

# 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

**Changed:** 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 engaging, increasing or new pressures or demands, when the pressures are more than your coping skills, you may feel overwhelmed 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
- Alcoholism
- Over tiredness
- Physical disabilities
- Unhealthy lifestyle choices

### Environment of 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
  - 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

# Life Orientation Grade 1scope 2014

**RD Boyd**



## **Life Orientation Grade 1scope 2014:**

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that it is always powerless and tends to stall. When turning the air conditioning on, this failure is even more ... Rough Idle: Hi Again Everyone, My Lanos ... May 21, 2009 — Hi Again everyone, my lanos idles very rough, doesn't stall, seems to lack power when driving, recently replaced plugs, leads, air filter ... My 2001 Daewoo has a rough idle after. Dec 30, 2012 — It shakes and studders a lot. Sometimes the car stalls and I have to press the gas pedal in order for the car to keep running. After it warms up ... my 2001 daewoo lanos keeps dying when i come to a stop Jun 2, 2014 — I have Daewoo lanos 16v it can't start plugs firering timing is good i spre y qikstart meas start fluid nothing happen it doesn't have camshaft ... Daewoo Matiz Idle Woes - YouTube Daewoo Lanos Idle Air Control Valve Order Daewoo Lanos Idle Air Control Valve online today. Free Same Day Store Pickup. Check out free battery charging and engine diagnostic testing while you ...