

## theme eight: stressful lives

### **Stress Reduction Kit**

**Bang  
Head  
Here**

**Directions:**

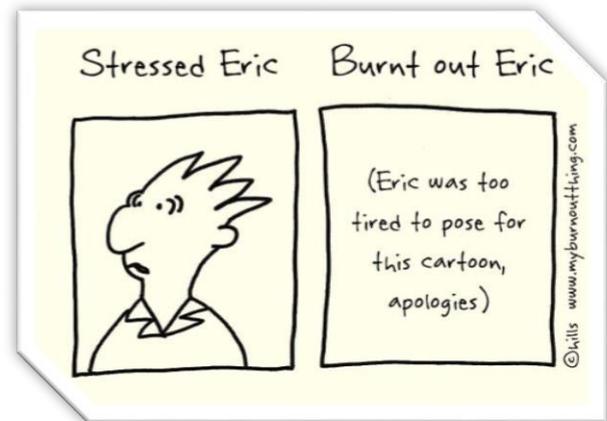
1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

**advanced thematic discussion**

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## Stress at Work

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- What aspects of each of the following jobs may turn it into a stressful job?
  - Stock broker
  - Civil engineer
  - Film director
  - Physician
  - 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:
  - Cry?
  - Punch the wall?
  - Punch people?
  - Break things?
  - Write angry letters (say, to yourself or the object of your anger)?
  - 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?

