Stressors and Structures

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Unreliable transport creates repeated strain.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Distinguish individual coping choices from access barriers that need collective or practical action.

3. What should not be treated as a mindset problem?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.