

Picture Story Three: Stressed Out!

Kate Singleton

http://www.cal.org/caela/esl_resources/Health/healthindex.html

[View the picture story.](#)



Health literacy issues:

- stress management
- self-care
- prevention

Basic Story:

A woman wakes up in the middle of the night to feed her baby. Her family (her husband and 2 older children) is waiting for her to cook them breakfast at 7AM. She arrives late to work, and her supervisor is angry with her. On her way home from work, she is in a fender bender. Later that night, she looks at her bills and worries about money. After that, she feels completely stressed out from all the stressors of her day.

Background Information:

- Stress is something most adult ESL students can relate to. Many juggle the demands of one or more low-paying jobs while going to school and taking care of family.
- The immigration process itself generates stress as people adapt to the new culture.
- Intergenerational stress occurs as children assimilate to U.S. culture and using English faster than their parents.
- Unchecked stress can lead to physical illness in many people and mental illness, such as anxiety and depression, in some.

Suggested questions for prompting discussion while eliciting the story:

- First frame: What time is it? Who is in the picture? What is the mother doing? What is the baby doing? How does the mother feel?
- Second frame: What time is it now? Who are the people in the picture? (the woman's husband and two older children) What do they want? Who makes the breakfast for them? Where do you think the mother is now?
- Third frame: What time is it now? Now where is the woman? What is the problem? Who is the man in the picture? What is he saying? Is he happy? Why not? How does the woman feel?
- Fourth frame: What time is it now? Where is the woman? What happened? What is she thinking? How does she feel?
- Fifth frame: What time is it now? Now where do you think the woman is? What is she holding in her hand? What is she thinking? Is she happy? Why not?
- Sixth frame: What time is it now? What is the woman doing? Why?

With the sixth frame the opportunity arises for particularly valuable discussion on stress reduction and stress management.

- What are the woman's problems in the story?
- What can happen if she continues to have too much stress in her life? (e.g. make mistakes at home and on job, physical illnesses, anger, depression, anxiety)
- What advice can you give the woman to have less stress in her life? What do you do when you feel stress? (Students can create lists of ideas in groups when finished with LEA story. They could make a poster or share ideas orally.)
- What are some things that give you stress in your life?