

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
- Injury
- Hunger
- Accidents
- Overtiredness
- Physical disabilities
- Unhealthy lifestyle choices

Environmental stressors

- Pollution
 - Air pollution (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 worry
 - Nervousness
 - Anxiety
 - Jealousy
 - Anger
 - Disappointment
 - Rejection
 - Hate
- 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
 - moving
 - starting a new job
 - marriage
 - transition from school to adult life

Social stressors

Family & society

- divorce or death in the family
- family responsibilities
- family pressure to succeed
- arguments with family members
- trouble with the law
- poverty, financial difficulties, debt
- stigma
- gender discrimination

Friends and peers

- peer pressure
- breaking up a friendship or relationship
- loneliness
- unpopularity
- being unsure of others
- teasing and name calling
- bullying
- pressure to join a gang or to party

Memorandum Of Stress Lo Task

C Cleary



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NASA Technical Memorandum ,1982 **Memo from Belgium** Belgium. Ministère des affaires étrangères Service d'information,1961 **Congressional Record** United States. Congress,2009 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 *NLADA Washington Memo* ,1972 **Department of Defense Authorization for Appropriations for Fiscal Year 2003** United States. Congress. Senate. Committee on Armed Services,2002

Quartermaster Depot Storage and Distribution Operations United States. Army. Quartermaster Corps,Alvin P. Stauffer,1948 *Demobilization Planning and Operation in the Quartermaster Corps* Alvin P. Stauffer,Erna Risch,United States. Army. Quartermaster Corps,1943 Q.M.C. Historical Studies ... United States. Army. Quartermaster Corps,1948

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In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Memorandum Of Stress Lo Task**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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