

## **Life Skills – Coping with Stress**

### **The Stressor Matrix**



**Aim of the Game:** To categorise various causes of stress under three main areas

**Learning Objectives:**

- To take a critical look at the three main causes of stress.
- To identify ways and means of coping or dealing with these causes of stress.

**Structure:**

Group work

**Time:**

15-30 minutes

**Materials:**

Board and markers or chalk, or a large sheet of paper and pens.

**Method:**

- First present the stress matrix to the group and explain the three defined main causes of stress, namely:

1. Major life events. These are dramatic happenings that have a profound effect on the survivors, such as a death in the family, abandonment, natural calamities, accidents, all forms of abuse, changes in our bodies and feelings and sensations that develop as we grow up.

2. Enduring life strains. These are difficult situations in our lives that remain constant but for which there may seem to be no solution, e.g. lack of basic commodities to live, poverty, lack of education, unemployment issues, lack of self-confidence and low self-esteem.

3. Every day problems. These are the events that we face in everyday life that bother or disturb us, e.g. fights or conflicts at home, at school, in the streets, disagreements with parents, teachers, friends and peers.

- After explaining these three areas, ask for clarifications and/or questions before you proceed.
- Give out the matrix format to the groups and allow time for them to fill it in as a group.
- Each patrol takes turns in presenting their outputs

**Evaluation:**

- What can you say about the activity?
- How does it feel learning about these causes of stress and being able to deal with them?
- Would you like to share some of your own experiences of coping with stress and its causes?

**The Stress Matrix:**

	<b>Major Life Events</b>	<b>Enduring Life Strains</b>	<b>Everyday Problems</b>
<b>Problems</b>			
<b>Suggestions</b>			