**NAME THAT STRESSOR**

**In each situation, tell me what would make the situation stressful, the type of stressor and whether the stress is an example of Eustress or Distress:**

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|  | **STRESSOR** | **Why is it stressful?** | **Type of stressor** | **Eustress or Distress** |
| 1 | Maggie just found out that she is getting a promotion at work. |  |  |  |
| 2 | Amy and her husband just found out that they are having a baby! |  |  |  |
| 3 | Chris is in the mall when suddenly, the mall goes into lockdown. |  |  |  |
| 4 | Brady just got home from school and realized that he has 3 major tests tomorrow. |  |  |  |
| 5 | Rich lost his keys and cannot get into his car. |  |  |  |
| 6 | Emily just found out that she got the lead in the school play. |  |  |  |
| 7 | Rachel is getting laid off from her job next week and must look for a new job. |  |  |  |
| 8 | Mia has to drive to school and there is a huge traffic jam so she is going to be late. |  |  |  |
| 9 | There is a huge blizzard coming to the area and Gym Night is tomorrow night! |  |  |  |
| 10 | Elena is graduating from high school tomorrow. |  |  |  |