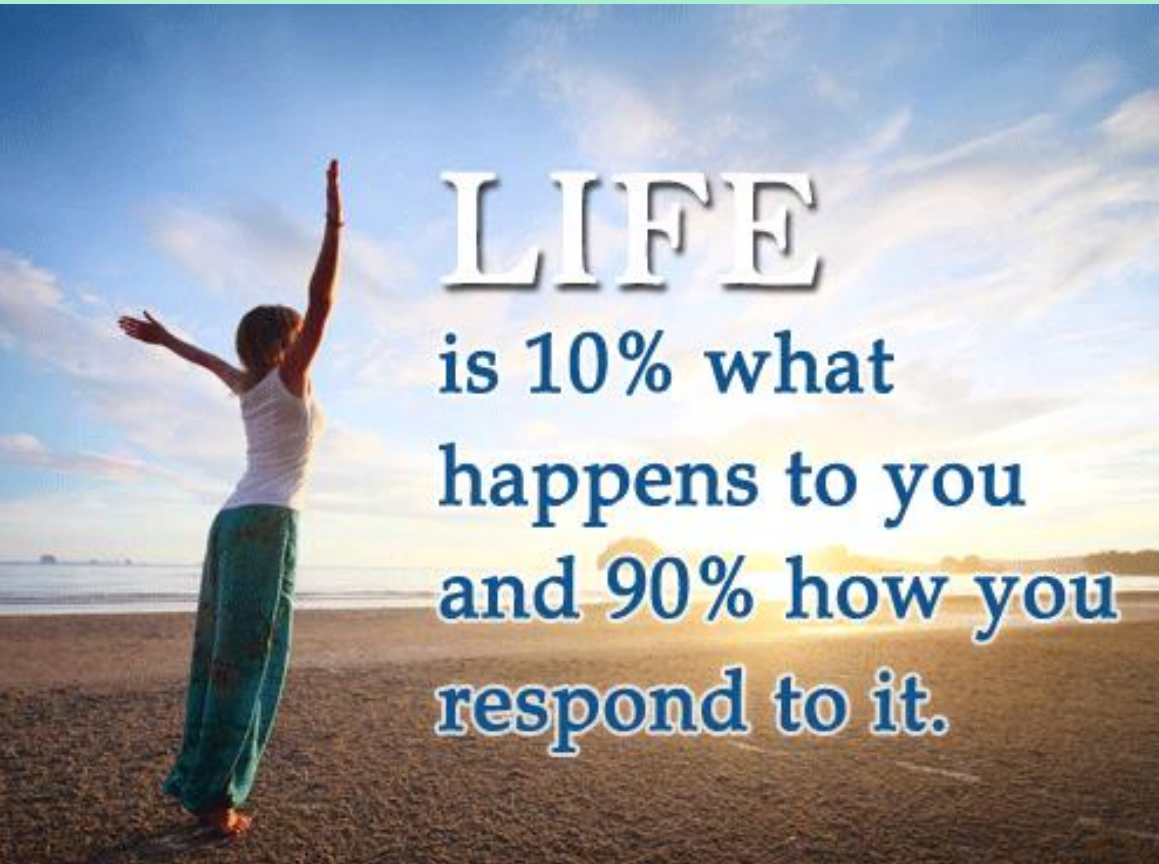


UNIT 1: LIFE SKILLS



Components (Parts) of Wellness

1) Physical (your body):

- exercise**
- nutrition** (what you eat)
- abstaining from** (not using) **drug**
and **alcohol abuse** (too much)
- going to the doctor**
- protecting** yourself from
injuries and harm.



Components (Parts) of Wellness



2) Social (how you get along with other people):

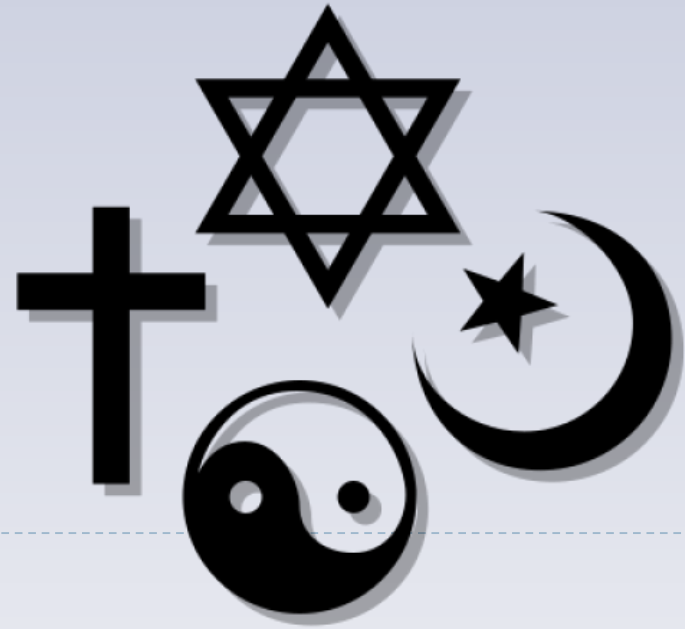
- ❑ **good communication skills** (the way you talk to people)
- ❑ **intimacy with others** (close relationships)
- ❑ **a support network** (a group of people who help and love you) **of friends and family**
- ❑ **showing respect** for others and yourself.
- ❑ **contributing** (giving) to your **community** (the place you live) and to the world makes you feel that you **belong** (are a part of it).



Components (Parts) of Wellness

3) Spiritual (belief in God or a higher power):

- ❑ having beliefs and **values** (ideas about what is right and wrong) can give your life direction.
- ❑ a high level of **faith** (belief in God), hope, and **commitment** (promise) to your beliefs gives you **purpose** (a reason to live).



Components (Parts) of Wellness

4) Intellectual (your brain):

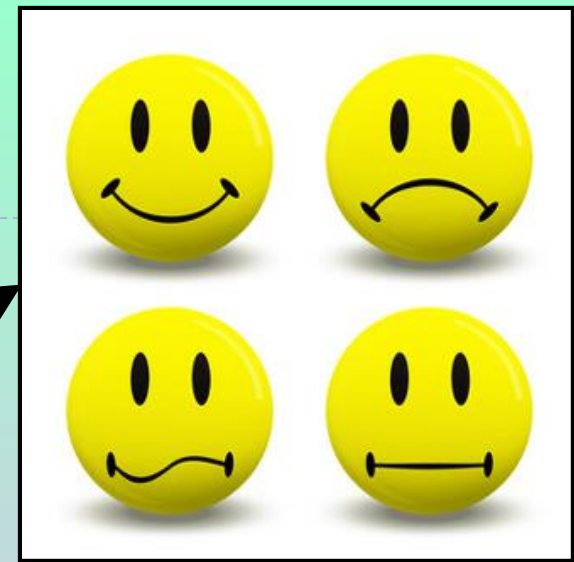
- ❑ keep your brain **active** (working)
- ❑ always try to learn new things and **improve** (doing things better)
- ❑ know what is happening in the world



Components (Parts) of Wellness

5) Emotional (feelings):

feel & express (show) emotions



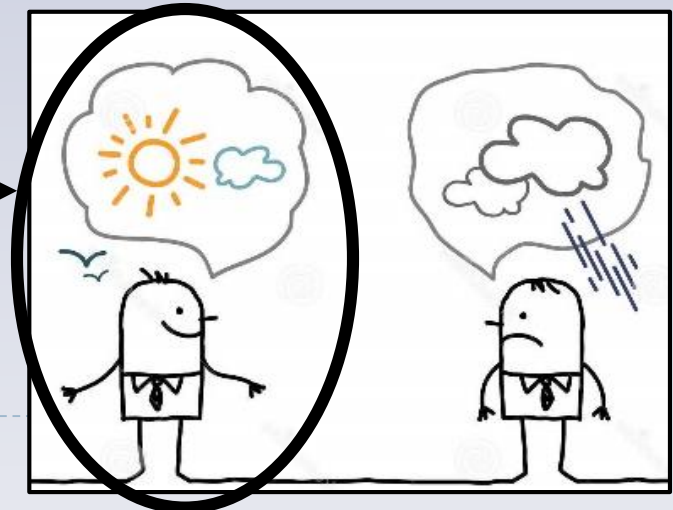
love and be loved



fulfillment (be happy with what you have)

optimism

(see the good things in life, not the bad)



Components (Parts) of Wellness

5) Emotional (continued):

- **self-esteem** (good feelings about yourself) & **self-acceptance**
(you understand yourself and are happy with yourself)



- **you share your feelings with others**



Components (Parts) of Wellness



6) Environmental (the world)

Protect yourself from **dangers** in the environment

Do good things to help the world



Do not do bad things that will hurt the environment



Components (Parts) of Wellness

- ▶ Physical
- ▶ Intellectual
- ▶ Emotional
- ▶ Environmental
- ▶ Social
- ▶ Spiritual



↑
pie

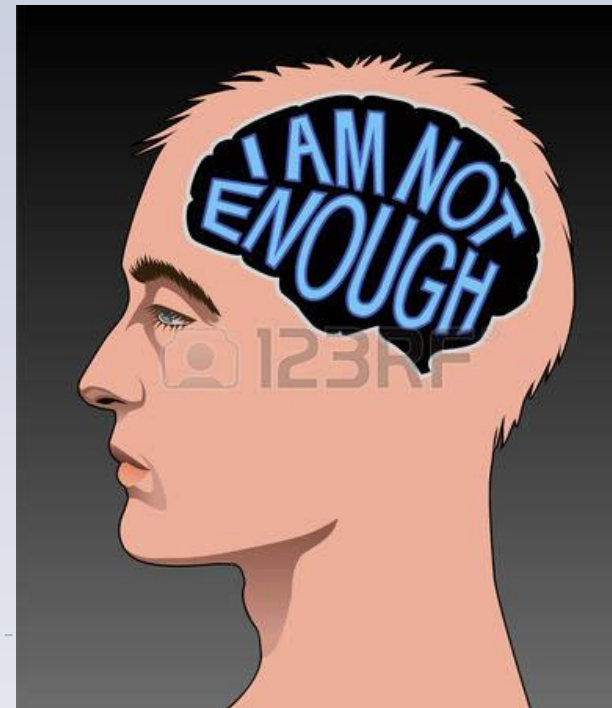
Self-concept:

- ❑ the **ideas** you have about yourself
- ❑ how you **think about** & **understand** yourself



Self-esteem:

- ❑ the **positive (+) feelings** you have about yourself
- ❑ how you feel about yourself



Self- confidence:

❑ believing in yourself
because of prior
accomplishments.



I Can

The text 'I Can' is written in a large, orange, sans-serif font. The letter 'C' is stylized to contain a black silhouette of a person in a wheelchair. The letter 'a' contains a black silhouette of a person running. The letter 'n' contains a black silhouette of a person climbing a rope.

Media:

- TV
- music
- newspapers
- magazines
- the Internet



twitter

facebook



What does media do?

- It informs (gives us information) & entertains (makes us have fun)



Media can change your:

- ❑ Self-concept
- ❑ Self-esteem
- ❑ Self-confidence



Values:



What's
Important
to You?

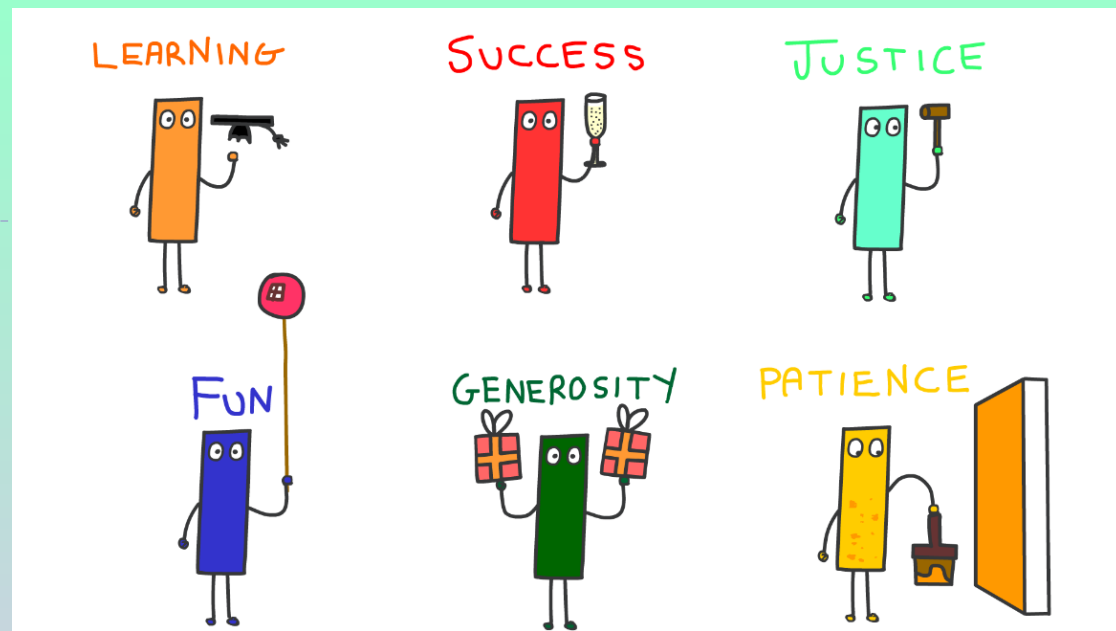
- Beliefs** about what you think is **right** and **wrong**
- Standards** that we **base decisions** on.
- Come from **school, family, and work.**



Values:

❑ EXAMPLES:

- ✓ **Honesty** (telling the truth)
- ✓ **Hard Working**
- ✓ **respect all people**
- ✓ **help people**
- ✓ **study hard**
- ✓ **be nice to everyone**



Peers:

□ people in the same group



Peer Pressure:

POSITIVE (+) Peer Pressure:

when people in the same group push you to do something **good**



NEGATIVE (-) Peer Pressure:

when people in the same group push you to do something **bad**



You can do it!

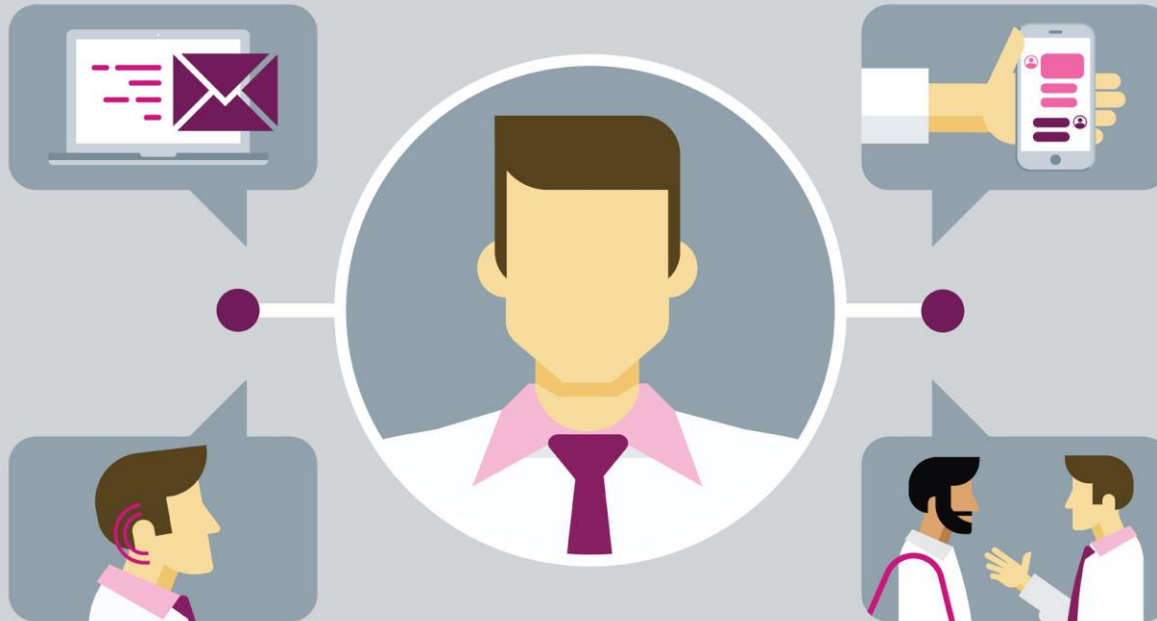
Keep trying!



What is the difference between positive and negative peer pressure?

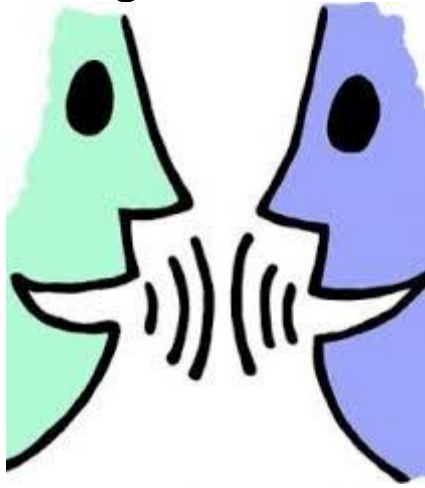
Communication:

- ❑ how you **give messages to and get messages from other people**



4 Parts of Communication:

1. Speaking



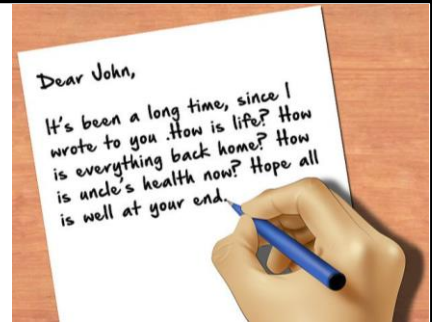
2. Listening



3. Body Language



4. Written Word

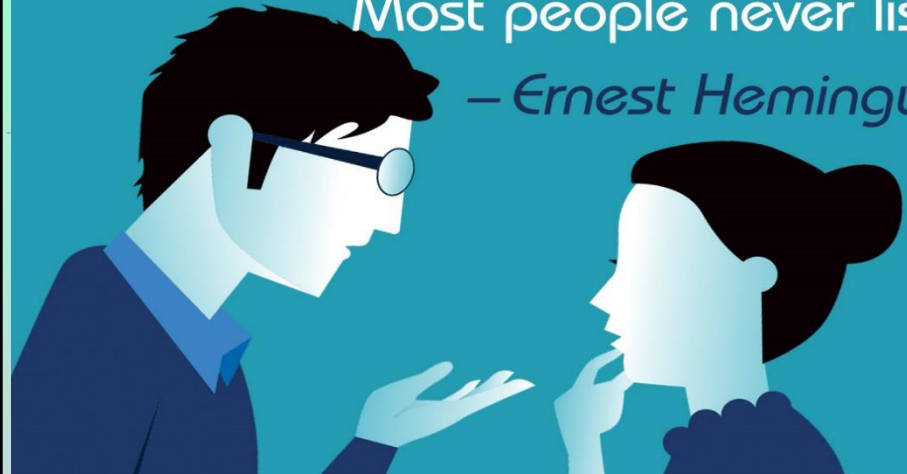


How to be a **GOOD LISTENER:**

1. Pay attention.
2. Look at the person.
3. Do **not** interrupt (talk when the person is talking).
4. Ask questions.
5. Listen for feelings.
6. Look at the person's body language.

When people talk, listen completely.
Most people never listen.

– Ernest Hemingway



Buzzle.com



Pay attention



Look at who is
talking



Do not talk

ACTIVE LISTENING



Ask questions



Follow
directions



Visualise what
is being said

@rly1981

Goal:

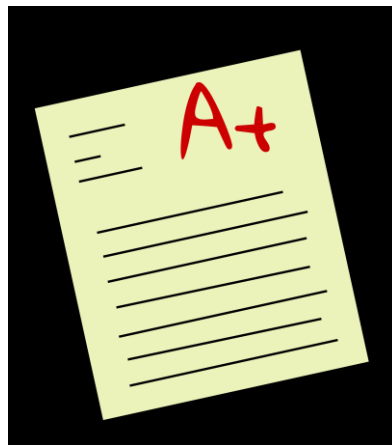
something you want in the future that takes planning and work.

Short-term goals:

These goals do **not** take a lot of time.

Examples:

- finish your homework by 9:00 p.m.
- get an A on the quiz on Friday



Long-term goals:

You need months or years to achieve these goals.

Examples:

- graduate from high school
- go to college
- become a teacher



Long-term goals are made up of short-term goals.

Example:

I want to become a teacher.

1. Graduate from high school.
2. Go to college.
3. Get good grades.
4. Do your student teaching.
5. Take the exam to get your teaching license.



Setting (choosing) a Goal:

1. Pick a **specific** (exact) goal.
2. Divide ÷ your goal into **short-term** goals
3. Ask friends, family, teachers, and coaches to **support** (help) you.
4. Give yourself a **specific** time to reach your goal.
5. Check in and see how you are doing.
6. **Achieve** (reach) your goal!
7. **Reward** (do something nice for yourself)
& **reset** (pick a new goal).



DECISION- MAKING PROCESS



1
IDENTIFY
THE DECISION

2
GATHER
INFORMATION

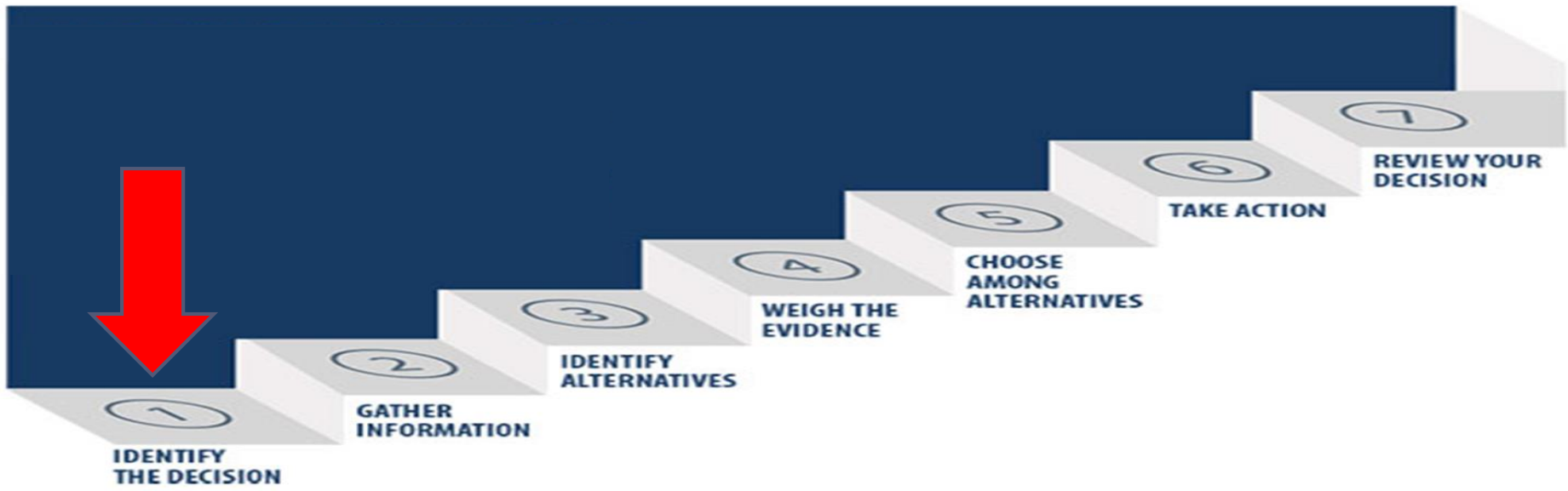
3
IDENTIFY
ALTERNATIVES

4
WEIGH THE
EVIDENCE

5
CHOOSE
AMONG
ALTERNATIVES

6
TAKE ACTION

7
REVIEW YOUR
DECISION

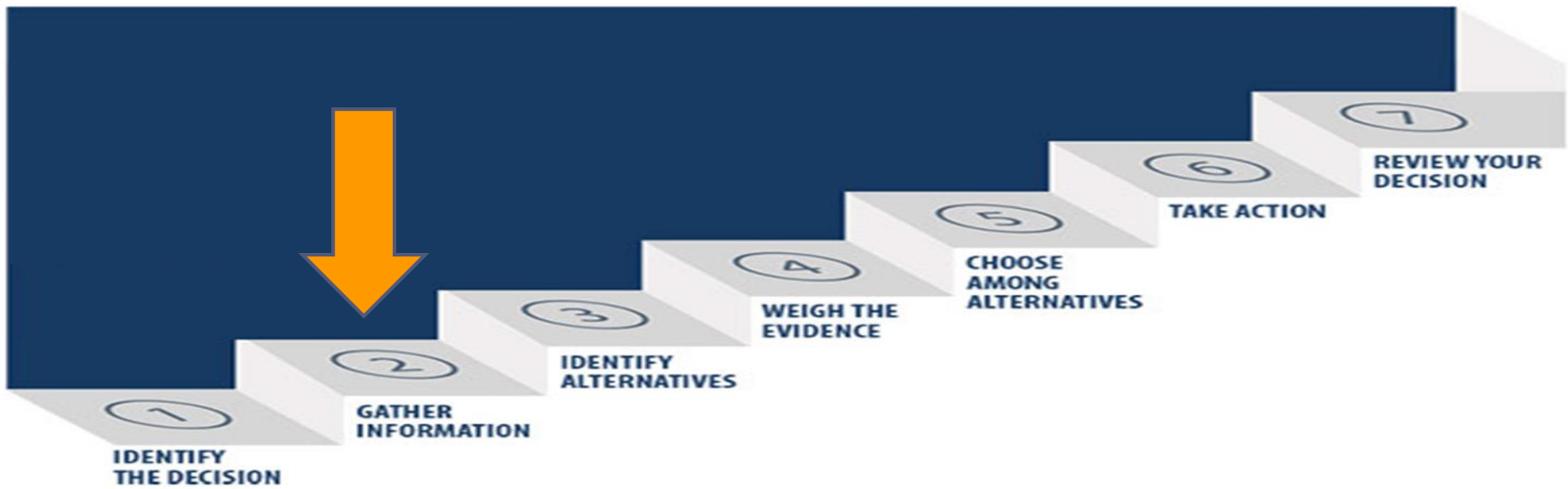


Step 1: Identify the decision you need to make.

EXAMPLE:

What college should I go to?

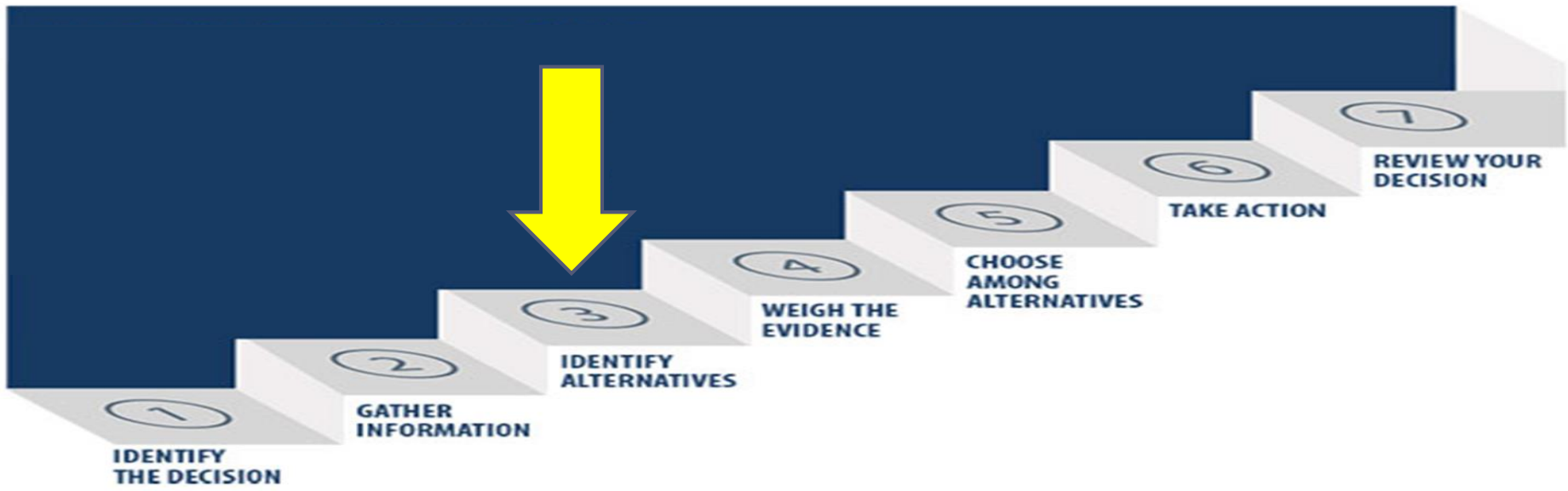




Step 2: Gather information from other people, books, the Internet, and from inside yourself.

EXAMPLE:

I will visit many different colleges and meet with advisors. I will talk to my friends & family about what colleges they go/went to.

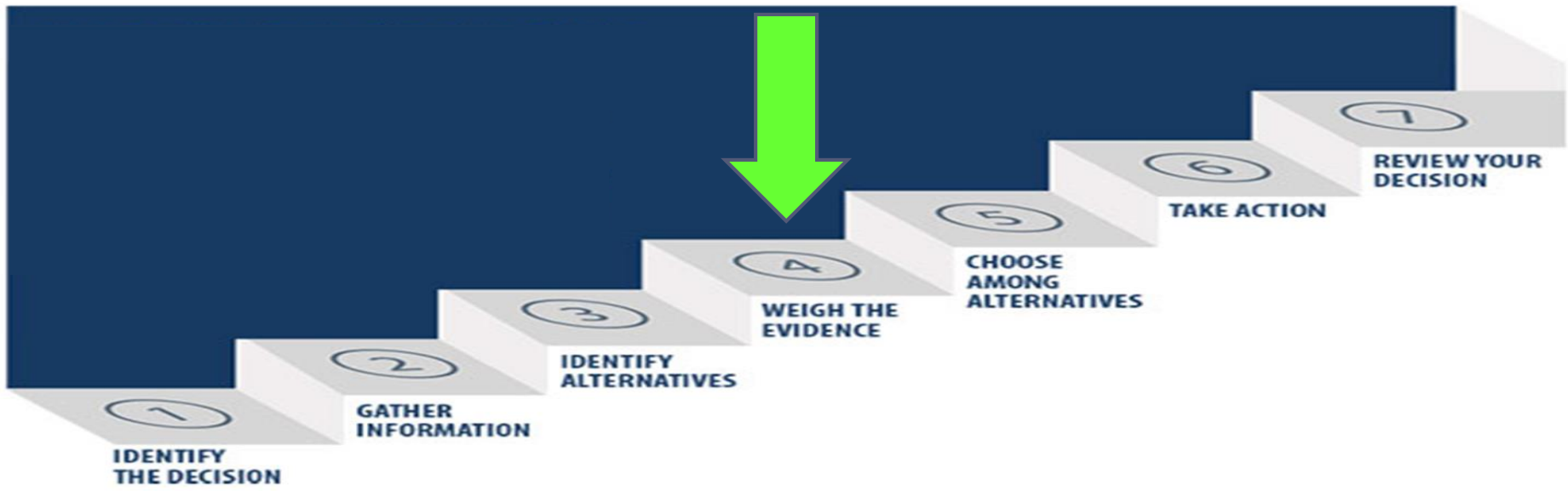


Step 3: Identify all possible decisions.

EXAMPLE:

I could go to Macomb Community College, Wayne State University, or a I could take a year off and work.



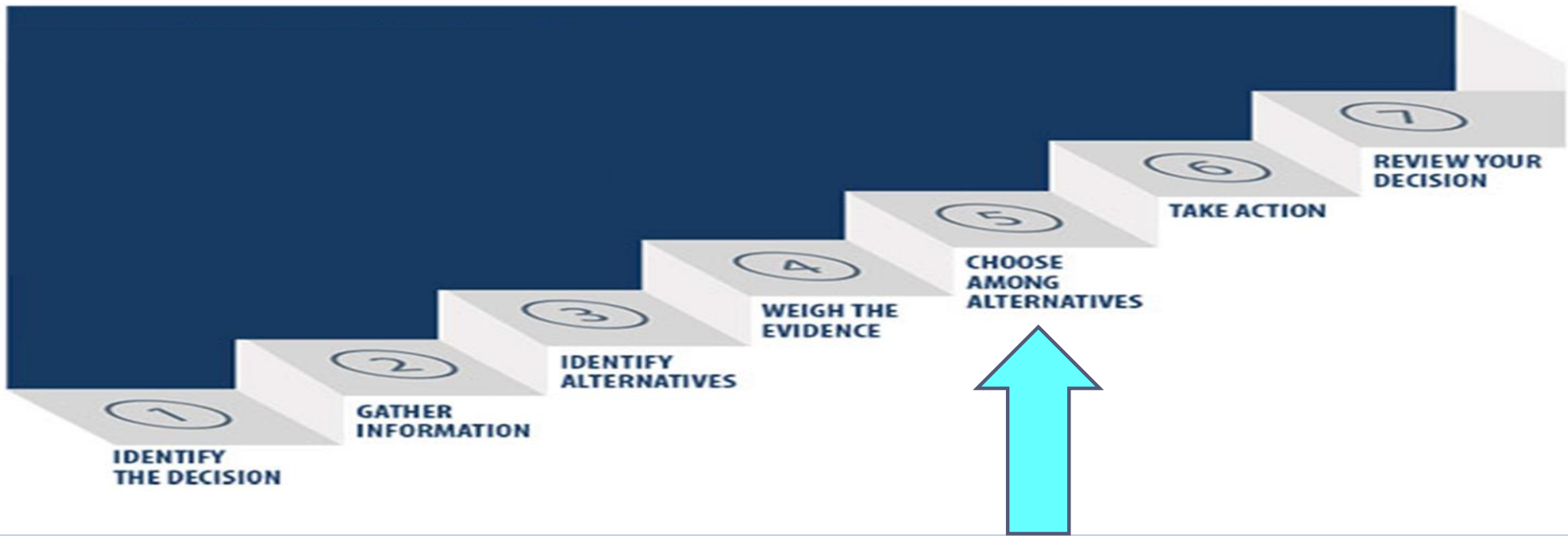


Step 4: Weigh the evidence .



EXAMPLE:

Macomb is cheaper. Wayne State is bigger and has more classes. If I stay home & work, I can save up some money.

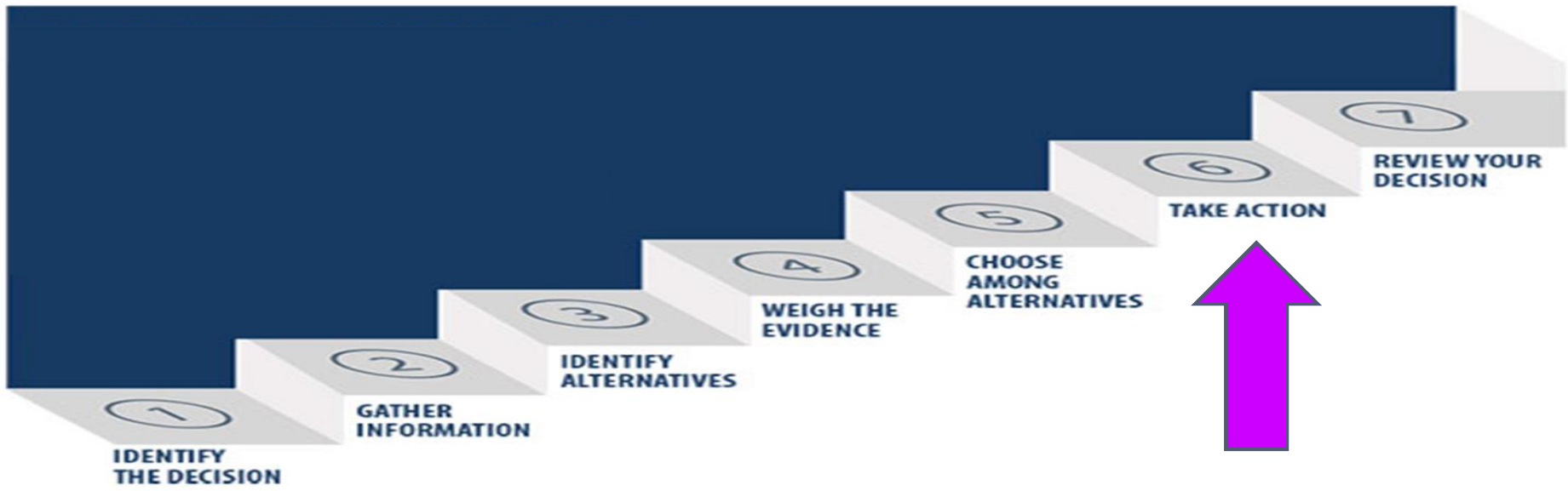


Step 5: Make a choice.

EXAMPLE:

Wayne State is the place for me.



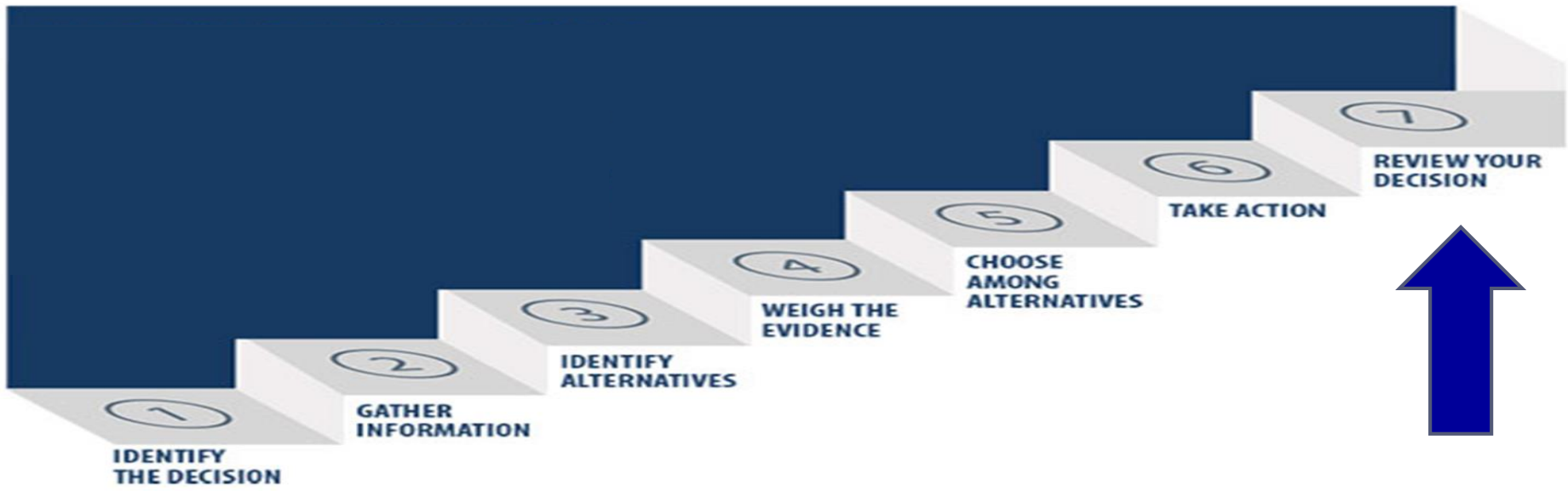


Step 6: Take action.

EXAMPLE:

I will apply to Wayne State.





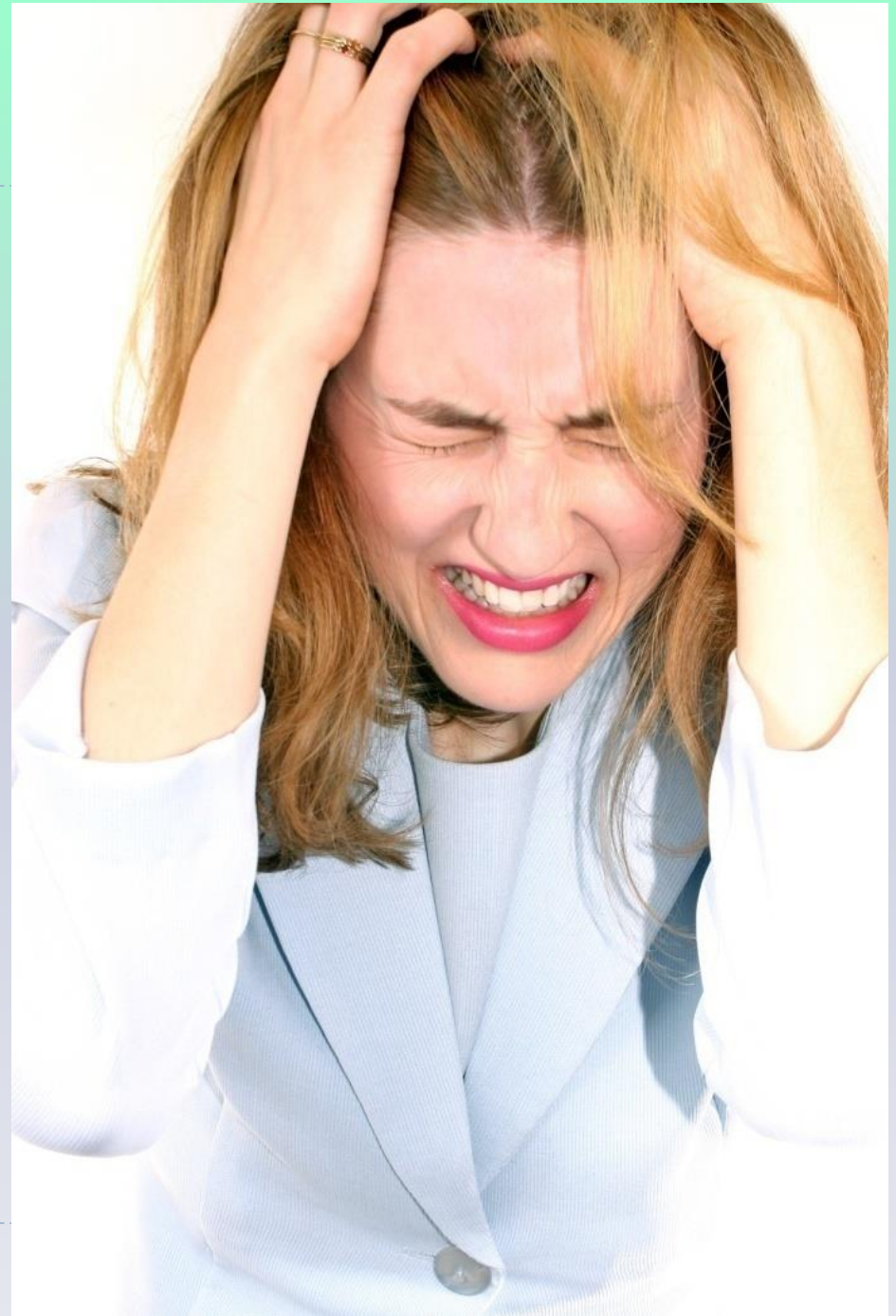
Step 7: Review your decision to see if it's right.

EXAMPLE:

Wayne State accepted me. I am excited to start my first semester. I will see how it goes and do my best. Right now, I am happy with my decision.

Stress:

- ❑ We feel stress when we feel a lot of pressure.
- ❑ Stress can do things to the body and brain.



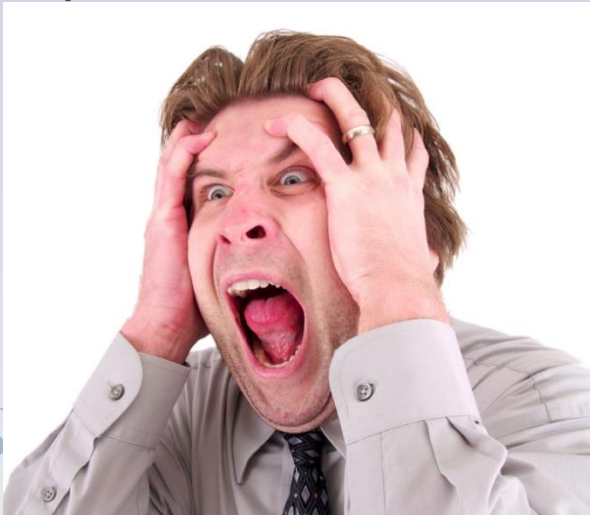
2 Types of Stress:

DISTRESS (bad stress):

This is when you have too much pressure and you don't know how to deal with it.

Examples:

- too much homework & no time
- you miss the bus

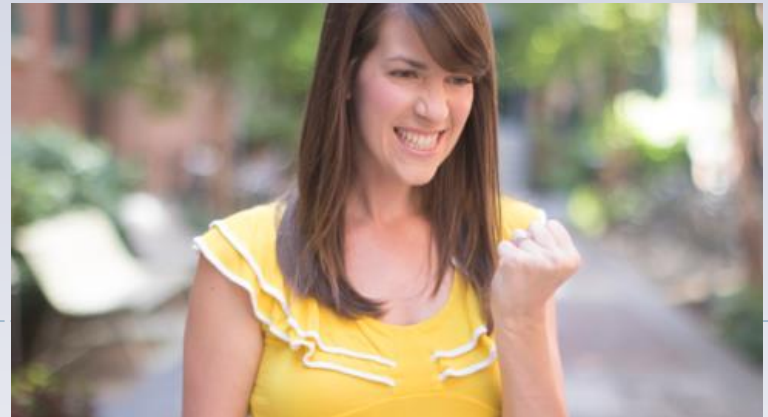


EUSTRESS (good stress):

This is when you have too much pressure and you don't know how to deal with it.

Examples:

- too much homework & no time
- you miss the bus



Stressors:

Stressors are the people, places, things, & situations that give us stress.

EXAMPLES:

- ❑ seeing a car accident
- ❑ a big math test
- ❑ a death in the family
- ❑ a fight with your friend
- ❑ a job interview
- ❑ a fire alarm



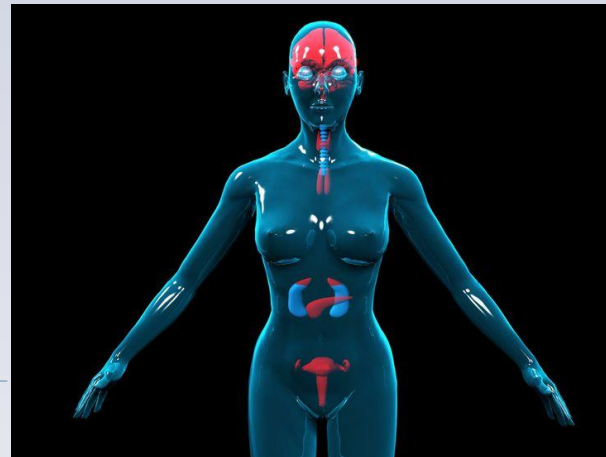
The Body's **Stress Response** (reaction):

When you feel there is a **threat** (danger), 2 systems of your body react:

□ **Nervous system** →



□ **Endocrine system** →



The Body's Stress Response (reaction):

Stage 1: ALARM

- Your body and mind go on high alert.
- Your body releases **adrenaline**, the “emergency hormone”
 - You breathe faster, your heart beats faster, and you sweat



Stage 2: RESISTANCE (fighting back)

- Your body tries to return to normal.

Stage 3: FATIGUE (tiredness)

- You feel tired



3 Types of Fatigue (tiredness):

1. Physical Fatigue:

- Your body is tired from hard work or exercise



2. Pathological Fatigue:

- You are tired because you are sick, overweight, or not eating healthy



3. Psychological Fatigue:

- You are tired from worrying too much, depression, feeling bored or lonely.



Stress and Your Personality



Type **A** Personality

- ❑ **competitive** (always wants to win)
- ❑ **high achieving personality**

More likely to have heart disease or health problems

Type **B** Personality

- ❑ **not competitive**
- ❑ **relaxed**

Less likely to have heart disease or health problems

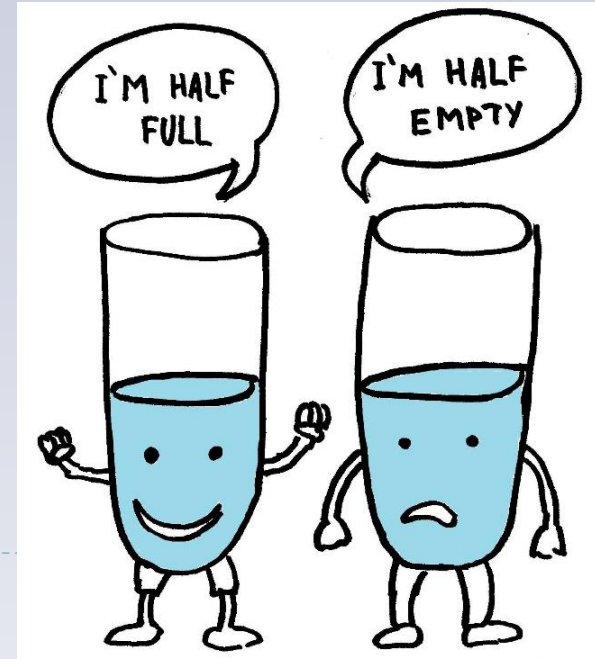
Managing (dealing with) Stress

(the people, places, things,
& situations that give
you stress)

2 Ways

1. Cut the stressor out of
your life.

2. Change the way you think
about or react to the **stressor**.



Managing (dealing with) Stress

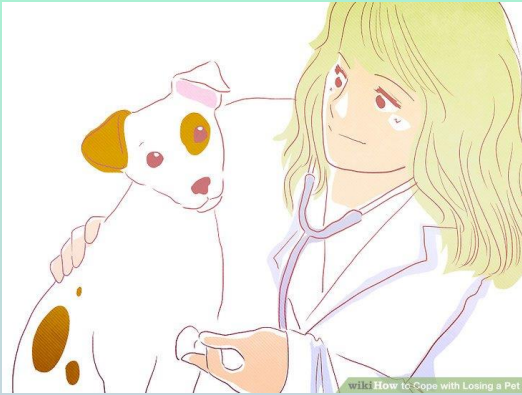
HOW?



1. Relax
2. Get enough sleep
3. Be realistic (tell yourself the truth)
4. Eat healthy
4. Exercise
5. Fix little problems
6. Think positive (+) thoughts



Coping (dealing) with Loss



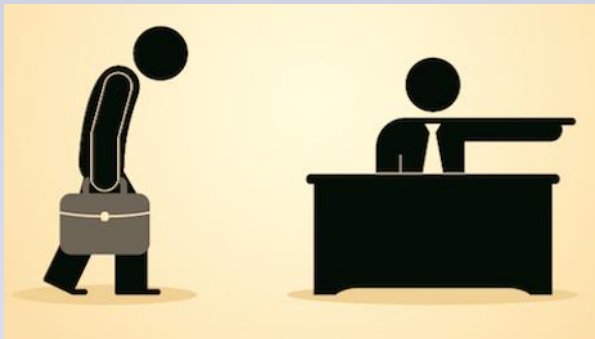
Losing a pet



Losing a family member



Losing a game



Losing a job



Breaking up with a
boyfriend/ girlfriend



**Moving to a
new city**

After a Big Loss → Grief Reaction



THE 5 STAGES OF GRIEF



Denial



Anger



Bargaining



Depression



Acceptance

Stage 1: **DENIAL**

▶ The person cannot believe that the loss happened.

After a Big Loss → Grief Reaction



THE 5 STAGES OF GRIEF



Denial



Anger



Bargaining



Depression



Acceptance

Stage 2: **ANGER**

▶ The person is mad that the loss happened and thinks, “Why me?”

After a Big Loss → Grief Reaction



THE 5 STAGES OF GRIEF



Denial



Anger



Bargaining



Depression



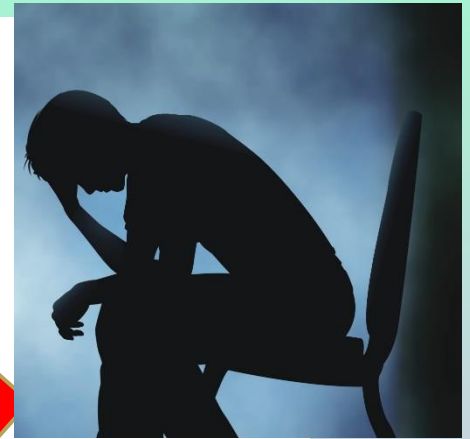
Acceptance

Stage 3: **BARGAINING**

▶ The person prays and promises to change to “fix” the loss.

After a Big Loss → Grief Reaction

THE 5 STAGES OF GRIEF



Denial



Anger



Bargaining



Depression



Acceptance

Stage 4: **DEPRESSION**

▶ The person is quiet and sad.

After a Big Loss → Grief Reaction

THE 5 STAGES OF GRIEF



Denial



Anger



Bargaining



Depression



Acceptance

Stage 5: **ACCEPTANCE**

- ▶ The person realizes that he/she cannot change the loss and that life must go on.

CONFLICT



VIOLENCE



BULLYING



CONFLICT:

a disagreement or argument

Interpersonal CONFLICT:

a conflict between 2 or more people

Intrapersonal CONFLICT:

a conflict inside of 1 person



CONFLICT Resolution

ending the conflict

- Stay calm.
- Be positive.
- Explain the conflict.
- Take responsibility for what you have done.
- Listen to the needs and feelings of others.
- List possible **solutions** (ways to solve the
- **Compromise.**



each person gives up part of what he or she wants to come to a **FAIR** agreement

VIOLENCE:

to hurt, damage, or destroy a person, self, or property with physical force

Homicide:

a person kills another person



Suicide:

a person kills him/herself



Assault:

a physical attack



Fighting:

2 or more people physically attacking each other



Sexual Assault:

sex or sexual touching that is not wanted



Sexual Harassment:

words or actions that are sexual and not wanted at work



Domestic Abuse:

abuse by one person to control the other



Child Abuse:

words or actions from an adult to a child that hurt physically or emotionally



School VIOLENCE:

✓ 1 OUT OF 4 KIDS ARE BULLIED

✓ 30% OF 6TH TO 10TH GRADERS ARE PART OF REGULAR OR FREQUENT (IT HAPPENS A LOT)

BULLYING

Hurting or humiliating (embarrassing) someone through words or actions



TEASING vs. BULLYING



- Students have equal (=) physical or psychological power
- Usually happens between friends and they stay friends.
- Teasing can easily turn into



BULLY

victim

- The bully wants the victim to feel humiliation (very embarrassed) & hurt.
- There is unequal (\neq) physical or psychological power between the bully and victim.
- Bullying happens again & again over time.

WAYS to STOP BULLYING

1. Tell a teacher, principal, counselor, coach, or parent.



2. Be **ASSERTIVE**:



- ❑ Say exactly how you feel.
- ❑ Do not ignore disrespectful behavior.
- ❑ Expect others to treat you with respect.
- ❑ Do not let others to take advantage of you.



PERPETRATOR

This person does the bullying or takes a part in the bullying.



BYSTANDER

This person tries to stay out of the bullying. He or she does not say anything or walks away.



UPSTANDER

This person tries to stop the bullying and/or help the victim. He or she may tell the bully to stop, make friends with the victim, or tell an adult.



WHAT CAN AN UPSTANDER DO?

- Do not join the bullying by videotaping, yelling, or clapping.
- Tell the bully/bullies to stop: Be clear and firm.
- The bully will usually leave the victim alone and not turn on another student if there is a **GROUP** of people standing together telling him or her to stop.



IF YOU ARE BULLIED . . .

- ❑ Do **NOT** lose your cool.
- ❑ Walk away.
- ❑ Tell an **adult** you can trust (teacher, counselor, coach, principal) **right away**.
- ❑ Do **NOT** blame yourself for a bully's actions.
- ❑ Be assertive: keep your head up, use humor, stand up straight, make eye contact, and walk confidently.
- ❑ Try to make friends with other students.
- ❑ Avoid situations where bullying can happen.
- ❑ If necessary, do things to rebuild your self-confidence.
- ❑ Do **NOT** resort to violence or carry a gun or other weapon.

CYBERBULLYING:

When a child (or teen) bullies another child (or teen) using the Internet.



★ If an adult is the bully or is being bullied, it is called cyber-harassment or cyberstalking.

IF YOU ARE CYBERBULLIED:

- ❑ NEVER share **personal information or numbers**.
- ❑ NEVER send a message to others **when you are angry**.
- ❑ NEVER open a message from **someone you don't know**.
- ❑ Do **NOT** keep this to yourself! You are NOT alone! Tell an adult you know and trust!
- ❑ Inform your Internet, IM, or mobile phone company.
- ❑ Inform your local police.
- ❑ Do **NOT reply** to messages from **CYBERBULLIES**.
- ❑ Do **NOT delete** messages from **CYBERBULLIES**.

DEPRESSION



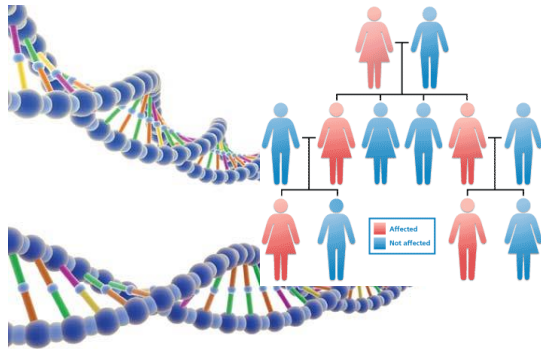
I'm
depressed, sad, hurt, confused,
lonely, unloved, judged,
misunderstood, insignificant,
broken, dying inside
Fine.

- ❑ **DEPRESSION** can happen at any age.
- ❑ **DEPRESSION** is the #1 cause of **suicide**.
- ❑ **DEPRESSION** is an emotional state where a person feels extremely sad, empty, worthless, and hopeless.



Causes of DEPRESSION

Heredity



Environment



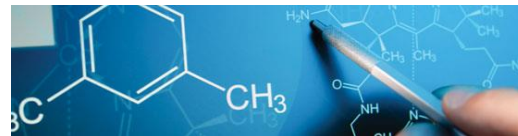
Background



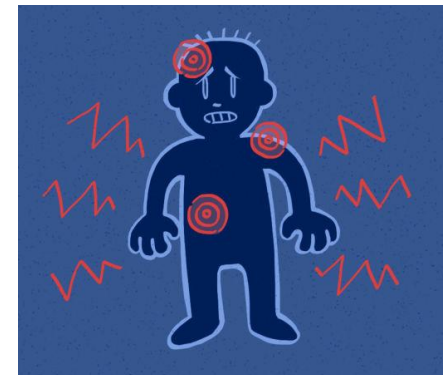
Personality



Biochemical Factors



Physical Illness



Myths

about **DEPRESSION**

NOT TRUE

- *Depression is just a feeling.*
- *Only "crazy" people really get depressed.*
- *Depression only happens when bad things happen.*
- *It's easy to make yourself feel better.*
- *Only adults suffer from depression.*

SUICIDE

PREVENTION

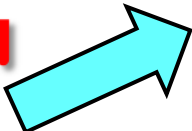
to stop something from happening



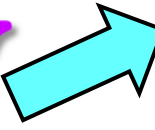
Most people don't want to die—they just want to stop the emotional pain.

SUICIDAL MIND-SET: The feeling that suicide is the **ONLY** solution to life's problems.

SUICIDE IS A
PERMANENT
RESPONSE TO
WHAT IS A
TEMPORARY
PROBLEM.



something
that is
forever



something that
only lasts a
short time

Why have **teen SUICIDE** rates increased?

Higher divorce rates




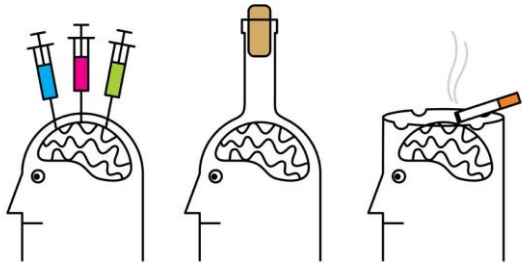
Families move around more.



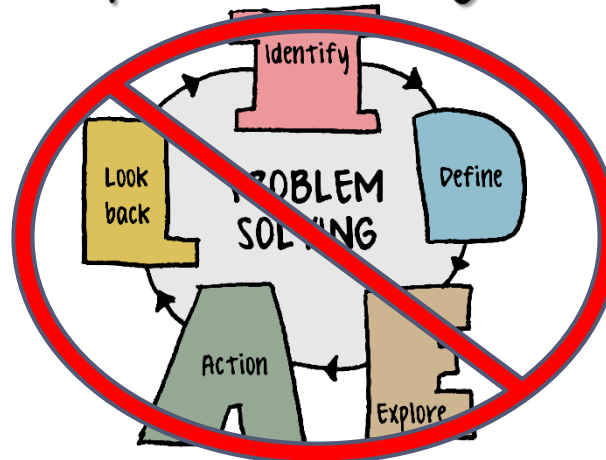
More pressure to do well in school & future.



 Increase in drug/ alcohol use



No problem-solving skills



Physical, sexual, & emotional abuse



90% OF PEOPLE WHO
ATTEMPT (try) **OR**
COMPLETE SUICIDE
GIVE WARNING
SIGNS AS A CRY FOR
HELP.

WARNING SIGNS of SUICIDE

VERBAL

(what a person **says**)



"Life isn't worth living anymore."

"I'd be better off dead."

"They'll be sorry when I'm gone."

"I just feel sad and lonely all the time."

BEHAVIORAL

(what a person **does**)



- ❑ No longer spends time with family and friends
- ❑ Changes in behavior at school
- ❑ Gives away possessions or writes **a will** (a piece of paper that says who gets your stuff after you die)
- ❑ Does not care about how he/she looks
- ❑ Uses alcohol or drugs

How Can You Help?

Take all threats seriously.



Show the person you care.



Have the person talk to a doctor, counselor, therapist.



Take control of the situation.



**NEVER keep a secret.
ALWAYS tell someone.**



Stay with the person until help arrives.

