

Preventing a Crisis

Activity D

Name _____

Section 16:2

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?

B. What is the source of the stress?

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?

2. Child goes to college.

A. What family viewpoint will help members handle this stressor?

B. What is the source of the stress?

C. How can the family manage the stress?

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

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?

B. What is the source of the stress?

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?

4. A tornado destroys a family's home.

A. What family viewpoint will help the members handle this stressor?

B. What is the source of the stress?

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?
