Stress or Strategy?

Sort sources of stress from ways to cope.

PS.7 "Examine mental disorders and the factors that promote mental and physical health. Examine how psychologists use integrated approaches and evidence-based practices to understand and treat psychological disorders..."

NAME _____ DATE _____

SOURCE OF STRESS

A stressor is an event or situation that can create pressure or worry.

A canceled flight disrupts a traveler's plans.

COPING STRATEGY

A coping strategy is an action someone takes to manage stress or its effects.

Taking slow breaths before giving a speech.

1 SORT

8 items

Circle STRESSOR or COPING for each item, then choose two items and explain how you knew where each belongs.

1.	1. A student has three major exams on the same day.	STRESSOR COPING
2.	2. An athlete is cut from a team.	STRESSOR COPING
3.	3. A teen's parents separate.	STRESSOR COPING
4.	4. A person takes a short walk to manage tension.	STRESSOR COPING
5.	5. A student is bullied in a group chat.	STRESSOR COPING
6.	6. A teen talks with a trusted adult about feeling overwhelmed.	STRESSOR COPING
7.	7. A person writes in a journal to process a hard day.	STRESSOR COPING
8.	8. A family must leave home after a flood.	STRESSOR COPING

2 PROVE IT

Explain your thinking

Pick two items from Part 1. For each one, tell how you knew where it belonged.

ITEM # _____ **HOW I KNEW** _____

ITEM # _____ **HOW I KNEW** _____

3 MAKE YOUR OWN

One of each

Write one new example of a STRESSOR and one new example of COPING that are not already on this page.

STRESSOR _____

COPING _____

CHALLENGE

Write two sentences about a new situation: name a source of stress in the first sentence and describe a healthy coping strategy that fits it in the second.

Stress or Strategy?

PART 1 · SORT

#	ITEM	CATEGORY	WHY
1	1. A student has three major exams on the same day.	**STRESSOR**	The exams are a situation that can create pressure.
2	2. An athlete is cut from a team.	**STRESSOR**	Being cut is an event that can cause stress.
3	3. A teen's parents separate.	**STRESSOR**	The separation is a major life change that can cause stress.
4	4. A person takes a short walk to manage tension.	**COPING**	The walk is an action taken to manage stress.
5	5. A student is bullied in a group chat.	**STRESSOR**	Bullying is a harmful situation that can cause stress.
6	6. A teen talks with a trusted adult about feeling overwhelmed.	**COPING**	Seeking support is an action taken to manage stress.
7	7. A person writes in a journal to process a hard day.	**COPING**	Writing is an action taken to process stressful feelings.
8	8. A family must leave home after a flood.	**STRESSOR**	Leaving home after a flood is a stressful situation.

PART 2 · PROVE IT

Accept any explanation that names the deciding feature from the rule box for the chosen item.

PART 3 · MAKE YOUR OWN (SAMPLE ANSWERS)

- **STRESSOR**: Having to move to a new city.
- **COPING**: Listening to calming music when I feel tense.

Challenge: Missing the bus to an important appointment can cause stress. I could call to explain the delay and make a new travel plan.

For Part 2, explanations should identify why one item is a pressure-causing situation and another is an action used to manage stress. For example, item 3 describes a stressful life change, while item 4 describes an action to manage tension.