**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 –

2. The Grieving Process –
3. 5 stages of grief

1. 3 types of services


5. SUICIDE is



10. Teens & Suicide



15. Warning Signs of Suicide