Chapter 4

Managing Stress and Coping with Loss
Vocabulary

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

- **Stress** – reaction of the mind and body to everyday challenges and demands
  - Eustress – positive stress
  - Distress – negative stress

- **Stressor** – anything that causes stress. (Look at figure 4.2 on pg. 94)
Body’s Response System

1. **Alarm** – “Fight or Flight”. Body prepares to defend or flee from threat.

2. **Response** – Adapt and react to stress. (Endurance)

3. **Fatigue** – Lose ability to adapt, begin to tire.
Stress and Your Health

- **Psychosomatic Response** – a physical reaction that results from stress rather than from an injury
Managing Stress

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

- Use refusal skills
- Plan ahead (time management)
- Think Positively
- Relaxation techniques
  - Meditation
  - Massage
  - Music/books
- Redirect energy
Staying Healthy

- Get adequate rest
- Regular physical activity
- Proper nutrition
Coping with Loss and Grief

• **The Grieving Process**
  - Variety of reactions that may surface as an individual makes sense of how a loss affects him or her.

• See 8 steps on pg. 103
• **Coping** – dealing successfully with difficult changes in your life

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

• **Mourning** – the act of showing sorrow or grief.