

# 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 anything, threatening or near 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
- Acidosis
- Overcrowding
- Physical disabilities
- Unhealthy lifestyle choices

### Environmental stressors

- Pollution
  - Air pollution (traffic)
  - Water pollution (industrial 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

#### Peers 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 Exemplar Grade12013

**L Reisser**



**Life Orientation Exemplar Grade12013:**

## Unveiling the Magic of Words: A Report on "**Life Orientation Exemplar Grade12013**"

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web 140g plain flour 100g soft fresh white breadcrumbs 100g light muscovado sugar crumbled if it looks lumpy 3 large eggs 2 tbsp brandy or cognac plus extra to light the pudding 250g packet butter taken straight from the fridge for the brandy and ginger butter 175g unsalted butter softened grated zest of half an orange 5 tbsp icing sugar

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