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 worrs, strain.

Address: worry, nervousness or unesse.

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:

- Consitent monyous tentaion or enviety
- Too much to do.
- Too many problems to solve:
- Too many things happening over which you think you have no control.

Physical stressors

- Each of physical exercise:
- Physical or seisual abuse
- Military 1979
- A TRANSPORTER
- Honger
- Maccinition
- Overtinedness
- Physical disabilities
 Unhealthy lifestyle choices

Emulapemental stressors

- Proffluitions
 - Air politytion (treatlic)
 - Mater pollution (waste from factories).
- Markoral dispersion.
- Fire, floody & droughts
- Dangerous environments where violence is part at life.
- Harmful living conditions that lack basic facilities such as water, electricity and proper shelter
- Lack of private space at home.
- Modele politication.
- Physical factors (lack of fresh air, sunlight and orleacy)

Emotional stressors

- Englishings
 - Constiont worry
 - Allerwoodsmiss
 - Managery
 - Assolution
 - Anger
 - Discopposintment
 - Melievation
 - Administration
- Thomas from
- Reactions to life crises and change
 - Unsplanned preparations:
 - Death of a parent or family member.
 - Continue.
 - Observer of parents.
 - Apple Roses
- Pottsonality:
- ... Image of yourself
- Champe
 - describings
 - stortting a new job.
 - majoringer
 - transition from school to adult life.

Second attenuation

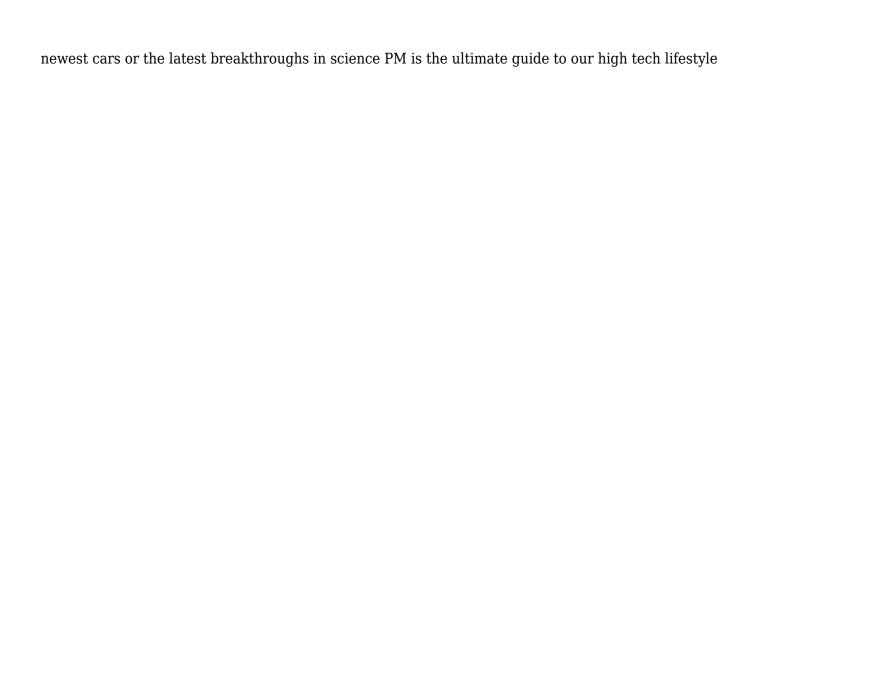
Family & society	friends and peers
 divorce or death in the family 	peer pressure
 family responsibilities 	 Inneaking up a friendship or relationship.
 family pressure to succeed 	- toneliness
 arguments with family members. 	- unpopularity
 trouble with the law 	 being unsure of others
 poverty, financial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

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O García

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