CHAPTER 1: DEVELOPMENT OF THE SELF IN SOCIETY

UNIT 1: LIFE SKILLS REQUIRED TO ADAPT TO CHANGE AS PART OF HEALTHY LIFESTYLE CHOICES: IDENTIFY
STRESSES. ASSESS AND MANAGE STRESS

Identity stressors

Change: to transform or become different.

Quality of life: your level of personal well-being and satisfaction with your life, what the conditions of your life are.

Stress: pressure, nervous, tension and anxiety, constant worry, strain.

Anxiety: worry, nervousness or unease.

Stressors: things that cause stress or pressure,

Personality: qualities, actions, behaviour and attitude that make a person unique.

Stress is a reaction caused by ongoing, increasing or new pressures or demands. When the pressures are more than your coping skills, you may feel overcome by:

- Constant nervous tension or anxiety
- Too much to do
- Too many problems to solve
- Too many things happening over which you think you have no control

Physical stressors

- Lack of physical exercise
- Physical or sexual abuse
- Illness
- Influiry
- Hunger
- Accidents
- Overtiredness
- Physical disabilities
- Unhealthy lifestyle choices

Environmental stressors

- Pollution
 - Air poliution (traffic)
 - Water pollution (waste from factories).
- Natural disasters
 - Fire, floods & droughts
- Dangerous environments where violence is part of life
- Harmful living conditions that lack basic facilities such as water, electricity and proper shelter
- Lack of private space at home
- Noise pollution.
- Physical factors (lack of fresh air, sunlight and privacy)

Emotional stressors

- Feelings
 - Constant warry
 - Mennousness
 - Anxiety
 - Jeolousy
 - Anger
 - Disappointment
 - Rejection
 - Edgine
- Thoughts
- Reactions to life crises and change
 - Unplanned pregnancy
 - Death of a parent or family member
 - Failing
 - Divorce of parents
 - Job loss
- Personality
- Image of yourself
- Change
 - na owing
 - starting a new job
 - na arriage
 - transition from school to adult life

Social stressors

	Family & society	Friends and peers
-	divorce or death in the family	 peer pressure
	family responsibilities	 breaking up a friendship or relationship
-	family pressure to succeed	- loneliness
_	arguments with family members	 unpopularity
-	trouble with the law	 being unsure of others
-	poverty, financial difficulties, debt	 teasing and name calling
_	stigma	- bullying
-	gender discrimination	 pressure to join a gang or to party

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