

Learning Competencies:

- Discuss that understanding stress and its sources during adolescence may help in identifying ways to cope and have a healthful life **(EsP-PD11/12CS-If-5.1)**
- Identify sources of one’s stress and illustrate the effect of stress on one’s system **(EsP-PD11/12CS-If-5.2)**
- Demonstrate personal ways of coping with stress for healthful living **(EsP-PD11/12CS-Ig-5.3)**

STRESS

Stress is usually caused by adverse or very demanding circumstances. It is a state of emotional or mental strain brought by unexpected and unwanted situations, conditions, or events called **stressors**.

During a stressful period, the body reacts by releasing chemicals into the blood. Your body responds to stressors differently, depending on whether the stressor is new (*acute stress*) or whether the stressors has been around for quite some time (*chronic stress*).

ACUTE STRESS

It is also known as the fight-or-flight response. It is the immediate reaction of your body to a short-lived threat, challenge, or scare.

CHRONIC STRESS

The kind of stress that is long-term and lingering. It may be caused by a childhood trauma or an ongoing conflict. As a result, people with chronic stress problems experience more serious health risk.

Signs an Adolescent is Stressed and Overloaded	Things that can Cause Youth Stress
<ul style="list-style-type: none">• Increase complaints of headache, stomachache, muscle pain, tiredness.• Shutting down and withdrawing from people and activities.• Increased anger or irritability• Getting more emotional• Feeling of hopelessness• Chronic anxiety and nervousness• Changes in sleeping & eating habits• Obesity	<ul style="list-style-type: none">• School pressure & career decisions• After-school or summer jobs• Dating & friendships• Pressure to wear certain types of clothing, jewelry, or hairstyles• Pressure to experiment with drugs, alcohol, or sex• Pressure to achieve or maintain a particular body size or shape.• Dealing with the physical & cognitive changes of puberty

<ul style="list-style-type: none">• Difficult in concentrating	<ul style="list-style-type: none">• Family & peer conflicts• Being bullied or exposed to violence or sexual harassment• Crammed schedules
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The best and the most appropriate way to handle stress is to start with identifying the sources of stress (stressors).

SIX MAIN STRESS SOURCES

1. **Environmental Stress**- pertains to the stressors that arise from the quality and condition of your environment.
2. **Social Stress**- pertains to stress arising from interactions, interrelationships, and socializations. It is primarily rooted in relationship and social interactions which can be very stressful and challenging.
3. **Organizational Stress**- we found ourselves enjoined in structures and systems as part of a need to nurture our skills & potentials. These equates to and require duties, obligations, and responsibilities, which, in turn, can lead to organizational stress.
4. **Physiological Stress**- pertains to how your body reacts and responds to stressful situations. It is often referred to as physical stress like, dizziness, feeling of nausea, or profuse perspiration, and having “butterflies in your stomach”
5. **Psychological Stress**- this source of stress involves powerful feelings and mental activities. It is also referred to as emotional stress or mental stress.
6. **Significant Events Stress**- this source of stress revolves around critical incidents and significant events (ex. High school graduation) in your life. There is also the critical incidents that may involve major significant incidents such as serious vehicle accidents that may cause a very high degree of stress & anxiety. They often associated with continuing trauma after the event called post-traumatic stress disorder (PTSD).

DETERMINE YOUR OWN SOURCE OF STRESS

Some of these stressors are events or situations that happen and originate outside of you. These stressors are referred to as external irritants. The stressors that emanate from within you are called internal irritants.

External Irritants

External stressors or irritants are events & situations that happen to you. It is manageable and within your ability to control as long as you have a proper disposition & attitude. Some examples:

- Major life changes
- Environment
- Unpredictable events
- School

- Social

Internal Irritants

Stressors that are self-induced refer to thoughts & feelings that “appear” in your mind and cause you anxiety and unrest. Some examples:

- Fear (ex. Stage- freight)
- Fear of uncertainty & lack of control
- Beliefs

ACTIVITY NO. 1

Instruction: List down five (5) thing/situation that causes you stress, then determined its source and identify what irritant it belongs.

STRESS	SIX MAIN STRESS SOURCES	IRRITANTS
1.		
2.		
3.		
4.		
5.		

UNHEALTHY RESPONSES/ REACTIONS TO STRESS

1. **Pain** – clenching of fist, jaw tightening, muscle tension, headaches, upset stomach, etc.
2. **Overeating**- increase your appetite or in contrast, decrease of your appetite.
3. **Anger**- being impatience and arguing over the most trivial things.
4. **Oversensitive**- crying episodes
5. **Depression**- unresolved stress over a long period of time that may result in depression or disorder.
6. **Negativity/Pessimism**- automatically expect the worst when cannot cope up with stress of any undesirable situation.
7. **Smoking**- unhealthy response to stress. Believing that it may help ease tension but have negative effects on the body.

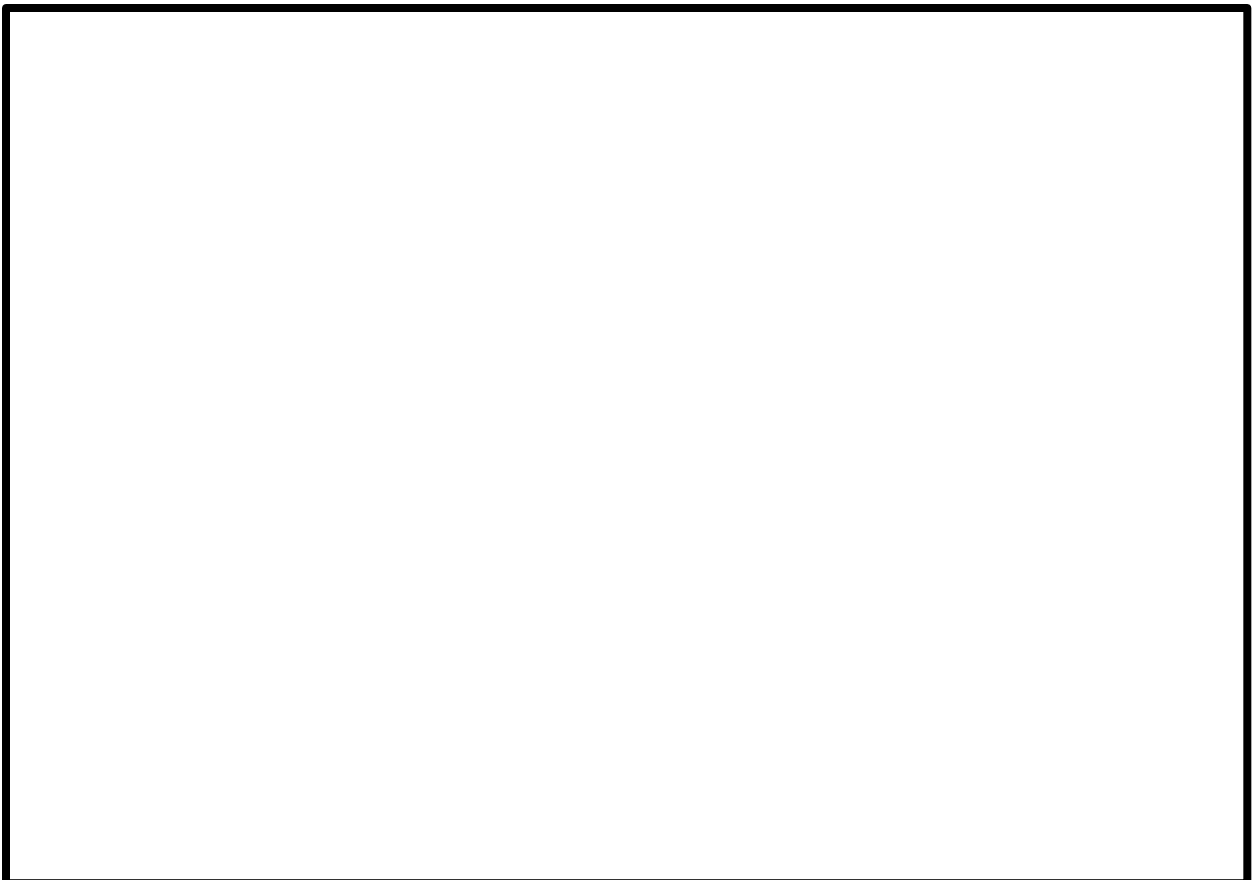
EFFECTIVE STRESS MANAGEMENT STRATEGIES

- ✓ **Take the first step**- recognize and accept the problem. Identify and understand the source of your stress.
- ✓ **Evaluate how you react to stress**- be honest in assessing on how you react to stress.

- ✓ **Adapt a stress management strategy**- adapt a more effective stress management method and thus improve your stress management skills. There are various stress management strategies. These include the following:
 - **Trim down**- do what is achievable with your given skills and abilities.
 - **Prepare**- stay ahead of stress by preparing for task & responsibilities ahead of time, and avoiding procrastination.
 - **Reach out**- establish new connections & celebrate existing ones. Involve yourself in your community.
 - **Take up a hobby**- relax and be involved in a recreation.
 - **Relax**- try meditation or yoga.
 - **Get enough sleep**- sleep for seven to eight hours per day.

ENRICHMENT

Instruction: Cut-out picture(s) or draw your personal way of coping with stress that promotes healthy living.



- Rochester, Herman G. "A Journey to Personal Development" p. 66-74, FNB Educational, Inc., Philippines, 2016.
- <https://www.mha-em.org/im-looking-for/mental-health-knowledge-base/wellness/82-stress-assessment-checklist>

Name: _____ **Date:** _____



Grade & Section: _____ Score: _____

PERSONAL DEVELOPMENT
ASSESSMENT NO. 5

Test I. Answer the following questions based on the provided answers on the box. Write your answer on the space provided.

Stress	Physiological Stress	Chronic stress
Acute Stress	Psychological Stress	Smoking
Environmental stress Social stress	Significant Events Stress	Overeating
Negativity/Pessimism	Organizational Stress	Depression
Pain	Anger	

_____ 1. It is the immediate reaction of your body to a short-lived threat, challenge, or scare.

_____ 2. It may be caused by a childhood trauma or an ongoing conflict.

_____ 3. It is often referred to as physical stress like, dizziness, feeling of nausea, or profuse perspiration, and having “butterflies in your stomach”.

_____ 4. They often associated with continuing trauma after the event called post-traumatic stress disorder (PTSD).

_____ 5. It is primarily rooted in relationship and social interactions which can be very stressful and challenging.

_____ 6. Increase your appetite or in contrast, decrease of your appetite.

_____ 7. Automatically expect the worst when cannot cope up with stress of any undesirable situation.

_____ 8. clenching of fist, jaw tightening, muscle tension, headaches, upset stomach, etc.

_____ 9. Being impatience and arguing over the most trivial things.

_____ 10. Unhealthy response to stress. Believing that it may help ease tension but have negative effects on the body.