**Ch 4: Managing Stress & Coping w/Loss**

1. STRESS is the body & mind’s response to a demand
2. Five causes of stress

1)Environmental – physical environment

2)Biological – conditions that make it difficult

 for your body to take part in daily activities

1. Illness/injury/disability

3)Thinking – any type of mental challenge

 i. homework, taking a test/quiz, etc

4)Behavioral – unhealthy behavior

 i. Sleep

 ii. Drugs

 iii. Alcohol

 iv. Smoking

 v. Time Management

5) Life change – any major change either +/-

1. 3 stages of stress response
2. Alarm – face a challenge/stressor
3. Resistance –
4. Fight or flight
5. Epinephrine released
6. Body mobilized to fight or run
7. Physical & mental changes occur
8. Recovery or Exhaustion –
9. Recovery – body returns to homeostasis, eustress; acute & short-term stress strengthen the immune system
10. Exhaustion – body is under distress; chronic & long-term stress depletes the immune system, can lead to depression and/or suicide
11. The Grieving Process – grieving is expressing deep sadness due to a loss
12. 5 stages of grief
13. Denial
14. Anger
15. Bargaining
16. Depression
17. Acceptance

1. 3 types of services
2. Wake – ceremony held to allow family/friends to view the body or watch over the person before the funeral; helps family/friends to gather & support each other.
3. Funeral – ceremony where the deceased person is buried or cremated. Family/friends pay tribute to the loved one.
4. Memorial service – ceremony to remember the deceased person.
5. SUICIDE is the act of intentionally taking one’s

 own life

1. Most people who attempt don’t really want to die, but they don’t see another way out of their suffering
2. Many have considered suicide, but only for a brief period of time in their life
3. Doesn’t happen without warning. People ask for help in an indirect way. ALL TALK OF SUICIDE SHOULD BE TAKEN SERIOUSLY!!
4. The use of alcohol/drugs puts people at risk of attempting suicide because their judgment is impaired. 40% of all suicide attempts the person has taken drugs or alcohol prior to.
5. Teens & Suicide
6. 5th leading cause of death ages 25-65
7. 3rd leading cause of death ages 15-24
8. Impulsive feelings
9. If you feel confused or helpless, TELL SOMEONE!! An adult you trust, friend, parent
10. Warning Signs of Suicide
11. Feeling hopeless
12. Withdrawing from friends/family
13. Neglecting basic needs
14. Experiencing loss of energy
15. Taking more risks
16. Using (more) alcohol and/or drugs
17. Giving away personal things

DON’T KEEP IT A SECRET!! IF SOMEONE TELLS YOU, THEN TELL SOMEONE ELSE WHO CAN HELP