

Attribute	Review	Further Comments
Well-written		
<p>1.a Under <i>Coping Mechanisms</i>: “The stress one may feel is not the external event itself but rather their own interpretation and response to the potential threat, and that is when coping processes begins”</p>	<p>I found this hard to follow at first. Maybe be concise and just say:</p> <p>“Stress is not the external event itself (add comma), but rather an interpretation and response to the potential threat (add semi colon); this is when the coping process beings.”</p>	<p>Great contribution here! The information you have added helped transition the topics of perceived stress into coping mechanisms for perceived stress, very nicely. This really helped the flow and organization under this heading ☺</p>
<p>1.b Under <i>Coping Mechanisms</i>: “Individuals deal with perceived threats that may be stressful, in various ways. However people tend to respond to these threats with a singular, predominant coping style, in which they try to dismiss feelings, or change whatever the situation is that is making them feel stressed”</p>	<p>Rewording could enhance speech flow. Grammar (adding commas necessary):</p> <p>“There are various ways individuals deal with perceived threats that may be stressful. However (add comma), people have a tendency to respond to threats with a predominant coping style, in which they dismiss feelings, or manipulate the stressful situation.”</p>	
<p>1.c Wikipedia’s Title Guideline states: “Capitalize the title's initial letter (except in rare cases, such as eBay), but otherwise follow sentence case, not title case; e.g., Funding of UNESCO projects, not Funding of UNESCO Projects. This does not apply where title case would be expected where the title to occur in ordinary prose.”</p>	<p>Titles:</p> <ul style="list-style-type: none"> -“Stressful Social Experiences that Affect Communication” -“Verbal Communication Methods” -“Nonverbal Communication Methods” -“How to Prevent Misunderstanding while Communicating when Stressed” -“Physiological Responses to Stress that Affect Communication” <p>To follow Wikipedia guidelines, capitalize only the first initial letter</p>	
<p>1.d Under <i>Stressful Social Experiences that Affect Communication</i>: “Cultural Differences:</p>		<p>This was a fantastic idea. The addition of these headers really helped with the</p>

<p>Individualistic vs. Collectivistic” “Language Barriers” “Changes in the Home”</p>		<p>organization of speech, topics being discussed and organization of these ideas under this heading. Great work</p>
<p>1.e Under <i>Highly adaptive/active/problem-focused mechanisms</i>: “Sigmund Freud, a well known neurologist, suggests the humor was an excellent defensive strategy in emotional situations. When one laughs during a tough situation they feel absent from their worries, and this allows them to think differently. When one experiences a different mind set, they feel more in control of their response, and how they will go about dealing with the event that caused stress.”</p>	<p>Rewording could enhance speech flow. Grammar (adding commas necessary). Addition of a wikilink here would be useful (Sigmund Freud):</p> <p>“[[Sigmund Freud]] (maybe considering leaving out “a well known neurologist”) suggests that is (not was) an excellent defensive strategy in emotional situations. Laughing during a tough situation distracts an individual from their worries, allowing them to experience a different mindset. Different mindsets allow individuals to gain a sense of control over their situational response, and how they choose to cope with the event that caused stress.”</p>	
<p>1.f Under <i>Health Promotion</i>: “There is an alternative method to coping with stress, in which one works to minimize their anxiety and stress in a preventative manner. If one works towards coping with stress daily, the feeling of stress and the ways in which one deals with it as the external event arises becomes less of a burden.”</p>	<p>Needs to be concise...hard to follow structure wise:</p> <p>“Alternative methods to coping with stress can prevent or minimize anxiety and stress. Daily preventative measures include:” (and then you have the list of coping methods)</p>	<p>Preventative measures to stress and alleviation of anxiety was a very good addition to the article; preventative measures are very important when considering stress. Good thinking!</p>
<p>1.g Under <i>Physiological Responses to Stress that Affect Communication</i>:</p>	<p>This information is incongruent with the title; mentioning how the body responds to stress in more than just the physiological sense when the title states that you are going to subsequently</p>	

<p>“The body responds to stress in many ways. Readjusting chemical levels are just one of them. Here are some examples of adjustments and changes that affect communication.”</p>	<p>discuss physiological responses to stress. It would flow with more ease if you took out this information and just started with “General Adaptive Syndrome”</p>	
<p>1.h Addition of “General Adaptive Syndrome”</p>		<p>Fantastic addition. Really easy to follow and it is important information when discussing stress!</p>
<p>1.i Under <i>Quality of Sleep</i>: If someone’s sleep is constantly disrupted they won’t feel properly rested.</p>	<p>Grammar (add a comma). Word choice: “properly” which means correctly, appropriately...does not properly fit in this content. “If someone’s sleep is constantly disrupted (add comma), they will not feel rested.</p>	
<p>1.j Under <i>Stressful Social Experiences that Affect Communication</i>: “Once stressed, many challenges can arise one being difficulty communicating. Here are some examples of how stress can hinder communication.”</p>	<p>Rewording of awkward phrasing. “Challenges may arise when one is stressed; a recognized challenge being communication...”</p>	
<p>1.k Under <i>Changes in the Home</i>: “Although everyone involved is affected affect by event such as these it can be most drastically in children.”</p>	<p>Rewording required due to grammatical error. It is very hard to follow this sentence.</p>	<p>It is very hard to follow this sentence I am not too sure what is trying to be said here</p>
<p>Neutral</p>		
<p>2.a Under <i>Quality of Sleep</i>: “Everyone is able to recognize the importance of a good night’s sleep.”</p>	<p>This is not neutral content... this statement reflects more of a biased opinion because not everyone is able to recognize the importance of a good night’s sleep. Maybe eliminate this sentence to remain neutral, and start the following sentence with</p>	

	“Sleep allows people to rest and...” instead of having it start with “It allows...”	
Verifiable		
3.a Under <i>Changes in the Home</i> : “A particularly interesting response to stress is talking to an imaginary friend. A child may feel angry with a parent or their peers who they feel brought this change on them. They need someone to talk to but it definitely won’t be the person with whom they are angry. That’s when the imaginary friend comes in. They “talk” to this imaginary friend but in doing so they cut off communication with the real people around them.”	This needs to be cited. The information presented (“A particularly interesting response to stress is talking to an imaginary friend. A child may feel angry with a parent or their peers who they feel brought this change on them.”) sounds like original research... citations and sources needed to verify this information.	
3.b Under <i>Changes in the Home</i> : “Divorce, death, and remarriage are all disruptive events in a household. Although everyone involved is affected affect by event such as these it can be most drastically in children. Due to their age, children have relatively undeveloped coping skills. For this reason a stressful event may cause some changes in their behavior.”	Citations are needed in order to verify this information. Without citations and “proof”, this is taken as biased information produced by original research or just an inference made on these situational events.	
3.c <i>How to Prevent Misunderstanding while Communicating when Stressed</i>	This section needs more references/sources/citations. It sounds like the information came from original research or the information resented sounds like opinions/inferences	
Additional information		

<p>“Stressful Social Experiences that Affect Communication”</p>		<p>Brilliant addition. Congratulations on finding a unique way to incorporate communication with stress when considering the social aspect!</p>
<p>“Communicating With Someone Who Is Stressed”</p>		<p>This is amazing content, it’s broad in its coverage and it is very easy to follow. Great citations and sources used (demonstrating excellent verifiability) and I’m impressed at how this section augments the article! Again, great addition 😊</p>
<p>“Communicating With Someone Who Is Stressed”</p>	<p>Maybe add the “Nonverbal Communication Methods” before the “Verbal Communication Methods” since communication involves more nonverbal communication then verbal communication</p>	<p>Content in the Nonverbal Communication and the Verbal Communication sections are verifiable and cited properly. Very interesting incorporation of communication within this article. Again, congratulation goes out to your creative thinking! Takes a lot of creativity and critical thinking to be able to connect communication to stress and to do so in a way that is relevant to the article!</p>
<p>“How to Prevent Misunderstanding while Communicating when Stressed”</p>		<p>I think this was a very productive addition to the article. It follows its prelude (“Communicating With Someone Who Is Stressed”) very nicely. It is broad in its coverage and remains focused on</p>

		the subject stress. Very refreshing add!
Images		
		There were no images added to this article. Maybe try to find an image to aesthetically enhance your article; images, to me, produce a connection to the material/information.