

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

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

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Ensheng Dong



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