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ACTIVITY 2.1

Types of Stressors

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CONCEPT

The following activity should help students consider stressors in people's lives and identify which type of stressor is being addressed, as well as whether the stressor is acute, chronic, or anticipatory.

MATERIALS

- Student Worksheet, *Types of Stressors*
- Sheet of paper for group collaboration

INSTRUCTIONS

- This activity will take 20-25 minutes to complete.
- Form groups of three-to-five students.
- Give small groups five minutes to generate as many stressors as they can come up with and write them down on a piece of paper. These can be stressors that they personally experience or can be made up. Students should use the entire five minutes to add to this list.
- Pass out the student worksheet.
  - » Have the small groups create six-word summaries for each type of stressor.
  - » Have groups swap their list of stressors with another group's list of stressors, and identify which type of stressor each example belongs and write the stressor under the correct category on the worksheet.
  - » After they identify where each stressor belongs, they should also decide if each stressor is acute, chronic, or anticipatory in nature.

TYPES OF STRESSORS STUDENT WORKSHEET

TYPE OF STRESSOR	6-WORD SUMMARY	EXAMPLES
Daily Hassles		
Internal Conflicts		
Pressure		
Catastrophes		
Major Life Events		
Environmental		
Acculturation		