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| --- | --- | --- | --- | --- |
|  | **Physical** | **Intellectual** | **Emotional** | **Social** |
| **Getting promoted at work** | * Tiredness * More work = increased stress on the body * Less sleep = more work * Less sleep because of increased stress * Better pay therefore can afford to eat more healthily or do more activities to keep healthy – a better lifestyle | * Learning new skills * New qualifications * Learning from new role models/inspiration * Developing the mind/creative thinking/better at problem solving * Developing new skills – job specific skills/professional and personal development * Memory skills – thinking about the skills of the new job requires a better memory | * Happy * Too much pressure as the job comes with increased responsbility * Pride because of success * Stress – more work and pressure * Increased self-esteem * Feeling self-worth | * Less time to see friends/family because of increased work * Meeting new people through work * Losing old friends as a result of promotion |
| **Going to prison** | * Lack of sleep * Poor hygiene and physical conditions * Eating a restrictive diet without freedom * Being able to go to the gym and keep fit | * Opportunities to get qualifications * Opportunities to learn new skills * Enough time to do things like writing letters and reading | * Angry, upset and sad that they are in prison * Hatred towards the system * Loss of personal control | * Unable to socialize * Isolated from friends and family * Don't see their kids – miss out on their lives * Meeting new people |
| **Being excluded from school** | * Not engaged in the school's physical activities and therefore losing fitness * Statistics show that children who are isolated are not as healthy and do not sleep as well | * Missing out on work * Not able to learn about different things * Impact on exam results * Miss out on academic trips | * Disappointed that you are in trouble * Lonely * Stressed * Low self-esteem * Feelings of anxiety, depression and guilt | * Unable to socialize with friends * Missing out on school trips/school activities |

**The effects of unexpected life events**