

# PHILAME ELECTIVE MANUAL



PHILAME

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NATIONAL<sup>®</sup>  
CANCER  
INSTITUTE

## ELECTIVE: STRESS

### ELECTIVE #1 - 30 minutes

### ALL STRESSED UP & LOTS TO DO



#### Instructions to Elective Leader:

Team members will have Elective Workbook pages in the back of their Workbooks and Manual. They should be on Workbook page ST 2 and can follow along as you read aloud the first several points.

- ✓ 'Stress' is a normal part of life. Basically, stress comes from any change in our lives - or the possibility of change.

- ✓ Some stressful items are listed in the Table (right). The more stressful something is, the higher its point score. There are many more items on the list, and you can take a complete stress test and total up your own point score free online at [www.cliving.org](http://www.cliving.org).

EVENT	# of Points
death of spouse	100
death of a parent	80
divorce	73
marital separation	65
death of close family	63
marriage	50
retirement	45
change in finances	38
child leaving home	29

- ✓ The National Fire Academy has identified characteristics of fire fighting that make it stressful. They include:

☹ high level of uncertainty

☹ repeated emergency conditions

☹ tensions among coworkers

☹ limited control over work environment

☹ exposure to human trauma

☹ other?



#### Instructions to Elective Leader:

Ask each teammate which of the fire fighter work stresses that you just read is the biggest for him or her. Allow everyone to answer, then read aloud the points on the next page.