






SUBJECT and GRADE	LIFE ORIENTATION, Grade 12	
TERM 1	Week 1	
TOPIC	Development of self in society	
AIMS OF LESSON	1. What is change? 2. What are your stressors? 3. How stressed are you? 4. How can you manage your stress?	
RESOURCES	Paper based resources	Digital resources
	FOCUS, Life Orientation Grade 12, Learner's book	<p>Please use the link below to access the full content of the lesson:</p> <p>https://drive.google.com/file/d/1x7r2ZuPubrcBPgx9qKLYHXsiZbSma4Xo/view?usp=sharing</p> <p>https://www.verywellmind.com/stress-and-health-3145086</p>  <p>https://www.mentalhealth.org.uk/a-to-z/s/stress</p> 

INTRODUCTION	<ul style="list-style-type: none"> <u>In this section we will focus on:</u> Life skills required to adapt to change as part of healthy lifestyle choices: identify stressors, assess and manage stress. 
CONCEPTS AND SKILLS	<p>Identify stressors Congratulations on being a Grade 12 learner!</p> <p>Stress is a reaction caused by ongoing, increasing or new pressures or demands.</p> <p>Key words change – to transform or become different quality of life – your level of personal well-being and satisfaction with your life, what the conditions of your life are stress – pressure, nervous tension and anxiety, constant worry, strain anxiety – worry, nervousness or unease stressors – things that cause stress or pressure</p> <p>Physical stressors Physical factors cause stress that affects your body.</p> <p>Emotional stressors Emotional stressors include your feelings, thoughts, reactions to life crises and change, your personality and your image of yourself.</p> <p>Key word personality – qualities, actions, behaviour and attitude that make a person unique</p> <p>Personality as a stressor Your personality consists of the thoughts, feelings, attitudes and behaviours that make you unique.</p> <p>Table 1.1 explains four main personality types.</p>

ACTIVITIES/
ASSESSMENT**Table 1.1: Personality types**

Type A personality	Type A personality
Type C personality	Type D personality

Social stressors

Social stressors refer to aspects of your relationships with others, from your family and friends to society in general.

Family and society	Friends and peers
• divorce or death in the family	• peer pressure

Activity 1	Find out if your personality is a stressor
Read Table 1.1 before you answer the questions.	

Environmental stressors

The environment is everything around you. It is where you live and includes all the physical factors that may affect you.



An airless, cramped working environment can be a huge stressor

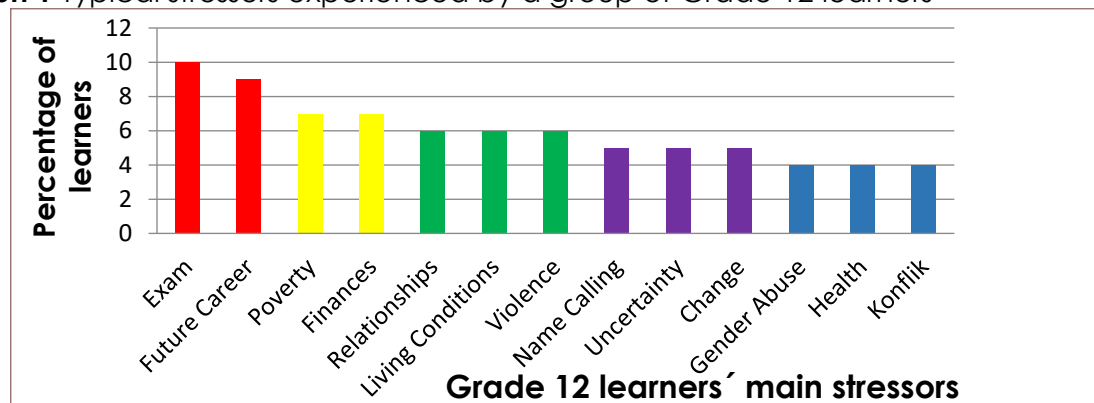
Table 1.2: Examples of stressors, stress factors, and their effects on quality of life

Stressor	Physical	Factor	Example	Effect on quality of life
Physical		Abuse	A family member beats you	Physical and emotional pain,
Emotional		Life crises	A death in the family	Sorrow, mourning
Social		Vocation	Unsure about which career to choose	Worry, loss of motivation, loss of sleep
Environmental		Noise	Living in an area where there is a lot of noise from heavy traffic	You may feel very tense, get headaches

Identify your stressors

Life Orientation teachers did research with a large group of Grade 12 learners about their stressors. Graph 1 shows the stressors that learners saw as their main causes of stress.

Graph 1 Typical stressors experienced by a group of Grade 12 learners

**Activity 2****Analyse a graph to identify stressors**

1. Look at Table 1.2. For each of the four stressors:
2. Look at Graph 1.

CONSOLIDA-
TION

Click on the link to open. (The content of the link is in Afrikaans)
Write in your note book what influence stress can have on your health.
Answer all the question in the activities.

VALUES

The value of a healthy life and healthy choices.
Accountability for your choices.