

## Unit 3.4 Stress Management Skills

### What Would You Do? Activity

These scenarios are highly stressful for most people. How could you handle these situations? **For each scenario you will need to answer the following:**

1. State if the situation is something that you can control or not.
2. Which stress management techniques could you use? Look at the slides from class for strategy ideas.

#### Scenario 1

Your alarm doesn't go off and you are late getting out of the house. Your bus is late and you end up 15 minutes late to class and the teacher notices. You get to your seat and realize you forgot to do the assignment that everyone is handing in in class today.

1. Is this something within your control or not?
2. What stress management strategy will you use in this situation? Give details on how you will use the strategy.

#### Scenario 2

You are in one of your classes at Fanshawe college. The teacher is talking and you have a question that you want the answer to before you forget your question. You have been waiting patiently with your raised hand for 20 minutes. Then the teacher finally stops talking and asks another student what their question is even though you had your hand up first!

1. Is this something within your control or not?
2. What stress management strategy will you use in this situation? Give details on how you will use the strategy.

#### Scenario 3

You have saved up your money to buy the latest video game that you can hardly wait to get. You finally order it on Amazon and it comes and it is the wrong game! You call Amazon and go through the automated menu three times and still can't get to a real live person. After 15 minutes, you finally get placed on hold to speak to someone. Your call is answered but then it is dropped. You have to call back.

1. Is this something within your control or not?
2. What stress management strategy will you use in this situation? Give details on how you will use the strategy.

