

Sometimes You Just Want to Scream or Cry...

Dealing with Stress

Stress is how you react to a new situation—good or bad.

Your heart beats faster, your adrenaline makes your breathing speed up, you are more alert and you have more energy. (It's a little like falling in love!)

If you didn't have stress at all, you'd be a boring person.

BUT, too much stress is also bad for you.

Balance is the key to everything in life.

Outside of work, stress can come from...

- Worries about having enough money to pay your bills
- Unhappiness at home
- Elder or childcare responsibilities

Inside work, stress can come from...

- Loud noise, bright light, high heat, low oxygen, poor air quality
- Too much work and not enough time
- The lack of promotions over time in a company
- Not liking co-workers or manager
- Getting a promotion before you're ready for one
- Layoffs or labour disputes
- Machines that are regularly breaking down
- Not feeling appreciated
- Constant change/Not enough change
- Short deadlines

When people are stressed, they may...

- Lose self-esteem or become depressed
- Develop a short temper and become grumpy
- Give up and stop caring
- Lose sleep, which will add to stress
- Reach burnout (a stage when they feel emotionally exhausted to the extreme)

- Eat well! Cut down on the junk food and chow down on those fruits and veggies!
- Exercise! No wonder you feel terrible if you sleep until noon and then sit on the couch watching TV. Get up and get out of the house! Or be a radical and take up yoga!
- Keep clean! If you are dirty, you'll feel yucky. And you'll be stinky, so people will avoid you. Soap up, use deodorant, and brush those teeth!
- Take a break! Schedule in some down time every day, just before bed. Working all the time is dull, but so is relaxing all the time!
- Create a schedule (and follow it) to get everything done on time!
- Stay around positive people! If you are around grumpy people who complain all the time, they'll bring you down. Get some happy, relaxed friends who have good attitudes. You'll feel a lot better in no time!
- Discuss your concerns with your supervisor—how can you create balance at work, without having too little to do, or too little stress?

If you are still feeling stressed, contact your CIC Teacher for more information, support, or resources.

Dealing with Stress

Write what you think each person should do to lower his or her stress levels a little.

1. Inga thinks that the next promotion will go to her co-worker, Maru. But she really wants the job. In order to impress her boss, Inga decides to take on some extra tasks. She starts staying at work late and coming in to the office on the weekend to catch up. She is starting to get tired, and finds herself staring blankly at her computer screen sometimes. What should Inga do? Why?

2. Edgar is working on an assembly line. The machine that he is using breaks down a lot—about two or three times a week. He loses time while the machine is being fixed, but he is still expected to create the same number of widgets every day. In order to make up for lost time, after the machine is fixed again, he needs to work really quickly. He knows that this may be unsafe and he is exhausted at the end of the day. He notices that he is starting to get angry with his co-workers at lunch. What should Edgar do? Why?

3. Tessa works as a clerk in a hospital's Emergency Department. She needs to do paperwork quickly, since there is usually a huge number of patients with less serious injuries often sit for hours waiting to be seen and they sometimes yell at her. Tessa has usually been able to overlook these bad things because she knows that she is doing her part to help people who are sick or in danger, and she likes being a clerk. But when she takes her break, she sits with some other women who complain about the patients, the work, and the long hours. She is starting to wonder if she made the right choice in her career. What should Tessa do? Why?

Marks:**Knowledge and Understanding (1 mark each) /3**

	50–59%	60–69%	70–79%	80-100%
Understanding of relationships between concepts about stress and real situations	Demonstrates limited understanding of relationships between concepts	Demonstrates some understanding of relationships between concepts	Demonstrates considerable understanding of relationships between concepts	Demonstrates thorough and insightful understanding of relationships between concepts

Thinking (1 mark each) /3

	50–59%	60–69%	70–79%	80-100%
Critical- and creative-thinking skills	Uses critical- and creative-thinking skills with limited effectiveness	Uses critical- and creative-thinking skills with moderate effectiveness	Uses critical- and creative-thinking skills with considerable effectiveness	Uses critical- and creative-thinking skills with a high degree of effectiveness

Communication (1 mark each) /3

	50–59%	60–69%	70–79%	80-100%
Communication of information and ideas about stress	Communicates information, ideas, and experiences with limited clarity	Communicates information, ideas, and experiences with some clarity	Communicates information, ideas, and experiences with considerable clarity	Communicates information, ideas, and experiences with a high degree of clarity and with confidence