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Stressor. any situation that puts a
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78 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.

CHAPTER 4 CHAPTER 4 Managing Stress and Coping with

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Chapter 4 Managing Mental and Emotional Health

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person who buys products or ...

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Sec 4: pp. 68-72/Review-pg. 72 Chapter 4 Managing Stress and Coping with Loss The purpose of this chapter is to learn how to identify stress and how to manage it, how to cope with a loss, list facts on suicide, warning signs of suicide, and steps that one can take to help oneself or a friend who may be suicidal. Read pages 78-96

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