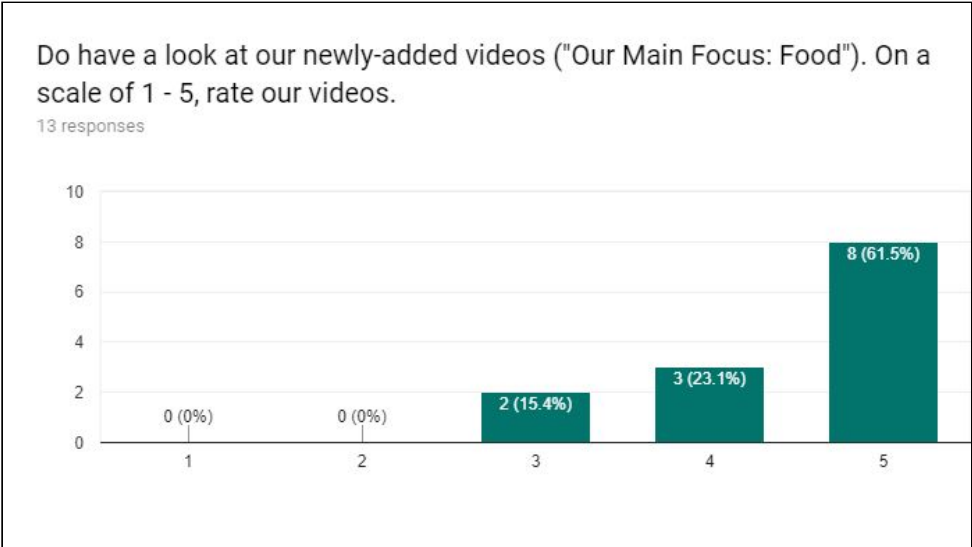
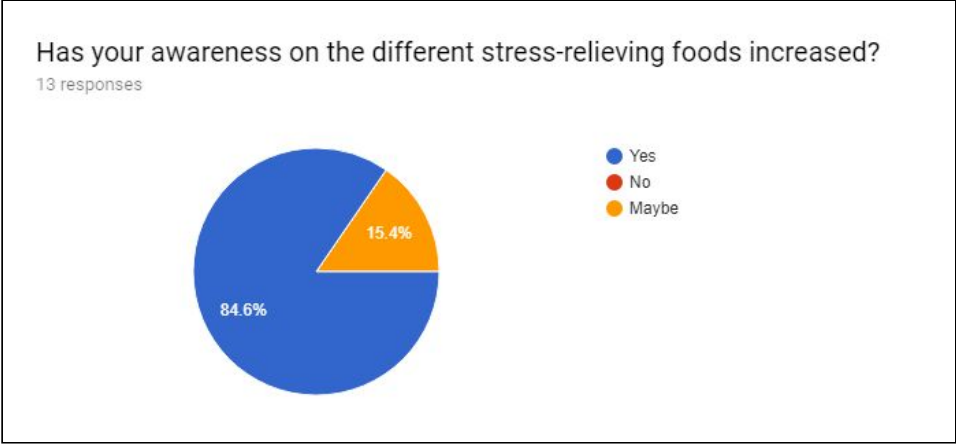




*Feedback and suggestions we have received from our respondents for Pilot Testing 1*

Afterwards, we have improved and finished up our resource package based on the feedback we received and conducted our second round of pilot testing on a larger group of people.



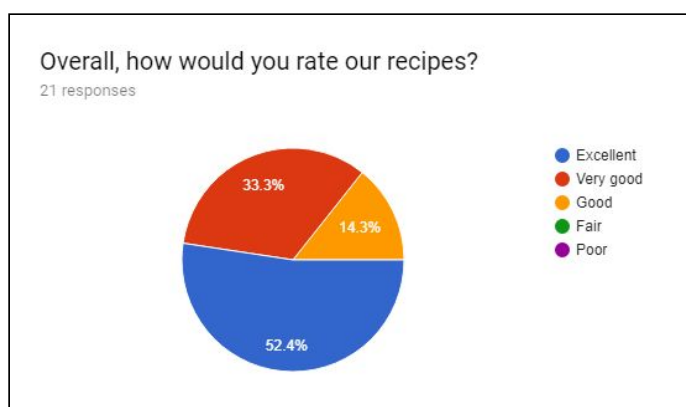
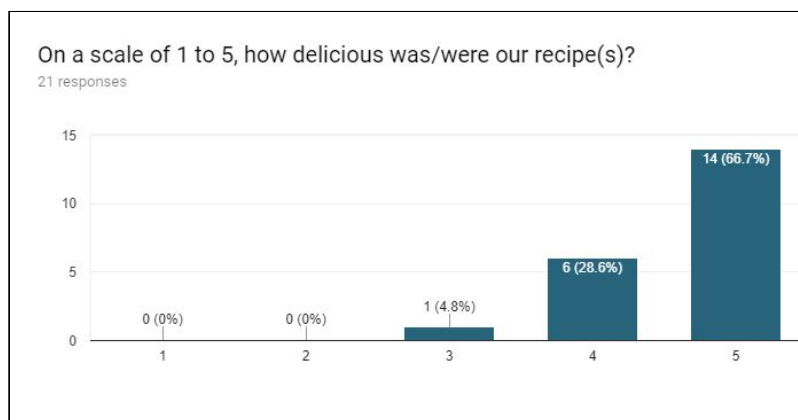




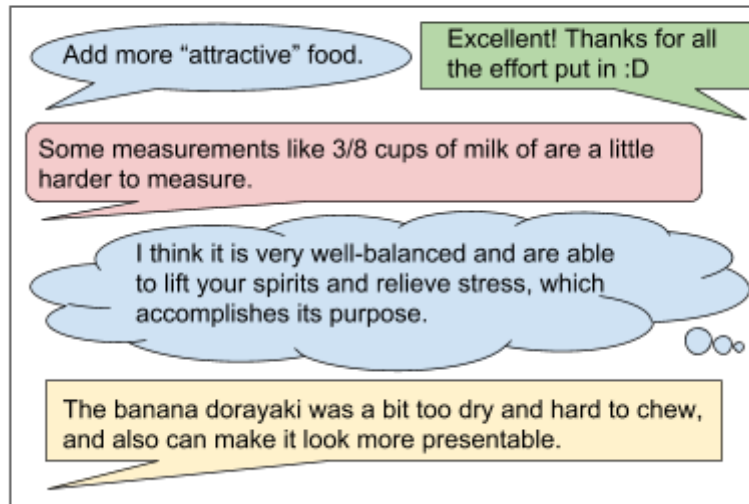
## What did you like most about our website?



*Our respondents' feedback on our website*



## Any comments/suggestions for our recipes?



*Our respondents' feedback on our recipes*

## 4 OUTCOME AND DISCUSSION

Through this project work, we are proud to say that we have been successful in achieving our aim- to help relieve stress in a unique way! Our respondents have reflected that our content was easy to comprehend, and that the food was nice.

However, our project has its limitations too. Our pilot testing did not get enough responses to affirm the effectiveness of our project, although we had received many positive comments from our respondents during the pilot testing. Also, the time frame for our project is very little, but this method of stress relief through food would require a long period of time. The best we can do is to raise awareness about stress-relieving food items. Lastly, most people would not be willing to take time to make our recipes and try them out, which might defeat the purpose of one aspect of our recipes - easy to make. If people are not willing to try, we might not be able to ascertain the fact above.

Thus, we should have gotten hold of more opportunities to collect more data for our pilot testings, and increase the accuracy in the data collected. For example, we

could also collaborate with the cooking sabbatical, so there would be more people to try our recipes and give feedback.

## **5 CONCLUSION**

In conclusion, we felt that Scrumptious Stress Relief is a meaningful project as we can help our target audience relieve stress through a unique way - food. We had learnt a lot, like sources of stress, ways to relieve stress and the vitamins and minerals that relieve stress.

However, we also faced many challenges. We hardly cook, hence coming up with and cooking the recipes from scratch was quite difficult at first. However from the help from our family members, we have learnt new cooking skills. Also, since we are new to Project Work, we did not understand the information we had researched on, but we had our mentor and parents to guide us along the way.

We hope that through this project, we could help others who are facing stress to loosen up and lead a less stressful life.

## **6 ACKNOWLEDGEMENTS**

Firstly, we would like to thank our project mentor, who has given us invaluable guidance and help that he had given us, like vetting our slides and reports. He would never fail to patiently answer our queries and help us whenever we encounter problems.

Secondly, we would like to thank our family members who had helped out with the making of the recipes. We would definitely have needed their assistance since we are not experts in cooking.

Lastly, we would like to thank those who have actively participated in our pilot testings.

## 7 REFERENCES

Paul, G. (2014). *Eat Yourself Calm*. London, Great Britain: Octopus Books

Moninger, J. (2018). 10 Relaxation Techniques That Zap Stress Fast. [online]

WebMD. Available at:

<https://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot#1> [Retrieved 5 June 2018].

Segal, J., Smith, M., Segal, R. and Robinson, L. (2018). Stress Symptoms, Signs, and Causes: Improving Your Ability to Handle Stress. [online] Helpguide.org.

Available at:

<https://www.helpguide.org/articles/stress/stress-symptoms-signs-and-causes.htm> [Retrieved 5 Jun. 2018].

Klein, S. (2018). The 3 Major Stress Hormones, Explained. [online] HuffPost UK.

Available at:

[https://www.huffingtonpost.com/2013/04/19/adrenaline-cortisol-stress-hormones\\_n\\_3112800.html](https://www.huffingtonpost.com/2013/04/19/adrenaline-cortisol-stress-hormones_n_3112800.html) [Retrieved 10 Jun. 2018].

Link, R. (2018). What Is GABA? The Brain-Boosting, Anxiety-Busting Power of GABA Supplement - Dr. Axe. [online] Draxe.com. Available at:

<https://draxe.com/gaba/> [Retrieved 10 Jun. 2018].

McIntosh, J. and Wilson, D. (2018). Serotonin: Facts, uses, SSRIs, and sources.

[online] Medical News Today. Available at:

<https://www.medicalnewstoday.com/kc/serotonin-facts-232248> [Retrieved 10 Jun. 2018].

Jennings, K. (2018). 16 Simple Ways to Relieve Stress and Anxiety. [online]

Healthline. Available at:

<https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety#section15> [Accessed 10 Jul. 2018].

GoodTherapy.org Therapy Blog. (2018). Good Mood Foods to Help Fight Depression, Stress, and More. [online] Available at: <https://www.goodtherapy.org/blog/good-mood-foods-to-help-fight-depression-stress-and-more-032015> [Accessed 10 Jul. 2018].

Hussain, A. (2018). Death of boy, 11, who fell 17 floors after failing his exams for the first time ruled a suicide. [online] The Straits Times. Available at: <https://www.straitstimes.com/singapore/courts-crime/death-of-boy-11-who-fell-17-floors-after-failing-his-exams-for-the-first-time> [Accessed 7 Aug. 2018]

Naidoo, MD, U. (2018). Nutritional strategies to ease anxiety - Harvard Health Blog. [online] Harvard Health Blog. Available at: <https://www.health.harvard.edu/blog/nutritional-strategies-to-ease-anxiety-201604139441> [Accessed 7 Aug. 2018].

Straits Times(2017).Singapore Students suffer from high levels of anxiety: Study. [online]Available at: <https://www.straitstimes.com/singapore/education/spore-students-suffer-from-high-levels-of-anxiety-study> [Accessed 1 Aug 2018]

Chai, H. (2018). More vulnerable teens as stress levels increase. Retrieved from <https://www.tnp.sg/news/singapore-news/more-vulnerable-teens-stress-levels-increase> [Accessed 14 Aug 2018]