

Lesson 6. Necessary Resources

Humans and plants have more in common than we realize. Both organisms require food and water in order to survive and thrive. Another factor that influences the survival of both humans and plants is environment. For example, if a cactus was planted in an arctic environment, the cold temperatures would cause stress for the plant and it may not grow. The same is true for humans. When a person is in a stressful environment, they may not have the desire to care for themselves or do the activities that they enjoy. They may also avoid sleeping because they are too worried about the problems they are facing. When levels of stress are this high, it can start to affect a person's health. For this reason, you should remove yourself from stressful environments before they become unhealthy. It is important to remember that stressful environments are not just places, but also stressful situations. For example, if you are overwhelmed with school work to the point where you skip meals and lose sleep. When you are facing this type of situation, it is best to take steps to avoid making things worse. Sometimes this means discussing your work load with a teacher you trust, sticking to an eating and sleeping schedule, or taking a break to do something you enjoy. If the environment is dangerous for yourself or someone involved, it is better to be safe than sorry. Seek out a trustworthy person who can get you the proper help.

A friend is upset that you aren't spending time with them. The reason why you don't have time is because you are overwhelmed with assignments for school and taking care of your siblings. What is a healthy way of addressing this problem?

Think of a stressful situation that you are currently facing, what are some strategies you can use to keep it from becoming unhealthy?