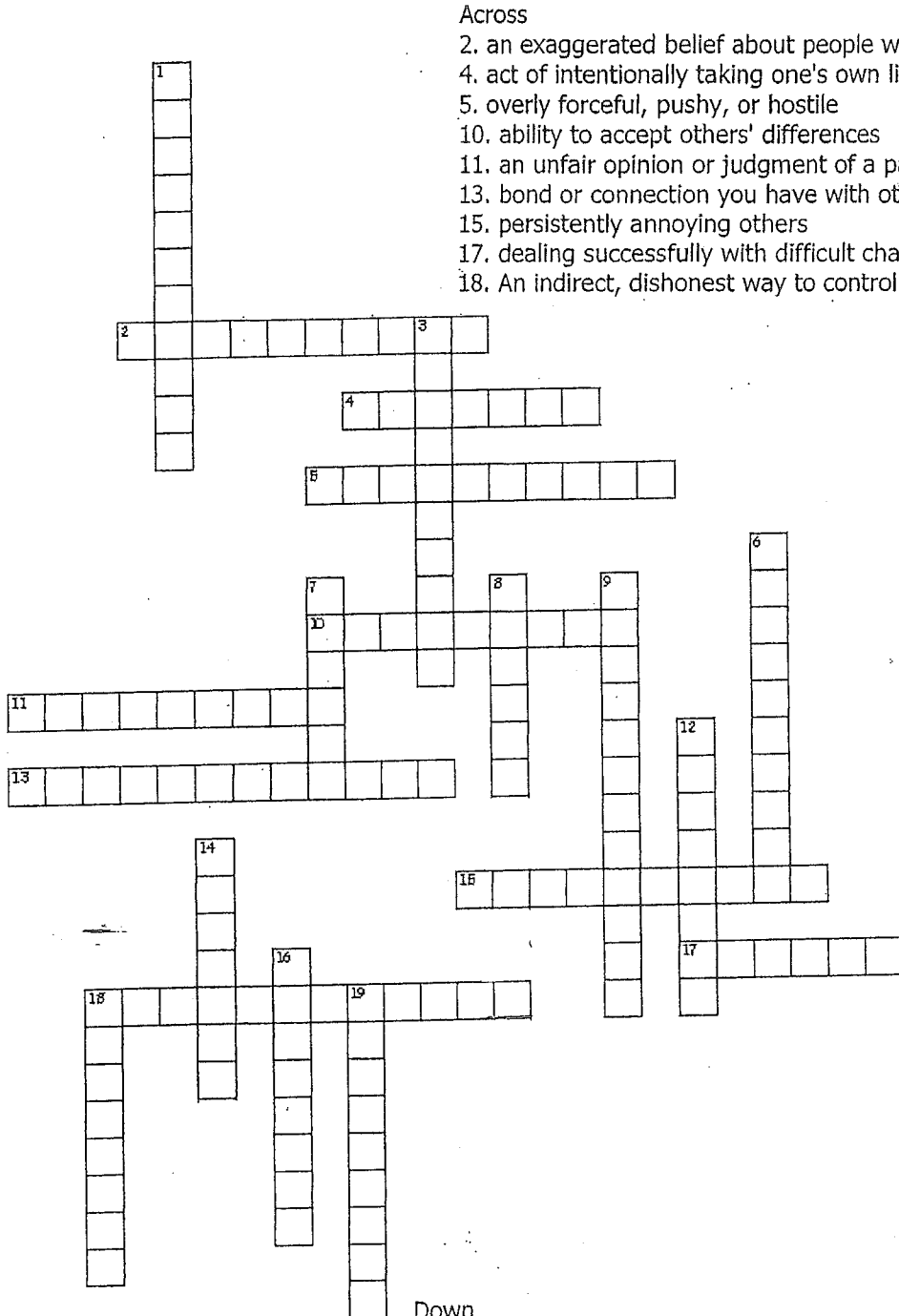


Glencoe Health - Chapters 4, 6, 7, 8

Stress, Loss, Suicide



Across

- 2. an exaggerated belief about people who belong to a certain group
- 4. act of intentionally taking one's own life
- 5. overly forceful, pushy, or hostile
- 10. ability to accept others' differences
- 11. an unfair opinion or judgment of a particular group of people
- 13. bond or connection you have with other people
- 15. persistently annoying others
- 17. dealing successfully with difficult changes in your life
- 18. An indirect, dishonest way to control or influence others

Down

- 1. person's ability to use responsibility to override emotions
- 3. goals and activities that you judge to be more important than others
- 6. the act of becoming aware through the senses
- 7. reaction of the body and mind to everyday challenges and demands
- 8. others perform certain tasks in order to join a group
- 9. influence that people your age may have on you
- 12. Closeness between two people that develops over time
- 14. unable to express thoughts and feelings in a direct or firm manner
- 16. deliberately harming other people who cannot easily defend themselves
- 18. act of showing sorrow or grief
- 19. expressing your views clearly and respectfully

The Truth About Stress

Directions: Place a "T" or "F" in the space before each statement to indicate whether the statement is true or false.

- 1. Stress is bad for you.
- 2. If a person is happy that means they have a less stressful lifestyle.
- 3. Stress management eliminates stress.
- 4. What one person finds distressful may not be so for the next person.
- 5. Parents, teachers and friends are all potential stressors.
- 6. Stress can serve as a positive force, a motivator in a person's life.
- 7. An athletic contest may be an example of eustress.
- 8. Only when we reduce the complexity of the world do we truly reduce stress.
- 9. Stress and stressors are really the same thing.
- 10. Distress can lead to high blood pressure, strokes, ulcers and even heart attacks.
- 11. Alcoholism, drug abuse, depression and suicide can be linked to distress.
- 12. There is an optimum level of stress toward which all people should strive.
- 13. Eustress may result in increased confidence and self-esteem.
- 14. It is more desirable to live life at a slower pace and reduce the number of deadlines whenever possible.
- 15. A person's ability to enjoy life is based upon how he or she views things and upon his or her ability to cope.
- 16. When a person feels too "stressed out" or overwhelmed it is sometimes necessary to get outside help.
- 17. Some people are easily stressed and you just can't change that.
- 18. Different people may experience different physical or psychological responses to stress.
- 19. It is possible to live with your stressors and still enjoy life.
- 20. Stressors can be external people or happenings or internal thoughts and attitudes.

Controlling My Stressors

Directions: Identify five stressors that you are currently facing. For each of these stressors, list three positive coping strategies. These coping strategies may include ways to avoid the stressor, ways to minimize the stressor, or ways to deal with the stressor.

1. <i>I got a speeding ticket and my parents grounded me.</i>	<i>I could avoid the situation by obeying the law and driving the speed limit. I could attend a Defensive Driving class and have the ticket reduced. From now on, I will allow plenty of driving time so I will not be rushed and tempted to drive fast.</i>
2.	
3.	
4.	
5.	
6.	

TEEN STRESS TEST

Answer the following by placing in the blanks the appropriate number:

1-ALWAYS 2-OFTEN 3-SOMETIMES 4-NEVER

- _____ 1. I feel inferior about my ability to carry on a conversation with other people my
- _____ 2. My parents prevent me from showing my independence.
- _____ 3. I struggle with peer pressure.
- _____ 4. I wish I were someone else.
- _____ 5. I consider school to be a waste of time.
- _____ 6. I am embarrassed to hear my name called in public for any reason.
- _____ 7. I would cheat on a test if I were reasonably sure of not getting caught.
- _____ 8. I resent students who are more popular than I am.
- _____ 9. I would use drugs or alcohol at a party if they were readily available.
- _____ 10. I would be upset if someone took my seat in the classroom or cafeteria.
- _____ 11. I would observe a fight without interfering even if the fighters were hurting
- _____ 12. I think planning for my future is unimportant right now.
- _____ 13. I feel being rich is more important than being respected.
- _____ 14. I would be upset if I were alone for two or three hours without radio or
- _____ 15. Family members (or pets) receive more attention from my parents than I do.
- _____ 16. I feel nervous in a crowd of people older than I am.
- _____ 17. I feel I was happier when I was younger.
- _____ 18. If I could, I would put all my energy into one activity (example: playing sports, studying, dating, etc.)
- _____ 19. I have difficulty finding something to do in my spare time.
- _____ 20. I have difficulty talking with my friends about personal problems.
- _____ 21. If someone puts me down I feel the world is against me.
- _____ 22. My religious beliefs cause problems between others and me.
- _____ 23. I act differently with different people.
- _____ 24. Thinking about my health (weight included) consumes too much of my time.
- _____ 25. I believe people judge me by the way I dress.

EVALUATE YOUR SCORE

Add up the points you put down for each question. Then evaluate your ability to cope with stress, according to the total score ranges below.

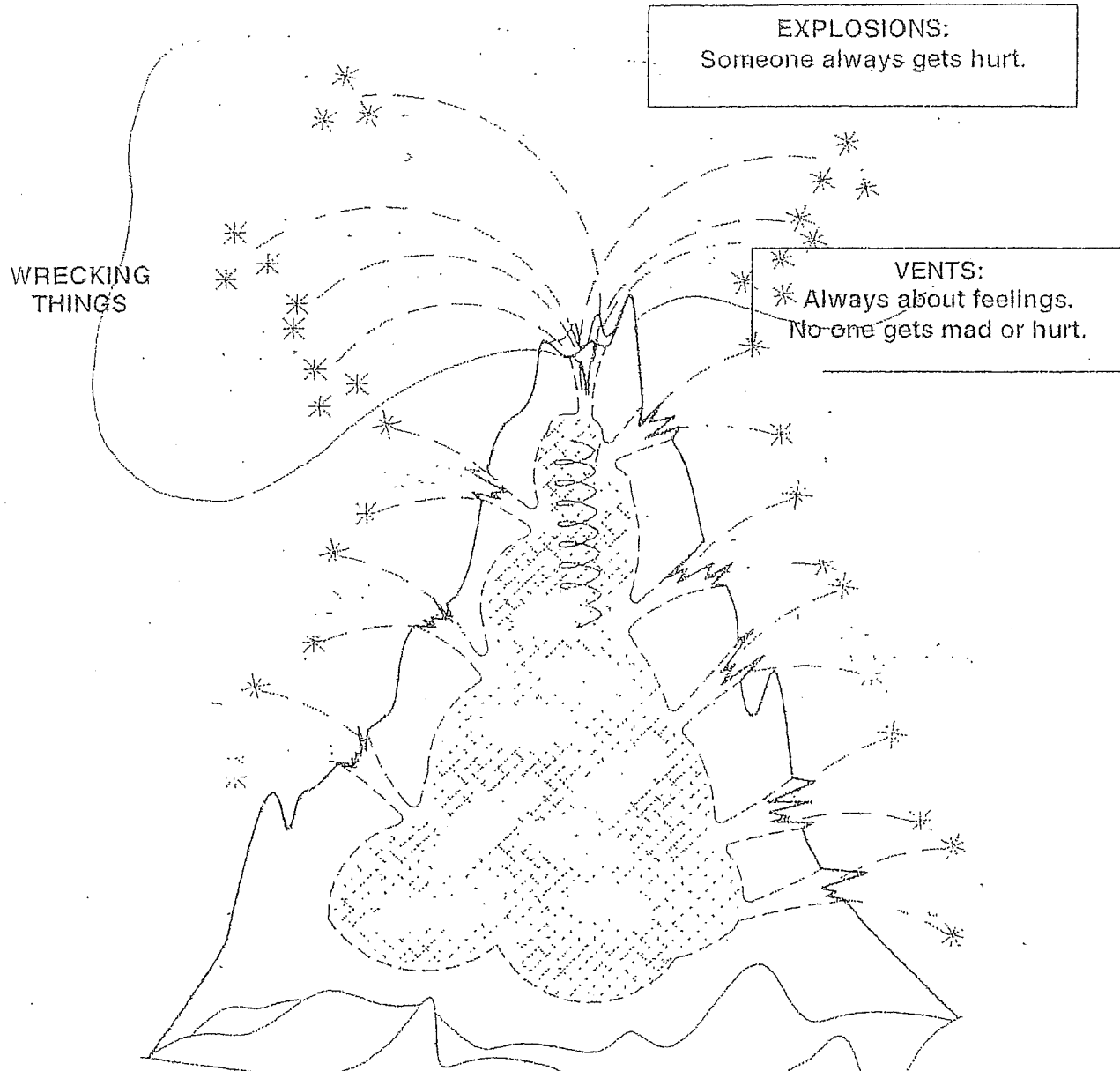
80-100 = Most people your age feel more stress than you do; however, you deal with stress in a mature and well-thought-out manner. Your sense of well being most likely reflects what your family has taught you, as well as ideas you have formed about yourself

66-79 = Tensions in your life may bother you; fortunately you understand and can deal with them. You have a good grip on your emotions.

51-65 = You may have a hard time making decisions for yourself and would be a more satisfied person if you could show others that you are worth getting to know.

25-50 = If you score below what you think you should have, you may be keeping some of your inner sunshine in the shade. Your score shows that you are an overly stressed person. Give yourself a break; share your feelings with someone you admire. Try to change the things you can and accept the things you cannot change.

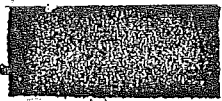
THE VOLCANO MODEL OF BEHAVIOR MANAGEMENT AND FEELING RELEASE



Changes and losses that can cause these feelings:
new babies, brothers or sisters leaving home,
death, divorce, separation, moving, illness,
growing up, parent's job loss

RESTS:
Ways to take a break from feelings

Children,
Created by Ann Sparling, MS
artwork by Fred Roberts
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Chapter

10

Coping With Loss

Personal Health Inventory

Read the following questions and check the appropriate box:

yes no

- 1. Have you ever experienced a major loss?
- 2. Have you ever been friends with someone when they experienced a great loss?
- 3. Does the subject of death make you uncomfortable?
- 4. Are you able to express difficult emotions?
- 5. Do you have people you could turn to if you experienced a great loss?
- 6. Are you a member of a support group or religious community?
- 7. Can you trust and confide in your counselors and teachers when you need to?
- 8. Do you have supportive, understanding friends?
- 9. Do you feel that you could be of help to someone who is experiencing grief?
- 10. Would talking to someone who is terminally ill make you extremely uncomfortable?

◆ Review your answers to the questions above. What would you do to cope with a great loss? Explain your answer.

◆ Do you think you could be of help and support to a friend who has experienced a great loss? Explain.

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Suicide Myth Busters:

Read each false statement about suicide.

Tell the reason(s) that it is not true.

Myth	Reason why not true
Suicide usually occurs without warning.	
People who talk about killing themselves rarely commit suicide.	
If you ask a person if he or she is considering suicide, you will encourage that person to commit suicide.	
All suicidal people want to die.	
When a suicidal person suddenly seems calm and serene, there is no longer any danger of suicide.	
If someone makes a suicidal comment while drunk or high, it isn't very serious.	
All people who commit suicide are mentally ill.	
Once a person is suicidal, he or she will always be suicidal.	
The tendency toward suicide is inherited and passed from parent to child.	