

Life orientation notes

Development of self in society

Life skills required to adapt to change as part of a healthy lifestyle: stress.

- ⇒ Stress: pressure, nervous tension and anxiety, constant worry, strain.
- ⇒ Stress is brought upon by stressors which is defined as things that cause stress or pressure.

Types of stressors:

- ⇒ **Physical stressors:** physical factors that cause stress that affects your body. Examples: lack of physical exercise, physical or sexual abuse, illness, injury, hunger, accidents, overtiredness.
Effect: Physical and emotional pain, loss of trust, fear, unable to focus on studies and scarring.
- ⇒ **Emotional stressors:** include your feelings, thoughts, reactions to life crises and change, your personality, and your image of yourself. Examples of feelings: nervousness and anxiety. Examples of life crises: death of family member, failing, parents divorce. Examples of change: moving to a new place or job, transition from school to adulthood.
Effect: sorrow, mourning, and depression.
- ⇒ **Personality:** defined as qualities, actions, behaviours, and attitude that make a person unique. Personality may be a stressor as your personality may determine how much stress you can handle.
Effect: Worry, anxiety, and sleeplessness.
- ⇒ **Social stressors:** refer to aspects of your relationships with others, from your family and friends to society in general. Family and society examples: divorce or death in the family, trouble with the law. Friends and peers' example: peer pressure and unpopularity.
Effect: worry, loss of motivation, and possibly end up in jail.
- ⇒ **Environmental stressors:** the environment is everything around you. It is where you live and includes all the physical factors that may affect you such as: pollution, natural disasters, and harmful living conditions.
Effect: may feel tense, get headaches, become irritable and unable to focus.

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Mark Steyvers

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