Chapter 18

**Data File 18-1 Dealing with a Stressful Workplace**

**Directions:** Complete the following activity to learn how to manage stressful workplace situations.

Yuan feels constant stress on his job. He has been working as a carpenter for three months, and for the entire period his supervisor has watched him almost constantly. On a few occasions, the supervisor criticized Yuan’s work.

Yuan likes his job, but is bothered by his supervisor’s frequent checkups. Finally, in frustration he yelled to his supervisor, “This job is getting to me because you are constantly watching me. I can’t stand it anymore!”

The supervisor seemed surprised. “That’s my job, Yuan,” he replied. “It usually takes a new worker at least six months to adjust to the job. It’s my responsibility to check your work, make sure it’s done right, and be certain you don’t have an accident.”

Yuan apologized for his outburst and acknowledged that the supervisor was only doing his job. As a result of their conversation, Yuan’s stress was greatly reduced. He was able to concentrate more on learning his job and wasn’t bothered by frequent glances from the supervisor. He knew they were for his benefit.

**Activity Questions**

1. What could Yuan have done to handle his stress before it became uncontrollable?

<<Place Answer Here>>

2. Could Yuan have been fired for his outburst? Explain your answer.

<<Place Answer Here>>

3. Did Yuan have a legitimate reason for feeling stress? Explain your answer.

<<Place Answer Here>>

4. Are misunderstandings a common reason for stress?

<<Place Answer Here>>

5. Ask your instructor where to save your documents. This could be on the school’s network or a flash drive of your own. Name your Word document *FirstnameLastname*\_Activity18-1.docx (i.e., JohnSmith\_Activity18-1.docx).