

Health

Quarter 3 – Module : 4

Situations that Cause Stress



HEALTH– Grade 7
Alternative Delivery Mode
Quarter 3 – Module 4: Situations that Cause Stress
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Health

Quarter 3 – Module 4:

Situations that Cause Stress

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

In various conditions, stress is a physical reaction of the body. It not only affects your emotional health, it also affects your physical health. Stress is connected to many health problems that cause disease, because your state of health would be affected by your body's response to stress.

This module particularly discusses about:

- Situations that cause stress

After going through this module, you are expected to:

1. identify situations that cause feelings of anxiety or stress.
2. identify the common stressors that affects adolescent.



What I Know

This activity will test your knowledge about different situations that cause stress.

I. Read the following situations. Identify whether they are causes or effects of stress. Write the word Cause or Effect in the blank provided. Write your answers in your activity notebook.

- _____ 1. You are almost hit by a car.
- _____ 2. You ran fast away from a furious thief.
- _____ 3. Your house is burning.
- _____ 4. You are lonely because your house was totally burned.
- _____ 5. You were able to escape from the burning house.
- _____ 6. Your friend told you that your mother was rushed to the hospital because of heart attack.
- _____ 7. You passed by a dark street.
- _____ 8. You saw an angry dog.
- _____ 9. You fainted when a car almost hit you.
- _____ 10. You are weak because you lose energy after running away from a mad dog while passing the dark street.

III. Give five (5) health problems that are associated with stress. Indicate the possible causes of these stress. Write your answer in your activity notebook.

1. _____
2. _____
3. _____
4. _____
5. _____

Lesson 1	Situations that Cause Stress
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Have you experienced being late for school? Did you cram in submitting paper works before the deadline? Did you have enough money to pay your electric bills before the cut-off date?

How are you affected by these situations? In this module, you will know that there are different stages of stress that you experience in your everyday life. It is important to remember that stress is not a definition of 'one size fits all'. Depending on the way you view the stressor, what stresses one person out might not bother you at all. This is why the causes and consequences of stress are important to consider, as well as how to recognize your own stressors and how to handle your stress properly.



What's In

Stress is defined as a physiological and emotional responses to significant or unexpected change one's life (Payne, et al., 2005). It may also refer to what you feel when you react to pressure from the outside world or from yourself.

Activity 1. Remember Me!

There are two kinds of stress: eustress and distress. **Eustress** refers to positive and healthy response of the body from the stressor. On the other hand, **distress** refers to a negative reaction of the body towards a given stressor.

Directions: Identify the following situations as to eustress and distress. Draw ☺ if it is eustress and ☹ if distress. Write your answer in your activity notebook.

- | | |
|---------------------------------------|------------------------------------------|
| _____ 1. Going to the beach | _____ 6. Losing your money |
| _____ 2. Getting a low grade | _____ 7. Having a new shoe |
| _____ 3. Arguing with your friend | _____ 8. You passed your periodical exam |
| _____ 4. Attending a birthday party | _____ 9. You are left by the school bus |
| _____ 5. Watching your favorite movie | _____ 10. Your favorite toy was broken |



What's New

Have you been into stressful experiences before? How difficult was it to be trapped in those situations? Did they cause you stress?

As an individual, there are experiences in your life that caused you so much stress, the worst, made you sick.

Activity 2. I Feel You!

Each day you have experiences that cause you stress. Study the situations below and analyze how they affect the persons involved.

SITUATION 1:



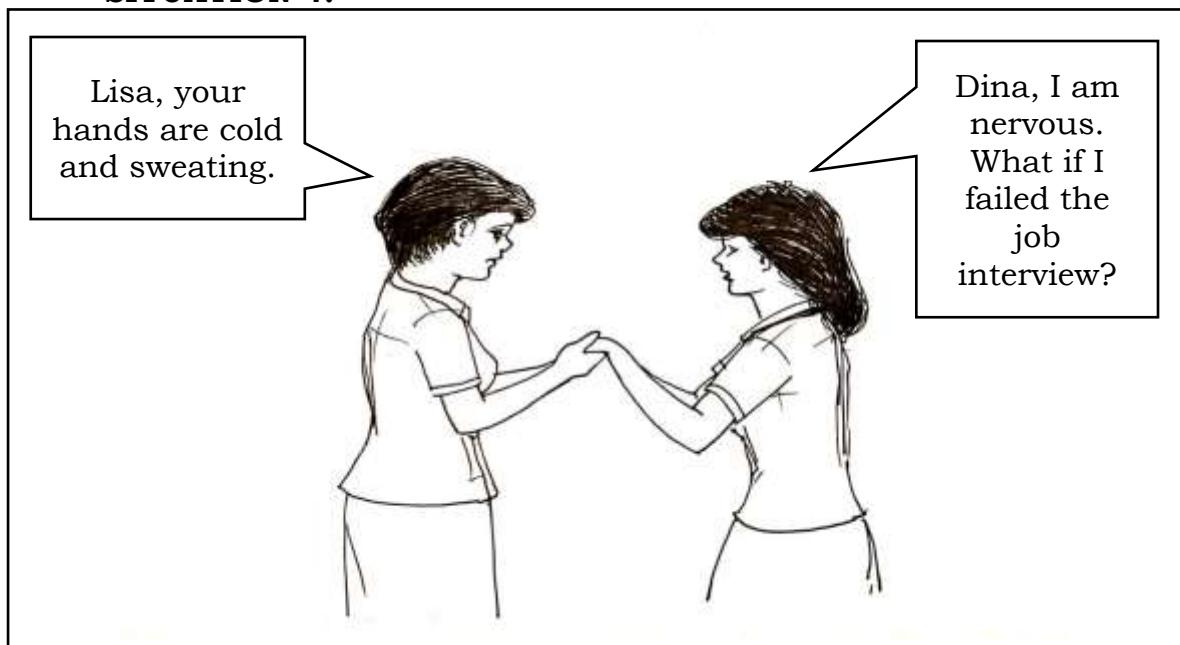
SITUATION 2:



SITUATION 3:



SITUATION 4:



Choose one among the four situations above and answer the following questions. Write your answer in your notebook.

1. What bothers the character in the situation?

2. How did this affect the person involved in the situation?

3. What advise can you give to the person?



What is It

At any given moment, a wide variety of circumstances, conditions and pressures can trigger stress for any one person. "These stress-causing conditions and stresses are referred to as "stressors." Stressors may come from external and/or internal causes, such as the following:

Common Internal Stressors:

1. **Chronic worry-** a mental habit wherein an individual is constantly worrying on things which happened and may happen to him/ her.
2. **Pessimism-** a tendency when an individual expects that something worst will happen and that leads to experiencing lack of hope in life.
3. **Negative Self-talk-** it is any inner dialogue that a person does in most of his thinking that may limit the ability to have self-confidence and avoid believing in capabilities.
4. **Unrealistic expectation/ perfectionism-** People who experience this tend to be not satisfied with what they accomplish. They may suffer from painful emotions when they feel that they do not produce a perfect output.

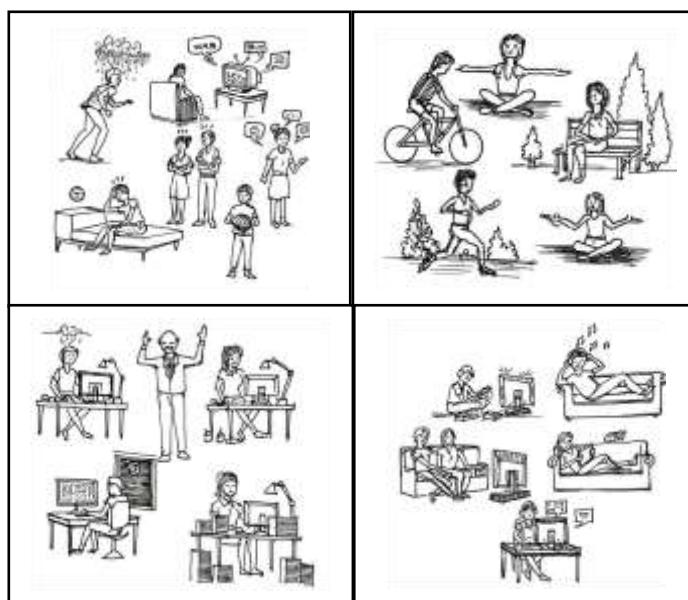
5. **Rigid thinking, Lack of flexibility**- these are the kind of difficulties when an individual frequently finds it hard to cope with change. Hence, persons who experience this believe that any kind of change as a source of anxiety.
6. **All or nothing attitude**- a thinking that leads to holding back from achieving things in life. For instance, one may say that; if he/she can't be the best player in the team, he will never play the sport.

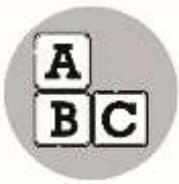
Common External Stressors:

1. **Major life changes**- one may feel stressed when a big part of his/ her life changes into something that is difficult to accept. For instance, a person may find it hard to believe that his/ her business falls near bankruptcy.
2. **Work or school**- a kind of stressor wherein an individual cannot able to handle things to deal with in workplace or school. This includes unexpected deadlines, nature of work, society to work with and so forth.
3. **Relationship difficulty**- an individual may experience to hardly accomplish things when they are facing difficulties in building harmonious relationships. For instance, they may feel stressed to handle a husband- wife relationship when quarrel always happen.
4. **Financial Problems**- this is one of the stressors that entails to encountering stress after an individual faced problem in money. Paying bills, tuition fees, budget for foods and fares, and other money matters are examples of situations that often lead to stress.
5. **Children and Family**- for many, this stressor is often experience for a person may feel difficulties in working for their families and in providing everything to their children. For example, a big responsibility came up to an individual after getting married and after giving birth to children who needs shelter, foods, education and the likes.

Internal and external stressors can affect the body's immune system to the extent that it can cause certain illnesses like the following:

1. **Cancer**- a serious disease caused by cells that are not normal and that can spread to one or many parts of the body
2. **Asthma**- a physical condition that makes it difficult for someone to breathe.
3. **Ulcer**- a painful, sore area inside or outside of the body.
4. **Diarrhea**- an illness that causes you to pass waste from your body very frequently and in liquid rather than solid form.
5. **Stroke**- a serious illness caused when blood vessels in your brain suddenly break or blocked
6. **Migraine**- a condition marked by recurrent severe headache often with nausea and vomiting.
7. **Cramps**- a temporary paralysis of muscles from over use.
8. **Infertility**- a condition when an individual cannot able to produce offspring.
9. **Allergies**- a medical condition that causes someone to become sick after eating, touching, or breathing that is harmless to most people.
10. **Heart attack**- a sudden painful and dangerous condition in which your heart stops beating properly.





What's More

What did you learn from the previous activity? To check your understanding, activities are provided for you to answer.

Activity 3. In or Out?

Analyze the following situations. Draw if stress is from internal and if stress is from external. Write your answer in your activity notebook.

- _____ 1. You lose your job.
- _____ 2. You did not meet the deadline of passing your project in school.
- _____ 3. You thought that you cannot win in the contest.
- _____ 4. You had misunderstanding with your bestfriend.
- _____ 5. You were worried because you transferred to another school.
- _____ 6. Your parents got divorced.
- _____ 7. You didn't have enough money to buy new cellphone.
- _____ 8. You felt that your classmate is better than you.
- _____ 9. You thought that you should always get perfect score in the test.
- _____ 10. You were afraid to tell your parents that you are bisexual.

Activity 4. Feel Me

Describe the effect of each situation to the person/s involve. Write your answer in your activity notebook.

1. Ana and Lisa are worried about their unfinished research paper that should be submitted tomorrow.

2. Ruel doesn't have enough money to pay his tuition fee.

3. Danny was caught smoking by his teacher.
-
-
-

Activity 5: Find Me!

Being stressed can lead to medical problems. You must be aware that you need to take care of yourself.

Directions. From the letters below, find some terms of health problems linked to negative stress. Encircle them diagonally, horizontally or vertically. After finding the words, write them inside the box based on the clues given. Number one has been done for you.

H	X	A	M	O	M	I	G	R	A	I	N	S	A	W
E	R	B	O	I	Q	T	F	T	R	Y	Q	W	P	S
A	Y	R	N	J	O	M	B	E	D	R	D	D	L	D
R	S	E	T	K	L	K	N	S	S	W	T	R	E	E
T	A	C	U	L	C	E	R	S	T	R	Y	E	D	Y
A	I	N	R	R	P	A	M	I	R	F	U	V	T	S
T	O	A	D	Y	R	P	I	O	O	U	I	I	G	P
T	A	C	H	W	E	R	P	P	K	K	L	B	H	M
A	E	V	K	Q	D	Y	A	T	E	I	O	P	J	A
C	H	Q	L	D	S	M	K	W	T	L	F	L	K	R
R	R	O	P	I	H	R	Y	R	W	M	G	M	T	C
R	R	N	W	T	A	E	E	S	D	B	S	Y	I	A
Y	A	T	S	R	G	F	R	T	O	C	D	T	O	D
O	I	A	E	T	N	T	W	I	P	A	A	R	P	A
K	D	G	T	I	T	A	L	L	E	R	G	I	E	S

Health problems that are connected to stress:

1. a sudden painful and dangerous condition in which your heart stops beating properly

H	E	A	R	T	A	T	T	A	C	K
---	---	---	---	---	---	---	---	---	---	---

2. an illness that causes you to pass waste from your body very frequently and in liquid rather than solid form

--	--	--	--	--	--	--	--

3. a serious disease caused by cells that are not normal and that can spread to one or many parts of the body

--	--	--	--	--	--

4. a painful, sore area inside or outside of the body

--	--	--	--	--	--	--

5. a physical condition that makes it difficult for someone to breathe

--	--	--	--	--	--	--

6. a condition when an individual cannot able to produce offspring.

--	--	--	--	--	--	--	--	--	--

7. a medical condition that causes someone to become sick after eating, touching, or breathing that is harmless to most people

--	--	--	--	--	--	--	--	--	--

8. a serious illness caused when blood vessels in your brain suddenly break or blocked

--	--	--	--	--	--	--

9. a condition marked by recurrent severe headache often with nausea and vomiting

--	--	--	--	--	--	--	--

10. a temporary paralysis of muscles from over use

--	--	--	--	--	--	--



What I Have Learned

Activity 6: What brings it on?

For different persons, different factors cause stress. Some may believe that it is a big deal to have an upcoming math exam, although others won't give it a second thought. At various ages and stages in our lives, the same is true. What worries us when it comes to three years of age isn't going to be the same as what has us angry at 12, 20 or 50 years of age.

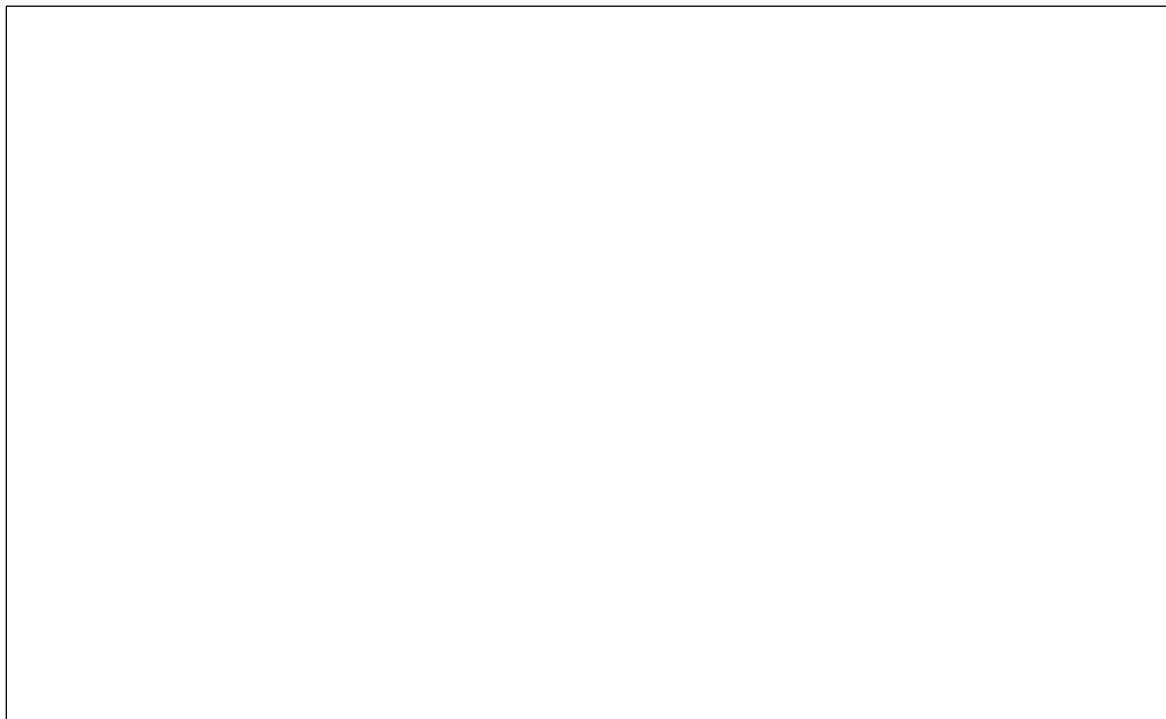
One step in learning how to do it well is to be conscious of what causes stress. Write or draw things in the boxes below that caused you to fret when you were younger, things that stress you now, and what you think when you're older could be stressful.

What made me feel stressed when I was young?	What are the most stressful things in my life right now?	What do I think might be stressful when I'm older?
How did the stress get resolved when I was young?	What could I do to decrease stress now?	What skills do I need to?

Activity 7. Me when Stressed

A study showed that much of the stress of high school students comes from school and sports, and that this chronic stress can continue into college years and lead to academic disengagement and issues with mental health.

Directions: Draw how you respond to a particular stressor. Use a separate sheet of paper.



1. What makes you react that way?

2. How easy or hard was it to think of ways your body reacts to stress?

3. Does everyone respond the same way?



What I Can Do

Becoming aware of the signs and stages of stress can be a great help in deciding which appropriate steps you should take to handle your stress and lessen the danger of complications.

Activity 8: Situation-Analysis

Analyze each situation and write the possible response of your body. Put your answer in your activity notebook.

Situations	Response
1. You found out that some of your grades are failing.	
2. You forgot your homework at home.	
3. You woke up late because you watched your favorite movie last night.	
4. You lost your wallet.	
5. Your friend betrayed you.	



Assessment

This activity will test your knowledge about situations that causes stress.

- I. **Directions:** Write C on the blank if the situation causes stress and E if the situation is the effect of stress.

- _____ 1. You felt lonely after seeing your low grades.
- _____ 2. You discovered that your mother has cancer.
- _____ 3. You felt weak after running away from your bully classmate.
- _____ 4. You forgot your money at home.
- _____ 5. You received smaller allowance as punishment for coming home late at night.
- _____ 6. You often had a fight with your sibling.
- _____ 7. Your parents got separated.
- _____ 8. You fainted when a car almost hit you.
- _____ 9. You had arguments with your classmate.
- _____ 10. You were sweating a lot because you don't know the answer in the test.

- II. Think of a situation that causes you stress and the effect of this stress to you. What did you do to overcome your stress? Write your answer in a separate sheet of paper.



Additional Activities

For further learning, the following activities are made to help you understand more the different situations that cause stress.

Activity 9: Share It

Think of situation in your life when you got tensed. You were probably worried, upset or disappointed at some time in your life. What is/are your reaction/s to this situation? Write your answer in another sheet of paper.

Situation: _____

Reaction: _____



Answer Key

<p>Assessment</p> <p>What I Know/Assessment</p> <p>Activity 3</p> <p>1. Cause 2. Effect 3. Cause 4. Effect 5. Effect 6. Cause 7. Cause 8. Cause 9. Cause 10. Effect</p> <p>Activity 5</p> <p>1. Heart attack 2. Diarrhea 3. Cancer 4. Ulcer 5. Asthma 6. Influenza 7. Allergies 8. Stroke 9. Migraine 10. Cramps</p> <p>II. Answers may vary</p>	<p>What's More</p> <p>Activity 3</p> <p>1. Cause 2. Effect 3. Cause 4. Effect 5. Effect 6. Cause 7. Cause 8. Cause 9. Cause 10. Effect</p>	<p>What's In</p> <p>Activity 3</p> <p>1. X 2. A 3. M 4. O 5. I 6. Q 7. F 8. T 9. R 10. V 11. N 12. S 13. A 14. W</p> <p>Activity 5</p> <p>K D G I I I A L E R G I S O E A E T A T W I P A A R P A Y A I S R G F R T O C D I O D R E N W T A E E S D B S V I A H Q O P I D S M K W T L F L K H G E V K Q D Y A T E I O P J A T A C H W E R P A M I F U V B H M A I N R P A M I F Y E D H T A G U L G E E K S T R V E E H S H I K L K N S S W T R E E A V B N J O M B E D R D D L D H X A M O I Q T F I R V Q W P S</p>

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