

Skills for Living

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Topic 2-4

Strategies for Healthful Personal Development

- In this topic, you will study the questions you might ask yourself in forming your view of a quality life
 - ❖ **What contributes to quality of life?**
 - ❖ **What roadblocks might lie ahead?**
 - ❖ **What tactics can aid personal development?**

Strategies for Healthful Personal Development

Objectives for Topic 2-4

After studying this topic, you will be able to

- summarize factors that contribute to a quality of life
- identify roadblocks to personal development
- explain the consequences of risk-taking behavior
- relate the importance of supportive relationships

Topic 2-4 Terms

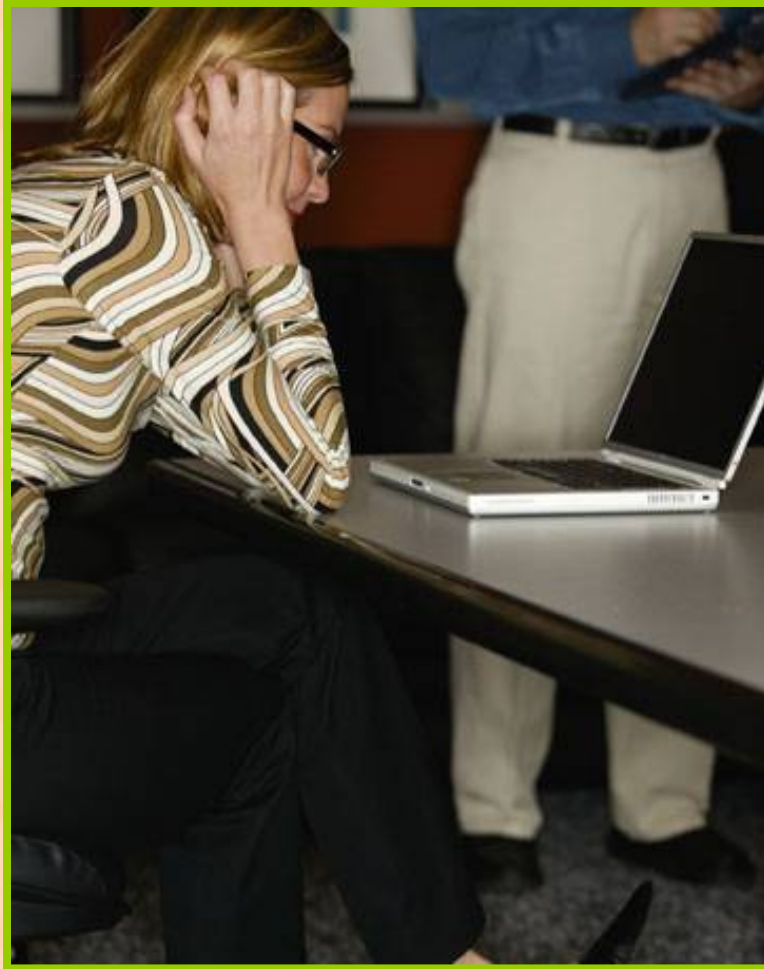
❖ quality of life

What Contributes to Quality of Life?

- *Quality of life* is a phrase used to describe many factors that work together to foster personal well-being
- Factors that contribute to a quality of life include
 - ❖ good health
 - ❖ environmental factors
 - ❖ emotional closeness
 - ❖ social ties
 - ❖ educational opportunities
 - ❖ satisfying work



What Roadblocks Might Lie Ahead?



- Roadblocks can be temporary or permanent obstacles

What Roadblocks Might Lie Ahead?

- Potential roadblocks include
 - ❖ poor health
 - ❖ abuse of alcohol or other drugs
 - ❖ lack of self-esteem
 - ❖ stress in the workplace
 - ❖ violence or the threat of violence

What Tactics Can Aid Personal Development?

- Avoid high-risk behavior
- Build supportive relationships



Avoid High-Risk Behavior

- Risks involve uncertainty and often have an element of danger
 - ❖ Positive risks do not cause harm to people
 - ❖ Risks with negative consequences involve the possibility of causing physical or mental harm to a person

Build Supportive Relationships

- Supportive relationships are the relationships you share with others who love, encourage, and support you



Summary for Topic 2-4

- Important parts of your personal development include
 - ❖ forming your view of a quality of life
 - ❖ being aware of possible roadblocks
 - ❖ developing tactics that can aid your personal development