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.
SECTION 1
Stress and Your Health

SECTION 2
Dealing with Stress

SECTION 3
Coping with Loss

SECTION 4
Preventing Suicide

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CHAPTER 4 Managing Stress and Coping with Loss

CHAPTER 4 Managing Stress and Coping with Loss

I t’s 1:05 P.M. Paula is running down the hall and is late for algebra class. Halfway to class, she realizes that she forgot her algebra homework in her locker. She’ll get a detention if she goes back to get it and is late to class again. When she gets to class, she is marked late. Paula’s head begins to pound with an intense headache.

What Causes Stress?

Do you ever feel stressed? Stress is the body’s and mind’s response to a demand. You may not even be aware that you are under stress until you get a headache, as Paula did.

Stress can be caused by many different situations or events. For example, going out on a date can cause stress and so can taking a test or watching a football game. Stress is caused by stressors. A stressor is any situation that puts a demand on the body or mind. There are several different types of stressors.

Environmental Stressors Environmental stressors are conditions or events in your physical environment that cause you stress. For example, pollution, poverty, crowding, noise, and natural disasters are things in your environment that can cause you stress.

Biological Stressors Some stressors are biological. These are conditions that make it difficult for your body to take part in daily activities. For example, having an illness, a disability, or an injury are biological stressors.

Thinking Stressors Any type of mental challenge can cause stress. A good example of this is taking a test. Paula’s algebra homework is probably a stressor for her.
**Behavioral Stressors**  Unhealthy behavior, such as not getting enough sleep or exercise, can lead to stress. Using tobacco, alcohol, or drugs also puts stress on your body. Paula was experiencing behavioral stress because she didn’t manage her time well.

**Life Change Stressors**  Any major life change, whether positive or negative, can be a cause of stress. For example, death of a loved one, getting married, and other personal events can cause stress. The teen years are a time when you experience many changes and, thus, stress. Table 1 lists some common life changes that can lead to stress.

### Table 1  Life Changes That Can Lead to Stress

<table>
<thead>
<tr>
<th>Life event</th>
<th>Life change units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experiencing the death of a parent</td>
<td>119</td>
</tr>
<tr>
<td>Experiencing the death of a brother or sister</td>
<td>102</td>
</tr>
<tr>
<td>Going through your parents’ divorce</td>
<td>98</td>
</tr>
<tr>
<td>Having a serious illness</td>
<td>77</td>
</tr>
<tr>
<td>Having a parent go to jail</td>
<td>75</td>
</tr>
<tr>
<td>Experiencing the death of a close friend</td>
<td>70</td>
</tr>
<tr>
<td>Being pregnant</td>
<td>66</td>
</tr>
<tr>
<td>Getting a new job</td>
<td>62</td>
</tr>
<tr>
<td>Gaining a new family member</td>
<td>57</td>
</tr>
<tr>
<td>Experiencing a significant change in family’s financial status</td>
<td>56</td>
</tr>
<tr>
<td>Experiencing the serious illness of a parent</td>
<td>56</td>
</tr>
<tr>
<td>Being excluded from a social circle</td>
<td>53</td>
</tr>
<tr>
<td>Having more arguments with parents</td>
<td>51</td>
</tr>
<tr>
<td>Getting married</td>
<td>50</td>
</tr>
<tr>
<td>Failing a grade in school</td>
<td>42</td>
</tr>
<tr>
<td>Seeing an increase in arguments between parents</td>
<td>40</td>
</tr>
<tr>
<td>Beginning or ending school</td>
<td>38</td>
</tr>
<tr>
<td>Breaking up with a boyfriend or girlfriend</td>
<td>37</td>
</tr>
<tr>
<td>Making an outstanding achievement</td>
<td>36</td>
</tr>
<tr>
<td>Moving to a new school district</td>
<td>35</td>
</tr>
<tr>
<td>Being suspended from school</td>
<td>29</td>
</tr>
<tr>
<td>Having trouble with a teacher</td>
<td>28</td>
</tr>
<tr>
<td>Change in sleeping habits</td>
<td>26</td>
</tr>
<tr>
<td>Going on vacation</td>
<td>25</td>
</tr>
<tr>
<td>Getting a traffic ticket</td>
<td>22</td>
</tr>
</tbody>
</table>

**Your Life Change Score:** If your score is less than 100, your life has changed little. If your score is between 100 and 200, you have experienced moderate change. If your score is more than 200, your life has changed significantly.

Physical Response to Stress

Imagine that you are riding your bike and you suddenly find yourself in the path of a fast-moving car. You feel a sudden burst of energy that allows you to get out of the way of the car. Now imagine that you are a goalie in a soccer game. The ball has been kicked by an opposing team player and it’s headed straight to the goal. Your heart starts to beat faster as you jump for the ball and make the block.

In both of these situations, your body responded to a stressful situation, but in a different way. When the car was in the path of your bike, the response was to move away, or “take flight.” When the soccer ball was coming to the goal, the response was to confront the situation, or “fight.” The physical changes that prepare your body to respond quickly and appropriately to stressors is called the *fight-or-flight response*.

The Fight-or-Flight Response

During the fight-or-flight response, your body provides you with the energy, reflexes, and strength you may need to respond to the stressor. As part of the fight-or-flight response, your body releases epinephrine. Epinephrine (EP uh NEF rin), formally called *adrenaline*, is one of the hormones that are released by the body in times of stress. Epinephrine prepares the body for quick action by triggering the changes listed below.

- Your breathing speeds up, which helps get more oxygen throughout your body.
- Your heart beats faster, which increases the flow of blood to carry more oxygen to your muscles.
- Your muscles tense up, which prepares you to move quickly.
- The pupils of your eyes get wider, which allows extra light for more sensitive vision.
- Your digestion stops, since this is an unnecessary activity during an emergency.
- Blood sugar increases to provide more fuel for fighting or running.

Emotional and Behavioral Response to Stress

The way you respond to a stress emotionally and behaviorally depends on whether you consider the stress to be positive or negative, as shown in Figure 1.

Positive Stress

Let’s say you have to give a speech in front of your class. If you choose to consider this in a positive way, this type of stress can motivate you to do your best. Positive stress can help you respond well in a stressful situation. A positive stress that energizes one and helps one reach a goal is called *eustress*. Eustress will make you feel alert and lively. You will appear confident and in control.

A person who presents speeches when experiencing eustress often attracts and holds the attention of the audience. The words roll off the speaker’s tongue. One point flows into the others, and the speaker rarely forgets what to say next.
Negative Stress  If you choose to consider giving a speech to be a negative stress, you may experience distress. **Distress** is negative stress that can make a person sick or keep a person from reaching a goal. Distress can keep you from doing your best, no matter how capable you are.

People who attempt to give a speech while experiencing distress may forget the points they want to make. They may have practiced the speech for days, but when they stand up in front of a room full of people, they lose their concentration. Their words don’t flow well. Their voice may sound too soft and shaky, revealing a lack of confidence. The audience may become bored or confused.

**Try to Make Stress Positive**  Obviously, it is better to approach stressful situations as positive and not negative. However, it is not always easy to control your response to a stressor. One way you can help yourself experience eustress is to be optimistic about dealing with a stressor. Instead of thinking, I can’t do this, think, What can I do to accomplish this? Concentrate only on what you can control in the situation. Let go of what you cannot control. Do what you can to build confidence that you can succeed in the situation. If you set your mind to it and prepare to meet the challenge, you will find yourself approaching situations in a positive way!
Long-Term Stress Can Make You Sick

If your body experiences stress continuously over a long period of time, you increase your risk for a wide range of stress-related diseases. For example, stress causes the muscles in your neck and head to tense, which can cause headaches. Long-term stress can cause changes in your body that can lead to a heart attack. Long-term stress can also weaken your immune system, the system of your body that defends against infections. As a result, you are more likely to suffer from infections, such as colds.

The general adaptation syndrome is a model that describes the relationship between stress and disease. Learning the stages will help you understand how stress can affect your health. There are three stages in the model:

1. **Alarm stage** In the alarm stage, the body and mind become alert. This stage includes the events brought on by the flight-or-flight response. All of your body’s efforts go into responding to the demand. A person in this stage may experience headaches, stomachaches, difficulty sleeping, and anxiety.

2. **Resistance stage** If the stress continues, your body becomes more resistant to disease and injury than normal. You can cope with added stress, but only for a limited time.

3. **Exhaustion stage** In this stage, your body cannot take the resistance to the stressor any longer, especially if several stressors occur in a row. You become exhausted, not in the normal sense like after a long, busy day, but in a more serious way. Organs such as your heart may suffer, and your immune system can no longer fight illness.

By learning to manage stress, you can protect yourself from many illnesses and can enjoy a healthier life.

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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

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**SECTION 1**

**Using Key Terms**

1. Compare the terms stress and stressor.
2. Identify the term for “a positive stress that energizes a person and helps a person reach a goal.”

**Understanding Key Ideas**

3. List five different causes of stress.
4. Identify which of the following is not a part of the flight-or-flight response.
   - a. heart rate speeds up
   - c. muscles tense
   - b. increased sweating
   - d. digestion occurs

5. Identify a hormone that is released during the fight-or-flight response.
6. Compare positive and negative stress.
7. **LIFE SKILL** Assessing Your Health Using the stages of the general adaptation syndrome, describe how stress can make you sick.

**Critical Thinking**

8. **LIFE SKILL** Practicing Wellness Describe how two stressors led you to experience eustress.
9. What do you think would be the consequences of not having a fight-or-flight response?
Dealing with Stress

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.

KEY TERMS

resiliency  the ability to recover from illness, hardship, and other stressors

asset  a skill or resource that can help a person reach a goal

prioritize  to arrange items in order of importance

Anthony has a final exam tomorrow. He told his friend Ricardo that he couldn’t help him fix his bike because he needed to study for a couple of hours. It’s now 10 P.M. Anthony has studied for 3 hours and is now listening to music to relax. He plans to go to bed when the CD finishes so that he can get a good night’s sleep.

Take Care of Yourself

Stressful events will occur throughout your life. At this time, you may be experiencing stressors such as tests and peer pressure. When you get older, your stressors may be managing money or raising children. Whatever stressors you experience, learning to manage them will help you remain healthy throughout your life.

In the last section, you learned how your body responds to stress. If stress continues over time, stress-related illnesses can develop. People who are in better physical health are more likely than others to resist developing an illness. An important way to defend yourself from stress-related illness is to take care of yourself! Exercising regularly, getting enough rest, and eating right will help you prevent some of the negative consequences of stress.

Exercise Regularly  Exercise will not only keep you physically fit, but it will also relieve tension. Tension is a physical effect of stress marked by straining of muscles. During the fight-or-flight response, the body is tensed and ready for a great amount of physical activity. However, many stressors, such as taking a test, don’t require much physical activity. Keeping the body in a heightened state of alertness when you don’t need to run or fight stresses your heart, muscles, and immune system. Health problems such as tension headaches and heart disease can result from such long-term stress. Exercise can relieve this tension in a healthy way.
Get Enough Rest  You should get at least 9 hours of sleep every night. Not getting enough sleep can lead to exhaustion, which can cause illness. Also, if you haven’t slept enough, you are less alert and less capable of dealing with a stressor. For example, Anthony knows that if he has a good night’s sleep, his mind will be prepared and alert for the exam.

Eat Right  Eating nutritious foods gives you the vitamins, minerals, and energy you need to deal with everyday demands. You need vitamins and minerals for your immune system to function properly. The better shape your immune system is in, the better it can defend you from stress related illnesses.

Learn to Relax

During the response to stress, you build up a lot of tension. At the same time, energy is pulled away from body systems that need the energy to fight sickness. Using relaxation techniques can help you relieve tension and reserve energy for fighting illness. The following are a couple of relaxation techniques you can try.

Breathing Exercises  One relaxation technique is deep breathing. It requires completely filling the lungs with air instead of taking shallow breaths. Deep breathing brings more oxygen to all parts of your body. More oxygen helps muscles and organs function more effectively. More oxygen also helps keep your brain alert and focused. Deep breathing also produces a calming effect that helps relax you. When you practice deep breathing, your heart rate slows down and your blood pressure drops.

To practice deep breathing, find a comfortable place to sit. Close your eyes, and concentrate only on your breathing. Inhale slowly until your lungs cannot hold any more air. Then, exhale slowly. Repeat this process for at least 15 minutes.

Tension-Releasing Exercises  When you are under stress, it’s common to hold the tension in your muscles. You may not even notice the tension in your muscles until they start to ache.

To release tension, start by tensing the muscles in one part of your body, such as your shoulders. Notice how it feels to have those muscles tensed. Now, relax those muscles. Notice how those muscles feel relaxed. You can then move to another muscle group and repeat the tensing and relaxing until your entire body is relaxed.

Deep breathing and tension-releasing exercises are only two ways for you to relax. You can put your body at ease in many other ways. For example, Anthony relaxes by listening to music. Someone else may relax by reading a book. You may already have your own special technique. Keep in mind that although relaxation techniques can help you manage the symptoms of stress, this should not stop you from dealing with the stressor directly.
Build Resiliency

The ability to recover from illness, hardship, and other stressors is called **resiliency**. Resilient people continue to be optimistic when life gets tough. They seem to struggle less and succeed more. They accomplish difficult tasks and make other people ask, “How did they do that?”

Many resilient people get their strength from their assets. An **asset** is a skill or resource that can help you reach a goal. For example, support is an asset. Having people to support you can get you through some hard times. You don’t have to have a big family or be popular to have a strong support system. Resilient people build strong support systems by asking for help. They ask for support from their family, friends, teachers, school counselors, neighbors, community leaders, and religious leaders.

You have the power to strengthen these assets. **Table 2** lists eight assets and provides examples of how each asset can work for you. For example, if you want to strengthen the asset entitled “positive identity,” you can use the skills such as positive self-talk to improve your self-esteem. The stronger you make your assets, the stronger you will feel, and the healthier you will be.

**Table 2 Eight Assets for Building Resiliency**

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

**Source:** Adapted from Benson, Peter L., Ph.D., Espeland, Pamela, and Galbraith, Judy, M. A., *What Teens Need to Succeed*. Copyright © by Holt, Rinehart and Winston. All rights reserved.

**ACTIVITY** Provide an additional example of how you can strengthen each asset.
Change Your Attitude

You have control over the number of stressors in your life. Because stress is caused by how you perceive a new or potentially threatening situation, you can choose to see the situation as a challenge instead of as a problem. Having a positive attitude about the outcome of potentially stressful events can eliminate a lot of stress. If you approach the situation with a positive attitude, you won’t feel as nervous. If you don’t feel so nervous, a positive consequence is more likely to happen.

Use Positive Self-Talk  Say or think positive things to yourself. For example, let’s say you are invited to go on a date to go see a movie. You are nervous about the date because you really like the person that invited you on the date. You can think to yourself, I must be fun and desirable if this person wants to go out with me. You can also predict a realistic, positive outcome. You can imagine that you and your date have a great time and make plans to meet again.

**Positive Attitude**

Approaching the stressors in your life with a positive attitude will not only help you produce additional positive effects, but it will also relieve a lot of tension. How can you have a positive attitude about the stressors in your life?

1. List five stressors. If you would like to, you can list your own stressors.
2. Describe how you could have a positive emotional response to each stressor.
3. Describe how you could have a positive physical response to each stressor.
4. Describe a positive outcome to each stressor.

**Practicing Wellness**

1. Predict how this activity will affect your actual responses to these stressors.
2. Describe how you felt when you finished step 4. Did you see the stressors more optimistically?
Be Confident About Yourself  The better you feel about yourself, the more positive your perception of a situation will be. The more positive your perception is, the more positive your response and the consequences will be! To build your self-confidence, you can remember similar challenges you have met successfully.

Don’t Worry About Things Out of Your Control  Accept the things you can’t change, and then make the best out of the situation. Put your energy only into things you can control.

Manage Your Time

One of the most common stressors that people experience is the feeling of not having enough time. Many people feel overwhelmed by the pace of their lives. However, by organizing your time, you can feel in control of your life. Having a sense of control will minimize the effects of stress.

Many of us get into trouble when we take on more things to do than we have time for. Helene is overwhelmed because today she has to go to swim practice, study for a French test, do her history homework, go to dance rehearsal, cover the late shift at work, and help prepare dinner.

List and Prioritize Your Projects  The first step in managing your time is to make a list of your projects and to prioritize your goals. To prioritize is to arrange items in order of importance. You may not be able to do everything on your list. However, if you put the most important items first, you can be sure to get them done. Prioritizing also helps you decide which activities can be eliminated.

Helene organized her priorities as follows: (1) French test, (2) swim practice, and (3) history homework. Helene was able to eliminate three activities. She didn’t have to prepare dinner because she traded nights with her sister. She arranged to have a co-worker cover her shift at work. Finally, she went to dance practice as a way to relieve stress through exercise and having fun.

Know and Set Your Limits  One major reason that some people have hectic schedules is that they don’t know their limits when they commit to projects. For example, Helene has taken on much more than she can handle. Signing up for dance, swimming, and a part-time job is too much for anybody. If Helene does not drop some of her responsibilities, her health will begin to suffer.

Helene can also manage her time by learning to say no. Helene shouldn’t have promised her boss that she would work. Some people have a hard time saying no. They are afraid people will think that they don’t care. However, saying no sometimes is a healthy way of taking care of yourself.
Make a Schedule  Once you have prioritized your projects and have decided what you can accomplish, you can make a schedule. Some people use calendars or planners to keep track of their schedule. But all you really need is a pen and a notebook. The following points will help you make your schedule.

▶ Enter your priorities first. When setting aside time for projects, start with the projects at the top of your list to make sure that you give them the time needed. Schedule your most difficult tasks for the hours when you are most productive. Consider scheduling your least favorite tasks first.

▶ Be realistic. Set realistic goals. Don’t cram your day with more activities than you can possibly do. Make sure you plan enough time for each activity. Break up long-term goals into short-term goals. For example, if you have a big research paper to turn in, break the paper down into manageable parts. Schedule one day to gather your references, a second day to write the outline of your paper, and so on. Your steady progress will motivate you to continue.

▶ Prepare for problems. Life is never perfect. Therefore, it helps to think about possible problems ahead of time. You may want to give yourself a little more time in your schedule, just in case.

▶ Make time to relax. Don’t forget to fit in time to have fun or to do the things you really enjoy. Remember that relaxing is important to your health.

▶ Do it. Stop thinking about what you have to do and just do it. Sometimes you can get overwhelmed by just thinking of all of the things you have to do. Tackle each task one at a time.

If you practice the stress management techniques you learned in this chapter, you can begin to control the stress in your life. Not only will you protect your health, you will have more time to enjoy your life!

Five Tips for Managing Your Time

1. Prioritize your goals.
2. Learn to say no.
3. Keep a schedule.
4. Don’t overload yourself.
5. Plan for fun activities.

SECTION 2 REVIEW  Answer the following questions on a separate piece of paper.

Using Key Terms
1. Define the term resiliency.
2. Identify the term for “a skill or resource that can help a person reach a goal.”
3. Identify the term for “to arrange items in order of importance.”

Understanding Key Ideas
4. Describe how taking care of yourself can help you avoid stress-related illness.

5. Describe two techniques you can use to relax.
6. Name eight assets for building resiliency.
7. Describe how a positive attitude can change your response to stress.
8. LIFE SKILL  Practicing Wellness  Describe three ways to manage your time more efficiently.

Critical Thinking
9. Why do you think the phrase “burned out” is used to describe a person who has been under a lot of stress?
Coping with 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.

KEY TERMS

grieve to express deep sadness because of a loss
wake a ceremony to view or watch over the deceased person before the funeral
funeral a ceremony in which a deceased person is buried or cremated
memorial service a ceremony to remember the deceased person

Fidencia cannot imagine life without Ben. She can’t believe her parents are making her move away from him. She was so angry with them that she wanted to scream. Today is the day that they move. She feels as if she is losing a part of herself.

Effects of Loss
There are many forms of loss. Some examples of loss are the death of a family member, the divorce of one’s parents, the death of a pet, a breakup with a boyfriend or girlfriend, and a move away from your home.

All forms of loss can cause you to experience a range of emotions, from sadness to anger to numbness. These feelings are normal and common reactions to loss. You may not be prepared for how intense your emotions may be or how suddenly your moods may change. You may even begin to doubt your mental stability. It is important to know that these feelings are healthy and normal and will help you cope with your loss. However, if the feelings don’t pass over time, you should seek the help of a parent or trusted adult.

Loss Can Cause Stress When you experience loss, you can feel the physical and emotional effects of stress. For example, after a loss, you may develop tension headaches or an increase in blood pressure. You may also feel irritable and confused. Just like other stressors, the stress caused by a loss needs to be managed or it can lead to a stress-related illness. The tension-relieving skills that you learned in the last section can keep you healthy. The last thing you need through a trying time is to have a sickness weigh you down.

Moving away from someone you care deeply for is an example of a loss that can cause stress.
The Grieving Process

To express deep sadness because of a loss is to grieve. Allowing yourself to grieve is important because grieving helps you heal from the pain of a loss.

When grieving, you may feel agitated or angry. You may find concentrating, eating, or sleeping difficult. You might even feel guilty. For example, you may wish you had told a loved one that died how you felt about him or her. This period of unpredictable emotions may turn to short periods of sadness, silence, and withdrawal from family and friends. During this time, you may be prone to sudden outbursts of tears that are triggered by reminders and memories of this person. Over time, the pain, sadness, and depression will start to lessen. You will begin to see your life in a more positive light again.

This journey to recovery is called the grieving process. There are five stages of the grieving process. Not everyone goes through all of the stages or goes through the stages in the same order. However, understanding these stages and the importance of expressing feelings of grief will help you recover from a loss.

**Stages of Grief**

- **DENIAL**
  “This can’t be happening to me!”

- **ANGER**
  “Why me? It’s not fair.”

- **BARGAINING**
  “I’d do anything to have him back.”

- **DEPRESSION**
  “There is no hope. I’m so sad. I just want to be alone.”

- **ACCEPTANCE**
  “It’s going to be OK.”
The Five Stages of the Grieving Process Although you may never completely overcome the feelings of loss, the grieving process can help you accept the loss. Try to move forward through the stages. If you feel stuck in a stage, ask your parents or a trusted adult for help.

1. **Denial** The first reaction you may face when dealing with a loss is denial. In denial, the person refuses to believe the loss occurred. Denial can act as a buffer to give you a chance to think about the news. However, you must eventually reach the other stages in order to heal.

2. **Anger** Experiencing anger or even rage is normal when you face a loss. You may even try to blame yourself or others for the loss. Be careful about accusing others, and use anger management skills.

3. **Bargaining** Bargaining is the final attempt at avoiding what is true. For example, some people make promises to change if the person or thing they lost is returned to them.

4. **Depression** Sadness is a natural and important emotion to express when you experience loss. However, if feeling very sad keeps you from daily activities for more than a few days, ask a parent or a trusted adult for help.

5. **Acceptance** During this stage, you begin to learn how to live with a loss. The loss continues to be painful, yet you know you will get through it and that life will go on.

Funerals, Wakes, and Memorial Services

Different types of ceremonies may take place after the death of a loved one. These ceremonies honor the person who has passed away. They also help the family and friends of the loved one to get through the grieving process. Different cultures and religions have different ceremonies for handling grief. However, most people use some form of service to help them grieve.

A **wake** is a ceremony that is held to allow family and friends to view or watch over the deceased person before the funeral. Viewing the body of the deceased can help family and friends accept the death. A wake also gives family members and friends an opportunity to come together and to support each other emotionally. For example, in Ireland, the wake is commonly held in the home of the deceased’s family.

A **funeral** is a ceremony in which a deceased person is buried or cremated. To *cremate* means to burn the body by intense heat. During a funeral, the death is formally acknowledged. The funeral honors the deceased and offers family and friends the opportunity to pay tribute to the loved one.

A **memorial service** is a ceremony to remember the deceased person. A memorial service provides the same opportunity to mourn the loss of a loved one that funerals and wakes do. However, memorial services can take place long after the death of the loved one. These services may also present a memorial or structure, such as the Vietnam War Memorial, to remember and honor the deceased.

The Vietnam Veterans Memorial Wall is dedicated to honoring those who died in the Vietnam War. Visiting the memorial has helped many people cope with the loss of a loved one who died in the war.
Help for Dealing with a Loss

There are several things you can do to help yourself as you cope with a loss.

- Get plenty of rest and relaxation, but try to stick to any routines you kept before the loss.
- Share memories and thoughts about the deceased.
- Express your feelings by crying or by writing in a journal.
- If the loss was unintentional, do not blame yourself or others. Blaming only creates a way of avoiding the truth about the loss.

Helping Others

Sometimes people feel uncomfortable in the presence of a person who has experienced a loss. Small, kind actions such as the touch of a hand on a shoulder is a powerful way to show your support. There are other ways you can help a friend cope with a loss.

- Show your support through simple actions, such as offering to run errands or cook a meal.
- Let the person know that you are there for him or her, and allow the person to talk about his or her thoughts and feelings.
- Tell the person that you have faith that he or she is strong and will learn to live with this loss.
- If the person seems depressed, avoids family and friends, or doesn’t seem to be making any progress, tell a trusted adult.

Your support can help your friend accept his or her loss. He or she will appreciate your help.

SECTION 3

REVIEW

Answer the following questions on a separate piece of paper.

Using Key Terms

1. Define the term *grieve*.
2. Identify the term for “a ceremony to view or watch over the deceased person before the funeral.”
3. Identify the term for “a ceremony to remember the deceased person.”

Understanding Key Ideas

4. Describe the effects of loss.
5. Identify which of the following is not a stage of the grieving process.
   a. death   b. acceptance   c. bargaining   d. anger

6. Identify in which of the following stages you might say, “Why me?”
   a. acceptance   b. bargaining   c. anger   d. depression

7. Compare how funerals, wakes, and memorial services help people grieve.

8. LIFE SKILL Coping Describe three ways that you can help someone cope with a loss.

Critical Thinking

9. Why should a person not be afraid to show emotion, such as crying, when faced with a loss?
Kim had six types of pills in a variety of colors in front of her. She didn’t know what half of them were for. It didn’t matter. Nothing mattered. Or did it? Kim decided to make one last phone call.

**Facts About Suicide**

*Suicide* is the act of intentionally taking one’s own life. It is shocking to think that someone would want to die. The truth is that most people who attempt suicide don’t really want to die. They feel helpless about how to end their emotional pain. However, suicide is never the solution. There are other ways to deal with emotional suffering. Asking someone for help is the first step in making yourself feel better.

Suicide is an uncomfortable topic for many people. Because so many people avoid the subject, many myths about it have arisen. Knowing the following truths about suicide can put an end to the myths and can help prevent suicide.

- Many people who have considered suicide considered it only for a brief period in their life.
- Most people who have attempted suicide and failed are usually grateful to be alive.
- Suicide does not happen without warning. People who have attempted suicide often asked for help in an indirect way. All talk of suicide should be taken seriously.
- The use of drugs or alcohol can put people at risk of acting on suicidal thoughts because their judgment is impaired.

Suicide is a serious issue for all teens. Any talk or mention of suicide by a friend should not be taken lightly. If you think a friend is in trouble, talk with your friend. More important, tell a parent or trusted adult about your friend’s intentions right away.
Teens and Suicide

Suicide is the fifth leading cause of death for ages 25 to 64. However, it is the third leading cause of death for people between the ages of 15 and 24. Thus, suicide is a serious problem for your age group. Fortunately, suicide is preventable, and you are the best person to protect yourself from it. Being aware of the challenges of the teen years will help.

Changes During the Teen Years Sometimes the physical and emotional changes during the teen years may make teens feel more emotional, impulsive, and focused on today. Some teens may feel confused and helpless at times, especially if they are having troubles at home or at school. Don’t be tempted to find quick solutions that may make the situation worse. Ask a parent or trusted adult for help if you are not sure about what to do.

It is important to realize that feeling impulsive, emotional, or focused on today are part of growing up. As you get older, you will gain more experience, connect with more people, and become more independent. You will have a greater awareness of who you are, what you value, and what you need. You will then feel better prepared for the challenges that face you.

Teens often feel . . .

**impulsive**

What you can do:
Stop and think about the consequences before you act.

**focused on today**

What you can do:
Don’t use permanent solutions to solve temporary problems.

**highly emotional**

What you can do:
Hang in there, and talk to your parents, a friend, or a trusted adult when you need support.
Warning Signs for Suicide

Recognizing the warning signs of suicide in yourself or in others could help save your life or someone else’s life. If you notice any of the following signs in yourself or in another person, talk to a parent or trusted adult.

► Feeling hopeless  If feelings of sadness interfere with a person’s daily activities, he or she might be depressed. If feelings of hopelessness have lasted for more than a few days, the person may be headed in a dangerous direction. The person needs help right away.

► Withdrawing from family and friends  Withdrawing from family and friends is a strong sign that someone is considering suicide. However, if you or someone you know is thinking of suicide, this is the most important time to look for support from the people closest to you. If you notice a friend becoming withdrawn, talk with him or her to find out if he or she needs help.

► Neglecting basic needs  People who no longer take care of their appearance, start to lose weight, or have trouble sleeping could be depressed and suicidal. Some examples of neglecting appearance are not brushing hair, not showering regularly, or not changing clothes.

► Experiencing loss of energy  People who feel hopeless and depressed don’t feel like making an effort at anything. They no longer take part in things that interest them and may sleep more than usual.

► Taking more risks  Rebellious, self-destructive, or reckless behavior can be a sign of someone who is struggling about wanting to hurt himself or herself. He or she may also become violent toward others or himself or herself.

► Using alcohol and drugs  In attempts to escape the pain, depressed people will often use drugs and alcohol. However, this behavior not only is self-destructive, but it also leads to more anxiety and depression.

► Giving away personal things  When someone feels that he or she is coming to the end of his or her life, the person may feel a need to take care of things. Giving away personal belongings is a way to say goodbye without words. If someone gives you something that is very precious to him or her, you might want to ask why.

These signs indicate that the person is feeling unheard, confused, depressed, and frightened. They are signs that the person needs help.

Understand that suicide is not the solution to temporary problems. Suicide is permanent. A person who commits suicide cannot go back and change his or her mind later. Also, find comfort knowing that if you are depressed, you are not alone. Everyone goes through hard times. Everyone has experienced loneliness. Learning to cope and manage pain and sadness is an important part of human development. Usually, the first step is to ask someone for help. Remaining silent can only cause isolation and further withdrawal from daily life.

Words That Warn

► “I wish I were dead.”
► “I just want to go to sleep and never wake up.”
► “I won’t be a problem for you much longer.”
► “I won’t have to put up with this much longer.”
► “I can’t take it anymore.”
► “This pain will be over soon.”
► “Nothing matters.”

For more information about depression, see Chapter 3.
Giving and Getting Help

When you or someone you know is thinking of suicide, do not ignore the problem. Thoughts of suicide are a cry for help. You should act immediately by talking with a friend, parent, or trusted adult. The following are things that you can do if a friend has talked about suicide.

- **Take all talk of suicide seriously.** If your friend mentions suicide, tell a trusted adult even if you think your friend is joking.
- **Tell your friend that suicide is not the answer.** Emphasize to your friend that suicide is not the answer to temporary problems. Remind your friend of all the things that would be missed if he or she were no longer alive. Suggest that your friend talk to a trusted adult.
- **Change negative thoughts into positive thoughts.** Help your friend use positive self-talk to look at things with a different perspective.
- **Don’t keep a secret.** Do not agree to keep a secret if your friend asks you not to tell anyone that he or she is thinking of suicide. This is a serious situation that requires the help of a trusted adult.

Anyone who is suicidal needs professional help and cannot fix the problem by himself or herself. It is very important that you get help for a friend who is suicidal. Likewise, if you are feeling depressed, don’t delay asking a trusted adult for help.

Most cities have a variety of health organizations that offer services to people in need. Some of these services are free. A parent or guardian can help you find the right organization. The important thing is to tell someone and to get the help that you or your friend needs.

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**SECTION 4**

**REVIEW** Answer the following questions on a separate piece of paper.

**Using Key Terms**

1. Define the term *suicide*.

**Understanding Key Ideas**

2. Name four facts about suicide.

3. Describe why suicide is an especially serious problem for teens.

4. Identify the number that suicide ranks as the cause of death in teens.
   - a. first
   - b. third
   - c. fifth
   - d. ninth

**Critical Thinking**

5. State seven warning signs that someone may be thinking about committing suicide.

6. Describe how positive self-talk can help a person who is thinking of suicide.

7. **LIFE SKILL** Practicing Wellness Describe four things that you can do if your friend is thinking about suicide.

8. **LIFE SKILL** Practicing Wellness Describe how you can protect yourself from the risks of suicide during the teen years.
Key Terms

SECTION 1
- stress (78)
- stressor (78)
- epinephrine (80)
- eustress (80)
- distress (81)

SECTION 2
- resiliency (85)
- asset (85)
- prioritize (87)

SECTION 3
- grieve (90)
- wake (91)
- funeral (91)
- memorial service (91)

SECTION 4
- suicide (93)

The Big Picture

- Stress is your body’s and mind’s response to a demand. Anything you perceive as threatening can cause stress.
- The fight-or-flight response is your body’s physical response to help you deal with a stressor.
- Eustress is positive stress and can motivate and energize a person to reach a goal. Distress is negative stress and can make a person sick or keep a person from reaching a goal.
- If your body is under stress for a long period of time, you may become exhausted and may develop a stress-related illness.

- Eating right, exercising regularly, and getting enough rest will keep you healthy so that your body can avoid stress-related illnesses.
- You can learn to relax by practicing deep breathing exercises and tension-releasing exercises.
- Assets are skills or resources that can help a person build resiliency against stressors.
- Having a positive attitude about a potentially threatening situation can help relieve stress.
- You can manage your time more effectively by listing your projects in order of priority, knowing your limits, and making a schedule.

- Loss may cause the same emotional and physical effects that characterize stress.
- The stages of the grieving process are denial, anger, bargaining, depression, and acceptance.
- Funerals, wakes, and memorial services can help you accept the loss of a loved one and receive emotional support from family and friends.
- Sharing memories of the deceased and listening to your friend are a couple of ways you can help a friend cope with a loss.

- Learning the facts about suicide can prevent the development of myths about suicide and can help prevent suicide.
- Teens should be concerned about suicide because it is the fifth leading cause of death in people between the ages of 15 and 24.
- Giving away personal things, feeling hopeless, and sleeping too much are a few of the warning signs for suicide.
- Taking all talk of suicide seriously, suggesting that your friend talk to a trusted adult, and not keeping any talk of suicide secret are a few ways you can help a friend who may be considering suicide.
Using Key Terms

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1. For each definition below, choose the key term that best matches the definition.
   a. any situation that puts a demand on the body or mind
   b. the ability to recover from illness, hardship, and other stressors
   c. to arrange items in order of importance
   d. a ceremony in which a deceased person is buried or cremated
   e. a skill or resource that helps a person reach a goal
   f. the act of intentionally taking one’s own life
   g. to express deep sadness because of a loss
   h. the body’s and mind’s response to a demand made upon it
   i. one of the hormones that are released by the body in times of stress

2. Explain the relationship between the key terms in each of the following pairs.
   a. wake and memorial service
   b. distress and eustress

Understanding Key Ideas

Section 1

3. What is the difference between a biological stressor and an environmental stressor?

4. Describe how the fight-or-flight response can help you respond to a threatening situation.

5. Which of the following does not describe someone in distress?
   a. confused
   b. unsure
   c. nervous
   d. motivated

6. In which stage of the general adaptation syndrome are you most likely to get sick from response to stress?

Section 2

7. Explain how exercise can help you deal with stress.

8. Explain how breathing deeply can help you deal with stress.

9. Which of the following is not an asset for building resiliency?
   a. occasional exercise
   b. support
   c. positive values
   d. empowerment

10. Explain how self-talk can help you deal with a stressor.

11. Which of the following is not a helpful suggestion for making a schedule?
    a. Be realistic.
    b. Make time to relax.
    c. Order your activities randomly.
    d. Prepare for problems.

12. CRITICAL THINKING Use the tips you learned in the chapter to make a schedule for yourself for today.

Section 3

13. Describe how loss can cause stress.

14. List the stages of the grieving process.

15. Describe three ceremonies that honor a loved one who has passed away.

16. Describe why you should not blame others for a loss if the loss was an accident.

Section 4

17. Explain why it is important to know the facts about suicide.

18. Which of the following does not describe a behavior that can lead teens to react quickly on thoughts of suicide?
    a. impulsive
    b. highly emotional
    c. silent
    d. focused on today

19. Explain why giving away personal things might be a sign of someone considering suicide.

20. Explain why it is important not to ignore a friend’s talk about suicide.

LIFE SKILL
21. Which job industry accounts for the highest percent of stress cases?

22. What is the total percent of stress cases for the services and manufacturing job industries?

23. CRITICAL THINKING What types of stress cases do you think workers experience in the job industries listed?

24. Health and You Using the time management skills you learned in this chapter, develop a schedule for the next 7 days.


26. Health and You Describe the grieving process as it relates to a loss you have experienced or a loss you could have experienced.

27. Health and Your Community Create a list of family members and friends you can turn to for help if you or a person you know is considering suicide.

28. LIFE SKILL Practicing Wellness Use the stress management techniques—taking care of yourself, building resiliency, changing your attitude, and managing your time—to create a stress management program. Follow the program for 1 week. Keep track of your stress management activities and how these activities affect your stress level.

29. In this passage, the word **adamant** means
   A negative.
   B not clear.
   C not giving in.
   D hopeful.

30. What can you infer from reading this passage?
   E Hallie is sad and confused.
   F Cindy will be going to the funeral.
   G Cindy’s sister died.
   H all of the above

31. Write a paragraph that describes ways that Cindy could help Hallie through her loss.

32. Write a paragraph that describes why it may help Hallie through the grieving process if she goes to her sister’s funeral.