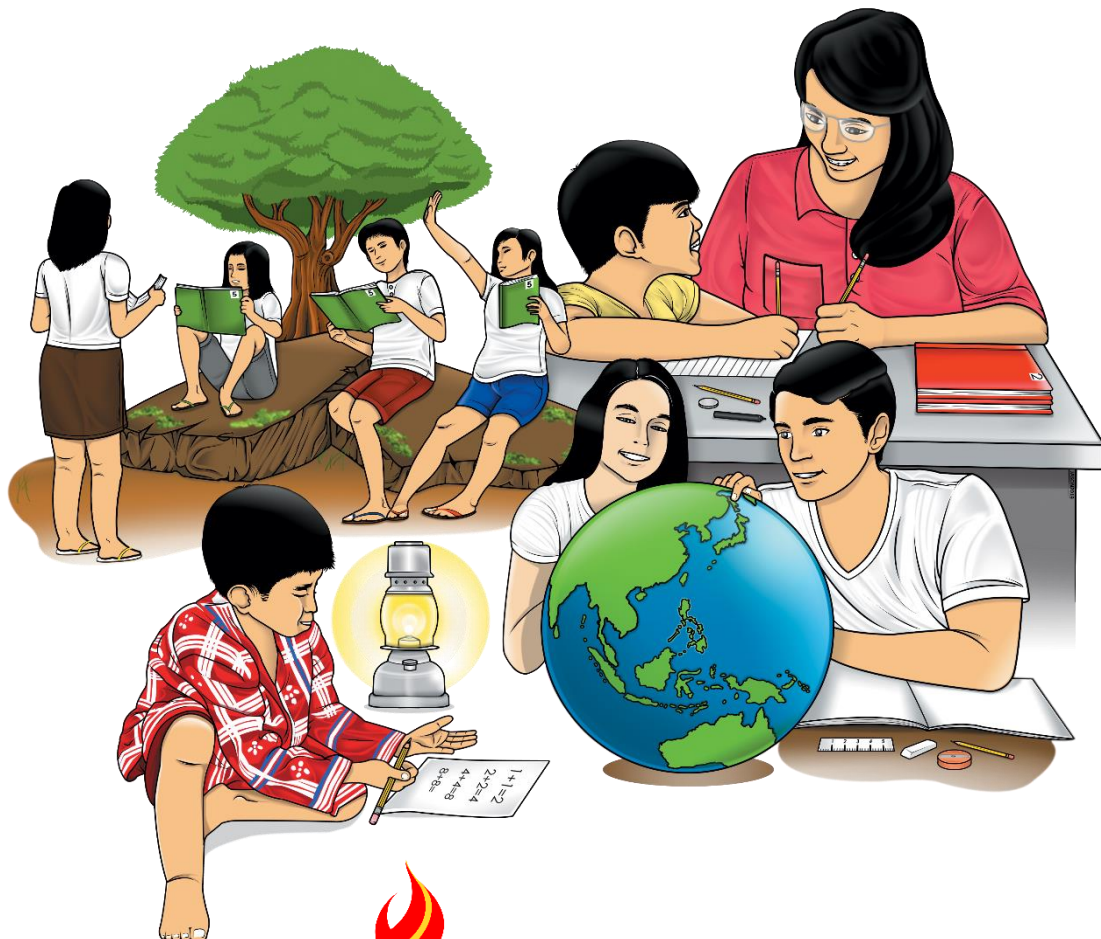


# Health

## Quarter 3 – Module 6: People Who Can Provide Support in Stressful Situations



**Health Education – Grade 7**  
**Alternative Delivery Mode**  
**Quarter 3 – Module 6: People who can provide support in stressful situations**  
**First Edition, 2020**

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# Health

## Quarter 3 – Module 6: People Who Can Provide Support in Stressful Situations

## **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***

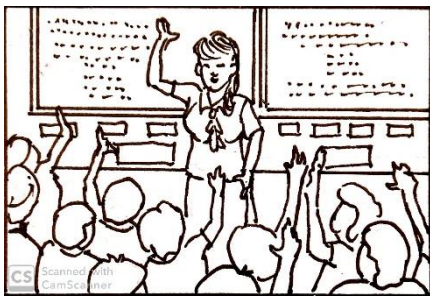
Health is most often being related only to the physical well-being of an individual. Little do people know that health is more than looking healthy. As what you learned in the previous modules, health has various dimensions: physical, emotional, mental, social, moral-spiritual, and environmental. Aside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

This module will focus on your mental and emotional health. It will help you become aware of how your health is affected with the way you think and feel. You will find out that any imbalance in your mental and emotional health may result to stress. Stress, as a response of the body to a certain event or experience has many sources. With this, it is important to develop self-management skills to cope with stress.

The module is about:

Lesson 6: People who can Provide Support in Stressful Situations.

After going through this module, you are expected to -identify the people who can provide support in stressful situations.





## ***What I Know***

This activity will introduce you to your new topic and will test your prior knowledge about it.

### Part I- True or False

Directions: Write T if the statement is True and F if it is False. Do it in your activity notebook.

- \_\_\_\_ 1. Social support can also be measured in terms of structural and function support.
- \_\_\_\_ 2. Family cannot help you in stressful situations.
- \_\_\_\_ 3. The school is called the second home of students.
- \_\_\_\_ 4. Asking advice from a religious leader/clergy can lessen your stress.
- \_\_\_\_ 5. A social support helps maintain a positive outlook in life.
- \_\_\_\_ 6. Friends cannot help you in times of need.
- \_\_\_\_ 7. Teachers help students acquire knowledge and competence.
- \_\_\_\_ 8. Family is a great source of strength in times of stressful situation
- \_\_\_\_ 9. Teachers are considered the second parents of students in school
- \_\_\_\_ 10. Relaxation techniques such as deep breathing, meditation, yoga, stretching, visualization, and massage are all great ways to work out the physical and mental effects of chronic stress.

## Part II-Situational Analysis

Read the story and answer the questions afterwards.

Janice, a young girl, thought things were going well in her new school, since all the popular girls were nice to her. But then she found out that one of them posted mean rumors in social media about her. Janice started to feel stressed. At home, she cried alone and had sleepless nights. In school she started going to the school clinic complaining of a stomach ache or headache in order to avoid the girls.

1. What is the story all about?

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2. If you were Janice, would you feel the same way?

If yes, why?

If no, why not?

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3. Why was Janice stressed?

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4. If you were Janice, how would you overcome your stress because of what your friends did? Who do you ask help from and why?

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## Lesson

# 1

## Mental and Emotional Health: People Who Can Provide Support in Stressful Situations

You learned from the previous lesson that there are techniques that can be used to cope with the harmful effects of stress to your body. Stress is your body's reaction to harmful situations. A little stress is okay, but it can wear you down and make you sick physically and mentally. When you face stressful situations, your body responds to it.

Your body responds to stress in different ways. Find out in the puzzle below.



### *What's In*

#### Activity 1: Word Search

Directions: From the word puzzle, find the terms pertaining to the body's responses to stress. The first word has been encircled to give you an example. List them down in your activity notebook.

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



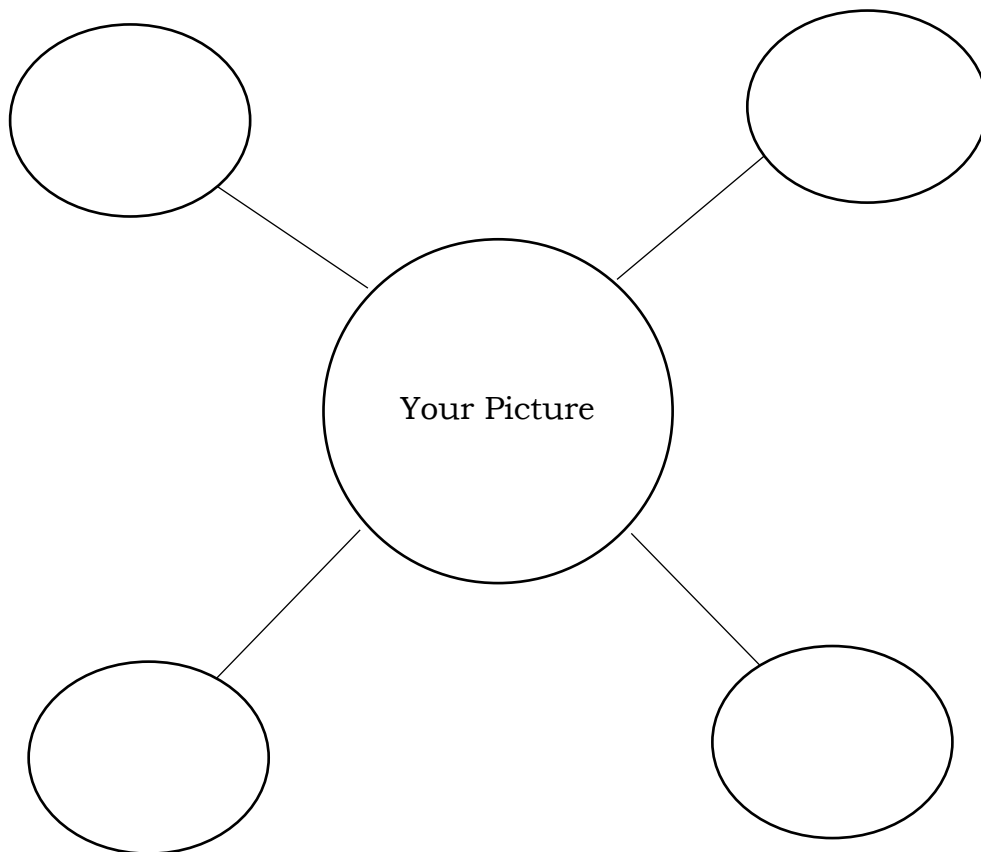


## ***What's New***

### **Activity 2: Support Me**

In this activity you will identify the people who can give you support in stressful situations.

Directions: Copy the mind map in your activity notebook. Paste your picture at the center. On each strand, write the name of the person who you can ask for advice in a stressful situation.



### Activity 3: Four Pics One Word

This activity will give you more insights about the topic.

Directions: Guess the word. Supply the missing letters in the boxes using clues from the four pictures and description in the box below.

1.

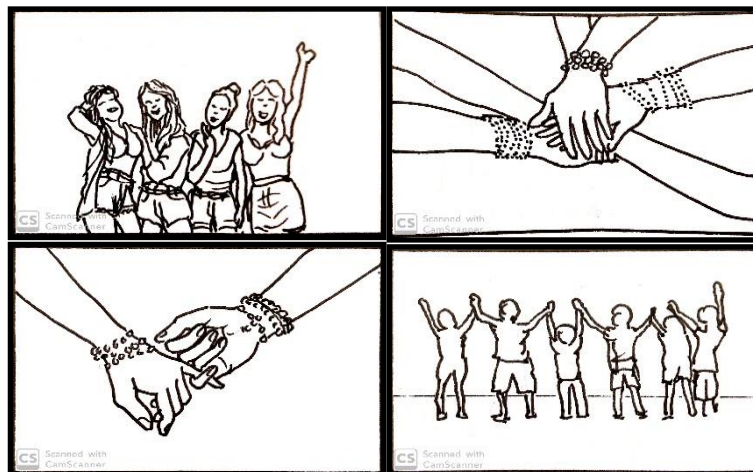
	A				Y
--	---	--	--	--	---



A group of people, usually of the same blood who genuinely love, trust, care about, and look out for each other

2.

		I			D	
--	--	---	--	--	---	--



people having mutual feelings of care, respect, admiration, concern, and love.

3.

T				H			
---	--	--	--	---	--	--	--



A professional who helps students acquire knowledge, competence, and virtue.

	A			O	
--	---	--	--	---	--

4.



People in-charge of a religious church or congregation who you can depend on in times of stressful situation

### Let's Read More

**Social Support** is the term used to describe people and organization to turn to in times of dire needs. It may include family, friends and other communities of people.



## ***What is It***

Who are the people who can provide support in stressful situations?

What are their roles in your life?

How will they support you when stressful situations happen?

Having a good social support system is important in maintaining motivation and managing stress. Surrounding oneself with family and friends can provide encouragement and support through stressful times. A social support system provides encouragement and self-efficacy, helps maintain a positive outlook, and allows an individual to talk about and find ways to deal with the stressor.

Research in psychology on stress management has demonstrated that spirituality and faith have meaningful effects on the ability to cope with stress and on overall happiness. Some spiritual practices reduce stress, while others have healing or restorative powers that help to manage or cope with certain stressors. Research has shown that religious people are generally happier than others.

Social support can also be measured in terms of structural or function support. “Structural support” refers to the size of a person’s social network, while “functional support” refers to the types of support that network can provide. Social networks encompass sources of support including families, friends, counselors, and organizations.

All forms of prayer, meditation, and existential contemplation activate centers in the brain that are implicated in relaxation and peacefulness, which lowers levels of experienced stress. Overall, religious beliefs create meaning, peace, and a sense of purpose, all of which can sustain a person through stressful events in life.

Below are the people who can provide support in stressful situations.

1. Family- A group of people, usually of the same blood (but do not have to be), who genuinely love, trust, care about, and look out for each other.

2. Friends- people having mutual feelings of care, respect, admiration, concern, and love.

A friend is someone whom you can turn to in times like this. A true one offers his shoulders to cry on.

3. Teachers- second parents in school that help students acquire knowledge, competence and virtue.

4. religious leaders- are people who ~~is~~ are in charge of a religious church or congregation.

When you need to overcome anxiety, stress, and loss, more than ever, you need to turn to God. The religious leaders can facilitate the healing /recovery process through their various ministry.



## ***What's More***

### **Activity 4: My Support System**

It is important to identify the people who belong to your support system. They will surely be around to extend their helping hand when stressful situations happen.

**Directions:** Answer the Support System Chart. You will be provided with a copy of this activity.

MY SUPPORT SYSTEM	
<b><i>Who can I call when...</i></b>	
I feel lonely:	<hr/>
I need some company:	<hr/>
I need someone to talk to:	<hr/>
I need someone to encourage me to get out of the house and do something fun:	<hr/>
I need someone to remind me to follow my self-care plan:	<hr/>
Others:	<hr/>

## Activity 5: Ladder of Help

In this activity, ask yourself who are the people who can be of help to you.

Directions: In times of stressful situation, who among the people in your support group will you approach to ask for help? Rank order them from first to fourth.

4

3

2

1

Guide question:

Why did you arrange your support systems this way? What did you consider in putting them in this order? Explain your answer.

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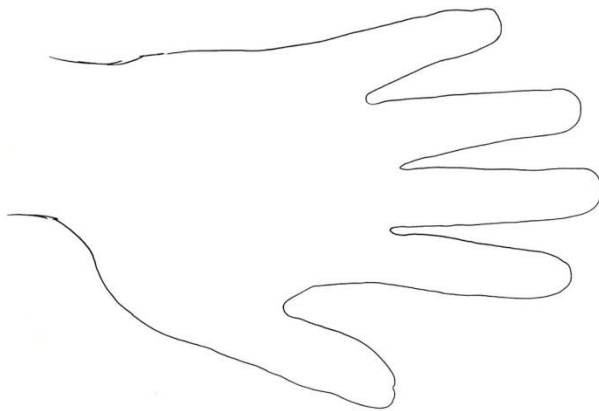
## ***What I Have Learned***

Why is it important for you to identify the people who can help you in stressful situations?

It is really important for you to have in mind the people who can help you when stressful situation happens. Their presence can lessen the burden and eventually, help you overcome stress.

### **Activity 6: Give Me A Hand!**

Directions: Write your recent stressors on one hand and on the other hand, the name of the people who reached out to help you in that stressful situations.





## Activity 7: Decode It

Aside from people who can help you in stressful situations, reading the Bible can also help you lessen your stress. There are several promises of God written in the Bible.

Here's a verse from the Bible decode it. Write the message in the box.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

P	Q	R	S	T	U	V	W	X	Y	Z
16	17	18	19	20	21	22	23	24	25	26

F E A R  
6, 5, 1,18    20,8,15,21    14,15,20    6,15,18    9    1,13    23,9,20, 8

20,8,5, 5    2, 5    14,15,20    4,9,19,13, 1, 25, 5, 4    6,15, 18    9

1,13    20,8,2    7,15,4    9    23,9,12, 12    19, 20, 18, 5,14, 7, 20, 8, 5, 14

20,8,5,5    25,5,1    9    23,9,12, 12    8,5,12,16    20,8,5, 5    25,5,1    9

23,9,12,12    21,16,8,15,12, 4    20,8, 5, 5    23, 9, 20, 8    20,8, 5

18,9,7,8, 20    8,1,14,4    15,6    13,25    18,9,7,8,20,5,15,21,19,14, 5,19,19

Isaiah 41:10



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

### **Activity 8: Positive Self Talk**

In this activity, you will express your feelings.

Directions: Using the provided chart by the teacher, send positive messages for yourself.

When someone says  
something mean about  
me

When I feel discouraged

When I feel disappointed

When I feel like giving up

When I feel nervous

Guide question

How does it feel talking to oneself? How can this activity aid in overcoming your stress?

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## **Assessment**

### Part I- True or False

Directions: Answer the following questions, write the correct answer on the space before each number.

\_\_\_\_\_ 1. It can also be measured in terms of structural and function support.

\_\_\_\_\_ 2. It is called the second home of students.

\_\_\_\_\_ 3. People in-charge of a religious church or congregation who you can depend on in times of stressful situation.

\_\_\_\_\_ 4. A group of people, usually of the same blood who genuinely love, trust, care about, and look out for each other.

\_\_\_\_\_ 5. People having mutual feelings of care, respect, admiration, concern, and love.

### Part II:

Write an essay about your recent stressor, explain what process you went through and who/what helped you succeed in overcoming the stressor.

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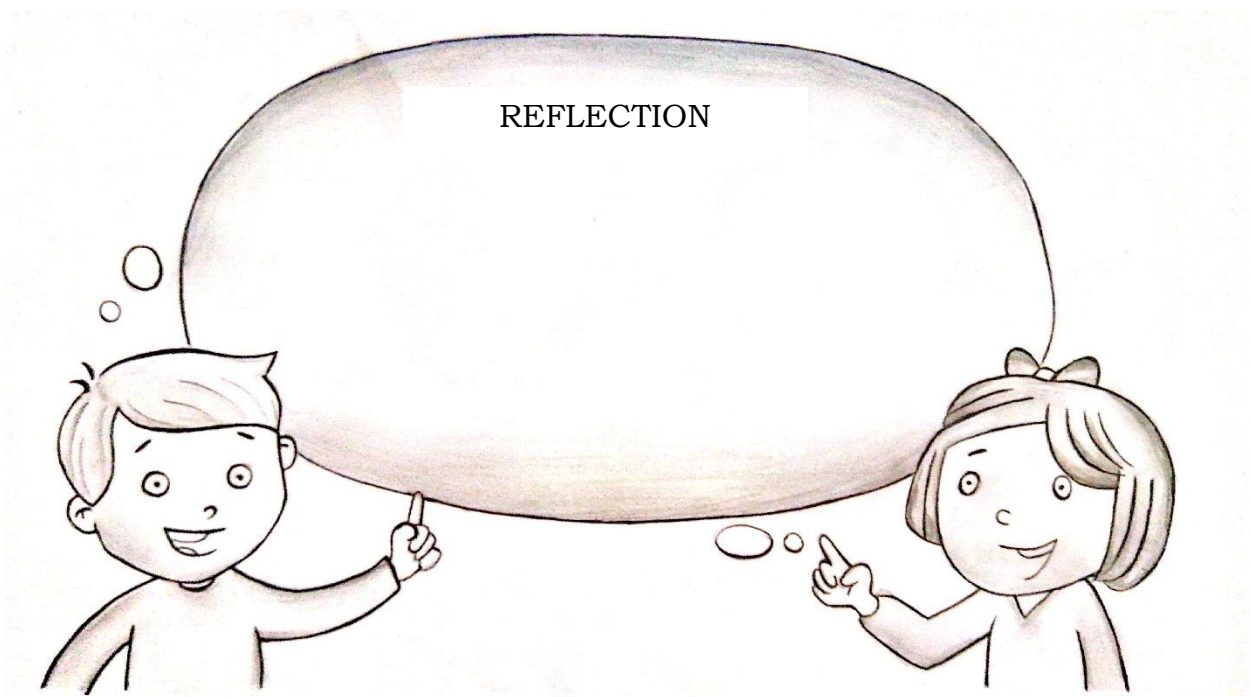


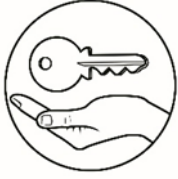
## ***Additional Activities***

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

### **Activity 9: “Share Mo Lang”**

What are the important things you learned from the lesson?





## Answer Key

**Activity 1: Hide and Seek!**

nail biting  
clinginess  
addiction  
restlessness  
appetite change  
aggression  
short temper  
insomnia  
moodiness  
bedwetting  
tears

**Pre-test**

1. True  
2. False  
3. True  
4. True  
5. True  
6. False  
7. True  
8. True  
9. True  
10. True  
1-5- Essay

**Activity 2: Four Pics One Word**

Family  
Friends  
Teachers  
religious leader/  
clergy

**Activity 2: Decode Me!**

Fear thou not for I am with thee, be not dismayed for I am thy God, I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Isaiah 41:10

**Post Test**

1. social support  
2. school  
3. religious leader  
4. family  
5. friends  
Part II- Essay

## ***References***

1. Philippine Bible Society. *The Holy Bible Containing the Old and New Testament*. Philippines: Philippine Bible Society, 1987
2. Department of Education, *Physical Education and Health Learner's Material Grade 7*. Pasig City: Department of Education, 2007
3. Department of Education, *Physical Education and Health Teaching Guide Grade 7*. Pasig City: Department of Education, 2007

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