Stress Scenarios

1. You are a first year graduate student at a prestigious ivy league university in New York City. You are having difficulties concentrating on the massive amounts of reading and lab work assigned. After studying at the library from 9 to 1 a.m. you return to your room with only 25 of the 200 pages read to call your girl (boy) friend of three years, a doctoral student at Berkeley. Phone calls have left you missing each other even more. Although you have both tried to free-up time to see each other, neither of you able to do so on a weekend convenient for the other. You are frustrated with the situation and feeling guilty for not being "more flexible." What could you do?

2. You are a working parent. You have a long commute and a job that often stretches beyond the boundaries of an eight-hour day. You're beat by the time you get home at night and often feel overwhelmed by the dependency needs of others that have to be met before bedtime. You often fall into bed soon after the kids go to sleep so that you can be up by 5:00 a.m. Lately you've been experiencing physical symptoms that indicate the stress of your lifestyle is getting to you. What could you do?

3. You have a new professor at school (supervisor at work) who doesn't seem to like you. No matter what you do she is always critical of your efforts. You're beginning to think you'll never be able to please her. What could you do?

4. You have a decent job and a reasonable salary but in the current economic climate it's getting harder and harder to make ends meet. Every month is a struggle. You had planned to take a vacation trip this summer but you've decided you'll have to cancel those plans even though your spouse is really counting on going. Now's the time to let you spouse know. What could you do?
Brainstorming Worksheets

Scenario: Graduate Student

Alter: How could you remove the source of stress?

Abstain: How could you get away from or prevent the stress?

Accept: How could you live with the stress?

Build Up Resistance

Change Self/Perceptions

BEST OPTION:
Brainstorming Worksheets

Scenario: Working Parent

Alter: How could you remove the source of stress?

Abstain: How could you get away from or prevent the stress?

Accept: How could you live with the stress?

Build Up Resistance

Change Self/Perceptions

BEST OPTION:
Brainstorming Worksheets

Scenario: New Professor/New Supervisor

Alter: How could you remove the source of stress?

Abstain: How could you get away from or prevent the stress?

Accept: How could you live with the stress?

Build Up Resistance

Change Self/Perceptions

BEST OPTION:
Brainstorming Worksheets

Scenario: Breaking Bad News

Alter: How could you remove the source of stress?

Abstain: How could you get away from or prevent the stress?

Accept: How could you live with the stress?

Build Up Resistance

Change Self/Perceptions

BEST OPTION: