Name: _____
Date: _____

Learning Activity 1: Reacting to Stress

Situation 3: Chloé and Anton - Losing a Pet

Chloé recently experienced the loss of her childhood dog, Spot. Spot was part of her family for 10 years. Chloé is devastated and spends hours crying in her room. The grief is so upsetting that she finds herself unable to sleep or eat.

Anton's cat passed away last year. Anton's cat was part of their family. Anton was sad but understood that their cat was old and unwell. They felt comfort knowing their cat was no longer in any pain.

Identify the stressor for Chloé.

How can this stress have a negative impact on Chloé?

How could this stress be beneficial for Chloé?

Chloé and Anton have both lost a family pet (stressor), yet they are having different experiences? Discuss how and why you think Chloé and Anton are dealing with the situation differently?

Identify strategies Chloé could use to take control of this stressful situation.

Copyright 2024 Cannabis Health Evaluation and Research Partnership. All Rights Reserved.