

# 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

# What Scope On Paper Life Orientation 2014 December

**D Kirk**



**What Scope On Paper Life Orientation 2014 December:**

## Whispering the Techniques of Language: An Psychological Journey through **What Scope On Paper Life Orientation 2014 December**

In a digitally-driven earth wherever monitors reign supreme and quick conversation drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within words often go unheard. However, situated within the pages of **What Scope On Paper Life Orientation 2014 December** a fascinating fictional prize pulsing with organic thoughts, lies an extraordinary journey waiting to be undertaken. Written by a talented wordsmith, this marvelous opus attracts readers on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within the very material of each word. Within the psychological depths of this moving evaluation, we can embark upon a honest exploration of the book is primary subjects, dissect their fascinating publishing style, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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