

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

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Shasha Hu



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Official Gazette of the United States Patent and Trademark Office ,2007

Whispering the Strategies of Language: An Psychological Quest through **Grade 11 Life Orientation Caps 2013 November Paper**

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Table of Contents Grade 11 Life Orientation Caps 2013 November Paper

1. Understanding the eBook Grade 11 Life Orientation Caps 2013 November Paper
 - The Rise of Digital Reading Grade 11 Life Orientation Caps 2013 November Paper
 - Advantages of eBooks Over Traditional Books
2. Identifying Grade 11 Life Orientation Caps 2013 November Paper
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Grade 11 Life Orientation Caps 2013 November Paper
 - User-Friendly Interface
4. Exploring eBook Recommendations from Grade 11 Life Orientation Caps 2013 November Paper

- Personalized Recommendations
 - Grade 11 Life Orientation Caps 2013 November Paper User Reviews and Ratings
 - Grade 11 Life Orientation Caps 2013 November Paper and Bestseller Lists
5. Accessing Grade 11 Life Orientation Caps 2013 November Paper Free and Paid eBooks
- Grade 11 Life Orientation Caps 2013 November Paper Public Domain eBooks
 - Grade 11 Life Orientation Caps 2013 November Paper eBook Subscription Services
 - Grade 11 Life Orientation Caps 2013 November Paper Budget-Friendly Options
6. Navigating Grade 11 Life Orientation Caps 2013 November Paper eBook Formats
- ePub, PDF, MOBI, and More
 - Grade 11 Life Orientation Caps 2013 November Paper Compatibility with Devices
 - Grade 11 Life Orientation Caps 2013 November Paper Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Grade 11 Life Orientation Caps 2013 November Paper
 - Highlighting and Note-Taking Grade 11 Life Orientation Caps 2013 November Paper
 - Interactive Elements Grade 11 Life Orientation Caps 2013 November Paper
8. Staying Engaged with Grade 11 Life Orientation Caps 2013 November Paper
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Grade 11 Life Orientation Caps 2013 November Paper
9. Balancing eBooks and Physical Books Grade 11 Life Orientation Caps 2013 November Paper
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Grade 11 Life Orientation Caps 2013 November Paper
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Grade 11 Life Orientation Caps 2013 November Paper
- Setting Reading Goals Grade 11 Life Orientation Caps 2013 November Paper
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Grade 11 Life Orientation Caps 2013 November Paper

- Fact-Checking eBook Content of Grade 11 Life Orientation Caps 2013 November Paper
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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