

Learning Activity 1: Reacting to Stress



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 headaches 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.

Identify the stressor for Jodie in this situation.

How might this stress have a negative impact on Jodie?

How could this stress be beneficial for Jodie?

Jodie and Sam both have the same English exam (stressor), yet they are having different experiences? Discuss how and why you think Jodie and Sam are dealing with the situation differently?

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