DHSES- Managing Stress in the Workplace
*SEAN Sides
***Self-tape MEMORIZED text IN RED ONLY**

[SEAN]
Must be able to come across naturally as a stressed-out employee in two different exchanges depicting the same scenario.

Excerpt #1:

Sean:
Well, I've been out for drinks a couple of times with friends but spending even more time away from home isn't helping. But honestly, it's not just about work… my daughter is graduating this year and…

Janet:
Jessica's graduating already?

Sean:
Tell me about it! It turns out, I actually had to cancel our vacation plans. It was going to be our last hurrah before she headed off to college. I'm sure we won't get too many more chances once she leaves - it'll be spring break parties from here on out… (Pauses)….Not to mention, my mom's been sick. She keeps asking me to go see her, but I've been here working and just don't have the time. Plus, we don't really have the best relationship.

Excerpt #2:

Sean:
12-hour days for the last 3 weeks and no end in sight. Since I've been here, my other work keeps piling up- I blew a major deadline for one of my big projects, and I already know my boss is going to be pretty upset when she finds out.

Janet:
I know how you feel, but so does everyone else. We're all dealing with the same thing and we're all stressed. Just know you're in good company. Plus, you've only been here few years… you should have seen what it was like during Sandy.

Sean:
That's true. The thing is it's not just about work. My daughter is graduating this year and I had to cancel our vacation. It was going to be our last hurrah before she headed off to college."

Janet:
Ehh, don't worry. I sure there'll be more. At least we're not dealing with the same hassles as those folks in the other county. The damage out there is horrible.

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?