Theme eight: stressful lives

Stress Reduction Kit

Bang Head Here

Directions:
1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

Advanced Thematic Discussion

by E. Tahasoni
www.tahasoni.com/atd
Stress at Work

• What aspects of each of the following jobs may turn it into a stressful job?
  o Stock broker
  o Civil engineer
  o Film director
  o Physician
  o Fashion model
• Which of the jobs above are more stressful than the rest, do you think? Why?
• What factors contribute to job satisfaction? How would you feel if any of them is missing from your working conditions?
• Why do some people end up with burnout? What do you think are the signs that indicate a colleague is burning out?

Venting

• How do your friends and family usually learn that you are angry or frustrated? Do you:
  o Cry?
  o Punch the wall?
  o Punch people?
  o Break things?
  o Write angry letters (say, to yourself or the object of your anger)?
  o Talk?
• Do you think you or anyone you know need anger management training?
• What do you think of people who vent publicly, like in parties or at work? Do you sympathise with them or criticise them?

The Social Consequences of Stress

• What are some of the factors which affect the stress patterns of a society?
• How can stress and frustration affect your family or social life? Can it possibly have any positive effects?
• What can governments or organisations do to decline the stress levels of citizens?