**Unit 2 Chapter 4 Managing Stress and Coping with Loss**

***Understanding Stress***

**Perception**- the act of becoming aware through the senses.

*\*An example would be you have an argument with your friend, you might think your friendship is over but your friend might think you can work it out\**

**\*\*\*Your level of perception of the event means you may experience more stress about the situation than your friend\*\*\***

**Stressor-**is anything that causes stress, these can be real or imagined, anticipated or unexpected.

\*\**People, places, objects, places, events, and situations are all potential stressors\*\**

***\*\*\*Stress can have both a positive and a negative effect\*\*\****

*\*\*\*When you perceive something to be dangerous, difficult, or painful, your body automatically begins a stress response\*\*\**

**\*Both your nervous system and endocrine system are active during your bodys response to stress and is involuntary\***

***There are three stages:***

1. Alarm- your mind and body go on high alert “fight or flight” response you will defend or flee.
2. Resistance- if exposure to the stressor continues your body will adapt and react to the stressor, and you may perform at a higher level for a brief period.
3. Fatigue- if exposed to stress is prolonged; your body loses its ability to adapt. You begin to tire and lose the ability to manage other stressors effectively.

**Psychosoatic response-** a physical reaction that results from stress rather than from an injury or illness.

***Physcial effects of stress:***

* Headache
* Weakened immune system
* High blood pressure
* Bruxism, clenching of the jaw, or grinding of teeth
* Digestive disorders

***Mental/emotional and social effects:***

* Difficulty concentrating
* Irritability
* Mood swings

Effects of stress are additive (they build up over time)

**Chronic stress-** stress associated with long term problems that are beyond a person’s control.

***Avoiding and limiting stress:***

* Use refusal skills: determine if you have time for a new activity before taking it on
* Plan Ahead: manage time wisely by planning ahead.
* Think positively: a positive outlook limits stress.
* Avoid tobacco, alcohol, and other drugs. (harm the body more than relieve stress)

**Relaxation Response:** a state of calm practice relaxation techniques to get here.

\*\*You can redirect your energy by exercising, you can also seek support\*\*

**Stay healthy and build resiliency**

\*Get adequate Rest, get regular physical activity, eat nutritious food\*

**Stages of Grief-** A variety of reactions that may surface as an individual makes sense of how a loss affects him or her.

1. Denial or numbness, 2. Emotional release 3. Bargaining 4. Depression 5. Remorse 6. Acceptance. 7 Hope

**Closure**- or the acceptance of loss

**Coping-**  or dealing successfully with difficult changes in your life.

**Mourning**- the act of showing sorrow or grief

\*You can show empathy by helping the person to remember happy thoughts, be a listener, don’t rush the grieving process.

**Traumatic event-** any event that has a stressful impact sufficient to overwhelm your normal coping strategies.