

Name: _____

Learning Activity 2: Assessing Coping Strategies

Situation 1: Jodie and Sam: The English Presentation



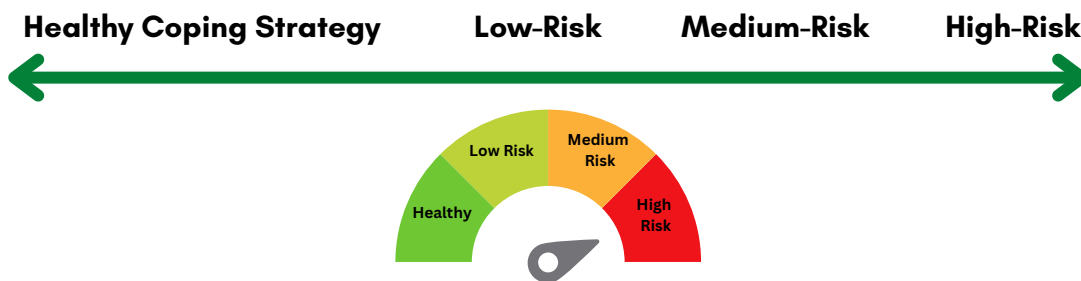
Situation 1: Jodie and Sam: The English Presentation

Jodie has an upcoming English Presentation which is causing them a great deal of worry. Jodie is experiencing trouble sleeping and is feeling more irritated than usual. They are experiencing head aches and an upset stomach. Jodie is also easily distracted in other classes. When they do try to prepare, they are finding it very difficult to focus. Normally, Jodie enjoys spending time with their friends. Now, all they can think about presenting in front of the class.

Sam, Jodie's best friend, is not worried about the presentation. Sam is feeling more relaxed and at ease. Sam would like to better understand why they are not feeling as anxious about this presentation as Jodie.

Classify these coping behaviours into healthy, low, medium, or high risk:

- Jodie drinks an energy drink so she can stay awake and study for the English test. _____
- Jodie drinks 2 energy drinks and a coffee so they can stay up until 2 am to study for the test. _____
- Jodie decides to work with a friend to practice their presentation. _____
- Jodie took 2 tablets of methylphenidate from their friend so that they can stay away to study. _____
- Jodie decides to have a conversation with their teacher about how they are feeling. _____



Indicate where to place each coping strategy on the **Assessing Risk Spectrum**. Discuss your choices.

Examine the infographics on caffeine and methylphenidate. Why may choosing to use these substances be considered a risky coping strategy to deal with stress?

Propose other low risk or positive coping strategies.