

MODULE 1A

Identifying Stressors

FAMILIES

When you meet Bradford and Raylee for the first time, Raylee says that Bradford has “a criminally messy” office, filled with stressors. A **STRESSOR** can simply be thought of as something that takes attention, resources, or energy from you or what you are doing.

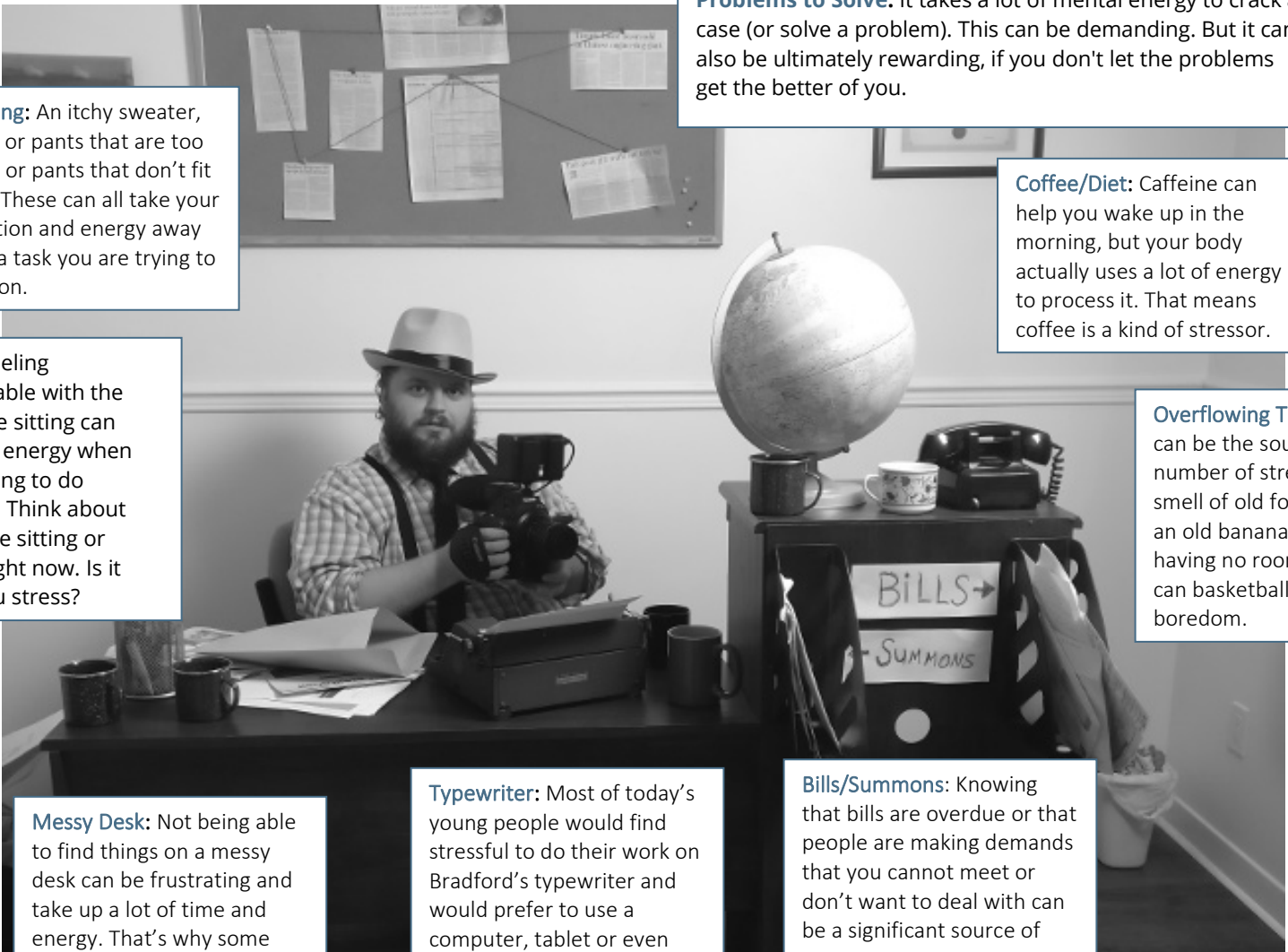
Can you spot stressors in Bradford’s office? Take a look around and see what you can find. Draw a circle around any stressors that jump out for you. Why is it a stressor? After, see the stressors we identified on the next page. Did you find anything we didn’t? Can stressors be different for each and every person?



MODULE 1A

Identifying Stressors

FAMILIES



Clothing: An itchy sweater, shoes or pants that are too small, or pants that don't fit right. These can all take your attention and energy away from a task you are trying to work on.

Seating: Feeling uncomfortable with the way you are sitting can waste your energy when you are trying to do homework. Think about how you are sitting or standing right now. Is it causing you stress?

Messy Desk: Not being able to find things on a messy desk can be frustrating and take up a lot of time and energy. That's why some people just have to have a clean and neat desk.

Typewriter: Most of today's young people would find stressful to do their work on Bradford's typewriter and would prefer to use a computer, tablet or even pen and paper, to the typewriter Bradford uses.

Problems to Solve: It takes a lot of mental energy to crack a case (or solve a problem). This can be demanding. But it can also be ultimately rewarding, if you don't let the problems get the better of you.

Coffee/Diet: Caffeine can help you wake up in the morning, but your body actually uses a lot of energy to process it. That means coffee is a kind of stressor.

Overflowing Trash Can: This can be the source of a number of stressors; the smell of old food, slipping on an old banana skin, or even having no room to play trash can basketball to alleviate boredom.

Bills/Summons: Knowing that bills are overdue or that people are making demands that you cannot meet or don't want to deal with can be a significant source of stress.