

# How to Use This Presentation



- To View the presentation as a slideshow with effects select “**View**” on the menu bar and click on “**Slide Show.**”
- To advance through the presentation, click the right arrow key or the space bar.
- From the resources slide, click on any resource to see a presentation for that resource.
- From the Chapter menu screen click on any lesson to go directly to that lesson’s presentation.
- You may exit the slide show at any time by pressing the **Esc** key.



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# Resources



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# Quotes About Character



**“What lies behind us and what lies before us are small matters compared to what lies within us.”**

**—Ralph Waldo Emerson**



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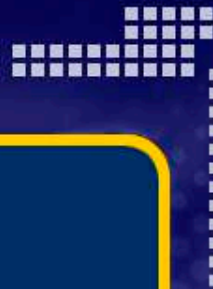
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### What's Your Health IQ?

#### BEHAVIOR

Indicate how frequently you engage in each of the following behaviors (1 = never; 2 = occasionally; 3 = most of the time; 4 = all of the time). Total your points, and then turn to p. 642.

1. I exercise and eat well.
2. I make time in my schedule to do the things that I really enjoy.
3. I ask for support from family and friends when I feel too much stress.
4. I have an optimistic view of changes in my life.
5. I do the most important projects I want to accomplish first.
6. I say no if my boss repeatedly asks me to work late on a school night.



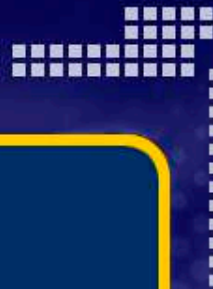
### Contents

- **Section 1** Stress and Your Health
- **Section 2** Dealing with Stress
- **Section 3** Coping with Loss
- **Section 4** Preventing Suicide



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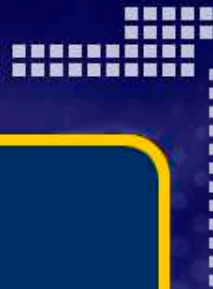
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### Bellringer

- Identify three situations that can cause you stress on a daily basis.

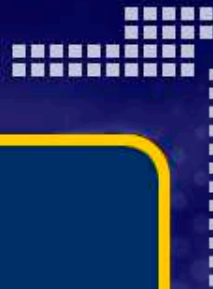




### Objectives

- **Describe** five different causes of stress.
- **Describe** the body's physical response to stress.
- **Differentiate** between positive and negative stress.
- **Describe** how stress can make you sick.



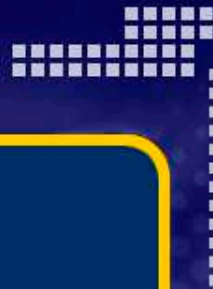


### What Causes Stress?

- **Environmental stressors** are conditions or events in your physical environment that cause you stress.
- **Biological stressors** are conditions that make it difficult for your body to take part in daily activities.



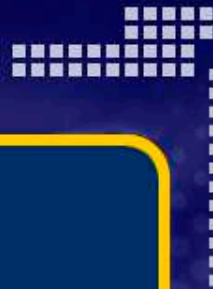




### What Causes Stress?

- **Thinking stressors** can be any type of mental challenge.
- **Behavioral stressors** are unhealthy behaviors that cause stress.
- **Life change stressors** are major life changes—negative or positive—that lead to stress.

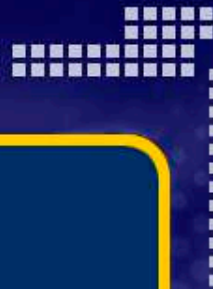




### Physical Response to Stress

- In the **fight-or-flight response**, your body releases **epinephrine**.
- Epinephrine triggers the following changes:
  - Breathing speeds up
  - Heartbeat increases
  - Muscles tense up
  - Pupils dilate
  - Digestions stops
  - Blood sugar increases





### Emotional and Behavioral Response to Stress

- **Positive Stress** Stress that energizes you and helps you reach a goal is called **eustress**.
- **Negative Stress** Stress that makes you sick or keeps you from reaching a goal is called **distress**.
- When you are experiencing stress, you should try to adjust your attitude and make the stress positive.





### Eustress and Distress

**Eustress**

- Alert
- Focused
- Motivated
- Energized
- Confident

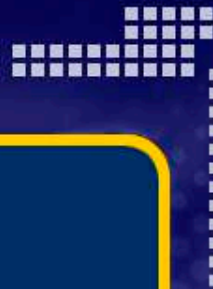
**Fight-or-Flight Response to Stress**

- Your body releases epinephrine.
- Your heart beats faster.
- Your eyes widen.
- Your breathing speeds up.
- Your muscles tense up.
- Your sweating increases.
- Your blood pressure increases.

**Distress**

- Nervous
- Forgetful
- Frightened
- Confused
- Unsure

Photos – John Langford/HRW



### Long-term Stress Can Make You Sick

- The **general adaptation syndrome** describes three stages in the relationship between stress and disease.
  1. **Alarm Stage** The body and mind become very alert in response to stressors.
  2. **Resistance Stage** The body becomes more resistant to disease and injury.
  3. **Exhaustion Stage** Extreme exhaustion sets in. Organs and systems in the body may start to suffer or fail.

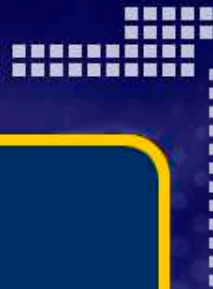




### Stress-Related Diseases and Disorders

- ▶ Tension headache
- ▶ Cold and flu
- ▶ Asthma
- ▶ Migraine headache
- ▶ Backache
- ▶ Temporomandibular joint dysfunction (TMJ)
- ▶ Heart disease
- ▶ Stroke
- ▶ High blood pressure
- ▶ Chronic fatigue
- ▶ Ulcer
- ▶ Anxiety disorder
- ▶ Insomnia
- ▶ Depression

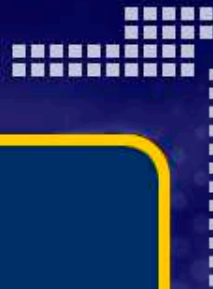




### Bellringer

- List five things that you do to relax. How much time do you spend doing these activities each week?



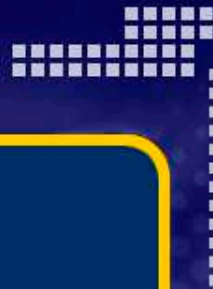


### Objectives

- **Describe** how you can take care of yourself to avoid stress-related illnesses.
- **Describe** two relaxation techniques.
- **List** eight skills or resources for building resiliency.
- **Evaluate** the effect of a positive attitude on stress reduction.
- **List** three ways that you can manage your time more efficiently.







### Take Care of Yourself

- Staying physically healthy can help you avoid stress-related illness.
- Some of the same things you can do for your physical health also relieve stress.
  - Exercise regularly
  - Get enough rest
  - Eat right

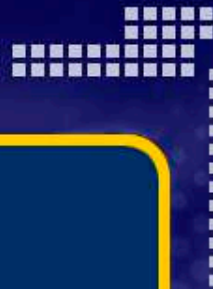




### Learn to Relax

- **Deep breathing** brings more oxygen to all parts of your body, and has a calming effect.
- **Tension-releasing exercises** help relieve tension in your muscles.





### Build Resiliency

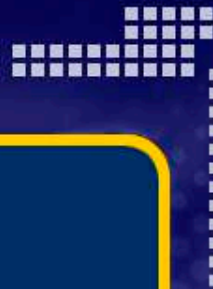
- **Resiliency** is the ability to recover from illness, hardship, and other stressors.
- Many resilient people get strength from their assets.
- An **asset** is a skill or resource that can help you reach a goal.



### Eight Assets for Building Resiliency

Asset	Description	Example
<b>Support</b>	▶ having family, friends, and others to help you	▶ You talk to the school counselor about a problem.
<b>Empowerment</b>	▶ feeling as if you are a valuable member of your community and family	▶ You volunteer to start a drug-free campaign at school.
<b>Boundaries</b>	▶ having a clear set of rules and consequences for school, family, and relationships	▶ You know that if another teen bullies you at school, a teacher will speak with that teen.
<b>Productive use of time</b>	▶ choosing creative and productive activities	▶ You join a school club instead of playing video games after school.
<b>Commitment to learning</b>	▶ understanding the value of school-work	▶ You spend time every day working on homework assignments.
<b>Positive values</b>	▶ having values that include caring, integrity, honesty, self-responsibility, equality, and justice	▶ You support a friend who tells the truth even though doing so may get him or her in trouble.
<b>Social skills</b>	▶ communicating effectively, respecting others, and avoiding peer pressure	▶ You talk out a disagreement instead of yelling.
<b>Positive identity</b>	▶ having high self-esteem, having a sense of control, and feeling as if you have a purpose	▶ You use positive self-talk to prepare yourself for a speech.

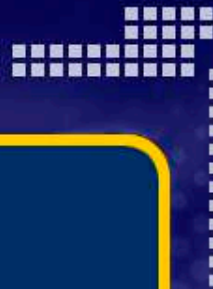
Source: Adapted from Benson, Peter L., Ph.D., Espeland, Pamela, and Galbraith, Judy, M. A., *What Teens Need to Succeed*.



### Change Your Attitude

- Having a positive attitude can help relieve stress.
- Use positive self-talk.
- Be confident about yourself.
- Don't worry about things out of your control.

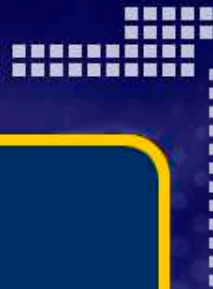




### Manage Your Time

- List and prioritize your projects.
- Know and set your limits.
- Make a schedule.
  - Enter your priorities first.
  - Be realistic.
  - Prepare for problems.
  - Make time to relax.
  - Do it!

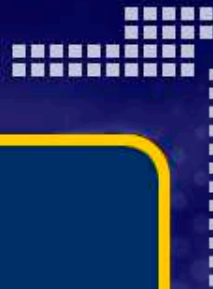




### Bellringer

- List as many different types of loss as you can think of. Which of these types of loss have you experienced? Do you know others that have experienced these types of loss?



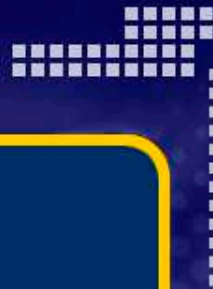


### Objectives

- **Describe** the effects of loss.
- **Name** the stages of the grieving process.
- **Describe** how funerals, wakes, and memorial services help people cope with the loss of a loved one.
- **Propose** three ways you can cope with the loss of a loved one.



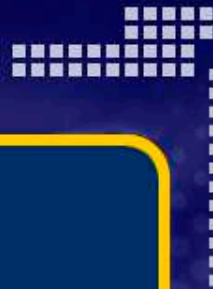




### Effects of Loss

- Loss can cause a wide range of intense emotions, from sadness to anger to numbness.
- Loss can also cause physical and emotional stress.
- These feelings are normal and help you cope with loss.
- If the feelings don't pass in time, you should seek help from a parent or trusted adult.

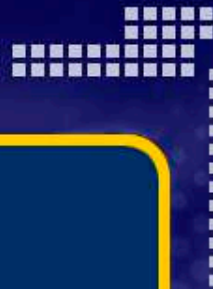




### The Grieving Process

- To **grieve** is to express deep sadness because of a loss.
- The grieving process can be divided into five stages.
- Not everyone experiences every stage, or in the same order.
- If you feel stuck in a stage, ask for help.





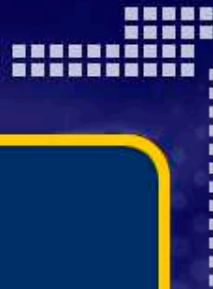
### The Grieving Process

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance



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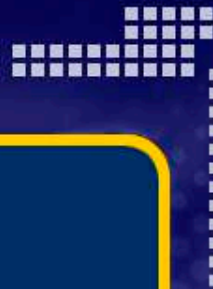
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### Funerals, Wakes, and Memorial Services

- Ceremonies that take place after a death help friends and family to get through the grieving process.
- A **wake** allows family and friends to view a deceased person before a funeral.
- A **funeral** is a ceremony in which a deceased person is buried or cremated.
- A **memorial service** is a ceremony to honor and remember a deceased person.

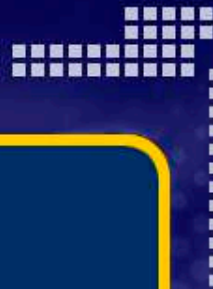




### Help for Dealing with a Loss

- To help yourself as you cope with a loss:
  - Get plenty of rest
  - Stick to normal routines
  - Share memories with others
  - Express your feelings
  - Do not blame yourself or others

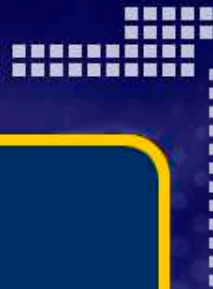




### Help for Dealing with a Loss

- To help someone else cope with a loss:
  - Show your support through simple actions
  - Let the person know you are there for him or her
  - Allow the person to share thoughts and feelings
  - Express your faith in the person's ability to cope

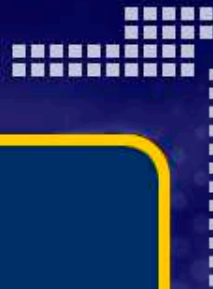




### Bellringer

- List myths or facts that you have heard about suicide. Which do you think are myths, and which do you think are facts?



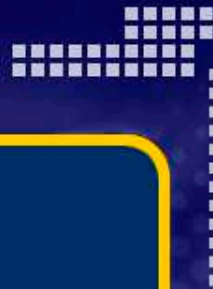


### Objectives

- **List** four facts about suicide.
- **Describe** why teens should be concerned about suicide.
- **State** seven warning signs of suicidal behavior.
- **Describe** steps you can take to help a friend who has talked about suicide.



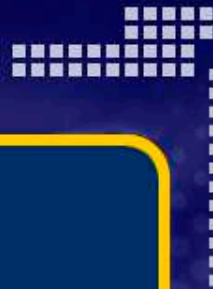




### Facts About Suicide

- **Suicide** is the act of intentionally taking one's own life.
- Many people who have considered suicide considered it for only a brief period.
- Most people who have attempted suicide and failed are grateful to be alive.





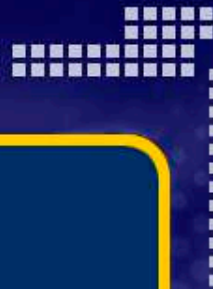
### Facts About Suicide

- People who have attempted suicide often asked for help in an indirect way.
- Drug and alcohol use can put people at risk of acting on suicidal thoughts because judgment is impaired.



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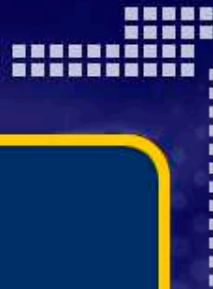
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### Teens and Suicide

- Suicide is the third leading cause of death for people between 15 and 24.
- Physical and emotional changes in the teen years can make you more emotional, impulsive, and focused on the present.

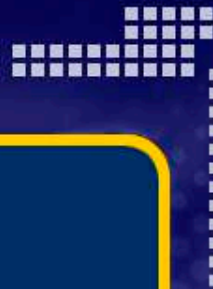




### Teens and Suicide

- What can you do to balance out these feelings?
  - Think about consequences before you act.
  - Don't solve temporary problems with permanent solutions.
  - Seek help when you need it.

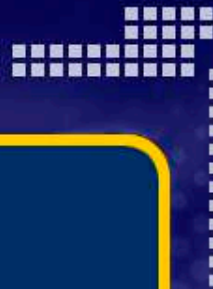




### Warning Signs for Suicide

- Feeling hopeless
- Withdrawing from family and friends
- Neglecting basic needs
- Loss of energy
- Taking more risks
- Using alcohol and drugs
- Giving away personal things

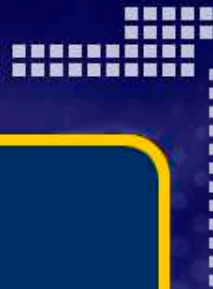




### Giving and Getting Help

- Thoughts of suicide are serious and require help.
- If you are feeling depressed or having suicidal thoughts, ask a trusted adult for help.





### Giving and Getting Help

- If you think a friend is thinking about suicide:
  - Take all talk of suicide seriously.
  - Tell your friend that suicide is not the answer.
  - Change negative thoughts into positive thoughts.
  - Don't keep a secret.
  - Help your friend get the help of an adult.



# Brain Food Video Quiz



Click below to watch the Brain Food Video Quiz that accompanies this chapter.

[Brain Food Video Quiz](#)

You may stop the video at any time by pressing the **Esc** key.



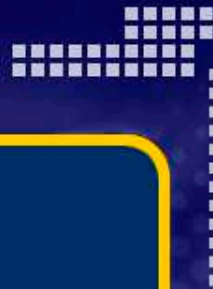
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# Chapter 4

## Managing Stress and Coping with Loss



**End of Chapter 4 Show**



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### Stress-Related Diseases and Disorders

- ▶ Tension headache
- ▶ Cold and flu
- ▶ Asthma
- ▶ Migraine headache
- ▶ Backache
- ▶ Temporomandibular joint dysfunction (TMJ)
- ▶ Heart disease
- ▶ Stroke
- ▶ High blood pressure
- ▶ Chronic fatigue
- ▶ Ulcer
- ▶ Anxiety disorder
- ▶ Insomnia
- ▶ Depression

# Quotes About Character



**“If you stand straight, do not fear a crooked shadow.”**

**—Chinese Proverb**



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# Quotes About Character



**“One falsehood spoils a thousand truths.”**

**—African Proverb**



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# Quotes About Character



**“A man cannot be comfortable without his own approval.”**

**—Mark Twain**



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# Quotes About Character

**“Our reverence is good for nothing if it does not begin with self-respect.”**

**—Oliver Wendell Holmes**



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# Quotes About Character



**“When the character of a man is not clear to you,  
look at his friends.”**

**—Japanese Proverb**



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# Quotes About Character



**“What lies behind us and what lies before us are small matters compared to what lies within us.”**

**—Ralph Waldo Emerson**



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# Quotes About Character



**“A good name, like good will, is got by many actions and lost by one.”**

**—Lord Jeffrey**



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# Quotes About Character



**“To enjoy the things we ought and to hate the things we ought has the greatest bearing on excellence of character.”**

**—Aristotle**



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# Quotes About Character



**“He that respects himself is safe from others; He wears a coat of mail that none can pierce.”**

**—Henry Wadsworth Longfellow**



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# Quotes About Character



**“The reputation of a thousand years may be determined by the conduct of one hour.”**

**—Japanese Proverb**



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# Quotes About Character



**“Dreams are the touchstones of our character.”**

**—Henry David Thoreau**



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# Quotes About Character



**“A man’s character is his fate.”**

**—Heraclitus**



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# Quotes About Character



**“Character is that which reveals moral purpose, exposing the class of things a man chooses and avoids.”**

**—Aristotle**



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# Quotes About Character



**“What you do speaks so loud that I cannot hear what you say.”**

**—Ralph Waldo Emerson**



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# Quotes About Character



**“Abstinence is the surety of temperance.”**

**—Plato**



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# Quotes About Character



**“This above all, to thine own self be true/And it must follow, as the night the day/ Thou canst not then be false to any man.”**

**—William Shakespeare**



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# Quotes About Character



**“No change of circumstances can repair a defect of character .”**

**—Ralph Waldo Emerson**



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# Quotes About Character



**“Men acquire a particular quality by constantly acting a particular way . . . you become just by performing just actions, temperate by performing temperate actions, brave by performing brave actions.”**

**—Aristotle**



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# Quotes About Character



**“The way to gain a good reputation is to endeavor to be what you desire to appear.”**

**—Socrates**



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# Quotes About Character



**“Do what you know and perception is converted into character.”**

**—Ralph Waldo Emerson**



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# Quotes About Character



**“Rather fail with honor than succeed by fraud.”**

**—Sophocles**



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# Quotes About Character



**“Character is higher than intellect.”**

**—Ralph Waldo Emerson**



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# Quotes About Character



**“To know what is right and not do it is the worst cowardice.”**

**—Confucius**



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# Quotes About Character



**“It takes less time to do a thing right, than it does to explain why you did it wrong.”**

**—Henry Wadsworth Longfellow**



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# Quotes About Character



**“Nature magically suits a man to his fortunes, by making them the fruit of his character.”**

**—Ralph Waldo Emerson**



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# Quotes About Character



**“That soul that can be honest is the only perfect man.”**

**—John Fletcher**



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# Quotes About Character



**“One does evil enough when one does nothing good.”**

**—German Proverb**



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# Quotes About Character



**“There is no pillow so soft as a clear conscience.”**

**—French Proverb**



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# Quotes About Character



**“Don't forget to love yourself.”**

**—Soren Kierkegaard**



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# Quotes About Character



**“Character is the indelible mark that determines the only true value of all people and all their work.”**

**—Orison Swett Marden**



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# Quotes About Character



**“What we think or what we believe is, in the end, of little consequence. The only thing of consequence is what we do.”**

**—John Ruskin**



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# Quotes About Character



**“Fame is vapor, popularity an accident, riches take wing, and only character endures.”**

**—Horace Greeley**



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# Quotes About Character



**“You can easily judge the character of a man by how he treats those who can do nothing for him.”**

**—James D. Miles**



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# Quotes About Character



**“Right is right, even if everyone is against it; and wrong is wrong, even if everyone is for it.”**

**—William Penn**



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# Quotes About Character



**“Our deeds determine us, as much as we determine our deeds.”**

**—George Eliot**



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# Quotes About Character



**“Character is the result of two things: mental attitude and the way we spend our time.”**

**—Elbert Hubbard**



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# Quotes About Character



**“A man without character is like a ship without a rudder.”**

**—Karl G. Maeser**



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# Quotes About Character



**“Character is much easier kept than recovered.”**

**—Thomas Paine**



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# Quotes About Character



**“Character is power.”**

**—Booker T. Washington**



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# Quotes About Character



**“An individual step in character training is to put responsibility on the individual.”**

**—Robert Baden-Powell**



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# Quotes About Character



**“Character is a by-product; it is produced in the great manufacture of daily duty.”**

**—Woodrow T. Wilson**



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