

# MODULE 9

Step 5: Respond

FAMILIES

In this scene Raylee explains to Bradford different ways to **RESPOND** to stress. Reducing a stressor in the moment (from Module 7) is often confused with responding to stress in the long run. The key is the reasoning behind your actions. If you are losing energy due to a stressor and you act to change this, you are **Reducing**. If you are doing something just because you enjoy it, you are **Responding** and preemptively filling up your energy tank for whatever lies in your future. For example getting into bed because you are tired is **reducing** the stress of being tired, but if you are getting into bed to read a book or listen to music for no other reason than you find it fun and want to, you are **responding**.

In this scene we saw that Bradford had a lot of stuff stashed away in the trunk of his car. It looks like a random assortment of junk, but the items in his trunk give us some insight into what Bradford may enjoy in his free time, away from his detective work.



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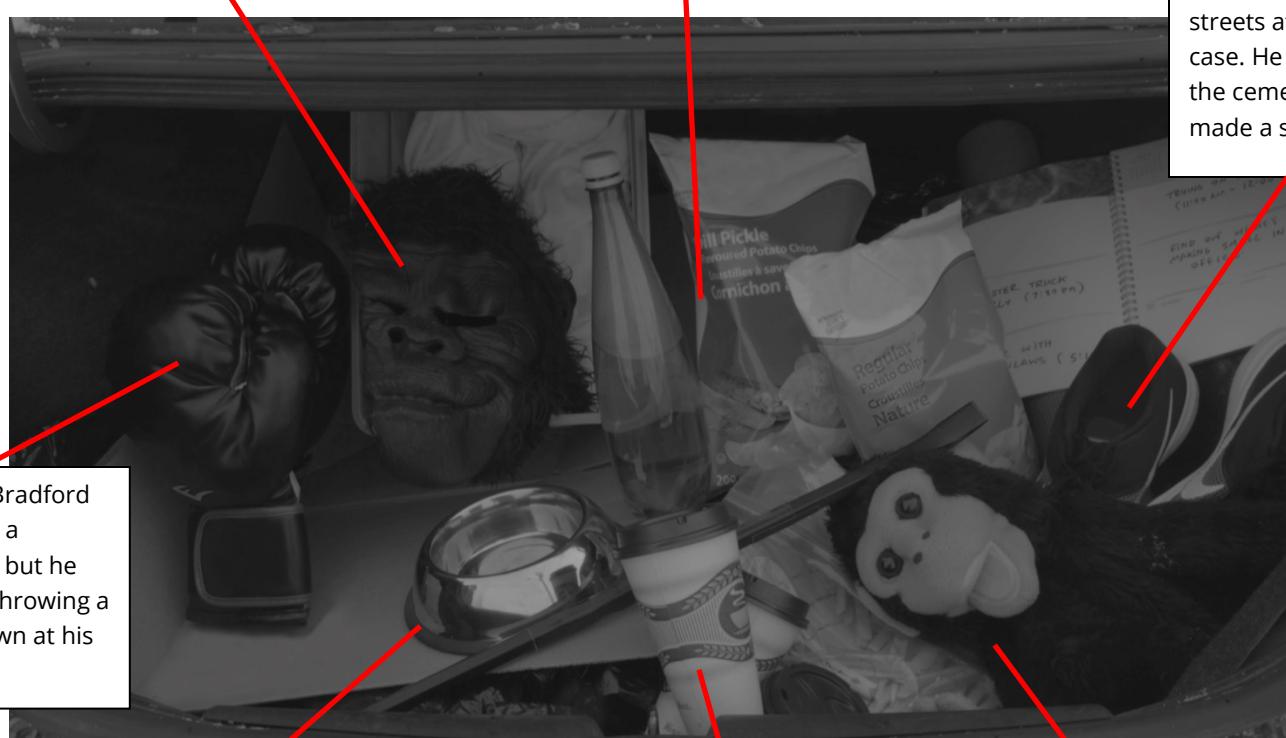
FAMILIES

**Box of Disguises:** When he isn't using his box of disguises to catch a bad guy, Bradford has been known to take part in plays at the local theatre just down the road from Greasy Joe's.

**Junk Food:** While junk food can be a biological stressor, Bradford does enjoy a good snack or a trip to Greasy Joe's.

**Taking a Walk:** Bradford is often seen walking the city streets after he has closed a case. He says he likes taking in the cement jungle that he has made a safer place.

**Boxing Gloves:** Bradford may not look like a champion boxer, but he loves going and throwing a punch or two down at his local gym.



**Pets:** After a long day Bradford always loves coming home and playing with his bulldog Stan.

**Coffee:** Bradford is no stranger to his local diner where he goes to get coffee every morning.

**Stuffed Animal:** Well this is one that Bradford probably doesn't want us to share, but he actually falls asleep hugging his toy monkey.

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After looking at Bradford's items, what do you think would be in your trunk? What things do you do just because you enjoy them? What do you do in your down time? Draw or write these down below:

