*** KICK IT: A Guide to Smoking Cessation in the Workplace***

**“A Day in the Life” Script**

***Narrator:***

Stress Situation #1: Oversleeps – wakes up at 7:30am instead of 6:30am

***Joanne (chronic stress pattern):***

Self talk: I can’t be late again! I just know this is going to ruin my whole day. The kids will be late for school again!

Action: gulps coffee, skips breakfast, no time for hair or makeup, tears buttons off blouse getting dressed, yells at kids. Forgets lunch.

Physical response: anxious, worried, guilty, tense and hungry.

Result: leaves home in a hurry.

***Rose (healthy stress pattern):***

Self talk: I must have needed the extra sleep.

Action: Phones company where she works to let them know she will be late. Eats a good breakfast. Dresses neatly. Helps organize kids. Makes lunches. Calls school.

Physical response: energy and in control.

Response: leaves home. Follows regular routine.

***Narrator:***

Stress situation #2: bus is stuck in construction traffic jam

***Joanne (chronic stress pattern):***

Self talk: What idiots! The city planners should be put in jail! No consideration of others! Why do they have to do construction now?

Action: Grits teeth, curses the “system”

Physical response: blood pressure up, looking for a fight

Result: arrives ready for trouble, blames others.

***Rose (healthy stress pattern):***

Self talk: I can’t hurry this bus, I might as well make good use of my time.

Action: Uses time to do some deep breathing exercises and to make her shopping list.

Physical response: calm and relaxed.

Response: Arrives prepared for a good day.

***Narrator:***

Stress situation #3: meeting with boss

***Joanne (chronic stress pattern):***

Self talk: What a miserable grouch my boss is and the school is always hounding me. I have more than I can handle keeping up with my regular work and now I’m way behind.

Action: Aggressive answer to boss when he asks why she is late.

Physical response: Frustration, churning stomach, desire to hit someone/something

Result: Is criticized by boss for being disruptive and disorganized.

***Rose (healthy stress pattern):***

Self talk: I will work extra hard today to catch up.

Action: Apologizes for being late. Starts work immediately.

Physical response: Positive energy.

Response: Feels satisfied that she is doing her best.

***Narrator:***

Stress situation #4: Noon- behind on the orders – spills coffee on clothes and paperwork.

***Joanne (chronic stress pattern):***

Self talk: That’s the last straw! Now I’ll have to re-print all these papers. And I look ridiculous now. This was a brand new shirt I bought last week. The world hates me.

Action: Skips lunch, buys a new coffee.

Physical response: Depression, lack of energy, overwhelmed, defeated.

Result: Boss and customers angry at her.

***Rose (healthy stress pattern):***

Self talk: I’ll be in better shape for a good afternoon with a little exercise and some time out. I will go to the bathroom first to clean up and come back and see which papers are retrievable and which I need to re-print.

Action: Eats a light lunch and goes for a short walk outside. Comes back early to make up for time missed in the morning.

Physical response: Refreshed.

Response: Rose is pleased with her efforts.

***Narrator:***

Stress situation #4: Evening

***Joanne (chronic stress pattern):***

Self talk: What a life! If only I could run away and start over! It’s just not worth it. I’ll never amount to anything.

Action: Arrives home at 6pm. Kids hungry and fighting. Goes to bed at 11pm but does not fall asleep until long into the morning.

Physical response: Feels tired and has to energy.

Result: Wakes up late again. Decides to call in sick.

***Rose (healthy stress pattern):***

Self talk: A good day! I felt really effective at work and it was nice reading to the kids tonight.

Action: Arrives home at usual time. Quiet evening with family. To bed by 11pm and falls asleep easily.

Physical response: Full of energy. Ready for another day of work.

Response: Wakes up early.

Source: [www.cpha.ca](http://www.cpha.ca)