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

1. STRESS is
2. Five causes of stress

1)

2)

3)

4)Behavioral – unhealthy behavior

 i.

 ii.

 iii.

 iv.

 v.

5)

1. 3 stages of stress response
2. Alarm –
3. Resistance –
4. Recovery or Exhaustion –
5.

1.
2. The Grieving Process –
3. 5 stages of grief
4.
5.
6.
7.
8.

1. 3 types of services
2.
3.
4.
5. SUICIDE is
6.
7.
8.
9.
10. Teens & Suicide
11.
12.
13.
14.
15. Warning Signs of Suicide
16.
17.
18.
19.
20.
21.
22.