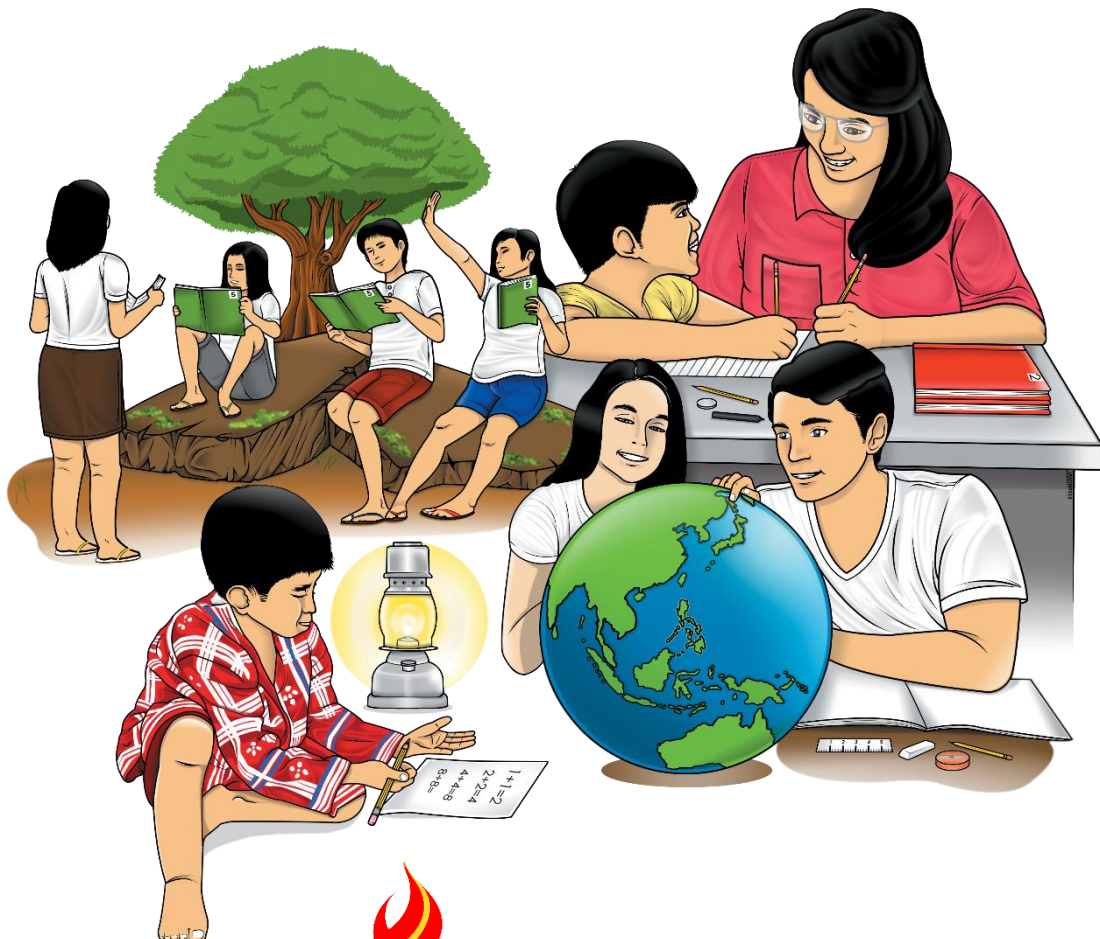


Senior High School

Personal Development

Quarter 1 – Module 10:

Coping with Stress in Middle and Late Adolescence



**Personal Development
Alternative Delivery Mode
Quarter 1 – Module 10: Coping with Stress in Middle and Late Adolescence
First Edition, 2021**

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Secretary: Leonor Magtolis Briones
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Development Team of the Module

Writers: Rebecca T. Arevalo

Editors: Gorgenia C. Jepa

Reviewers: Sherelyn N. Mijares, Jean L. Reyes, Jerome C. Hilario, Jesusa L. Partosa,
Aira Myr T. Marbibi, Priscilla V. Salo

Illustrator: Gilbert R. Esguerra

Layout Artist: Diana F. delos Santos, Rosanito S. Paras

Management Team: Francis Cesar B. Bringas

Job S. Zape Jr.

Ramonito Elumbaring

Reicon C. Condes

Elaine T. Balaogan

Fe M. Ong-ongowan

Christopher R. Diaz

Juan R. Araojo Jr.

Cristina C. Salazar

Priscilla V. Salo

Bernadette B. Patag

Rosanito S. Paras

Rochene I. Garcia

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Department of Education – Region 4A CALABARZON

Office Address: Gate 2 Karangalan Village, Brgy. San Isidro, Cainta, Rizal

Telefax: 02-8682-5773/8684-4914/8647-7487

E-mail Address: lrmd.calabarzon@deped.gov.ph

Senior High School

Personal Development
Quarter 1 – Module 10:
Coping with Stress
in Middle and Late Adolescence

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 was designed and written to help you to manage your stress in life, and to maintain mental health. In this module, you will realize that stress is real, unavoidable, and has different impacts on every individual depending on the level of tolerance a person has toward stress. Stress should not be taken for granted because it will bring negative effects on the mind, emotion, and body, if not given attention and solution. The focus of this module is to help middle and late adolescents to cope with prevailing stress and learn how to minimize its effects. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module focuses on ideas and activities on how to cope with stress and maintain mental health.

After going through this module, you are expected to:

1. Identify the meaning of coping with stress/stress management.
2. List ways on how to face the different causes and effects of stress.

Share ideas in dealing with stress and maintaining mental health with siblings, friends, and family.



What I Know

A. Directions: Write **T** if the statement is true and write **F** if the statement is false.

- _____ 1. Stress is real and cannot be avoided.
- _____ 2. Stress does not affect your health.
- _____ 3. Coping with stress needs the effort to help you deal with the causes, and effects of stress.
- _____ 4. Everyone has the same way of dealing with stress.
- _____ 5. To deal with stress is to find effective solutions/ways to overcome it.

B. Directions: Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

- 6. Which of the following characteristics is an avoidance approach?
 - A. Looking at the cause of the problem
 - B. Making solutions to the problem
 - C. Running away from issues
 - D. Facing the issues

- 7. Which of the following does **NOT** belong to ways of coping with stress?
 - A. Proper breathing exercise
 - B. Negative thinking
 - C. Praying
 - D. Taking a walk

- 8. Which of the situations below does **NOT** demonstrate the proper way in coping with stress?
 - A. Leo does biking exercise for at least 30 minutes every day.
 - B. Joel takes a nap whenever he feels tired.
 - C. Bing drinks alcohol when she has a problem.
 - D. Liza listens to music whenever she is struggling.

- 9. Who among them manages stress well?
 - A. Ana plays violin when she is facing problems/struggles.
 - B. Kay yells at everyone around her when she is upset.
 - C. Mark smokes when he is troubled.
 - D. Jack fights with his siblings when he is annoyed.

- 10. Which of the following is **NOT** helpful when you are stressed out?
 - A. Positive thinking
 - B. Keeps on crying
 - C. Forgiving
 - D. Helping others

11. How do we stay mentally healthy?
 - A. By complaining all the time
 - B. By comparing oneself to another
 - C. By disobeying the parents
 - D. By recognizing his/her value as a person

12. How do we cope with stress in our daily life?
 - A. By making a simple and attainable schedule
 - B. By exercising *mañana* habit
 - C. By keeping records of the mistakes of others
 - D. By just thinking about yourselves

13. Why do we need to have stress management skills?
 - A. To become a better person
 - B. To be a good example to others
 - C. To have a healthy living
 - D. All of the above

14. Why do we need to maintain mental health?
 - A. To become wealthy
 - B. To become famous in the community
 - C. To become effective participant at home, in school, and in society
 - D. To become a mentalist

15. How will you do an acceptance-action approach in coping with stress?
 - A. By admitting the reality of stress
 - B. By learning a new skill to cope with stress
 - C. By seeking support from others
 - D. By doing all of the above

Lesson**10****Coping with Stress in Middle and Late Adolescence**

In this module, we will discuss what is coping with stress and discover ways on dealing with the different sources and effects of stress during middle and late adolescence.

**What's In**

Now let us have a review of the previous lesson: Identify if the words below are causes of stress or effects of stress. Write **STOP** for causes of stress and draw a **SAD FACE** for effects of Stress.

1. Taking a test	6. Overeating
2. Headaches	7. Vomiting
3. Covid 19	8. No Internet connection
4. Lack of money	9. Noisy environment
5. Anger	10. Tired

**Notes to the Teacher**

The role of the teacher or facilitator is to guide the students in doing the activities in this module. Remind the students not to write anything on any pages of the module, but to write their answers on a separate sheet of paper. Taking care of this material is of great importance in order to pass this material on to others. Thank you and God bless you!



What's New

Activity: Read the poem and answer the questions below.

Coping with Stress

*By: Rebecca T. Arevalo
Edited by: Riza L. De Leon*

Stress! Stress! Stress!
Stress coming from anyone and anywhere
Stress in home and stress in school
Stress in the streets and stress in the markets
Stress from the virus and other issues

Headaches, sweats, and fears are exposed
Eating and sleeping pattern are destroyed
Tired, irritated, agitated, and broken
Are some of the signs of stressed being

I won't be hindered to reach my goal
By those stressors big or small
With the help of God who loves us all
He will answer us when we call

I will look at the situation in a positive way
Finding solutions to stay healthy
Do simple exercises and sometimes play
To help me become relax and be okay

Questions:

1. What is the poem all about?
2. What did the author say about stress?
3. How did the author cope with stress?



What is It

Coping Defined

“**Coping** refers to mental and behavioral efforts that we use to deal with problems relating to stress, including its presumed cause and the unpleasant feelings and emotions it produces.”

<https://www.oercommons.org/courseware/lesson/15377/overview>

In coping with stress, we are using all aspects of our self to deal with both the causes of stress and their impacts on our emotions that can make us feel uneasy or uncomfortable.

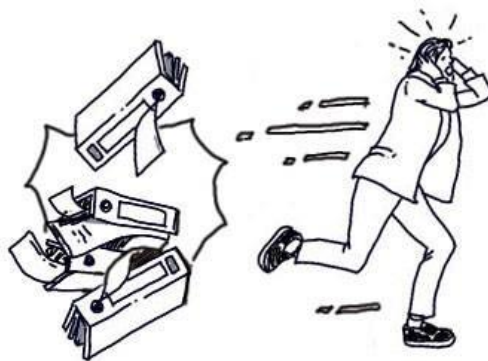
Stress will not disappear when we do nothing about it. Instead, it will worsen situations that can cause more problems to our physical and mental health, which is more difficult to handle.

So let's do something to face the struggles in dealing with stress by finding a better solution.

How do people cope with stress?

Since stress is real and cannot be avoided, we need to deal with it. When we are stressed out, we typically wanted to feel good and well. This may include knowing the causes of stress, understanding its effects on us, and finding ways to deal with it.

❖ Approaches in Coping with Stress



<https://www.rawpixel.com/image/475316/free-photo-image-run-away-chaos-time-management>

I. Avoidance Approach

In this approach, people tend to run away from the stress by denying the presence of stress and by taking steps away from the causes of stress or stressor. People will tend to avoid the place, people, situation, feeling, etc., that would remind them of the stressful moment in their lives.

Avoidance is usually a negative response, although you have to do it sometimes if it is deemed necessary.

Example: You want to avoid the person who has hurt you badly because it will remind you again of the past pain, he/she has caused you.

Some people practice avoidance by directing their actions or resorting to bad/negative habits like smoking, drinking alcoholic beverages, or even taking illegal drugs, which they think is helpful, but is worsening the situation and causing more stress.



<https://www.psychologytoday.com/us/blog/what-matters-most/201701/10-new-strategies-stress-management>

II. Acceptance-Action Approach

In this approach, you acknowledge and accept the fact that stress is real, and that stress has good and bad effects on a person. Acknowledging and accepting the reality of stress and its effects would lead you to take actions to feel better or to resolve stress and have a healthy life. Dealing with stress leads to finding better solutions.

Example: You know that you have an upcoming test. So, in order for you to pass or get a high grade on the test, you have to exert some effort like studying/reviewing.

Acceptance –action will help to lessen the stress in your life by doing something before or even during stressful times, which can help you do better and live well.

In this approach, adolescents are encouraged to think of helpful and effective ways to cope with stress.

Ways on how to Cope with Stress to Maintain a Healthy Well-Being:

1. Physically:

- A. **Simple exercise-** like stretching, proper breathing exercise, walking, jogging, Zumba, etc.
- B. **Eat Nutritious Food and Healthy foods:** Vegetables, fruits, eggs, and less fatty foods, salty, and sweet food, etc.

- C. **Drink a Lot of water** (8-10) glasses of water a day- drinking water help eliminate the toxins in our body and help our bodies to relax and keep us hydrated.
- D. **Take a Bath Daily.** Taking a bath will help you feel clean and relaxed
- E. **Proper Hygiene-** washing hands, brushing teeth, etc.
- F. Take a **Nap** whenever you get tired of doing any work or activities
- G. **Sleep at least 8 hours-** good sleep will help you regain your strength.
- H. **Find, Look, or Imagine** a relaxing place or even a picture
- I. **Engage in sports like** badminton, volleyball, basketball, etc.

2. Emotionally/Socially:

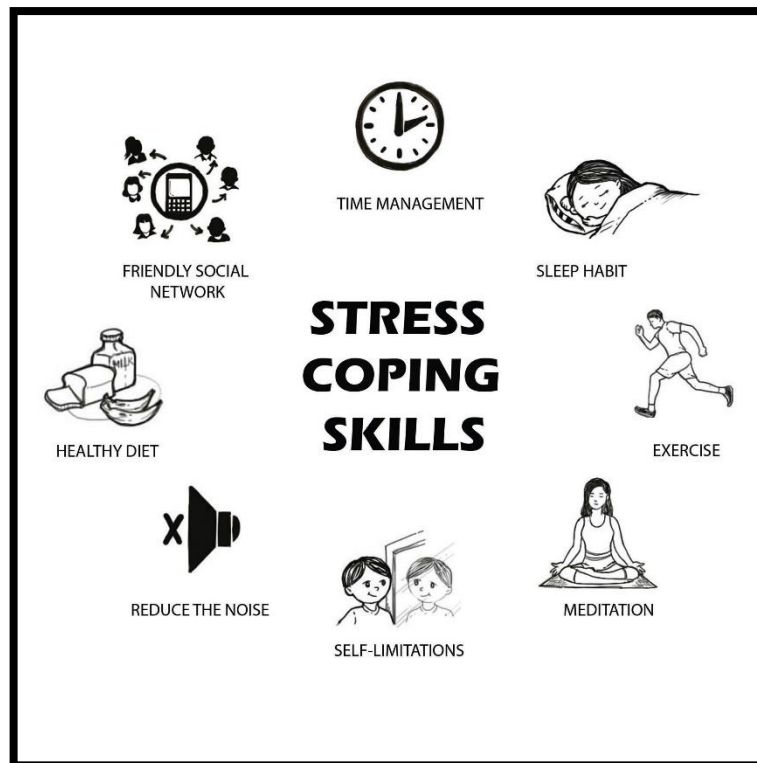
- A. **Listen to Music** (inspiring music that would help you feel better)
- B. **Do your favorite hobbies** like dancing, playing musical instruments, drawing, singing, painting, reading, blogging, etc.
- C. **Watch funny videos / movies** that will make you laugh and feel relax
- D. **Play** relaxing games
- E. **Make a journal/blog**
- F. **Release your emotions** –share them with friends, siblings, parents, teachers, and counselors
- G. **Have a positive talk to yourself** like: “never give up”, “kaya ko to”, words of encouragement, and self-affirmations.
- H. **Learn to forgive-** to let go about your ill-feeling towards others who have offended you or even to yourself
- I. **Accept mistakes and learn from them** knowing that nobody is perfect
- J. **Find a Support group-** people who can be there for you especially in times of crisis
- K. **Talk to professionals like doctors or counselors** if needed

3. Mentally and Spiritually:

- A. **Read books/Novels/Comics**, Inspirational books, Bible, etc.
- B. **Think Positive-** look at the brighter side in every situation. (What lesson can I learn? How can I improve myself from this situation?)
- C. **Manage your Time-Plan ahead of your** activities and make schedules like classes, tests, household chores, breaking a bigger task into simple ones, one activity at a time, etc.
- D. **Pray to God-** telling/pouring out your emotions/problems to God.
- E. **Be thankful** instead of grumbling
- F. **Learn to say No** if needed
- G. **Know your Value** as a being created in the image of God and loved by God

4. Things to be avoided when you are stressed:

1. *Tobacco/cigarette*
2. *Alcoholic beverage*
3. *Illegal drugs*
4. *Too much coffee and soft drinks*
5. *Negative thoughts*



<https://www.educba.com/stress-management-skills/>

Since, stress has individual effects on each of us, which depends on our level of tolerance, it also requires personal techniques in overcoming and coping with it.

Why is Coping with Stress Important?

Coping with stress is very significant in middle and late adolescence since at this stage, there is a hormonal surge. Stress creates hormonal imbalances as adolescents face different issues/expectations, challenges, and responsibilities while handling its effects on their physical, emotional, and mental well-being.

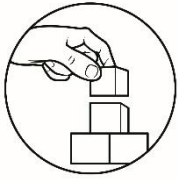
Coping/managing stress is important because it will help you to keep moving amid the daily challenges you are facing. It will help you live a healthy mind and a healthy being. Too much stress can cause damage to your well-being if you will not properly deal with it immediately. We are like an elastic rubber band but when stretched out too much because of stress, we may lose the elasticity and eventually snap and break.

Have faith, Stay Calm, and Live Healthy by coping stress!

Will you accept the challenge of coping with stress?

How to minimize Stressful situations?

1. Manage your time wisely
2. Work with others
3. Think optimistically
4. Trust God



What's More

Understanding Coping Approaches

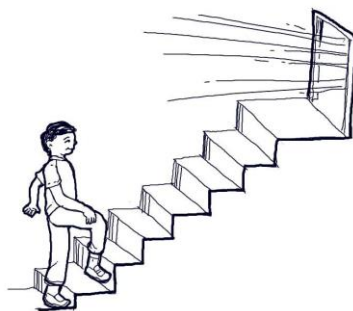
Learning Skills: Identifying Approaches and the ways of coping with stress.

Complete the table below with the appropriate response.

Causes of Stress	Effects of Stress	Coping-Approaches	Coping ways
Ex. Lack of Finances	Worried	Acceptance-Action	Pray and ask help from others on how to have additional income.
1.			
2.			
3.			
4.			
5.			

Learning the Skill: Concepts on Coping up with stress

1. List factors that made you stressed out and demonstrate personal ways of coping with it to achieve a healthy lifestyle.
2. Illustrate it through writing your steps on *stairways to coping with stress*



<https://www.dreamstime.com/stock-illustration-steps-man-climbing-stairs-to-reach-light-stick-figure-vector-eps-image43659668>

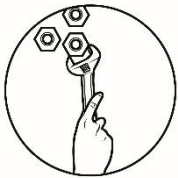


What I Have Learned

Fill in the blanks with appropriate answers:

1. I have learned that

2. I realized that



What I Can Do

Choose only 1 activity for you to answer.

Activity 1

Make 5 “*Hugot lines*” about dealing with stress and coping with mental health. Then share your “hugot” lines to your friends/siblings that will serve as encouragement for them when they also face stressful moments.

Example:

“Dealing with stress is like taking energy drinks; it keeps you going”

- 1.
- 2.
- 3.
- 4.
- 5.

Activity 2

Interview your friends (*through messenger, text messages, or call*) or members of your family on how they were able to cope with stress. Then write your realization/reflection in your journal.



Assessment

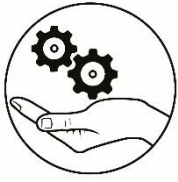
A. Write **True** if the statement is true, write **False** if the statement is false.

- _____ 1. Every person has the same way of coping with stress.
- _____ 2. Stress should not be taken for granted instead you have to deal with it properly.
- _____ 3. Coping with stress needs the effort to help you deal with its cause and effect.
- _____ 4. Avoidance approach in coping with stress is facing stressful situations without fears.
- _____ 5. Coping with stress is important to maintain mental health and healthy living.
- _____ 6. In the Acceptance-action approach, you tend to move away from stressful scenarios.

B. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

- 7. Which of the following characteristics refers to the avoidance approach?
 - A. Excited to solve the problem
 - B. Dealing with the cause of the problem
 - C. Denying the presence of the problem
 - D. Planning to solve the problem
- 8. Which of the following is more helpful in coping with stress?
 - A. Relaxing exercise
 - B. Drinking more coffee
 - C. Taking illegal drugs
 - D. Skipping meal
- 9. How to minimize the effects of stress?
 - A. Manage your time well
 - B. Stay positive
 - C. Wise decision-making
 - D. All of the above

10. Which of the situations below does **NOT** demonstrate the proper way in coping with stress?
- A. Leo does biking exercise for at least 30 minutes every day
 - B. Joel takes a nap whenever he feels tired.
 - C. Bing drinks alcohol when she has a problem
 - D. Liza listens to music whenever she is struggling
11. Who among them manages stress well?
- A. Ana plays violin when she is facing problems/struggles
 - B. Kay yells at everyone around her when she is upset
 - C. Mark smokes when he is troubled
 - D. Jack fights with his siblings when he is annoyed
12. Which of the following are the steps in coping with stress using an acceptance-action approach?
- A. Knowing the cause of the stress
 - B. Understanding the effects of the stress
 - C. Finding ways that are effective in coping with stress.
 - D. All of the above
13. How to cope with stress in your daily life?
- A. By making a simple and attainable schedule
 - B. By exercising “*mañana*” habit
 - C. By keeping records of the mistakes of others
 - D. By just thinking about yourselves
14. Why do we need to have stress management skills?
- A. To become a better person
 - B. To be a good example to others
 - C. To have a healthy living
 - D. All of the above
15. There’s a family with three (3) adolescents in the house, but these siblings are always fighting about who will do the daily household chores, so the parents are angry and stressed out with their situation. What would be the best way to overcome their stressful life?
- A. Separate them in different houses
 - B. Delegate the specific task for each of them with responsibilities and sanctions if they fail to do their task.
 - C. The parents will always yell at them
 - D. The parents will do the household chores



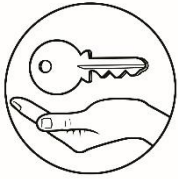
Additional Activities

How are you going to cope with the stress that you are facing?

Search **5 words** related to **coping with stress** then write a brief description for each word.

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

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



Answer Key

Assessment	1. False
	2. True
	3. True
	4. False
	5. True
	6. False
	7. C
	8. A
	9. D
	10. C
	11. A
	12. D
	13. A
	14. D
	15. B

What's More	Answers may vary
--------------------	------------------

What I Know	1. T
	2. F
	3. T
	4. F
	5. T
	6. C
	7. B
	8. C
	9. A
	10. B
	11. D
	12. A
	13. D
	14. C
	15. D

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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