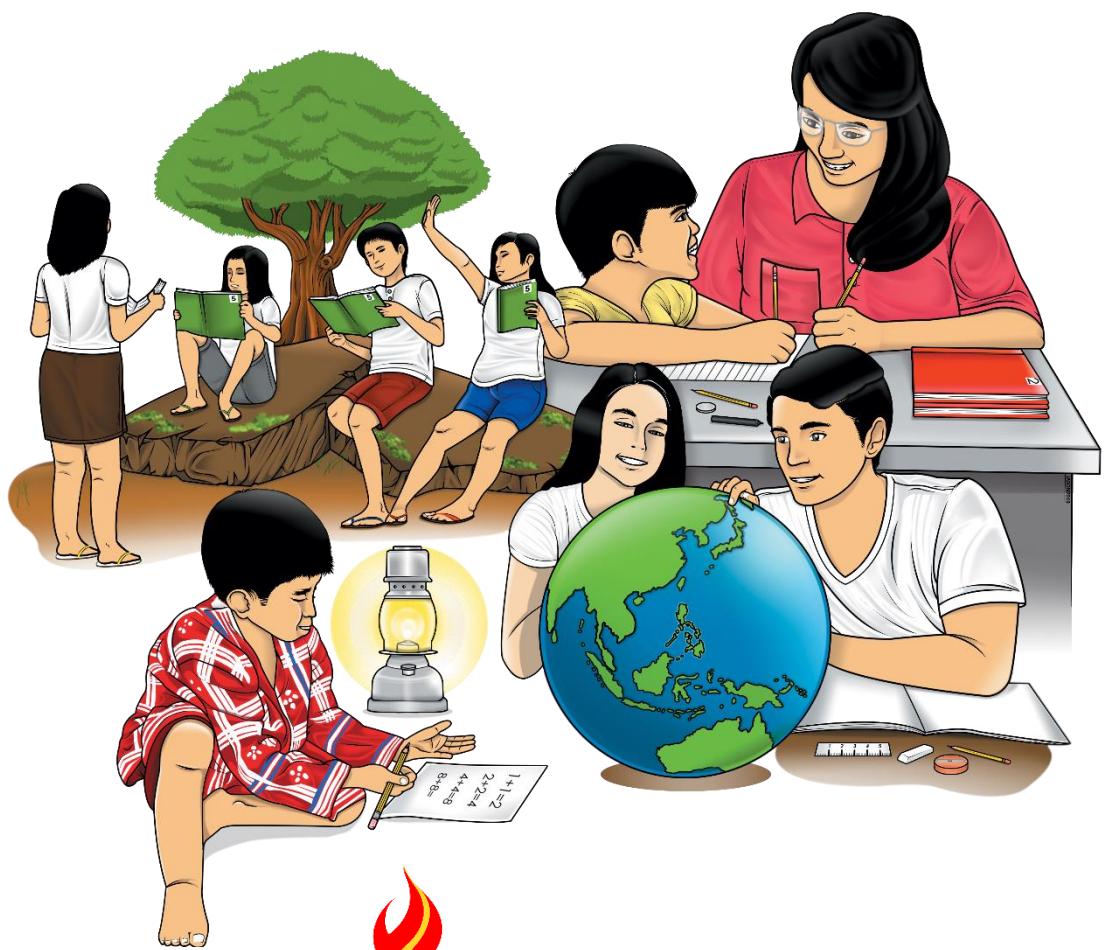


Health

Quarter 3 – Module 11: Mental and Emotional Health



Health Education – Grade 7
Alternative Delivery Mode
Quarter 3 – Module 11: Mental and Emotional Health
First Edition, 2020

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Health

Quarter 3 – Module 11:

Mental and Emotional Health



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

This module discusses the types of common disorder, signs, and symptoms, treatment of common disorders.

After going through this module, you are expected to:

Discuss the types, signs, symptoms, and prevention, treatment and professional care in managing common mental disorders. M7PH-IIIf-h-40.



What I Know

This activity will allow you to share your advanced knowledge about the types of mental disorders, the signs, prevention, and treatment for these disorders.

Directions: Read the questions carefully and choose the letter of the correct answer. Write the answer in your activity notebook.

- _____ 1. What disorder disrupts thinking, feelings, moods, and behaviors of a person?
 - a. Mental illness
 - b. Triggers
 - c. Bipolar Disorder
 - d. Schizophrenia
- _____ 2. Which of the following disorders experienced by a person being abused, raped, and accident.
 - a. Mental illness
 - b. Triggers
 - c. Post- Traumatic disorder
 - d. Schizophrenia
- _____ 3. What situation may “activate” a person’s tendency to experience symptoms of mental disorder?
 - a. Mental illness
 - b. Triggers
 - c. Bipolar
 - d. Schizophrenia
- _____ 4. What disorder called a manic-depressive?
 - a. Mental illness
 - b. Triggers
 - c. Bipolar disorder
 - d. Schizophrenia
- _____ 5. When does a person may develop a major depressive disorder?
 - a. When depression is on a daily basis
 - b. When depression is on monthly basis
 - c. When depression is on quarterly basis
 - d. All of these

II. Read each sentence carefully and identify whether it is **Major Depressive Disorder**, **Bipolar Disorder**, **Schizophrenia**, or **Post-traumatic stress disorder**.

- _____ 6. Lack or loss of motivation
- _____ 7. Rapid speech and racing thoughts
- _____ 8. Experience hallucination or feeling of being detached and away from reality
- _____ 9. A traumatic situation and imagines very differently than that of normal person.
- _____ 10. Difficulty in concentrating
- _____ 11. Recklessness and impulsiveness
- _____ 12. Characterized by irrational behavior, severe alterations of the senses and often inability to function in the society.
- _____ 13. Symptoms may vary from being spaced out
- _____ 14. Withdrawal's from others or feeling alone
- _____ 15. A person may feel very happy and elated, and then at an instant may feel utmost sadness and despair.

Lesson 1

Mental and Emotional Health



What's In

Last time, you learned the warning signs and the triggers for common mental disorders; Let us check if you still remember your past lesson by answering this activity in your notebook.

Activity 1: Arrange Me!

Directions: Create a word from the jumbled letters written to use the definition as your guide.

1. A disorder that disrupts the thinking, feelings moods and, behaviour of a person.

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| L | A | T | N | E | M | - | S | S | E | N | L | L | I |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|

2. The events, conditions, or situations that may activate a person's tendency to experience symptoms of mental disorder.

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| T | R | E | G | G | I | S | R |
|---|---|---|---|---|---|---|---|

3. This situation is prolonged if you are not able to manage it well.

S | S | E | R | T | S

4. A situation that can trigger a person's emotion if he losing of someone close to him.

B | E | R | N | E | M | E | V | A | E | T

5. A traumatic experienced that may cause prolonged mental and emotional suffering.

C | L | I | D | H | - | A | S | U | B | E



What's New

Activity 1: Identify my picture

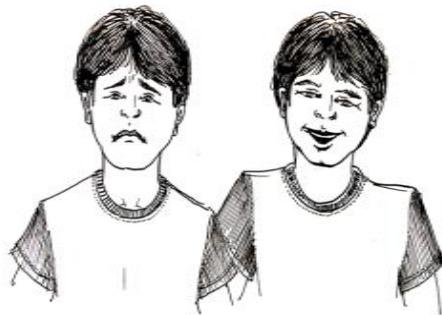
In your previous lesson, you learned **the warning signs** of common mental disorder and things that can **trigger** emotions and feelings of a person.

Our next topic will discuss the types, signs, symptoms, preventions, treatments, and professionals' care in managing common mental disorders. Directions: Study the pictures and write a short explanation about feelings and behavior showed. Write your answer in your activity notebook.

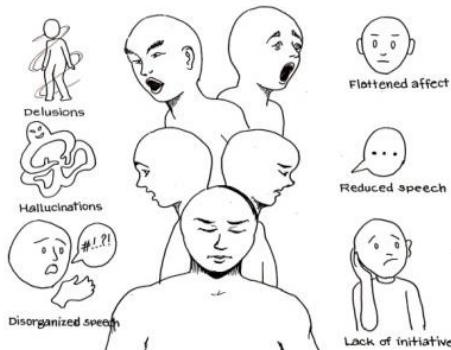
1. Major Depressive



2. Bipolar



3. Schizophrenia



4. Post-traumatic



What is It

Did you get an idea about the types of common mental disorders from the pictures? Let us define and discuss each for further knowledge?

A. Major Depressive Disorder- It is normal to feel sadness and grief when faced with difficult situations. However, a person may develop a major depressive disorder when depression is on a daily basis:

Signs and Symptoms:

- Lack or loss of motivation (nobody can motivate him)
- Overthinking (that others may say something bad about him)
- Lack or loss of energy (he is feeling tired even he never do things)
- Slow to react (late reactions in every situation)
- Difficulty in concentrating and remembering (he can't do his job well, easy to forget something)
- Loss of appetite (failure to eat regularly)
- Excessive gain or loss of weight (easy to become slim or become fat)
- Withdrawal from others/feeling alone (want to be alone, don't want to talk to others)

Remember: For these signs and symptoms a person may consult parents /guardians, teachers, and friends.

B. Bipolar Disorder- Also called manic-depressive disorder; it is a form of depression characterized by alternating mania and depression. A person who experiences this disorder may at times feel very happy and elated, and then at an instant may feel utmost sadness and despair.

Symptoms:

- Rapid speech and racing thoughts(quick changes of mind)
- Difficulty in decision making (can't make a decision easily)
- Recklessness and impulsiveness(doing things without careful)
- Agitation(disturbance)
- Difficulty in concentrating (can't concentrate on what he/she do)
- Extreme irritability

Remember: For these signs and symptoms a person may consult parents /guardians, teachers, and friends.

C. Schizophrenia – A person with this illness may experience hallucinations or feeling of being detached and away from reality, He or she may lose the functions of the sense organs and thinks and imagines very differently than that of a normal person.

Remember: For these signs and symptoms a person may consult parents /guardians, teachers, friends, or professional physicians.

D. Post -Traumatic Stress Disorder-A person may have this disorder when he or she experienced a traumatic situation such as being abused, raped, or involved in an accident. Symptoms may vary from being spaced out (tulala) extreme sadness or frustration, irritability avoidance to people, or isolation and others.

Remember: For these signs and symptoms a person may consult a professional physicians)



What's More

Activity 1: Daily Basis

This activity will help you to think back on your daily experienced.

Perhaps, there were times in your life that you experienced the following signs and symptoms. Write the reasons why you are experiencing the following situation and write the reasons in your activity notebook.

| SIGNS /SYMPTOMS | DAILY BASIS DEPRESSION |
|--|--|
| Example: Feeling alone | My parents are busy with their business and don't have time to talk with me. |
| 1. Loss of appetite | |
| 2. Overthinking | |
| 3. Lack or loss of energy | |
| 4. Slow to react | |
| 5. Difficulty in concentrating remembering | |

Activity 2: Let's Check

This activity will help you to identify the symptoms of Bipolar disorder.

Direction: Read the following situations, and then put a check (✓) if the situation is under the symptoms of Bipolar disorder, and put an (X) if NOT. Write the answer in your activity notebook.

1. ___ Joseph changes his mind every time he makes a decision.
2. ___ Emma cannot decide what course to be taken in college.
3. ___ A lot of kitchenware was damaged because of recklessness in handling.
4. ___ Maria cannot answer my question because she has difficulty in concentration.
5. ___ Rommel solves his problem in a systematic way.

Time to Read:

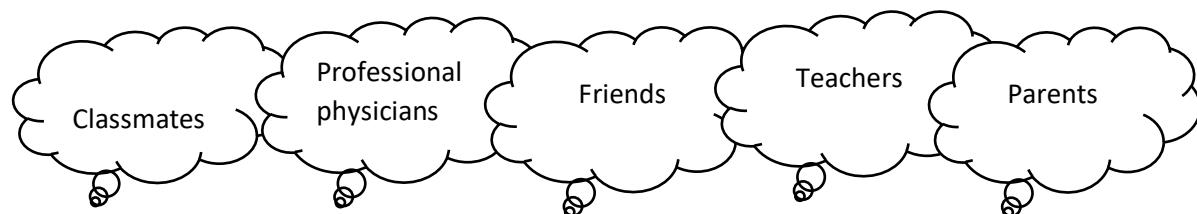
It is important to remember that mental disorders are diagnosed. Only professional physicians may determine the illness being experienced by an individual. Furthermore, it is also needed to note that the symptoms of the disorders should be prolonged and repeated. Not because a person experiences one or two of the symptoms at one time, it does not mean that he/she is already diagnosed with that illness.

In terms of treatment and cure, a professional physician may decide on whether to give the patient medication or subject him or her to routine therapy sessions.

Activity 3: My Helping Cloud

Based on the previous discussion, this activity will help one to identify the person who may provide support or help in times of common disorders.

Direction: Who is the best person whom you seek advice on the different disorders below? Choose your answer from the clouds above and write it on the blank before the number.



- _____ 1. Post-Traumatic Disorder
- _____ 2. Bipolar Disorder
- _____ 3. Major Depressive Disorder
- _____ 4. Schizophrenia
- _____ 5. Mental Illness



What I Have Learned

Activity 1: Complete Me

This activity will measure your knowledge of the different signs and symptoms of disorders by analyzing the sentences in filling up the correct words.

Directions: Fill in the blank/s in the sentences with the correct words from the box.

| | | | |
|----------------|------------------|-------|---------|
| physician | accident | raped | abused |
| hallucinations | manic depressive | grief | sadness |
| reality | spaced out | | |

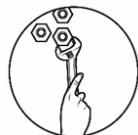
*It is normal to feel (1) _____ and (2) _____ when faced with difficult situation.

*Bipolar disorder also called (3) _____ disorder.

*A person with Schizophrenia may experience (4)_____ or feeling of being detached and away from (5)_____.

*Post -traumatic disorder is a situation such as being (6)_____, (7)_____ or involved in an (8) _____. Symptoms may vary from being (9) _____ (tulala)

*Only Professional (10) _____ may determine the illness being experienced by an individual.



What I Can Do

Activity 1: Action is Good

This activity will help you to know what actions you can make in times of depression.

Directions: In case that you, your family members, and your friends have experienced the following symptoms, what are you going to do? Write your answer in your activity notebook.

| Signs/Symptoms | Action to be taken |
|-----------------------------|--------------------|
| Example : Feeling alone | Talk to him/her |
| 1.Overthinking | |
| 2.Lack or loss of energy | |
| 3.Extreme irritability | |
| 4.Experienced hallucination | |
| 5. Spaced out (tulala) | |



Assessment

Directions: Read the questions carefully and choose the letter of the correct answer. Write the answer in your activity notebook.

1. What disorder called a manic-depressive?
 - a. Bipolar disorder
 - b. Schizophrenia
 - c. Triggers Bipolar disorder
 - d. Mental illness
 2. When does a person may develop a major depressive disorder?
 - a. When depression is on a quarterly basis
 - b. When depression is on daily basis
 - c. When depression is on monthly basis
 - d. All of these
 3. What disorder disrupts thinking, feelings, moods, and behaviors of a person?
 - a. Bipolar Disorder
 - b. Schizophrenia
 - c. Mental disorder
 - d. Triggers
 4. Which of the following disorders experienced by a person being abused, raped, and accident.
 - a. Mental illness
 - b. Post- Traumatic disorder
 - c. Triggers
 - d. Schizophrenia
 5. What situation may “activate” a person’s tendency to experience symptoms of mental disorder?
 - a. Mental illness
 - b. Triggers
 - c. Bipolar
 - d. Schizophrenia
 6. This situation is prolonged if you are not able to manage it well.
 - a. bipolar
 - b. bereavement
 - c. stress
 - d. mental illness
 7. A disorder that disrupts the thinking, feelings moods and, behaviour of a person.
 - a. stress
 - b. mental illness
 - c. Triggers
 - d. child abuse
 8. The events, conditions, or situations that may activate a person’s tendency to experience symptoms of mental disorder.
 - a. mental illness
 - b. stress
 - c. disorder
 - d. Triggers
 9. A traumatic experienced that may cause prolonged mental and emotional suffering.
 - a. child abuse
 - b. signs
 - c. mental illness
 - d. stress
 10. A situation that can trigger a person’s emotion if he losing of someone close to him.
 - a. symptoms
 - b. signs
 - c. bereavement
 - d. triggers

II. True or False: Write **TRUE** if the statement is correct and write **FALSE** if the statement is not correct.

1. Difficulty in concentrating and remembering is a sign of major depressive disorder.
2. Post-Traumatic Stress disorder is a disorder when a person experienced traumatic situation such as being abused, raped, or involved in an accident.
3. Symptoms of the disorders be prolonged but not repeated.
4. Even professional may not determine the illness being experienced by individual.
5. You may consult first your friend if experiencing the signs and symptoms of disorder.



Additional Activities

Activity 1: Select Me!

This activity will help you to describe a common disorder and provide their common sign and symptoms.

Directions: Select one mental disorder from the box. Describe it and provide three (3) common signs and symptoms.

Major Depressive Bipolar Disorder Schizophrenia

Post- Traumatic Stress Disorder

Mental Disorder: _____

Description:

Common Signs and Symptoms:

a.

b.

c.

Activity 2: Let us Sing

II. This activity will help you to identify common mental disorders by making a song or a poem.

Directions: Select one (1) mental disorder from the box and create a poem or a song about the mental disorder you chose. Create at least 4 stanzas and use the tone of the song according to your preferences

Major Depressive Disorder

Bipolar Disorder

Schizophrenia

Post- Traumatic Stress Disorder





Answer Key

| ASSESSMENT | |
|------------|----------|
| I | II |
| 1. a | 1. TRUE |
| 2. c | 2. TRUE |
| 3. b | 3. FALSE |
| 4. c | 4. FALSE |
| 5. a | 5. FALSE |

| |
|-------------------|
| 1. Mental illness |
| 2. Trigger |
| 3. Stress |
| 4. Bereavement |
| 5. Child abuse |

Review

| | |
|-------|-------------------------------|
| 1. a | 1. Major Depressive Disorder |
| 2. c | 2. Bipolar Disorder |
| 3. b | 3. Schizophrenia |
| 4. c | 4. Post-Traumatic Stress |
| 5. a | 5. Major Depressive Disorder |
| 6. a | 6. Bipolar Disorder |
| 7. b | 7. Bipolar Disorder |
| 8. a | 8. Schizophrenia |
| 9. a | 9. Post-Traumatic Stress |
| 10. c | 10. Bipolar Disorder |
| 11. c | 11. Bipolar Disorder |
| 12. b | 12. Schizophrenia |
| 13. a | 13. Post-Traumatic Stress |
| 14. a | 14. Major Depressive Disorder |
| 15. b | 15. Bipolar Disorder |

Pre-test

References

Books

1. Department of Education. *Physical Education and Health 7 Teacher's Guide*. Pasig City. Department of Education, 2017.

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