

**Chapter 9 Outline  
Managing Stress in your Life**

**Lesson I**

**1. Stress:**

**A. Types:**

**B. Kinds of Stressors:**

- **Biological:**
- **Environmental:**
- **Cognitive thinking:**
- **Personal behavior:**
- **Life situations**

**C. Bodies Response to stress:**

- **Alarm:**
- **Resistance:**
- **Fatigue:**

**Lesson II**

**1. Stress effect n the brain:**

**A. Stress tolerance**

**B. Personality types:**

- **Type A**
- **Type B**
- **Hardy**

**2. Other effects**

- A.**
- B.**
- C.**
- D.**
- E.**

**3. Signs of stress:**

**Lesson III**

**1. Stress Management**

- A.
- B.
- C.

**Lesson IV**

**1. Types of Loss:**

**2. Grief reaction:**

**A. Stages:**

- 1)
- 2)
- 3)
- 4)
- 5)

**3. Closure:**

**4. Delayed grief response**

**5. How to help someone who is grieving**