



Chapter 13 and 16

Combined by Mrs. Parker

Taken from Families Today Text

Key Concepts

- Identify causes and symptoms of stress
 - Determine how people can manage stress.
-

Section 13.2 Stress Management

Main Idea

Stress is physical, mental, or emotional strain or tension. People can recognize, limit, and manage their stress.

Understand Stress

Lots of little daily occurrences naturally cause **stress**. Losing things, missing appointments, or taking tests can all make you tense, but they are not so important that they are worth longtime worry. Stress becomes a major problem when it builds up.

Vocabulary

stress

Physical, mental, or emotional strain or tension.



Understand Stress

Symptoms of Stress

Not everyone feels stress in the same ways. Take a moment to think about how *you* experience stress, physically or emotionally. Under stress, people often:

- ✓ Become irritable
- ✓ Become depressed
- ✓ Have a pounding heart
- ✓ Feel weak
- ✓ Feel dizzy
- ✓ Oversleep
- ✓ Not sleep enough
- ✓ Sweat
- ✓ Experience back pain
- ✓ Get headaches
- ✓ Tap their fingers
- ✓ Pull their hair
- ✓ Grind their teeth
- ✓ Feel afraid

Understand Stress

Symptoms of Stress

Whether or not you are **prone** to stress, there are some simple ways to prevent and manage it.



Vocabulary

prone

Having a natural inclination or tendency to do something.

Manage Stress

If you manage stress well, it can motivate you instead of frustrate you. Stress gives you that extra push to get something done.

Good **stress management** is an important part of taking care of yourself. Learn what your stress symptoms are and the best ways to handle them.



Vocabulary

stress management

The application of strategies to cope with the demands of life.

Manage Stress

Limit Stress in Your Life

Get and stay healthy: Good health leaves you less susceptible to stress by keeping your energy up and your mind alert. Exercise and eat right.

Use your support system: Talk to others about your problems in order to keep them in perspective.

Release emotions: Crying and exercising are two ways that people can physically release their stress.

Relax: Let your mind have some time away from thinking about problems. Listen to music, meditate, watch a movie, or hang out with your family.

Manage Stress

Deal with Stress

If you find yourself getting overstressed, take action. Studies show that your **epinephrine** levels lower when you take charge.



Vocabulary

epinephrine

The human hormone that causes physical reactions to stress.



Manage Stress

Deal with Stress

Problems can seem overwhelming sometimes. Encourage a more **optimistic** outlook of yourself and your situation. You will be less likely to stress about things that you cannot control or are not that important.



Vocabulary

optimistic

Expecting the best; having a positive outlook.

After You Read

Review Key Concepts

Identify some of the symptoms of stress.

Symptoms can be physical, mental, or emotional. Stress tends to attack where the person is weakest. Symptoms can include: a pounding heart, physical weakness, dizziness, neck and back pain, sweating, and headaches. People may sleep too much or not be able to sleep. They may be irritable, depressed, tense, or afraid.

After You Read

Review Key Concepts

Describe two ways to limit stress.

Stress can be limited by maintaining good health and managing life well.



Key Concepts

- Explain how addiction can lead to a crisis.
 - Summarize the impact of harassment and abuse.
 - Suggest ways that people can manage crises.
-

Section 16.2 The Crises People Face

Main Idea

People face a variety of crises. People can use management skills to get through crises.

Health Issues

Addictions

If an individual develops an **addiction**, he or she often requires professional help to recover from it.



Vocabulary

addiction

A dependence on a particular substance or action.

Health Issues

Addictions

Most addictions are related to a chemical dependency. Some chemical addictions, like a smoker's addiction to nicotine, lead to health problems but are not emotionally or legally distressing. Abuse of other substances, such as illegal drugs or prescription medications, can cause serious behavioral problems. Illegal substance abuse may additionally result in criminal charges and even jail time.

Health Issues

Addictions

A **compulsion** is far less likely to cause major problems than a substance addiction.



Vocabulary

compulsion

A behavior addiction.



Health Crises

Addictions

One common addiction is **alcoholism**. Many people who drink far more than normal do not believe that they are alcoholics, although the people around them can usually tell that they rely on alcohol.



Vocabulary

alcoholism

An addiction to alcohol.

Health Crises

Addictions

Substance abuse like alcoholism can affect an individual's behavior and upset a family. Users may neglect their duties, experience mood swings, develop violent behavior, and even look unhealthy. Such actions embarrass and concern caring family members.



Harassment and Abuse

Offensive behavior comes in many forms. It can vary in severity from annoying to life-threatening. Any kind of poor behavior may damage people, things, and relationships.



Harassment and Abuse

Harassment

Actions that inappropriately target other people are kinds of **harassment**:

Bullying

Verbal

Violence

Stalking

Sexual



Vocabulary

harassment

Behavior that is threatening or disturbing.

Harassment and Abuse

Harassment

Harassers may abuse people with taunts or aggression based solely on their race, religion, or gender. This sort of behavior is an attempt to **degrade** someone.



Vocabulary

degrade

To lower in dignity; dishonor or disgrace.

Harassment and Abuse

Emotional Abuse

Harassers also attempt to **belittle** others.



Vocabulary

belittle

To treat or speak of a person as small or unimportant; insult.

Harassment and Abuse

Emotional Abuse

Some kinds of abuse are more subtle than outright fistfights. A harasser may use **emotional abuse** to harm someone's sense of self-worth.



Vocabulary

emotional abuse

The wrong or harmful treatment of someone's emotional health.

Harassment and Abuse

Emotional Abuse

There are five categories of emotional abuse:

- **Rejection** Verbal insults that push the victim away.
 - **Terrorizing** Extreme threats or inappropriately terrible punishments.
 - **Ignoring** Refusal to acknowledge the victim.
 - **Isolation** Preventing the victim from connecting with others.
 - **Corruption** Teaching the victim to be suspicious of or aggressive towards others.
-

Harassment and Abuse

Physical Abuse

Physical abuse also comes in different forms. **Violence** is the most obvious. Hostile assault might injure someone, damage property, and be learned by the children who observe it.



Vocabulary

violence

When physical force is used to harm someone or something.

Harassment and Abuse

Physical Abuse

Violence is a prominent part of our culture. The media uses violence to entertain in video games, movies, and some music. It is important to remember that violent behavior in everyday life is actually the cause of many social and personal problems.

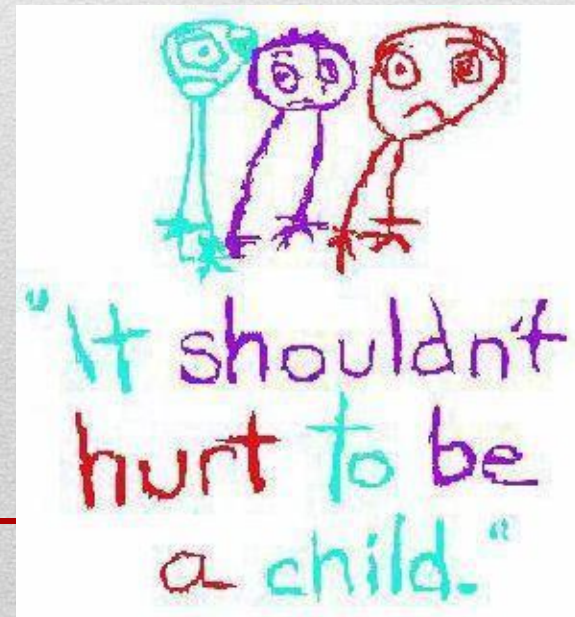


Harassment and Abuse

Physical Abuse

Parental neglect of children also counts as physical abuse.

Dependent minors can be deprived the food, shelter, supervision, or medical care that their bodies need.





Harassment and Abuse

Physical Abuse

Domestic violence between partners is one of the hardest types of violence to stop. This abuse often occurs in cycles. After an event of abuse, the abuser can soften and apologize. The partners are then peaceful, but only until the abuse begins again.

Crisis Management

If a crisis occurs in your family or to one of your friends, consider your crisis-management options and abilities to respond productively. Decision-making skills and good communication will be very important.



Crisis Management

An **intervention** might also be a worthwhile way to take action if someone you know is in a serious crisis that they cannot handle alone. Victims of abuse, substance addicts, suicidal people, and the mentally ill particularly need someone else to step in and help them deal with their problem.



Vocabulary

intervention

Taking direct action to cause change when someone else is in a crisis.

Crisis Management

Provide Help

Be a good relative, friend, and community member. You can help someone in crisis in a number of productive ways:

- Offer to help
- Give hugs
- Study the problem to provide advice
- Listen



After You Read

Review Key Concepts

Identify five kinds of harassment.

Bullying; racial, religious, and sexual harassment; stalking.

After You Read

Review Key Concepts

Define intervention.

Intervention means taking direct action to cause change when someone else is in crisis.