

## Chapter 13: The Challenge of Change

### Section 13.1-Facing Change

#### Key Concepts:

- Explain the \_\_\_\_\_ of change
- Describe how families can \_\_\_\_\_ to various \_\_\_\_\_ changes.

#### Main Idea:

There is a process \_\_\_\_\_ go through as they \_\_\_\_\_ to change. Life \_\_\_\_\_ include moving, financial \_\_\_\_\_, unemployment, and \_\_\_\_\_.

#### **The Change Process**

- Change is a \_\_\_\_\_ of life.
- Some change is \_\_\_\_\_.
- Change occurs at every \_\_\_\_\_ of society.
- Change \_\_\_\_\_ over the course of the family \_\_\_\_\_ cycle.
- Social scientist found a \_\_\_\_\_ process for how people \_\_\_\_\_ with change.
  1. Denial
  2. Resistance
  3. Acceptance
  4. Transition
  5. Commitment
- Reactions to Change
  - People react \_\_\_\_\_ to change.
  - People who handle \_\_\_\_\_ well are resilient.
    - Resilient:
  - People who are \_\_\_\_\_ are aware of what is going on in their \_\_\_\_\_. They often \_\_\_\_\_ change.
  - People who deal \_\_\_\_\_ with change see it as a \_\_\_\_\_. Some look at change as a \_\_\_\_\_. They seek out positive \_\_\_\_\_ to

the problems \_\_\_\_\_ by change. They show \_\_\_\_\_ in working through the \_\_\_\_\_.

*(More to come on Life Changes)*

### *Section 13.2-Stress Management*

Key Concepts:

- Identify \_\_\_\_\_ and symptoms of stress
- Determine how people can \_\_\_\_\_ stress.

Main Idea:

Stress is physical, \_\_\_\_\_, or emotional strain or tension. People can \_\_\_\_\_, limit, and manage their \_\_\_\_\_.

#### **Understand Stress**

- Many everyday \_\_\_\_\_ cause stress.
- Troublesome events cause significant \_\_\_\_\_ in people's lives. Even \_\_\_\_\_ events can be stressful.
- Symptoms of Stress
  - \_\_\_\_\_ feels stress
  - Not everyone \_\_\_\_\_ stress in the same ways.
  - Stress can affect people \_\_\_\_\_.
    - Pounding heart
    - Feeling \_\_\_\_\_
    - Dizzy
    - Not able to sleep
    - Neck or \_\_\_\_\_ pain
    - Sweating
    - Headaches
  - Stress can affect people mentally and \_\_\_\_\_

- Irritable
- \_\_\_\_\_
- Be tense
- Feel afraid
- Tap \_\_\_\_\_
- Pull hair
- Grind \_\_\_\_\_
- Stress can affect \_\_\_\_\_ part of a person's life.
  - Lose \_\_\_\_\_ in their abilities
  - Hurt their relationships
  - Reduces workers' \_\_\_\_\_
  - More \_\_\_\_\_ to illnesses

### Manage Stress

- When properly handled, \_\_\_\_\_ puts you in motion and keeps you \_\_\_\_\_. The urge to \_\_\_\_\_ and accomplish something is \_\_\_\_\_ stress.
- Learning to \_\_\_\_\_ stress can control the negative \_\_\_\_\_ it may have on your life. You can learn \_\_\_\_\_ to help you cope with the \_\_\_\_\_ of life.
  - This is called \_\_\_\_\_
- You will be able to \_\_\_\_\_ with stress when you know what \_\_\_\_\_ it for you.
- Certain signals \_\_\_\_\_ that you are under \_\_\_\_\_. These signals are often \_\_\_\_\_ for everyone. If you pay \_\_\_\_\_ to physical and \_\_\_\_\_ signals, you can link them to the \_\_\_\_\_ of stress. Then you can take \_\_\_\_\_ to deal with the \_\_\_\_\_.
- Limit Stress if Your Life
  - Maintain Good Health
    - Teens that are not \_\_\_\_\_ often have a harder time \_\_\_\_\_ with stress.
    - Low levels of \_\_\_\_\_ and mental alertness can \_\_\_\_\_ a fitness problem.
    - Staying fit means having \_\_\_\_\_ habits

- Healthful diet
  - \_\_\_\_\_ hours of sleep
  - Exercise regularly
  - Stay away from drugs and \_\_\_\_\_ and tobacco
  - Have regular \_\_\_\_\_ checkups
- Manage your life well
    - Gaining a sense of \_\_\_\_\_ increases confidence and \_\_\_\_\_ stress.
    - Set goals and make \_\_\_\_\_ to meet them.
    - Plan for the \_\_\_\_\_
    - Managing time according to your \_\_\_\_\_ also puts you in charge.
    - Wasting time is a stress \_\_\_\_\_, just as time \_\_\_\_\_ can be.
    - Satisfaction, instead of \_\_\_\_\_, comes when you feel \_\_\_\_\_ about how your time is \_\_\_\_\_.
- Deal With Stress
    - Be sure to take time to \_\_\_\_\_
    - Use Your Support \_\_\_\_\_
      - Stress \_\_\_\_\_ feelings you need to \_\_\_\_\_ about
      - Brain \_\_\_\_\_ have shown that putting \_\_\_\_\_ into words \_\_\_\_\_ stress.
      - Talking provides an \_\_\_\_\_ connection to another person
      - It takes \_\_\_\_\_ to ask for advice or help
      - People \_\_\_\_\_ to help
      - People who have many \_\_\_\_\_ relationships \_\_\_\_\_ better with stress
        - They tend to have \_\_\_\_\_ stress
        - Apt to have \_\_\_\_\_ stress symptoms
    - Release Emotions
      - Science has shown that \_\_\_\_\_ tears are chemically different from those caused by \_\_\_\_\_
      - Stress-related tears have more \_\_\_\_\_ than other tears

- Crying can bring \_\_\_\_\_ by ridding the body of \_\_\_\_\_
  - Both \_\_\_\_\_ and \_\_\_\_\_ cry at times
  - Tears are not the only emotional \_\_\_\_\_ for stress
  - Many forms of \_\_\_\_\_ can help release tension and \_\_\_\_\_ emotions
- Take Appropriate Action
    - Research shows taking charge \_\_\_\_\_ levels of epinephrine.
      - Epinephrine-
    - If a serious problem is causing \_\_\_\_\_, use the decision-making process to take action.
  - Use positive Self-talk
    - All people \_\_\_\_\_ to themselves and about themselves in their minds. This self-talk \_\_\_\_\_ stress when it is negative.
    - Positive, but realistic, self-talk increases \_\_\_\_\_. It eases the moment and often leads to \_\_\_\_\_.