

Scenario 4:

Ryan - Friday Night Fatigue: Will Caffeine Help?

It is Friday night and Ryan is skidooing with their friends. They had a hectic week with school projects and early morning hockey practices. They are feeling extremely tired. Fatigue is setting in and Ryan can hardly stay awake. Ryan informs their friends that they are ready to go home and go to bed. However, their friends convince Ryan to stay longer and suggest stopping at the gas station to buy an energy drink which would help them stay awake.

What is Ryan's stressor?

How could Ryan FACE this situation?



Feel

1. How might Ryan feel in this situation?

Assess

2. What are Ryan's choices?
3. What factors may influence Ryan's decision? **Refer to the [Factors Influencing Decision-making infographic](#).**

Choose

4. What is the safest choice Ryan can make? What are safe and healthy coping strategies to use in this situation?

Evaluate

5. How could the choice to use caffeine as a coping strategy impact themselves or others?
6. What coping strategies could Ryan use in the future?