

Core and powerful Knowledge
How individuals deal with life events

Key Words		
Relationship changes	Altering the way that two or more people connect with each other.	
Life circumstances	Factors that play a part in determining aspects of an individual's life.	
Expected life events	A major event that changes a person's status or circumstances, such as giving birth, marriage, divorce, death of spouse, loss of job.	
Unexpected life events	Events that take individuals by surprise as they do not know that they are going to happen, they are	
Sentence Starters		
In addition to...	Alternatively...	For instance...
Another point...	For example...	Whereas...
This can be illustrated by....	However...	Generally...

1. Health and Wellbeing

Accident/injury

Physical illness

2. Relationship changes

- a) Entering a relationship
- b) Marriage
- c) Divorce
- d) Parenthood
- e) Bereavement



3. Life circumstances

- a) Moving house, school or job
- b) Exclusion from education
- c) Redundancy
- d) Imprisonment
- e) Retirement



B2 Coping with change caused by life events

1. The character traits that influence how individuals cope:

- Resilience
- Self Esteem
- Emotional intelligence
- Disposition

The sources of support that can help individuals adapt

- Family, friends, neighbours, partners
- Professional carers and services
- Community groups, voluntary and faith based organisations
- Multi agency working
- Multidisciplinary working

3. Types of support

- a) Emotional
- b) Information advice
- c) Practical help, e.g. financial assistance, childcare, transport

Expected / Unexpected	
Marriage	
Employment	
Leaving/ starting school	Exclusion/ dropping out of education
Moving house	Imprisonment
Retirement	Ill health
Living with partner	Death
Parenthood	Accident/ injury



Sources / Type of Support	
Family/ friends/ partners	Emotional
Professional carers and services	Information
Community groups	Advice
Voluntary and faith-based organisations	Practical help – financial, childcare, transport

P HYSICAL **I** NTELLECTUAL **E** MOTIONAL **S** OCIAL

