STRESS MANAGEMENT

LESSON 2: Stressors

Topic: Stressors

Objective: To allow the students to evaluate their stress levels in familiar situations.

Read the story below. Answer the questions and the take the stress test on the worksheet.

|  |
| --- |
| Tina’s Story  Tina was a very hard working senior in high school. Each year she had taken the most difficult classes and received all A’s on her report cards. She always expected herself to do better than other students. As a result, Tina didn’t take time for friends. During her evenings and weekends and even during lunch, she would find a quiet place to study.  In the spring of her senior year, Tina was diagnosed with mononucleosis (Mono) and had to miss several weeks of school. Though she tried to do her school work at home, she was not able to keep up with all the assignments in one of her subjects. As a result, Tina’s situation became increasingly stressful to her. Near the end of the semester, Tina found that her grades had dropped. She felt that her situation had finally become hopeless. To everyone’s surprise, she felt into a deep depression and had to be hospitalized.  When she was released from the hospital, Tina started meeting with a counselor. She discovered that she needed to work on how she could feel better about herself and better handle the stress in her life. |