

# 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 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
- Overtiredness
- 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

# Life Orientation Memo For 2013 September

**Roman Wölfel**



**Life Orientation Memo For 2013 September:**

This book delves into Life Orientation Memo For 2013 September. Life Orientation Memo For 2013 September is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Life Orientation Memo For 2013 September, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Life Orientation Memo For 2013 September
    - Chapter 2: Essential Elements of Life Orientation Memo For 2013 September
    - Chapter 3: Life Orientation Memo For 2013 September in Everyday Life
    - Chapter 4: Life Orientation Memo For 2013 September in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, the author will provide an overview of Life Orientation Memo For 2013 September. This chapter will explore what Life Orientation Memo For 2013 September is, why Life Orientation Memo For 2013 September is vital, and how to effectively learn about Life Orientation Memo For 2013 September.
  3. In chapter 2, the author will delve into the foundational concepts of Life Orientation Memo For 2013 September. The second chapter will elucidate the essential principles that must be understood to grasp Life Orientation Memo For 2013 September in its entirety.
  4. In chapter 3, this book will examine the practical applications of Life Orientation Memo For 2013 September in daily life. This chapter will showcase real-world examples of how Life Orientation Memo For 2013 September can be effectively utilized in everyday scenarios.
  5. In chapter 4, this book will scrutinize the relevance of Life Orientation Memo For 2013 September in specific contexts. This chapter will explore how Life Orientation Memo For 2013 September is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Life Orientation Memo For 2013 September. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Life Orientation Memo For 2013 September.

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