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Chapter 15: Promoting Good Health—Read, Discuss, and Analyze Activity

Handling Stress

READ the case study

Darrell has a math assignment due at the end of the week. Math is not his favorite subject and he sometimes has trouble identifying the next step in solving a problem. Because he has been procrastinating with this assignment, he is beginning to feel stressed. When he sits down to solve the problems, he begins to feel nervous and physically tense. It is getting later in the day and Darrell is also feeling tired from the week. To regain energy and get through the assignment, Darrell is considering taking a caffeine pill.

DISCUSS this question in class:

What are some positive ways that Darrell could cope with his stress and avoid taking drugs?

ANALYZE the following statements about the case study to decide which are true and which are false.

- T F By expressing his concerns to a teacher or tutor and getting extra help with this assignment, Darrell could have avoided some of this stress.

- T F If Darrell continues to ignore the assignment, the problem will only become worse.

- T F Because caffeine is a legal drug, taking a caffeine pill will be harmless to Darrell's body.

- T F Resorting to drugs to handle stress is never a good idea.