



**LAES has developed a series of immigrant issue instructional modules entitled "Tierra de Oportunidad" for orientation to our complex society.**

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Date: \_\_\_\_\_

Student Name \_\_\_\_\_

Teacher Name \_\_\_\_\_

### **Module 16 Dealing with Stress**

**Instructions:** Please join with three or four other students to work on this activity as a group. The activity is divided in two parts. The first part asks you to read the stories provided and analyze the cause or causes of stress and how it can be handled. The second part asks you to reflect on your work with this module and tell us what you have learned.

#### **Part I.**

With your group, read the stories on the following page, and select 2 to focus upon. For each story, determine the cause or causes of stress, and list ways the people can deal with the stress you decided to work on. When thinking about what the people in the story can or should do, refer to the 4 options for dealing with stress and the resources for helping people cope with stress discussed in class, as well as other ideas or experience your group members have.

Write down your answers on the answer sheet following the page of stories. Each person should write down the answers from the group on their own sheet, and turn it into the teacher.

#### ***Select two stories below to focus upon***

##### *Story 1.*

The Garcia family's son Juan is 17. He is changing a lot lately. He used to be an excellent student. Now the school has called three times to report that he didn't come to school. His teacher called and told the family he isn't participating in class and often doesn't turn in his homework. He has new friends the parents don't like. He doesn't talk to his father and mother. He stays out very late and sleeps very late on the weekends. He was fired from his job for coming to work late. He has also changed his hair and the clothes he wears. The parents think he might be involved in a gang and might be using drugs. They are very worried about him. What can they do?

##### *Story 2.*

Pedro's brother Mario has been living with Pedro and his family for 3 months. He can't find a job. Sometimes he has worked for a day or two but mostly Pedro is supporting him. Pedro has a wife and four children. Paying the expenses of his brother is very difficult and he and his wife argue about this situation. Mario is trying to find work. There is a lot of tension in the house. What can they do?

##### *Story 3.*

Isidra lives with her husband and daughter. She went to English class and speaks very good English. Life is much easier now. She feels very independent and good about herself. She can talk with their landlord, her daughter's teacher, make doctor and dental appointments and function very well in the United States. Now she is taking computer classes at the community college. But 6 months ago, her husband's brother, wife and 2 children moved into her house. One of her nieces has medical problems and needs a lot of medical attention. Her sister-in-law doesn't speak

English. She asks Isidra to translate and make appointments for her all the time. She doesn't drive and Isidra has to take her everywhere. She doesn't help much with the cooking and housework. She sits and watches TV a lot. She complains if Isidra goes out anywhere without her. Isidra is getting more and more upset. Her husband doesn't want to talk about the problem. What can she do?

*Story 4.*

Jaime works on a large ranch. He doesn't like the mayordomo and for this reason he dislikes his job. The mayordomo gives preferences to his friends and relatives. He gives them the best schedules and easiest jobs. He speaks disrespectfully and shouts at Jaime all the time. Jaime comes home tired and irritable. He shouts at the kids to be quiet and criticizes his wife for little things. What can he do to change his situation?

*Story 5.*

Jorge sends money home to Mexico every month. His wife Carmen wants to save the money to buy a house here. They fight about this a lot. Jorge says it is money he makes and he can decide how to spend it. Some evenings they are so angry they don't talk to each other at all. The children are feeling insecure. What are some solutions?

*Story 6.*

Pedro hurt himself at work. He can't go back to work for 4 months. He has a wife and 3 kids. He can't pay his bills. He isn't sleeping well because he worries a lot. He feels very depressed and watches TV most of the day to forget his problems.

**Answer Sheet for Module 16: Dealing With Stress**

**Instructions: Select two stories from the previous page, and, for each story, write the**

- story number you are describing
- cause or causes of the stress (what you think the real problem is)
- what they could do to relieve the stress
- where they could go to get help with the particular problem(s)

Story Number \_\_\_\_\_

Cause or causes of stress

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Things to do to reduce stress and places to find help:

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Story Number \_\_\_\_\_

Cause or causes of stress

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Things to do to reduce stress and places to find help:

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**Part II.**

**Please tell us what you learned from your work with this module**

**1. Did you benefit from your work on this module regarding any of the following?**

<b><i>understanding better:</i></b>	<b>Yes/No</b>	<b>Please comment on either: &lt; How you benefited; or &lt; Why you feel this module was not useful for you in this area</b>
a. the amount of stress in life and how it affects the family, the person, or the community?		
b. the behaviors that result from but also may cause stress, such as setting priorities impulsively, yelling, sleeplessness?		
c. resources in the community to talk with to try to handle stress better?		
d. the long term implications of stress for physical health?		

e. the long term implications of stress for mental health?		
f. the pressure to perform at work or to do things at home, that sometimes seems to much to bear?		
g. dealing with conflicting information		

**2. Did your work in this module help you in any of the following areas?**

	Yes/No	Please comment on either: < How you benefited; or < Why you feel this module was not useful for you in this area
a. reading and understanding written information about stress?		
b. understanding how the information you get from friends or family really applies to you?		
c. communicating about conflicting expectations, hopes or desires, and work out an acceptable arrangement, either at work, with friends, or at home?		
d. explain clearly to others what you expect and then listen well enough to be able to plan to deal with the problems you are likely to face?		
e. speaking with family members or those outside your family, and communicating your ideas and concerns persuasively?		
f. mediating arguments among friends or family members		
g. negotiating changes in tasks or plans to spend time with friends or family to reduce stress		
h. identifying resources to help you in times of high stress?		
i. anything else? Please tell us about it below		

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