

Sarah's Story

Sarah learned last week through her Supported Employment Program that she will interview for a job in two days.

Sarah has not worked in a few years and as the interview gets closer, she begins to doubt that she can sit through an interview and speak clearly about her skills. She cancels plans to visit with a friend and she goes home and worries most of the night.

She can't sleep. Her stomach is upset and she thinks about everything that might go wrong in the interview. She paces back in forth in her living room for a while then goes into the kitchen to get some juice. Instead of only drinking juice she also eats the last piece of chocolate cake and all the vanilla pudding that she made earlier in the day. (She almost always eats when she is nervous about something.)

The next day, Sarah is so tired she does not go to her partial care program. She remembers that her friend Helen had an interview recently and never lost sleep over it. Sarah had planned to call Helen to talk about it, but she didn't.

Sarah believes she can handle this situation alone. The interview is tomorrow.



What is Sarah stressed about? _____

List two ways Sarah copes with her stress: _____

In your opinion, how can Sarah deal with her stress differently?

Think about a stressful experience you have had. What was it about?

How did you deal with your stress? _____

If you were in the same situation again, would you deal with stress differently?

Yes No Unsure

If you answered yes, please explain:
