

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

Memorandum Of Stress Lo Task

Raffaela Di Napoli



Memorandum Of Stress Lo Task:

The Enigmatic Realm of **Memorandum Of Stress Lo Task**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Memorandum Of Stress Lo Task** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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