

Health

Quarter 3 – Module 5: Physical Responses of the Body to Stress



Health Education – Grade 7
Alternative Delivery Mode
Quarter 3 – Module 5: Physical Responses of the Body to stress
First Edition, 2020

Republic Act 8293, section 176 states that: No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

Borrowed materials (i.e., songs, stories, poems, pictures, photos, brand names, trademarks, etc.) included in this book are owned by their respective copyright holders. Every effort has been exerted to locate and seek permission to use these materials from their respective copyright owners. The publisher and authors do not represent nor claim ownership over them.

Published by the Department of Education
Secretary: Leonor Magtolis Briones
Undersecretary:
Assistant Secretary:

Development Team of the Module

Author:	JBlenn Love D. Gonzales
Editors:	Josefina V. Templanza, Ma. Rubynita T. Del Rosario, Raizza Marie R. Buñag, Elizabeth T. Delas Alas, Ferdinand J. Gotoy, Maria Salvacion P. Villanueva
Reviewers:	Marivel V. Aguda, Laarni G. Palasigue, Leonora Privado
Illustrator:	Danny M. Benito
Layout Artists:	Ma. Rubynita T. Del Rosario, Mark Angelo A. Dacayanan, Daryl Henry P. Engracia
Management Team:	Benjamin D. Paragas Mariflor B. Musa Freddie Rey R. Ramirez Danilo C. Padilla Raquel P. Girao Elizabeth T. Delas Alas Ferdinand J. Gotoy

Printed in the Philippines by _____

Department of Education – MIMAROPA Region

Office Address: Meralco Ave., cor. St. Paul Road, Pasig City, Philippines
Telefax: 02-8631-4070
E-mail Address: mimaropa.region@deped.gov.ph

Health

Quarter 3 – Module 5: Physical Responses of the Body to 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

Health is most often being related only to the physical well-being of an individual. Little do people know that health is more than looking healthy. As ~~what~~ you have learned in the previous modules, health has various dimensions: physical, emotional, mental, social, moral-spiritual, and environmental. Aside from looking healthy, an individual must also be feeling, thinking, and interacting healthy to achieve wellness.

This part will help you understand more the lesson. You will be given opportunities to reflect and understand more how stress affects the health of an individual.

The module is about:

Lesson 21: Physical responses of the body to stress.

After going through this module, you are expected to:

identify the physical responses of the body to stress.



What I Know

This activity will lead you to your new lesson. It will test your prior knowledge regarding the topic. Do this in your activity notebook.

Directions: Write T if the statement is True and F if it is False.

- ____ 1. Stress is everywhere.
- ____ 2. It is not important to know stress management skills.
- ____ 3. Stress is our body's reaction to harmful situations.
- ____ 4. Stress management skills are techniques one can use to cope up with the harmful effects of stress to our body.
- ____ 5. Stress can make us healthy.
- ____ 6. Smoking is good for the body.
- ____ 7. A stressed person may experience amnesia.
- ____ 8. A person who experiences stress may develop poor habits which can affect his/her health.
- ____ 9. Anybody at home can also be a stressor.
- ____ 10. Stress weakens our immune system.

Lesson

1

Mental and Emotional Health: Physical Responses of the Body to Stress

You learned from the previous lesson that there are common stressors brought about by experiences with your family and friends in your environment. Loss, death, and grief affect everyone regardless of race, gender, or age (Telljohann, et al., 2007).



What's In

As a review, let's test your knowledge on how to overcome common stressors in your life.

Activity 1: Give Me Some

List at least five (5) stressors you experienced at home, school, and from your peers. Opposite each, write ways on how you can cope and overcome them.

Write this in your activity notebook. The first one is given as an example.

	Stressors from Home	Coping Skills	Stressors in School	Coping Skills	Stressors from Peers	Coping Skills
EX	Expectations for your parents	Study hard to achieve your goals	Assignment deadlines	Do the assignment so that you will not be in a rush.	Pressure	Adjust to the changes in environment
1.						
2.						
3.						
4.						
5.						



What's New

In this activity you will be able to distinguish a person who is stressed from a person who is not.

Activity 2: Paste Me A Picture

Objective:

Recall the different dimensions of health.

Materials/ equipment:

- Bond paper
- Old magazine or newspaper

Procedure:

1. Place pictures inside the left box of Different Stressful situations. Cut out pictures of possible activities to relieve stress.
2. Do it on a long bond paper.

--	--

Activity 2: Tell Me

This activity will give you more insights about the topic.

How are you going to deal with stress? Write your answer in your activity notebook.

Let's Read More

A person who is not able to handle stress may develop poor habits that will lead to a bad health condition. It is then important for a person to develop and practice **stress management skills**.

Stress management skills are techniques that can be used to cope with the harmful effects produced by stress. One type of skill focuses on doing something about the cause of stress. Learning and using responsible decision-making skills can help solve the stressor that is causing stress. A second type of skill focuses on keeping the body healthy and relieving anxiety; exercising and eating a healthful diet are effective skills of this kind. (Meeks, et al., 2011)

What is general adaptation syndrome?

GAS is the three-stage process that describes the physiological changes the body goes through when under stress

General adaptation syndrome stages

1. Alarm reaction stage The alarm reaction stage refers to the initial symptoms the body experiences when under stress. You may be familiar with the “fight-or-flight” response, which is a physiological response to stress. This natural reaction prepares you to either flee or protect yourself in dangerous situations.

2. Resistance stage After the initial shock of a stressful event and having a fight-or-flight response, the body begins to repair itself. It releases a lower amount of cortisol, and your heart rate and blood pressure begin to normalize. Although your body enters this recovery phase, it remains on high alert for a while. If you overcome stress and the situation is no longer an issue, your body continues to repair itself until your hormone levels, heart rate, and blood pressure reach a pre-stress state.

Your body continues to secrete the stress hormone and your blood pressure remains elevated. You may think you're managing stress well, but your body's physical response tells a different story. If the resistance stage continues for too long of a period without pauses to offset the effects of stress, this can lead to the exhaustion stage.

Signs of the resistance stage include:

- irritability
- frustration
- poor concentration

3. Exhaustion stage This stage is the result of prolonged or chronic stress. Struggling with stress for long periods can drain your physical, emotional, and mental resources to the point where your body no longer has strength to fight stress. You may give up or feel your situation is hopeless. Signs of exhaustion include:

- fatigue
- burnout
- depression
- anxiety
- decreased stress tolerance

The physical effects of this stage also weaken your immune system and put you at risk for stress-related illnesses.



What is It

How can you identify a person who is experiencing stress?

What do you think will happen if a person could not overcome stress?
How do you think his/her body would respond to stress?

There are different ways on how to deal with stress.

Stress is our body's reaction to harmful situations. A little stress is okay, but it can wear us down and make us physically and mentally sick. When we face stressful situations, our body responds to it.

Some people react to stress differently. Here are some of the physical reactions of people to stress.

1. Nail biting- Sometimes we see people nail biting. It's a sign that they are stressed.
2. Drinking coffee- People who are in stressful situations are more likely engaged in drinking coffee
3. Insomnia- Sometimes people who are stressed are having a hard time to sleep.



4. Restlessness – People who are under stress show signs of uneasiness.

5. Changes in appetite- It is a condition of either not eating or eating too much.



6. Behavioral Changes- This condition sometimes causes moodiness, aggression, short-temper or clinginess.



7. Fears- A condition where the person starts to fear darkness, being alone and started to fear stranger.

8. Bedwetting- A person starts to urinate while sleeping.

These are only few of the common physical responses of your body to stress.

Learning how to manage stress takes practice. Here are some steps or ways on how to manage your stress.

1. Exercise - Exercising regularly is one of the best ways to relax your body and mind.
2. Eat well - Eating regular with balanced diet will help you feel better.
3. Take a break - You need to plan what you are going to do to give your mind time off from stress.
4. Make time for hobbies- You need to relax and give yourself a chance to do the things you love.
5. Talk about your problems- If things are bothering you, talking about them can help lower your stress. You can talk to your family, friends and trusted people in your life.
6. Go easy on yourself- Learn to accept the fact that you can't do things perfectly no matter how hard you try.

Activity 3: Give Me Just Five!

This activity will enable you to identify steps in dealing with stressful situations.

Directions: List five (5) steps that you will do when faced with a stressful situation. Do this in a long bond paper.

Step 1	Step 2	Step 3	Step 4	Step 5

Remember: An orderly mind is a healthy, positive, and stress-free mind.



What's More

Activity 4: Guess What

In this activity, you will identify different responses of the body to stress.

Directions: Choose out from body responses inside the box that corresponds to the given stresses. Write your answer in your activity notebook.

addiction	nail biting	insomnia
change in appetite	restlessness	fears
moodiness	bedwetting	clinginess
aggression	short-temper	

- _____ 1. Reducing desire to eat or eating too much
- _____ 2. Compulsive need of something
- _____ 3. Inability to get enough sleep
- _____ 4. Feeling nervous or bored and tending to move around a lot
- _____ 5. A habit of a person showing stress
- _____ 6. Having moods that often change
- _____ 7. Urinating that occurs when sleeping
- _____ 8. To remain close; resist separation
- _____ 9. Angry or violent behavior or feelings
- _____ 10. A tendency to lose one's temper quickly



What I Have Learned

Why is it important to manage stress?

If you are living with high level of stress, you are putting your entire well-being at risk. Stress weakens your immune system; it can also affect your emotional being. Stress, if not overcome, can lead to serious mental health problems. Some people who are not able to overcome it, commit suicide. And, we all know that this is a serious problem.

Effective stress management can help you hold stress so you can be happier, healthier, and more productive.

Activity 5: Managing Stress

Everyone deals with stress. Some stressors are good for you and help you to do your best. But when stress goes out of control, it can cause problems in your life.

Directions: Using this chart, let's figure out the best way to handle the things that stress you out.

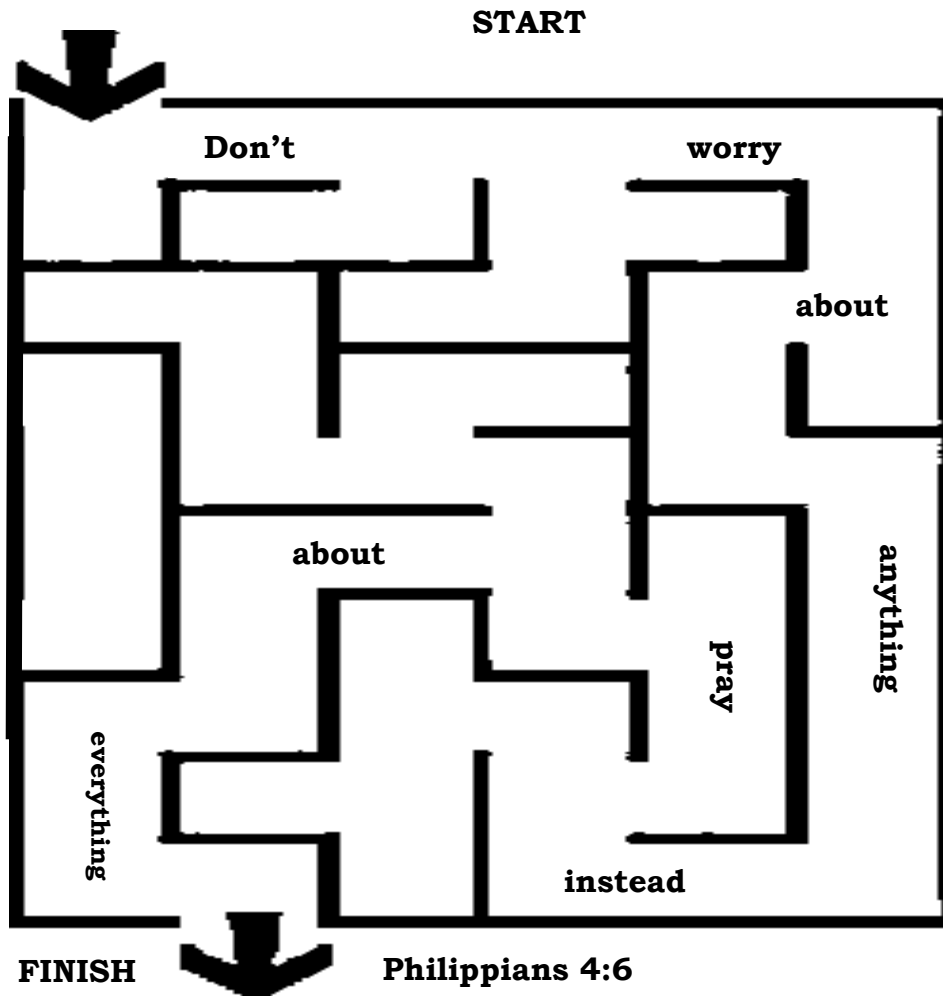
You will be provided with a photocopy of this activity.

	Things that STRESS ME OUT	How I Feel	How I DEAL WITH IT
At Home			
At School			
With Friends			

Activity 6: Word Maze!

Reading the Bible can help you lessen stress. This text from the Bible will tell you what to do when you're under stress.

Directions: Find the exit in the maze, collect the words that you will encounter on your way out. Write the collected words inside the box.



Philippians 4:6



What I Can Do

This activity shows how the learners monitor steps to staying away from stress.

Activity 7: Rest-Relax-Sleep Log (RRS Log)

Directions: You will be provided with a photocopy of this activity. Complete the RRS Log below.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
What activity did you do to relax? How long did you do this?							
How long did you rest this day?							
How long did you sleep?							



Assessment

This activity will help you remember what you learned from the lesson.

Directions: Write T if the statement is True and F if it is False.

- ____ 1. Stress is everywhere.
- ____ 2. It is not important to know stress management skills.
- ____ 3. Stress is our body's reaction to harmful situations.
- ____ 4. Stress management skills are techniques one can use to cope up with the harmful effects of stress to our body.
- ____ 5. Stress can make us healthy.
- ____ 6. Smoking is good for the body.
- ____ 7. A stressed person may experience amnesia.
- ____ 8. A person who experiences stress may develop poor habits which can affect his/her health.
- ____ 9. Anybody at home can also be a stressor.
- ____ 10. Stress weakens our immune system.

Directions: Match the physical responses in column A with the stressors in column B. Write the letter that corresponds to your answer on the space provided before each number. Do this in your activity notebook.

COLUMN A

- ___ 1. inability to get enough sleep
- ___ 2. angry or violent behavior or feelings
- ___ 3. a tendency to lose one's temper easily
- ___ 4. urinating that occurs while sleeping
- ___ 5. compulsive need of something
- ___ 6. Reducing desire to eat or eating too much
- ___ 7. To remain close; resist separation
- ___ 8. Having moods that often change
- ___ 9. A condition where the person starts to
fear darkness, being alone and started to
fear stranger.
- ___ 10. This refers to the initial symptoms
stage the body experiences when under stress.

COLUMN B

- a. addiction
- b. short-temper
- c. insomnia
- d. aggression
- e. bedwetting
- f. clinginess
- g. change in appetite
- h. moodiness
- i. fears
- j. alarm reaction



Additional Activities

In this activity you will write a short reflection of what you have learned in this lesson.

Activity 8: Write It Down

What are the important things you learned about stress?

My Journal



Answer Key

<p>What I know</p> <p>True or False</p> <p>1. T 6. F</p> <p>2. F 7. F</p> <p>3. T 8. T</p> <p>4. T 9. T</p> <p>5. F 10. T</p> <p>Matching Type</p> <p>1. insomnia</p> <p>12. aggression</p> <p>13. short-temper</p> <p>14. bedwetting</p> <p>15. addiction</p> <p>16. changes in appetite</p> <p>17. clinginess</p> <p>18. moodiness</p> <p>19. fears</p> <p>20. alarm reaction stage</p>	<p>What I have learned</p> <p>Activity 2: Word Maze!</p> <p>Don't worry about anything, instead pray about everything.</p> <p>Philippians 4:6</p>	<p>What's more</p> <p>Activity 2: Guess What!</p> <p>1. Change of appetite</p> <p>2. Addiction</p> <p>3. Insomnia</p> <p>4. Restlessness</p> <p>5. Nail-biting</p> <p>6. Moodiness</p> <p>7. Bedwetting</p> <p>8. Clinginess</p> <p>9. Aggression</p> <p>10. Short-temper</p>
---	--	--

References

Philippine Bible Society. *The Holy Bible Containing the Old and New Testament*. Philippines: Philippine Bible Society, 1987

Department of Education, *Physical Education and Health Learner's Material Grade 7*. Pasig City: Department of Education, 2007

Department of Education, *Physical Education and Health Teaching Guide Grade 7*. Pasig City: Department of Education, 2007

(<https://www.healthline.com/health/general-adaptation-syndrome>)

For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph