

Directions: You will identify the following-

- The Stressor
- The negative way they are dealing with the situation
- The positive way they can cope with it
- How you would resolve the issue

1.) Logan is 17, Logan just got broken up with by his significant other. There was no warning and Logan was completely caught off guard. Logan recently stopped showing up to school and seeing friends.

2.) Jordan is 14 and has a disagreement with her parents about going to a party. Jordan's parents said that she is too young to go to a party. Jordan becomes very stressed about missing out and begins eating unhealthy foods to cope with the stress.

3.) Cameron is the oldest in a big family. Cameron is a well liked and known as a funny individual. There is a small group of people at school that make comments about Cameron's appearance. Cameron's parents say not to worry and that it's just part of growing up. Recently, these people have started throwing things and bullying Cameron. Cameron doesn't like conflict and does his best to avoid them but feels humiliated. It means Cameron steers clear of the youth centre where he used to hang out and sometimes keeps away from school for a few days.

4.) Sam is 15 and has always achieved high grades at school and is hoping to go to college. Sam is also the captain of the volleyball team and learns music in her spare time. Sam lives with her parents who are very proud of her and encourage her to do well. Sam also lives with her brother who thinks she is too uptight. In the past few months Sam has sometimes suffered from dizzy spells. Exams are now two months away and Sam is getting more and more stressed. Sam, has stopped seeing her friends to concentrate on revisions.

5.) Alex is 22. Alex is an electrician and his boss has said he is doing well. He lives at home with his mother.. Alex's significant other is 22 and has just finished school. They've been together for a year and she is putting pressure on him to move in together. Though he does really like her, he's not ready for that sort of commitment. Alex knows she has a hard time at home and that's making the decision even tougher. It's on his mind at work and it's sometimes difficult to concentrate on the job. The thought of telling her is really stressing him out. He has been avoiding her calls and spending a lot of time doing drugs with his friends to relax