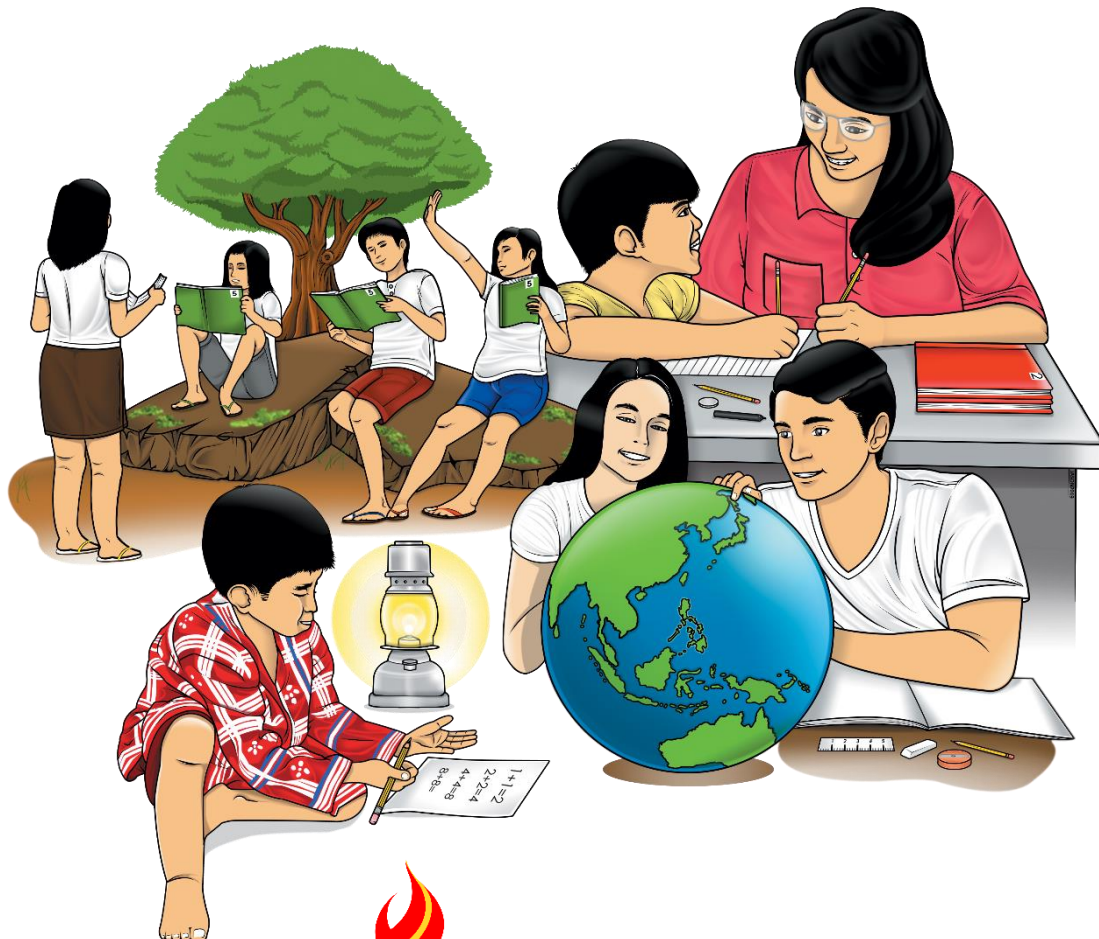


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Health

Quarter 3 – Module 10: Mental and Emotional Health



Health - Grade 7
Alternative Delivery Mode
Quarter 3 - Module 10: Mental and Emotional Health
First Edition, 2020

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Health

Quarter 3 – Module 10: 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.



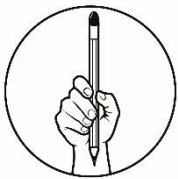
What I Need to Know

This module was designed to give you the information about the events, conditions and situations that may stimulate a person's tendency to experience symptoms of mental disorders.

The module is about mental and emotional health lesson 10. Mental and emotional health plays an important role in the overall well-being of a person; it is greatly affected by the person's way of life, and other situations that occur at any time.

After going through this module, you are expected to:

1. recognize triggers and warning signs of common mental disorders.
(H7PH-III-f-h-39)



What I Know

This activity will test you if you have advanced knowledge about this topic.

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

1. What do we call a stressful life situation of a person who experiences extreme sadness?
 - a. Death of loved one
 - b. Debt
 - c. Neglect
 - d. Headache
2. What type of disorder that can disrupt thinking, feeling, mood and behavior and impair daily functioning?
 - a. Disorder
 - b. Illness
 - c. Mental Illness
 - d. Trigger
3. What is the situation that may activate a person's tendency to experience symptoms of mental disorder?
 - a. Disorder
 - b. Illness
 - c. Mental Health
 - d. Trigger

4. How will you know that a person has symptoms of mental disorder?
- a. Stress
 - b. Excessive anger
 - c. Low energy
 - d. All of these
5. What situation can trigger a person that she/he feels alone?
- a. Discrimination
 - b. Headache
 - c. Illness
 - d. Death

B. Directions: Identify the following whether a **Warning Sign** or a **Trigger** of common mental disorder. Do this in your activity notebook.

- _____ 1. Feeling sad or down
- _____ 2. Significant tiredness
- _____ 3. Excessive fears or worries
- _____ 4. Major changes in eating habit
- _____ 5. Extreme mood changes
- _____ 6. Experienced discrimination
- _____ 7. Stressful life situations such as financial problems
- _____ 8. Death of a loved one.
- _____ 9. A childhood history of abuse or neglect
- _____ 10. Social isolation

Lesson**1****Mental and Emotional Health:
Recognizes triggers and warning
signs of common mental disorders*****What's In*****Activity 1: Guess Me**

Last time, you learned about coping skills and managing loss and grief that come into your life. Let me know if you still remember your past lesson.

Directions: Using the definition as your guide, form a word from the jumbled letters.

1. It occurs when someone dies or a life situation changes.

L	S	O	S
---	---	---	---

2. It refers to the emotional suffering caused by a loss, disaster or misfortune.

G	I	R	F	E
---	---	---	---	---

3. It is the foundation of society which is mainly responsible for shaping the lives of its members.

F	M	A	L	I	Y
---	---	---	---	---	---

4. It refers to the end of the physical being of a person that is caused by an illness aging or an accident.

D	T	E	H	A
---	---	---	---	---

5. It is brought about by our experiences with our family and friends in our environment.

C	O	N	M	O	M	-	S	T	R	O	S	S	R	E
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---



What's New

Activity 1: It hurts!

In your previous lesson you learned how to manage your grief and loss. The topic will tell you how these emotions can be triggered; it will also help you know the warning signs of common mental disorders.

Directions: Match the picture in column B with the corresponding word in column A. Write the answer in your activity notebook.

Column A

____ 1. Use of alcohol

____ 2. Poverty

____ 3. Bullying

____ 4. Losing someone close to you.

____ 5. Child abuse

Column B



Activity 2: Different Feelings

This activity will help you determine the warning signs of common disorders.

A. Directions: Fill in the blanks with the missing letters to form the correct words that describe the pictures.

The diagram consists of a central circle with six arrows pointing outwards to six circular illustrations. Each illustration is associated with a word in a box, where some letters are missing and represented by underscores.

- Top: A person sitting alone on a bench. Word: ISO _ _ TION
- Top-Right: Hands holding a bowl of food. Word: L _ SS OF AP _ _ TITE
- Bottom-Right: A woman with a distressed expression, holding her head. Word: IRR _ _ ABI _ _ TY
- Bottom: A woman with her hand to her face, looking sad. Word: EXT _ EM _ SAD _ _ SS
- Bottom-Left: A woman with a rope around her neck. Word: SUI _ _ DAL TH _ _ KING
- Left: A woman with a sad expression. Word: CR _ _ NG

B. The words above are warning signs of common disorders. Rank them in the order where 1st is the least warning sign to 6th as the worst sign. Do this in your activity notebook.

1st _____

4th _____

2nd _____

5th _____

3rd _____

6th _____



What is It

Now you learned the signs of mental disorder that affects the thinking, feeling, and mood of a person. Does someone in your family show warning signs like this?

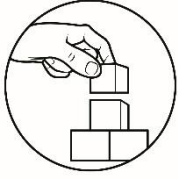
If stress is prolonged and you are not able to manage it well, you may develop a mental illness; **Mental Illness** is a disorder that disrupts thinking, feeling, mood, behavior and impairs daily functioning. **Triggers** are events, conditions or situations that may “activate” a person’s tendency to experience symptoms of mental disorders.

Triggers:

- childhood abuse
- trauma or neglect
- social isolation
- experiencing discrimination
- poverty/debt
- bereavement (losing someone close on you)

Warning Signs:

- feeling sad or down
- excessive fears or worries
- extreme mood changes
- significant tiredness
- problems sleeping
- suicidal thinking

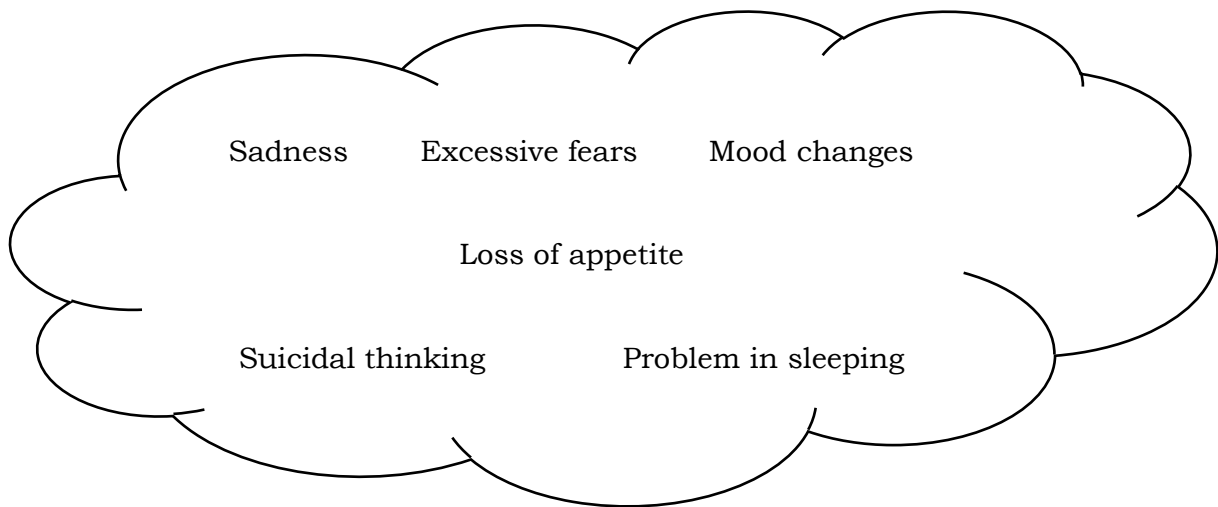


What's More

Activity 1: Give the Warning Sign

This activity will help you identify the warning signs of common disorders.

Directions: Analyze situations 1-5. From the choices inside the cloud, choose the warning sign appropriate for every situation. Do this in your activity notebook.



- _____ 1. Social isolation or rejected (feeling isolated)
- _____ 2. Bereavement (losing/death of someone close to you)
- _____ 3. Poverty or debt (your parents can't support the family needs.)
- _____ 4. Trauma (present on the crime or survival from the accident)
- _____ 5. Childhood abuse (raped/illegal syndicate)



What I Have Learned

Activity 1: Trigger and Sign

This activity will help you identify the warning signs and triggers of common disorders.

Directions: Identify the following situations as **trigger** or **sign** of common disorder. Put a check mark (✓) opposite the appropriate column. Do this in your activity notebook.

SITUATION	TRIGGER	SIGN
1. Confused thinking		
2. Childhood abuse		
3. Suicidal thoughts		
4. Poverty		
5. Sadness or Irritability		
6. Trauma or neglect		
7. Strong feelings of anger		
8. Bereavement (losing someone close to you)		
9. Significant tiredness		
10. Experiencing discrimination		

Activity 2: The Choice is Yours

This activity will measure your knowledge on triggers and signs of common disorder by analyzing the sentences in filling up the correct words.

Directions: Complete the sentences using the appropriate words from the word pool.

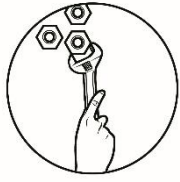
WORD POOL				
emotional	activate	disorder	illness	mental
stress	manage	feeling	thinking	mood
symptoms	situations	conditions		

If (1) _____ is prolonged and you are not able to (2) _____ it well, you may develop a (3) _____ illness.

Mental (4) _____ is a (5) _____ that disrupts (6) _____, (7) _____, (8) _____ and behavior and impairs daily functioning.

These disorders may be caused by prolonged (9) _____, mental and (10) _____ suffering due to various (11) _____.

Triggers are events, (12) _____ or (13) _____ that may (14) _____ a person's tendency to experience (15) _____ of mental disorders.



What I Can Do

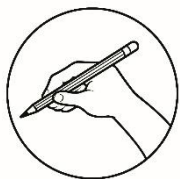
Activity 1: Give Me the Reason

This activity will help you identify the situation that can trigger one's emotions and may lead to warning signs of common disorder.

Directions: Identify the situation from the box that triggers the warning sign on the left. Write your answer in your activity notebook.

bullying	financial problem	child abuse
discrimination	losing someone close to you	

Warning Signs	Situation that can Trigger a Person
1. Crying	
2. Feeling Isolated	
3. Loss of appetite	
4. Irritability	
5. Extreme sadness	



Assessment

This activity will allow you to share what you learned from the topic discussed.

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

- What is the situation that may activate a person's tendency to experience symptoms of mental disorder?
 - Disorder
 - Illness
 - Mental Health
 - Trigger

2. What type of disorder that can disrupt thinking, feeling, mood and behavior and impair daily functioning?

a. Disorder	c. Mental Illness
b. Illness	d. Trigger

3. What do we call a stressful life situation of a person who experiences extreme sadness?

a. Death of loved one	c. Neglect
b. Debt	d. Headache

4. How will you know that a person has symptoms of mental disorder?

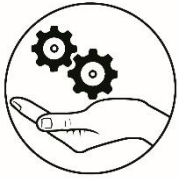
a. Stress	c. Low energy
b. Excessive anger	d. All of these

5. What situation can trigger a person that she/he feels alone?

a. Discrimination	c. Illness
b. Headache	d. Death

B. Identify the following whether a **Warning Sign** or a **Trigger** of a common mental disorder. Do this in your activity notebook.

- _____ 1. Feeling sad or down
- _____ 2. Significant tiredness
- _____ 3. Excessive fears or worries
- _____ 4. Major changes in eating habit
- _____ 5. Extreme mood changes
- _____ 6. Experienced discrimination
- _____ 7. Stressful life situations such as financial problems
- _____ 8. Death of a loved one.
- _____ 9. A childhood history of abuse or neglect
- _____ 10. Social isolation

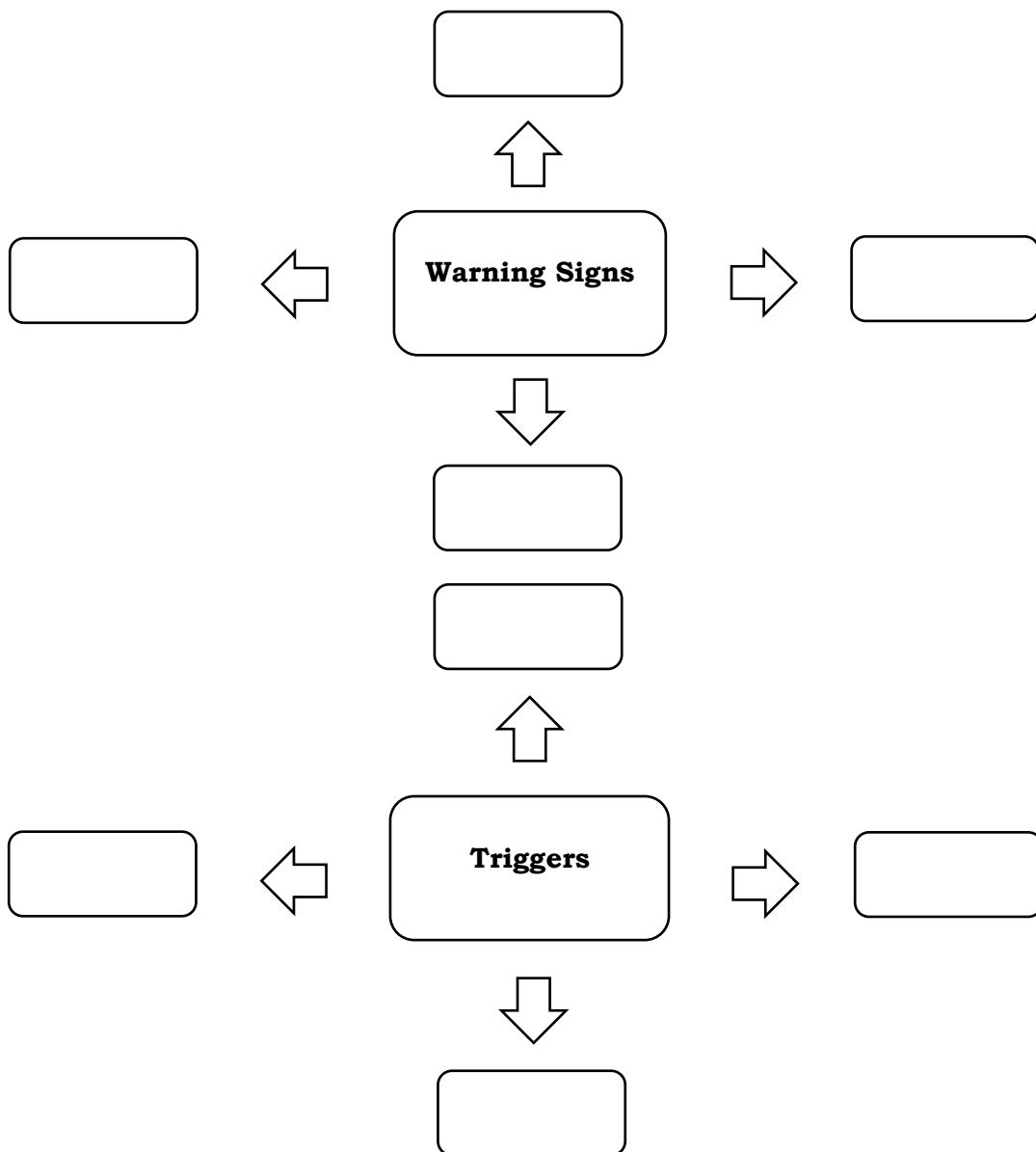


Additional Activities

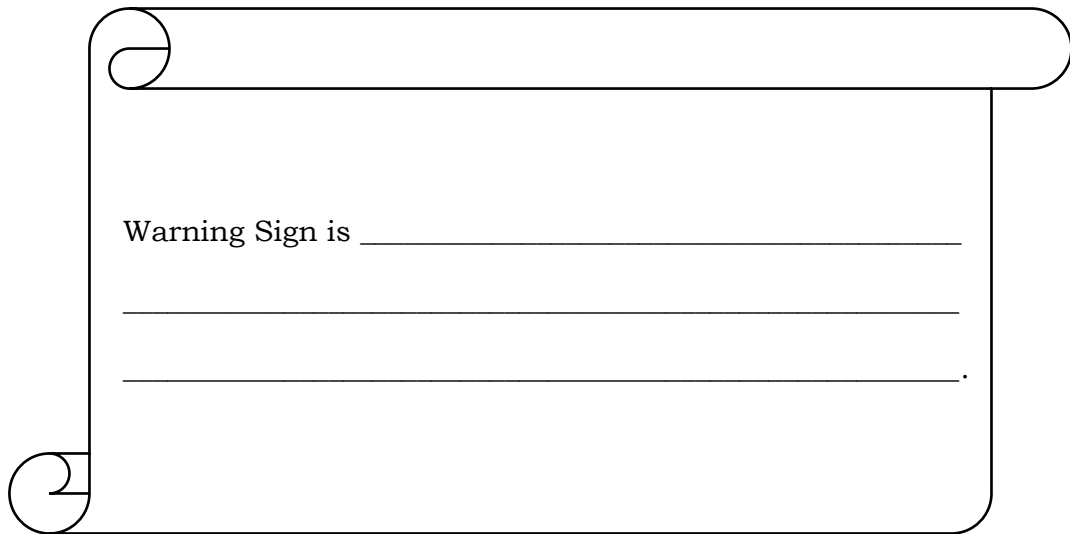
Do you know someone from your family or among your friends who experienced trigger situations? What warning signs did they show? Recall them as you do next activity.

Activity 1: Let's Recall!

A. Directions: In the appropriate box, write the situation that triggers their feelings and emotions and the warning signs shown in every situation. Do this in your activity notebook.

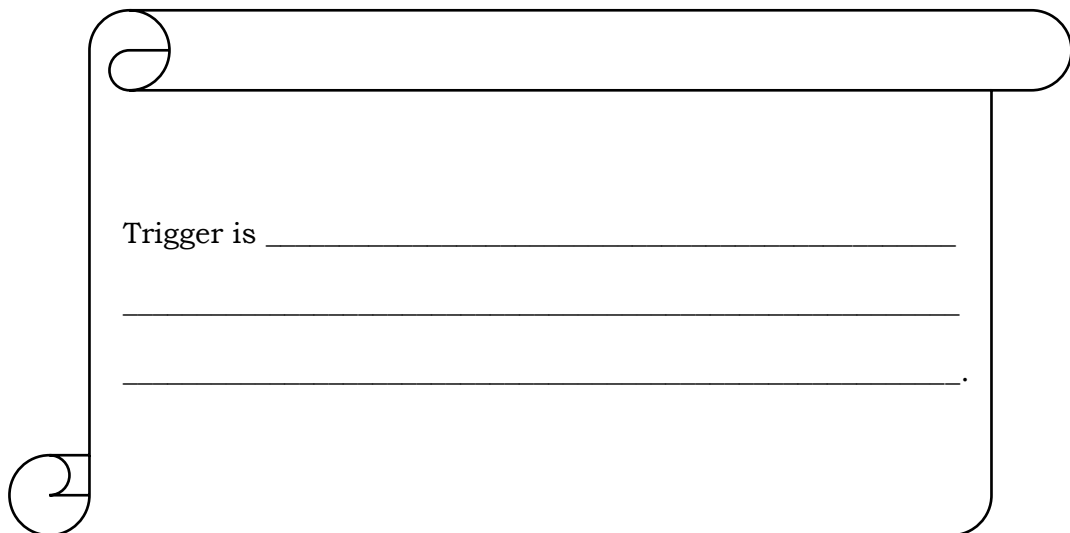


B. Come up with your own definition of warning signs and triggers.



Warning Sign is _____

_____.



Trigger is _____

_____.



Answer Key

Assessment	
A.	
1. d	1. Warning Sign
2. c	2. Warning Sign
3. a	3. Warning Sign
4. d	4. Warning Sign
5. a	5. Warning Sign
	6. Trigger
	7. Trigger
	8. Trigger
	9. Trigger
	10. Trigger

What I have learned	
Activity 2: The Choice is Yours	
1. stress	1. situations
2. manage	10. emotional
3. mental	11. situations
4. illness	12. conditions
5. disorder	13. situations
6. thinking	14. activate
7. feeling	15. symptoms
8. mood	
9. stress	

What's In	
1. Loss	
2. Grief	
3. Family	
4. Death	
5. Common Stressor	

References

Books

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

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