Preventing a Crisis

Activity D

Section 16:2

Name ___________________

Date ___________________ Period ___________________

How can families handle stress and avoid a potential crisis? Developing family resources that help members meet their needs is one method that can help. Read each stressful event and respond to the questions that follow.

1. Main wage earner becomes unemployed.
   A. What is the family’s viewpoint? What approach will help them handle this stressor?

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   _______________________________________________________
   _______________________________________________________

   B. What is the source of the stress?

   _______________________________________________________
   _______________________________________________________
   _______________________________________________________
   _______________________________________________________

   C. What can the family do to manage the stress?

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   _______________________________________________________
   _______________________________________________________
   _______________________________________________________

   D. What resources can help the family handle the stress and avoid a potential crisis?

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   _______________________________________________________

2. Child goes to college.
   A. What family viewpoint will help members handle this stressor?

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   B. What is the source of the stress?

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   _______________________________________________________
   _______________________________________________________
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   C. How can the family manage the stress?

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   _______________________________________________________
   _______________________________________________________
   _______________________________________________________

3. A grandparent who has a disability moves in with the family.
   A. What family viewpoint will help the members handle the stress and avoid a crisis?
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      ____________________________________________
      ____________________________________________
   B. What is the source of the stress?
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      ____________________________________________
      ____________________________________________
   C. What steps can the family take to manage the stress?
      ____________________________________________
      ____________________________________________
      ____________________________________________
   D. What resources can help the family handle the stress and avoid a potential crisis?
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      ____________________________________________
      ____________________________________________

4. A tornado destroys a family's home.
   A. What family viewpoint will help the members handle this stressor?
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      ____________________________________________
      ____________________________________________
   B. What is the source of the stress?
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      ____________________________________________
      ____________________________________________
   C. What can the family do to manage the stress?
      ____________________________________________
      ____________________________________________
      ____________________________________________
   D. What resources can help the family handle the stress and avoid a potential crisis?
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