

Stress – Healthy or Unhealthy?

Point of the Assignment: 1) Recognize the impact that stress – both positive and negative - has on a person’s life. 2) To provide coping skills for dealing with negative stress.

Think of a time in your life when you faced a stressful situation that led you to take positive action.

Describe the situation:

1. Describe your emotional and physiological response to the stress.

2. What coping skills did you have for dealing with the stress?

3. What action did that stress cause you to take?

4. What was the outcome of the situation?

5. What did you learn from the situation?

6. In looking back, do you think you handled the situation well? (*Explain your response.*)

7. If you had an opportunity to make the same choice again, would you? (*Explain your response.*)

Difficult Choices

Think of a time in your life when you faced a stressful situation that led you to do something unproductive or unhealthy.

1. Describe the situation:

2. Describe your emotional and physiological response to the stress.

3. What coping skills did you have for dealing with the stress?

4. What action did that stress cause you to take?

5. What was the outcome of the situation?

6. What did you learn from the situation?

7. In looking back, do you think you handled the situation well? (*Explain your response.*)

8. If you had an opportunity to make the same choice again, would you? (*Explain your response.*)

Learning to Respond Positively to Stress:

Read Chapter 6: Tests – “Letting Go of Test Anxiety” (P.191) Identify some helpful tips offered

Difficult Choices

Read Chapter 8: Communicating – “Managing Conflict” and/or “Five ways to say no Respectfully” (P.247-250) Identify some helpful tips offered for dealing with stressful relationship situations

Check out stress resources at the Mt. SAC - Student Health Center - Identify some helpful hints provided for dealing with stress. (*note: You can also go to their office to pick up flyers that provide helpful hints.*)

<http://www.mtsac.edu/students/healthcenter/getahead/manageStress.html>

Identify some goals you can set to deal with stress effectively:

1. _____
2. _____
3. _____

Be sure to talk to the teacher if the process of doing this assignment causes you have adverse reactions to what you learn or if you have private questions you want to discuss.

Test your understanding:

What is the main point of this assignment?

Why were you expected to do this exercise?

What type of person would need to do this exercise?

How well do you fit the profile of the person for whom this assignment was created?

Reflection: (*Write down your response after completing this assignment.*)
