

DHSES- Managing Stress in the Workplace

*JANET SIDES

*Self-tape MEMORIZED text IN RED ONLY.

[JANET]

Must be able to come across naturally as both a supportive and non-supportive co-worker in two different exchanges depicting the same scenario.

Excerpt #1 (Supportive Exchange):

Janet:

That's too bad...I'm sorry you had to cancel your trip. It sounds like you've been really looking forward to it. Especially since you have all that other family stuff going on. Any chance you can take a day off and get some family time in?

Sean:

I'd love to, but I just don't think I can. They need me here. You've seen the briefings... it looks like this response is gonna go on for a long time. There're a lot of people out there who have it a whole lot worse than me...have you seen some of the damage? Complaining too much feels kind of lame...

Janet:

I hear you Sean. It's a catch-22. You can't possibly get enough time to recharge, but it sounds like that's exactly what you need to do to keep going. Plus, it may help so you don't get too annoyed with the rest of us. (nods to the phone) You said it yourself- this recovery operation will go on for a while. If you can't find a way to take care of your own needs, you can't possibly do what needs to be done around here.

Excerpt #2 (Non-Supportive Exchange):

Sean:

Yeah, true enough. I think it would just be easier if other people would pull their own weight. It's always the same group of us here. It drives me nuts that I'm here until 8 every night and eating pizza 5 nights in a row. I mean, can't we get something else?

Janet:

(lowers her voice and leans in)

Look Sean, you might want to tamp that down. Nobody likes a complainer. And besides, you're still getting a free meal. You need to pull it together, count your blessings and get back to it just like the rest of us. You don't want to be known as a whiner, right?