

# Health

## Quarter 3 – Module 7: Healthy VS. Unhealthy Strategies in Coping With Stress



**Health Education– Grade 7**

**Alternative Delivery Mode**

**Quarter 3 – Module 7: Healthy VS. Unhealthy Strategies in Coping Stress**

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# **Health**

## **Quarter 3 – Module 7:**

### **Healthy vs. Unhealthy**

### **Strategy in Coping With 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**

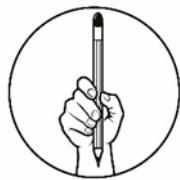
Stress is defined as the physiological and emotional responses to significant or unexpected change or disruption in one's life. (Payne, et al., 2005)

Stress is also known as the result of how we react to any situation that pressures us, and gives us challenges. But how do we handle it? Are we the kind of person who wants to face the situation or run away to escape from it? Or are we the kind of person who wants to take a deep breath, get some exercise (mind and body), and get enough sleep?

### **Hold on! There are positive ways to deal with life's challenges.**

If you are wondering about what type of a person you are when stress gets in, continue to read this module and answer the given activities. This module will explain to you the difference between healthy and unhealthy coping strategies.

After going through this module, you are expected to differentiate healthful from unhealthful strategies in coping with stress. (H7PHIId-e-35)



## ***What I Know***

This task will test your prior knowledge about the topic. Answer it as honestly as you can.

**Test I. Multiple Choice.** Read and analyze the questions carefully. Choose the letter of the correct answer. Write your answers on your activity notebook.

**Test II. True or False.** Read each statement carefully. Write **T** if the statement is true and write **F** if the statement is false. Write your answers on your activity notebook.

- \_\_\_\_\_ 1. Unhealthy strategy in coping stress gives you positive outcome.
- \_\_\_\_\_ 2. Coping strategies are actions we take when we are stressed.
- \_\_\_\_\_ 3. Drinking alcohol and using illegal drug are examples of unhealthy strategies in coping stress.
- \_\_\_\_\_ 4. When we laugh a lot, we tend to promote stress.
- \_\_\_\_\_ 5. Stress is defined as physiological and emotional response of our body in an uncomfortable situation.

**Test III. Identification.** Read the situations below. Write **U** if the situation talks about unhealthy strategy and write **H** if the situation talks about healthy strategy in coping with stress.

- \_\_\_\_\_ 1. Miya was tired because of academic activities. In order to release her stress, she aggressively picked fight with her younger brother.
- \_\_\_\_\_ 2. Lorenzo got mocked and bullied by his classmates for being fat so to relieve his stress, he ate nutritious foods and engaged in physical activities.
- \_\_\_\_\_ 3. Alex's way to escape loneliness and sorrow is listening to music.
- \_\_\_\_\_ 4. A Grade 7 student belongs to a broken family and for him to escape from his problem, he goes out with his friends, gets drunk, and uses illegal drugs.
- \_\_\_\_\_ 5. Vincent seeks professional help to reduce stress.

**Lesson  
1**

# **Mental Health: Healthy vs. Unhealthy Strategy in Coping with Stress**

Hello! How are you? How do you feel right now? Are you tired of the unending paper works? Are you having hard time coping with the environment you are in right now? If yes, read this module. It will be of great help to you.



## **What's In**

In your previous lesson, you learned about the people who can provide support in stressful situations. For your next task, do this activity.

### **Activity 1: Help is the Key!**

**Directions:** Complete the table by filling out the needed information. In the first column, give a stressful situation while on the second column, write the people who can provide support and help to cope with it. Do this in your activity notebook

<b>Stressful Situation</b>	<b>People Who Can Provide Support</b>
e.g., separation of parents	Guidance Counselor



## **What's New**

### **Activity 2: Who am I?**

This activity will determine how you handle stressful situations.

**Directions:** Read the following statements carefully. Put a check mark (**✓**) if the statement applies to you and put an (**\***) mark if it does not apply to you.

- \_\_\_\_\_ 1. I never miss out eating healthy and nutritious foods even if I am experiencing a stressful day.
- \_\_\_\_\_ 2. I see to it that I maintain daily routine and schedule to avoid backlog in my work/study.
- \_\_\_\_\_ 3. I exercise regularly.
- \_\_\_\_\_ 4. I prefer coffee or any drinks with caffeine over soda and juices.
- \_\_\_\_\_ 5. I engage in different vices when I am facing problems.
- \_\_\_\_\_ 6. I feel angry when someone yells at me.
- \_\_\_\_\_ 7. My sense of humor somehow helps me overcome minor stressors.
- \_\_\_\_\_ 8. I keep myself busy when I am stressed.
- \_\_\_\_\_ 9. I always want to be alone when I have a problem.
- \_\_\_\_\_ 10. I want to talk with my friends/family when I have problems.



## **What is It**

### **Assess Yourself**

Did you enjoy the task that you worked on? If so, there's another one for you. Using the statements in Activity 2, do the following:

1. Write the activities that you do most when you feel stressed. Write them in descending order (most to least)
2. What effect do they have on you and your disposition?
3. Which ones were helpful?
4. Which ones were harmful?
5. What insights did you gain from this activity?

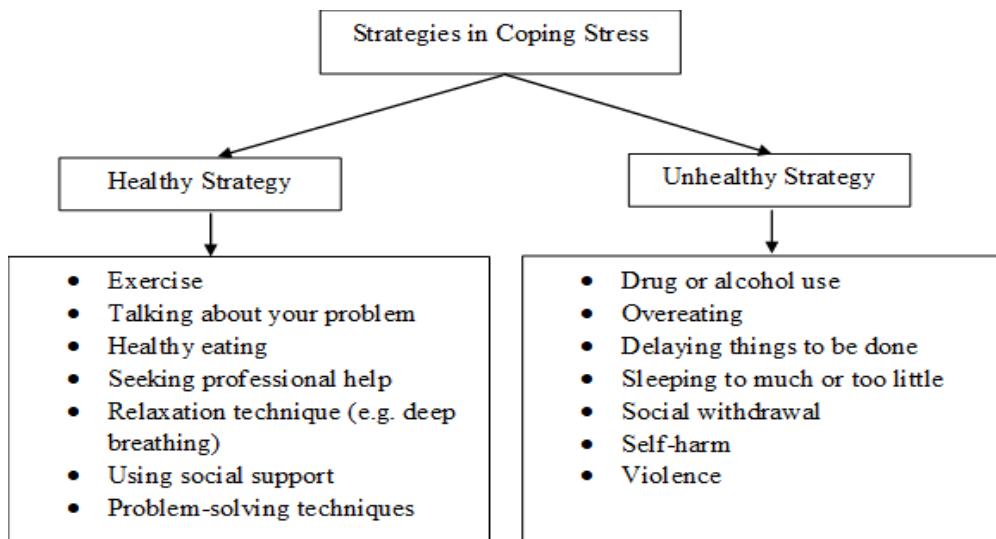
### **Activity 3: Understanding the Concept**

Problems are part of our lives. It can strengthen us or weaken us depending on how we deal with them. Every person acts differently when beset by problems. Some want to spend time alone, to hang out with friends or families, or to go to church and pray. Others want to relax, meditate, exercise and listen to music. Still others choose to drink alcohol and take illegal drugs as a form of escape. Altogether, any of these coping strategies have effects in our body; which are either good or bad.

This module will help you understand some strategies in coping stress. As you go further, you will learn the two types of strategies: the **healthy** and **unhealthy strategy** as well as their effects to human mind and body.

Study this illustration about the strategies in coping stress.

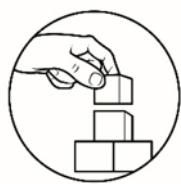
**Figure 1. Strategies in Coping Stress**  
**Therapist Aid LLC. "Healthy vs. Unhealthy Coping Strategies."**



Now, let us discuss the difference between the two types of coping strategies.

Unhealthy strategies can relieve stress instantly but as you practice them in a long period of time, they have harmful effects to your body. In terms of mental aspect, your brain maybe damaged because of the alcohol or prohibited drug intake. As a result, you might experience memory lapse, and develop difficulty focusing on things which may lead to failure in finishing assigned task or work in time. In terms of physical aspect, you may feel that your body becomes weaker, and may eventually acquire illnesses, infections, or accidental injuries, either of which can even lead to death.

On the other hand, healthy strategy in coping stress does not only cater to your body but to your mind as well. For example, a nutritious diet can make your brain healthy, you will have the ability to think and focus properly and do your tasks on time. In terms of the physical aspect, your body will become stronger and free from illnesses which will lead to a longer life especially if accompanied with regular exercise. If your body and mind are healthy you will be able to face any challenges and stress that you encounter in your daily living.

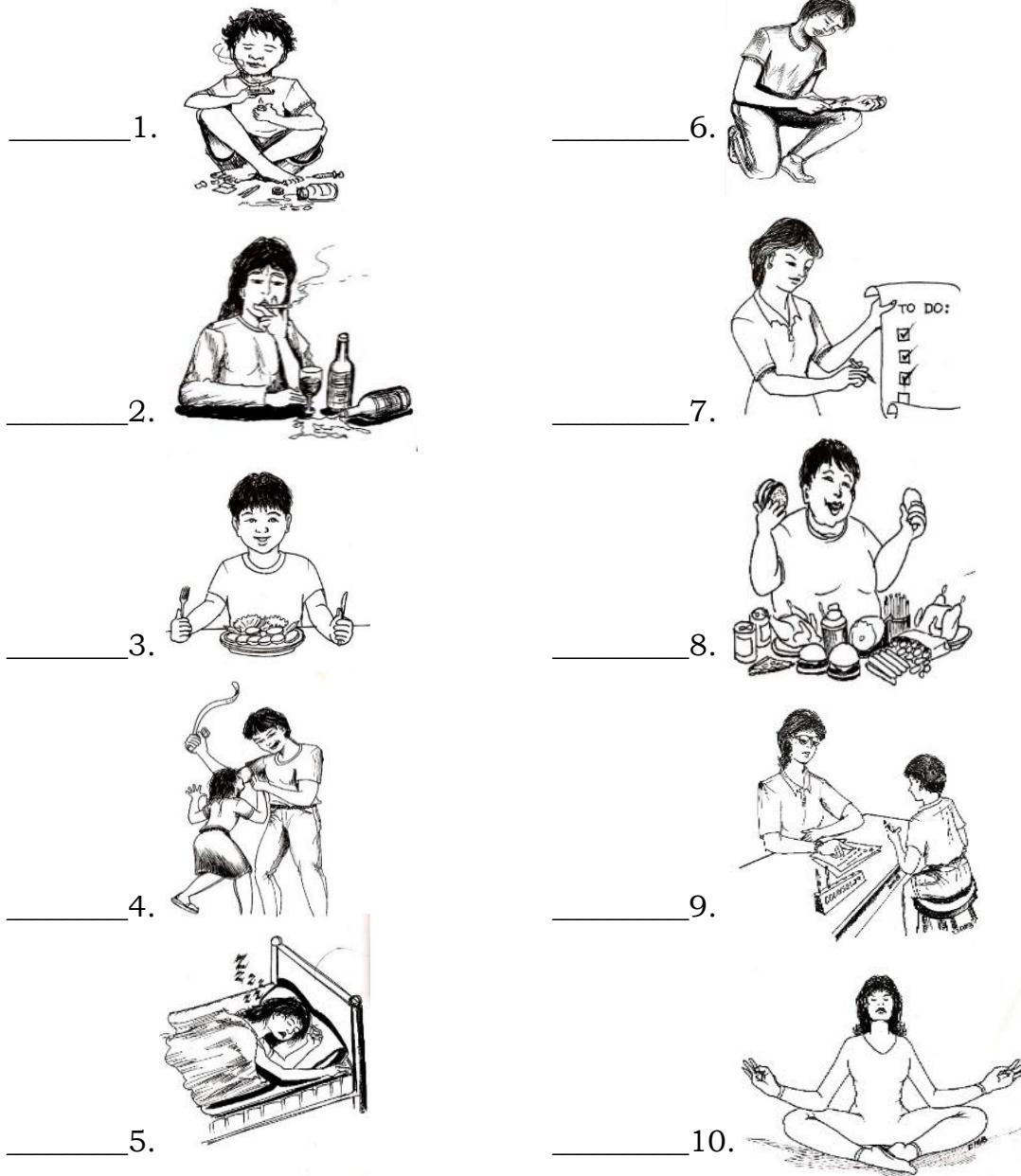


## What's More

### Activity 4: Stop! Look! And Analyze!

Now that you have understood the concept about the strategies in coping stress, let's have another activity. This will help you visualize the difference between healthy and unhealthy strategies in coping stress.

**Directions:** Analyze each of the illustrations below. Draw a happy face (☺) if you think that it shows a healthy strategy. Draw a sad face (☹) if it shows an unhealthy strategy. Do this in your activity notebook.

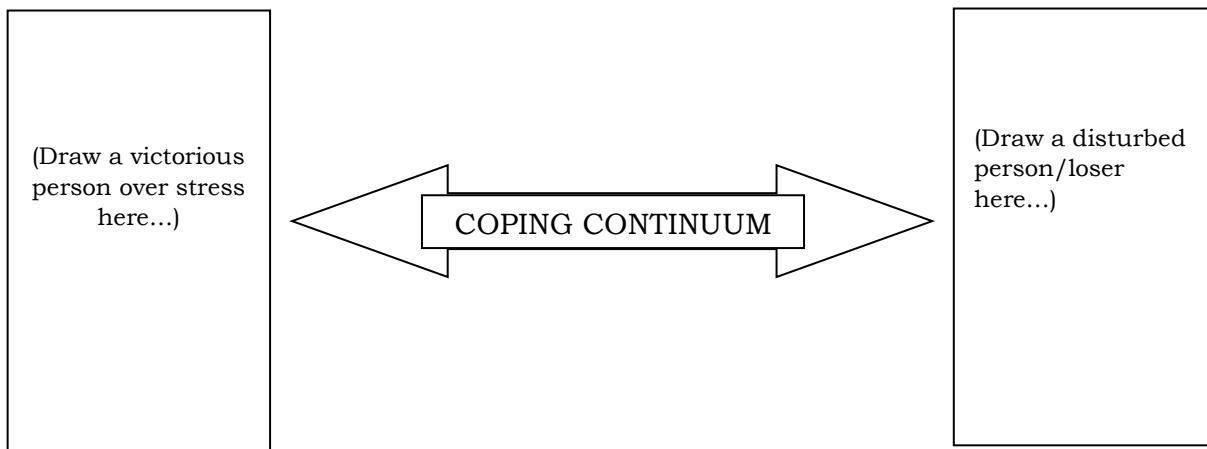




## What I Have Learned

### Activity 5.1: Coping Continuum!

The next task will sum up your understanding about the topic. In the Coping Continuum, below, write down the possible stages of experiences that you will undergo in using healthy coping strategy as compared to the experiences and final effect of unhealthy coping strategy to your health. How will you describe yourself at the end of the coping process? Draw your caricature in the end box. Do this in your activity notebook.



### Activity 5.2: Healthy vs. Unhealthy Strategy

Here's another activity to sum up your understanding about the two strategies in coping with stress.

**Directions:** Write the effect of healthy strategy and unhealthy strategy to the physical and mental aspect of the person.

	HEALTHY STRATEGY	UNHEALTHY STRATEGY
In terms of physical aspect		
In terms of mental aspect		

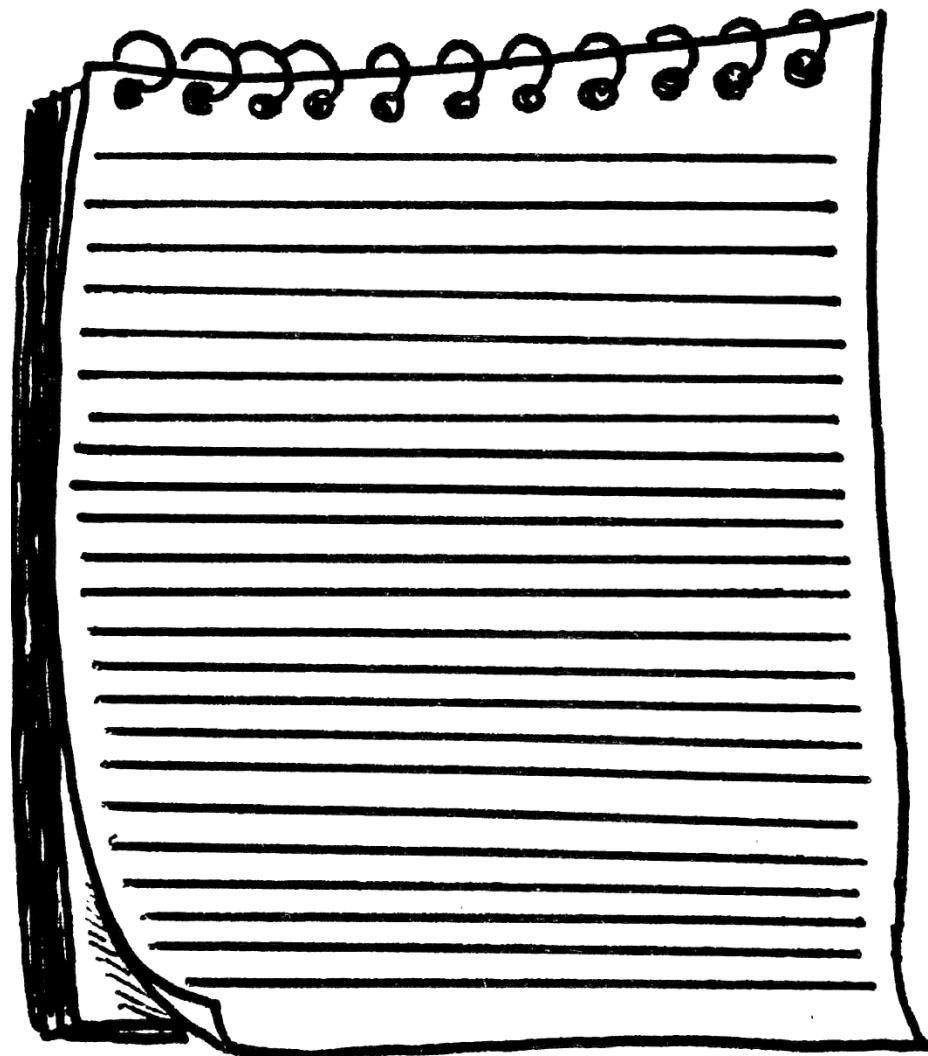


## ***What I Can Do***

### **Activity 6: Think and Reflect!**

This activity will help you think and reflect on your day-to-day battle with uncomfortable situations.

**Directions:** Copy this illustration below in a bond paper and write a short reflection citing one stressful situation at home, in school or in the community. Describe how you dealt with it.





## **Assessment**

**Essay.** Write an essay guided by the following questions.

1. Are able to know when you are upset, or do you tend to hide it from yourself?
  
2. How do you cope with being upset? Do you tend to leave things and deal with them later or do you try to get the bottom of the problem and solve it right away?



## **Additional Activities**

### **Activity 7: Interview**

Aside from the learning you had in the previous lesson, this task will give you more information on coping with stress by interviewing people in the community.

The following are the questions that you may ask:

1. What situation is most stressful for you? \_\_\_\_\_  
\_\_\_\_\_.
  
2. How did you handle that situation? \_\_\_\_\_  
\_\_\_\_\_.
  
3. Are you happy with the result? Why? What did you learn from that experience? \_\_\_\_\_  
\_\_\_\_\_.



## ***Answer Key***

Assessment	
What's More	
Test I.	1. D 2. ☺ 3. ☺ 4. ☺ 5. ☺ 6. ☺ 7. ☺ 8. ☺ 9. ☺ 10. ☺
Test II.	1. F 2. T 3. T 4. F 5. T
Test III.	1. U 2. H 3. H 4. U 5. H

## **References**

1. Department of Education. *Physical Education and Health 7 Learner's Material*. Pasig City: Department of Education, 2017
2. Therapist Aid LLC. "Healthy vs. Unhealthy Coping Strategies." Accessed October 8, 2019. <https://www.therapistaid.com/therapy-worksheet/healthy-unhealthy-coping-strategies>.

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