

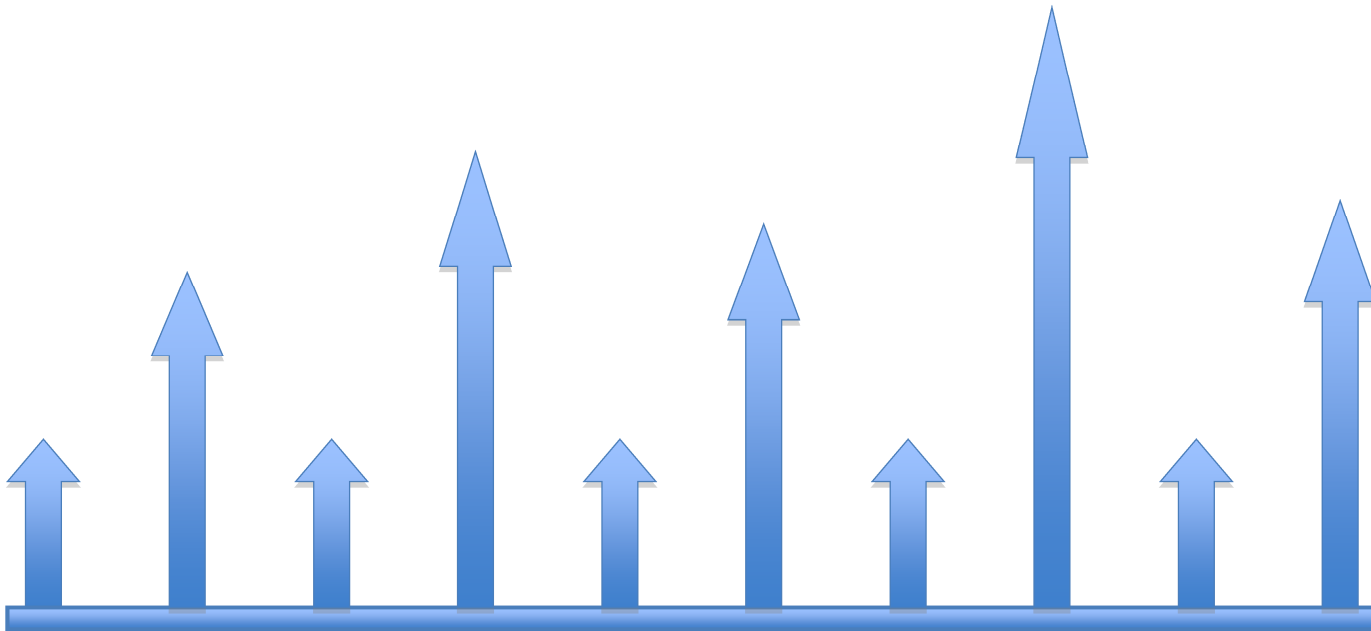
## Career Education 9

Name: \_\_\_\_\_

**CG9.2 Appraise one's own abilities to respond positively to change and growth.**

### Life Map Exploration

1. Create a colourful map showing your life to date
2. Start with your birth, and as you go along the road of your life, mark the ups and downs in the events that happened to you
3. Also identify the TRANSITION process you went through from one event to the other (How did you get through it? What new skills did you learn?)
4. Put 10 different events on your map
5. You can use the template below or create your own. Add the following things to your map:
  - Dates
  - Places
  - Events
  - Signs, symbols, pictures, etc.
  - Transitions



**REFLECTION QUESTIONS:** After completing the Life Map template, answer the following questions.

6. What accomplishment were you most proud of? Why?

7. What obstacle was the hardest to overcome? Why?

8. What strategies did you use to manage the changes in your life?

9. What skills or strategies did you gain by overcoming these obstacles?

### **STRESS REDUCTION TECHNIQUES:**

**In order to tackle the stress in your life, you must look at the things that influence your stress tolerance level.**

**Your support network:** A strong network of supportive friends and family members is an enormous buffer against life's stressors. On the flip side, the more lonely and isolated you are, the greater your vulnerability to stress.

10. Do you have a support network? If so, who are they? If not, how can you build one?

**Your sense of control:** If you have confidence in yourself and your ability to influence events and persevere through challenges, it's easier to take stress in stride. People who are vulnerable to stress tend to feel like things are out of their control.

11. Do you have a sense of control? How can you work on this aspect of your personality?

**Your attitude and outlook:** You are less vulnerable to stress if you have an optimistic attitude. Optimistic people tend to embrace challenges, have a strong sense of humor, accept that change is a part of life, and believe in a higher power or purpose.

12. Do you have a positive outlook? Why or why not? Can you change this if necessary?

**Your ability to deal with your emotions:** You're extremely vulnerable to stress if you don't know how to calm and soothe yourself when you're feeling sad, angry, or afraid. The ability to bring your emotions into balance helps you bounce back from adversity.

13. Do you have the ability to deal with your emotions? What do you need to work on?

**Your knowledge and preparation:** The more you know about a stressful situation, including how long it will last and what to expect, the easier it is to cope. For example, if you go into surgery with a realistic picture of what to expect post-op, a painful recovery will be less traumatic than if you were expecting to bounce back immediately.

14. Do you go into situations with knowledge or are you often finding yourself stressed out with the outcome?

### Dealing with Stressful Situations: The Four A's

Change the Situation

1. **Avoid** the stressor
2. **Alter** the stressor

Change your Reaction

3. **Adapt** to the stressor
4. **Accept** the stressor

15. Here are healthy ways to relax and recharge. Which ones do you do (Place a check or highlight)?

- Go for a walk
- Spend time in nature
- Call a good friend
- Sweat out tension with a good workout
- Write in your journal
- Take a long bath
- Light scented candles
- Savor a warm cup of coffee or tea
- Play with a pet
- Work in your garden
- Get a massage
- Curl up with a good book
- Listen to music
- Watch a comedy

### Start a stress journal

A stress journal can help you identify the regular stressors in your life and the way you deal with them. Each time you feel stressed, keep track of it in your journal answering the questions below. As you keep a daily log, you will begin to see patterns and common themes.

16. Think of a time you were stressed. What caused your stress (make a guess if you're unsure.)

17 How did you feel (both physically and emotionally?)

18. How did you act in response?

19. What did you do to make yourself feel better?

**20.MY PERSONAL STORY. Fill in the chart with 3 challenges or life changing events you have encountered.**

<b>Challenge/Life Changing Event</b>	<b>Strategies to Overcome</b>	<b>Strengths/Skills Gained</b>
Example: My father left when I was young	Had to make choices about school. Help ran household for ailing Mom, worked hard to help pay bills	Learned to be responsible for self and others, make decisions and manage finances
1.		
2.		
3.		

**REFLECTION QUESTIONS:**

21. How did these events change the way you see the world?

22. What challenge are you proudest of overcoming? Why?

23. When looking back on all your obstacles, what strategies were your best ones? Why?

24. After analysing the new skills you gained from overcoming the many obstacles in your life, what occupation/job options are now open for you?

## REFLECTION QUESTIONS FOR "WHAT ABOUT BOB"

What were some stressors for Bob?

How did Bob deal with his stress?

How did Bob become a source of stress for Leo?

How did Leo handle the stress?

Who do you feel dealt with their stress more effectively? Why?

Can you suggest another way Leo could have handled the stress that Bob gave him?

***You are now completely done outcome CG9.1 Please hand in completed handout to your teacher.***

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