

# 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

### Identify 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
- Overloadness
- 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

# Grade 1life Orientation Scope

**Christian G. Meyer**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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South African education faces tremendous challenges several of which relate to curriculum development The aim of this guide is to empower teachers to become agents of curriculum change to make a positive contribution towards the development and transformation of education      **Life Cycle Assessment** Kathrina Simonen,2014-04-16 Life Cycle Assessment addresses the dynamic and dialectic of building and ecology presenting the key theories and techniques surrounding the use of life cycle assessment data and methods Architects and construction professionals must assume greater responsibility in helping building owners to understand the implications of making material manufacturing and assemblage decisions and therefore design to accommodate more ecological building Life Cycle Assessment is a guide for architects engineers and builders presenting the principles and art of performing life cycle impact assessments of materials and whole buildings including the need to define meaningful goals and objectives and critically evaluate analysis assumptions As part of the PocketArchitecture Series the book includes both fundamentals and advanced topics The book is primarily focused on arming the design and construction professional with the tools necessary to make design decisions regarding life cycle reuse and sustainability As such the book is a practical text on the concepts and applications of life cycle techniques and environmental impact evaluation in architecture and is presented in language and depth appropriate for building industry professionals      *Interdisciplinary Elementary Physical Education* Theresa Purcell Cone,Peter H. Werner,Stephen Leonard Cone,2009 The popular Interdisciplinary Teaching Through Physical Educationis back and better than ever This new edition guides you in integrating the content of language arts math science social studies and the arts music theater arts and visual arts with the content of physical education through active learning experiences This book has the following features It provides 24 learning experiences in the five academic areas 193 additional ideas for developing those learning experiences and 37 new ongoing strategies for teaching physical education through cross curricular methods It is revised and expanded offering you more teaching tools to supplement support and enhance your teaching It delivers new practical ideas and activities for classroom use based on current theory and best practices In part I you ll learn about the theoretical need for and benefits of interdisciplinary teaching and learning The authors identify models for planning and implementing interdisciplinary experiences and provide ideas for getting started building a support network and assessing learning In part II the authors describe sample learning experiences in each of the five academic disciplines and offer ideas for developing additional learning experiences They also present suggested scope and sequence of concepts for each grade level and

describe the concepts and skills that are appropriate for primary and intermediate grade students Interdisciplinary Elementary Physical Education will give your students a wealth of knowledge while they are being active They will have fun while they conjugate calculate investigate explore dance and move across the curriculum Advances in Production Management Systems: Innovative and Knowledge-Based Production Management in a Global-Local World Bernard Grabot, Bruno Vallespir, Gomes Samuel, Abdelaziz Bouras, Dimitris Kiritsis, 2014-08-26 The three volumes IFIP AICT 438 439 and 440 constitute the refereed proceedings of the International IFIP WG 5.7 Conference on Advances in Production Management Systems APMS 2014 held in Ajaccio France in September 2014 The 233 revised full papers were carefully reviewed and selected from 271 submissions They are organized in 6 parts knowledge discovery and sharing knowledge based planning and scheduling knowledge based sustainability knowledge based services knowledge based performance improvement and case studies **The Intermediate Manual** Cincinnati Public Schools, 1951 **Trisomy 21** André Frank Zimpel, 2016-07-11 For a long time it was assumed that a genetic disposition such as trisomy 21 enables predictions to be made about overall personality development But who could have ever imagined that people with trisomy 21 Down syndrome would also be capable of earning a university degree We studied 1 294 people with trisomy 21 The results showed that people with trisomy 21 benefit more from abstract learning than their neurotypical counterparts Two year olds with the syndrome first learn to read and only then to speak and will understand algebra better than arithmetic Ignorance of neurodiversity inevitably leads to learning difficulties when these people are forced to learn at the same pace as others This applies to autism and trisomy 21 to the same extent That is why this book advocates the recognition of trisomy 21 as a variant in the spectrum of human neurodiversity *Research in Education*, 1974 Physical and Health Education in Canada Barrett, Joe, Scaini, Carol, 2019 Physical and Health Education in Canada Integrated Strategies for Elementary Teachers is a compendium of integrated evidence based approaches to physical and health education teaching from leading physical and health educators and researchers from across Canada **Ballweg's Physician Assistant: A Guide to Clinical Practice - E-Book** Tamara S Ritsema, Darwin L. Brown, Daniel T. Vetrosky, 2021-04-17 Designed as a highly visual and practical resource to be used across the spectrum of lifelong learning Ballweg's Physician Assistant 7th Edition helps you master all the core competencies needed for physician assistant certification recertification and clinical practice It remains the only textbook that covers all aspects of the physician assistant profession the PA curriculum and the PA's role in clinical practice Ideal for both students and practicing PAs it features a succinct bulleted writing style convenient tables practical case studies and clinical application questions that enable you to master key concepts and clinical applications Addresses all six physician assistant competencies as well as providing guidance for the newly graduated PA entering practice Includes five new chapters What Is a Physician Assistant and How Did We Get Here Effective Use of Technology for Patient Centered Care Success in the Clinical Year Transitioning to Practice and Working in Teams and Finding Your Niche Features an enhanced

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