

B1: DIFFERENT TYPES OF LIFE EVENTS

Health and Wellbeing Events

- Accident/injury
- Physical illness
- Changes to mental and emotional health and wellbeing

Effects can be positive or negative

Relationship Changes

- Entering into relationships
- Marriage, civil partnership, long-term relationships
- Divorce and separation
- Parenthood
- Bereavement

Effects can be positive or negative

Life Circumstances

- Moving house, school or job
- Exclusion from education
- Redundancy
- Imprisonment
- Changes to standards of living
- Retirement

POSITIVE EFFECTS OF LIFE EVENTS

Physical effects

- Improvements to physical health by reducing stress levels and promoting relaxation. For example, going on a holiday or spending time with loved ones can provide a break from the daily routine and help to reduce stress levels. This can lead to improved sleep, better digestion and a stronger immune system
- Increased physical activity. For example, in new relationships, couples often engage in physical activities together such as going for walks, hikes or sports. This can result in increased fitness levels for both individuals
- Improved nutrition. For example, starting a new job or getting married can lead to changes in standards of living which can lead to improved dietary habits
- Improved mental and emotional health can also improve motivation for positive lifestyle changes such as improved diet, fitness and reducing alcohol use and stopping smoking

Intellectual effects

- Improvements to cognitive functioning and memory. For example, learning a new skill or taking up a hobby can provide mental stimulation and improve cognitive functioning. This is often part of life events such as parenthood, starting a new job, progressing on in education or entering a long-term relationship, where new experiences require the learning of a new skill set
- Taking on new responsibilities, such as in a marriage or partnership, caring for a child, gaining a promotion at work or after a bereavement of a partner, can improve a person's problem-solving abilities and develop their decision-making skills
- Learning a new skill or hobby can help to develop new neural connections in the brain and this is a feature of life events at all life stages, from a child starting school to a newly retired individual taking up a new hobby or the educational opportunities offered to inmates in the prison system

Emotional effects

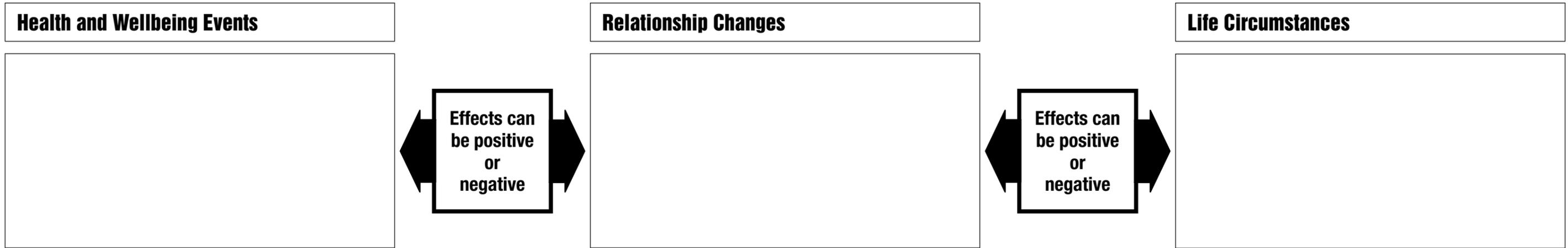
- Improvements to emotional health, by promoting feelings of happiness, contentment, and fulfilment. For example, getting a promotion at work or entering a new stage of education can provide a sense of accomplishment and pride which boosts self-esteem. This can lead to improved relationships with others, better coping skills and a more positive outlook on life
- New relationships also have very positive emotional effects, such as parenthood can bring happiness through the forming of new attachments and bonds with the child. Marriage or committing to a long-term relationship with someone can bring a sense of security, companionship and happiness to individuals
- Overcoming a challenge, such as an accident or illness can bring a sense of relief, gratitude and renewed appreciation for life

Social effects

- Life events can improve social health. For example, getting married, moving house, retiring, starting a new school, college or job, or having a child can introduce an individual to new social networks and provide opportunities for social interaction. This can lead to increased social support, better communication skills and a stronger sense of belonging
- Overcoming challenges can bring people closer together, as family, friends and healthcare providers may offer support and encouragement during the recovery process
- Connecting with others, such as parents who also have young children, either through parenting groups, playdates, or social media
- Life events can also bring extended family members together, as they celebrate marriages and the arrival of a new family member

B1: DIFFERENT TYPES OF LIFE EVENTS

List the different types of life event, in the appropriate boxes



POSITIVE EFFECTS OF LIFE EVENTS

List the positive effects of life events, in the appropriate boxes

Physical effects	Intellectual effects	Emotional effects	Social effects

B1: DIFFERENT TYPES OF LIFE EVENTS

Negative effects of life events

Physical effects	Intellectual effects	Emotional effects	Social effects
<ul style="list-style-type: none"> Chronic pain and physical disability such as limited mobility can result from some life events including illness or accidents Chronic stress caused by ongoing life events can have a negative impact on the body including high blood pressure, heart disease and a weakened immune system. It can also impact sleep patterns, resulting in insomnia or sleep deprivation, which can affect overall physical health Substance misuse, including drug and alcohol addiction, can have significant negative physical effects on the body including respiratory problems and heart disease. Substance misuse can also lead to malnutrition, resulting in physical weakness and illness. Substance misuse can sometimes be used as a (negative) coping mechanism when life events occur 	<ul style="list-style-type: none"> Stress and anxiety caused by a life event can negatively affect decision-making abilities, problem-solving skills and cognitive flexibility Attention and concentration may be affected, making it difficult for an individual to focus and retain information. This can have a significant impact on academic and professional performance Life events can result in long periods of time where the individual is unable to attend school or work. When they do attend, their conditions can often make it difficult to maintain focus and retain information, impacting academic performance and cognitive development 	<ul style="list-style-type: none"> Life events can lead to depression, anxiety, post-traumatic stress disorder (PTSD) and other mental health conditions Ongoing stress and anxiety can lead to feelings of helplessness, hopelessness and a lack of control over one's life. This can result in feeling unable to cope with daily life Social isolation and loneliness caused by long term illness, injury, educational exclusion, bereavement, retirement or redundancy can lead to depression, anxiety and feelings of disconnection from others Can negatively impact an individual's self-esteem and self-image and lead to negative emotions and mental ill health such as depression 	<ul style="list-style-type: none"> Can lead to strained relationships with friends, family and loved ones and feelings of isolation and disconnection from others Individuals who have experienced traumatic life events or events that have significantly affected their self-concept may have difficulty forming and maintaining healthy relationships Financial difficulties arising from events like retirement, redundancy, divorce and bereavement can lead to social isolation. It can impact an individual's ability to participate in social activities and events, leading to feelings of exclusion Chronic illness or disability resulting from some life events can limit social activities and lead to feelings of exclusion and marginalisation from society, resulting in a sense of isolation and disconnection from others

Apply it:

The impact of parenthood on physical growth and development

Esther is 28 years old and has recently had her first child. As Esther's body recovers from the birth it will go through several short-term changes. The uterus begins to shrink and the mother may experience bleeding, swollen breasts and soreness. Another short-term impact is tiredness, caused by having to get up several times a night to feed the new baby. One of the most significant effects of having a baby is the impact on the mother's body shape and weight. It is common for mothers to retain some weight after childbirth and it may be challenging to lose it. In the long-term, becoming a parent can have some positive effects on Esther's physical growth and development. Esther's fitness is likely to improve as a result of having to lead a more active lifestyle whilst caring for her child including going for walks with the pushchair and physical play. Esther is also more likely to cook healthy family meals as she becomes more concerned with her child's physical wellbeing. She is also less likely to consume alcohol as she spends less time socialising with her friends. These lifestyle changes will all have a long-term positive impact on her growth and development.

Apply it:

The impact of imprisonment on emotional growth and development

Simon is 42 years old and has been sentenced to 4 years in prison for fraud. In the short term, Simon may experience a range of negative emotions such as anxiety, depression, anger and shame. He will also experience a loss of control over his environment and his life, which can lead to feelings of helplessness. The emotional impact of imprisonment can also have longer-lasting effects and he may later struggle with emotional problems, such as post-traumatic stress disorder (PTSD), substance abuse, and difficulties with relationships. Simon may also experience a sense of disconnection from society, which can lead to feelings of isolation and stigma affecting his self-image and self-esteem. This can result in a lack of motivation to plan for his future. Prison can also have a positive impact on growth and development. It can provide an opportunity for Simon to reflect on his life choices and behaviours and become more self-aware, taking more responsibility for his actions. For Simon, imprisonment can serve as a wake-up call and motivate him to make positive changes in his life which will have a long-term impact.

B1: DIFFERENT TYPES OF LIFE EVENTS

Negative effects of life events

List the negative effects of life events, in the appropriate boxes

Physical effects	Intellectual effects	Emotional effects	Social effects

Apply it:

Write a paragraph on: **The impact of parenthood on physical growth and development**

Apply it:

Write a paragraph on: **The impact of imprisonment on emotional growth and development**