

# CWSF 2013 - Lethbridge, Alberta



## Alyssa Bunce

### Pressure Points: A New Way To Manage Stress?

**Challenge:** Innovation

**Category:** Junior

**Region:** Yukon Stikine

**City:** Whitehorse, YT

**School:** Vanier Catholic Secondary

**Abstract:** The effects of stress are universal. Everyone feels it's impact, often in different ways and on different levels. Stress is linked to many diseases and disorders. Effective stress management is of ever increasing importance. Through my project I strive to create a product that, through acupressure, repetitive rhythmic action, and the use of stress relieving pressure points, helps the individual manage stress.

#### Biography

My name is Alyssa Bunce, I am 13 years old and live in Whitehorse Yukon. I attend Christ the King Elementary School. I participate in the Extremely Moving Youth Society dance group at leaping feats 10 hours a week, and also have been playing percussion instruments and piano for five years. I got my inspiration for my project on the Placebo Effect when I was reading the Muse 2009 issue, titled "This Magazine Will Make You Feel Better". In the future I would like to do further research on the variables of the Placebo Effect, and why they take place. For example, will the powers of the Placebo Effect be stronger if you are given the Placebo by a doctor opposed to a parent? My advice to people thinking about doing a project would be to go for it. Nothing ventured nothing gained, and if you work really hard, you can be rewarded with an amazing opportunity like this one.

#### Awards

#### Value

Excellence Award - Junior - Silver Medal Sponsor: Youth Science Canada	\$300
Western University Scholarship Silver Medallist - \$2000 Entrance Scholarship Sponsor: Western University	\$2 000
Total	\$2 300