



Stress Case Study

Meet Max...

Max is a 26-year-old African American male who works at an auto parts factory.

Max works a lot of hours that often include a rotating shift for both evening and weekends.

His main job is on an assembly line where he has very little control over the decisions made at the plant concerning his day-to-day workload.

At home, Max is married and has two small children and the family dog.

In addition, Max is lucky to have a large social structure involving many good friends and family members with whom he feels he can rely on.

Max truly wants to be a good family man, a loving husband as well as a good employee.

Because of this effort, Max is the sole provider for his family, but recently he has been feeling a growing financial strain.

In fact, when his car broke down last week he was unable to come up with the money for repairs and had to rely on his wife to take him to and from work.

Because of this, arguments with his wife have become more frequent, adding to the personal growing daily stress.

In addition, he exercises regularly to help reduce his stress, but also eats a diet high in fat and smokes on a daily basis.

To add to his daily home stress, Max and his family live in a busy city, in a neighborhood that has become crowded, unsafe and is high in crime.

Help Max identify the risk and resilience factors in his life.

Identify the risk and resilience factors in Max's life. Which factors put him at risk for stress and disease and which buffer him against stress and help him to cope? Explain WHY each factor is a risk or resilience factor and how it is related to stress, disease, or coping.