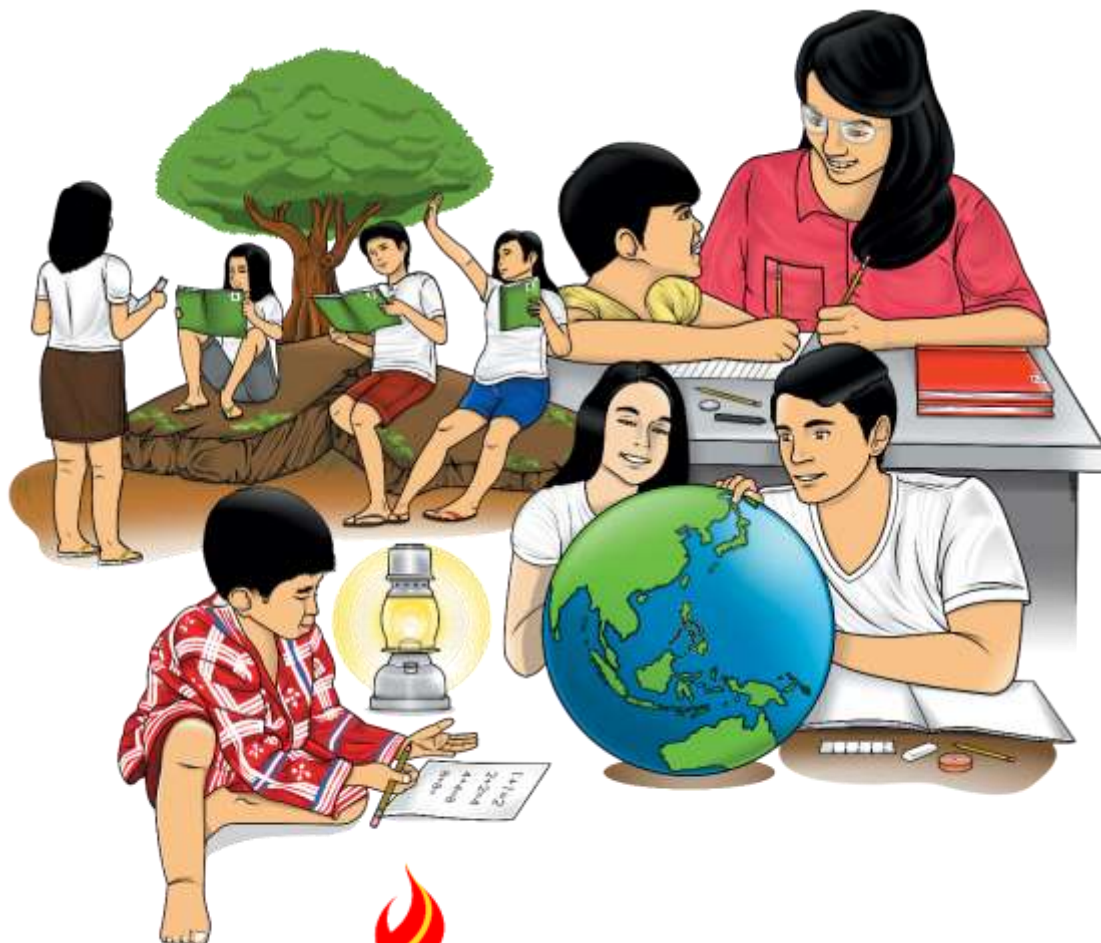


# Health

## Quarter 3 – Module 8: Stress Management Techniques



## Health Education– Grade 7

### Alternative Delivery Mode

### Quarter 3 – Module 8: Stress Management Techniques

First Edition, 2020

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# **Health**

## **Quarter 3 – Module 8: Stress Management Techniques**

## **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.

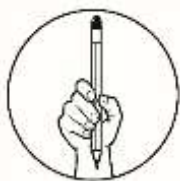
Thank you.



## ***What I Need to Know***

Stress is inevitable, you should learn how to manage it so you can carry on effectively your daily tasks. This module contains various stress management techniques which can help you cope with all the stress that you may possibly encounter.

After going through this module, you are expected to demonstrate various stress management techniques that one can use every day in dealing with stress.  
(H7PH-IIIId-e-36)



## ***What I Know***

Hello! This will be your first task. Activate your prior knowledge. Carefully read the following questions and answer them the best way you can.

**Test I. Multiple Choice.** Read and analyze each question carefully. Choose the best answer and write it in your notebook.

1. These are techniques that can be used to cope with the harmful effects of stress.  
\_\_\_\_\_
- A. Stress management skills
- B. Production management skills
- C. Decision making skills
- D. Planning skills
2. It is when the mind is free of all thoughts and the emotion is in calm and stable state. \_\_\_\_\_
- A. Yoga
- B. Breathing Exercise
- C. Meditation
- D. Deep Muscle Relaxation
3. It is the body's natural relaxation technique \_\_\_\_\_
- A. Deep Muscle Relaxation
- B. Breathing Exercise
- C. Yoga
- D. Meditation
4. It is the process of tensing the muscle while breathing in and relaxing them as one breathes out \_\_\_\_\_
- A. Meditation
- B. Yoga
- C. Breathing Exercise
- D. Deep Muscle Relaxation
5. Which of the following is NOT a way to reduce stress? \_\_\_\_\_
- A. Guided Imagery
- B. Deep Muscle Relaxation
- C. Music Therapy
- D. Drinking Liquor

**Test II. True or False.** Write **T** if the statement is true and **F** if false.

- \_\_\_ 1. Birthday surprises can be stressful.
- \_\_\_ 2. Stress management skills are techniques that cannot be used in coping with the harmful effects of stress.
- \_\_\_ 3. Muscle relaxation, breathing exercise and guided imagery are examples of stress reduction activities.
- \_\_\_ 4. To meditate means to think of calm thoughts in order to relax or to have a spiritual activity.
- \_\_\_ 5. Stress is anything that changes your moods and emotions like transferring to a new place, being surprised by your friends and family, or being annoyed by your little brother or sister.

**Test III. Matching Type.** Match the terms in column **A** with their corresponding meaning in column **B**. Write the letter of your answer in your activity notebook.

**Column A**

- \_\_\_ 1. Deep Breathing Exercise
- \_\_\_ 2. Guided Imagery
- \_\_\_ 3. Deep Muscle Relaxation
- \_\_\_ 4. Meditation
- \_\_\_ 5. Stress Management Skills

**Column B**

- a. Thinking calm thoughts
- b. Breathing in and out slowly
- c. Using imagination
- d. Techniques in reducing stress
- e. Listening to music
- f. Tightening deep muscles

## Lesson

# 1

# Mental and Emotional Health: Stress Management Techniques

Stress is the nonspecific response of the body to an unanticipated or stimulating event. Hans Selye (1975) has described stress resulting from pleasant event as EUSTRESS. On the other hand, DISTRESS is the stress generated from the negative or unpleasant event (Ansbaugh, 1995).

Everyone is exposed to daily stress. To ensure emotional stability, you need to manage it. Managing stress means taking charge of yourself, your emotions, thoughts, feelings, actions and even your environment. Once you've taken care of these factors, you will overcome stress in your everyday tasks.



## *What's In*

Let us recall the two types of stress by answering this activity below.

### Activity 1: Eustress or Distress?

**Directions:** Put a check (✓) mark if you consider the situation as a source of eustress and (✖) mark if it causes distress. Do this in your activity notebook.

- \_\_\_\_\_ 1. Choosing a gift for my parents
- \_\_\_\_\_ 2. Arguing with my younger brother
- \_\_\_\_\_ 3. Moving to a new house.
- \_\_\_\_\_ 4. Having a newborn sibling
- \_\_\_\_\_ 5. Transferring to a new school
- \_\_\_\_\_ 6. Losing money
- \_\_\_\_\_ 7. Getting a birthday surprise
- \_\_\_\_\_ 8. School graduation
- \_\_\_\_\_ 9. Watching a meteor shower
- \_\_\_\_\_ 10. Getting a failing grade





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

Acknowledging that stress is inevitable in your day to day living, the following relaxation techniques can help you manage your stress. Study them. Practice them for positive results.

### **Activity 2: Visualization (Creative Imagery)**

Unforgettable Experience	Positive Emotion	Negative Emotion
<b>e.g.</b> , Birthday party when I was 7 years old.	Happy, blessed, excited	Sad because my grandmother was not there.



## ***What is It***

**Directions:** Simply close your eyes for a few minutes and imagine that you are walking or sitting on the beach listening to the waves, while smelling the briny smell of the ocean and feeling its warm breeze. Feel the moment. Think about your unforgettable experiences. After a few minutes, open your eyes and go back to the reality.

Now, fill in the table by writing your unforgettable experiences and what emotions you felt, classify them as positive or negative emotion.

Stress management skills are techniques that can be used to cope with stressors and to lessen the harmful effects of distress. These includes social support from responsible family members, friends and community leaders; good communication skills to express oneself and to listen to others; do regular exercise; eat healthy diet for proper nourishment; have enough rest and sleep; have good time management and use relaxation techniques. (Insel and Roth,1998). This module focuses on the relaxation techniques that you can use to cope with your daily stress.

Here are some ways on how to manage and reduce stress using simple relaxation techniques. Read and practice them.

### **Activity 3: Deep Breathing Exercise (Belly Breathing)**

#### **Purpose:**

The learner practices deep breathing techniques as part of stress reduction

#### **Materials:**

No materials needed

#### **Procedure:**

1. Stand straight with your feet shoulder-width apart. Sitting position (sitting on a chair but preferably cross sitting position) for a more stable body.
2. Relax your arms and hands downward.
3. Relax your body.
4. Close your eyes and focus on the lower abdomen (belly) and imagine a small balloon in that space.
5. Breath in slowly and deeply through your nostrils, imagining the balloon inflating (getting bigger/larger) slowly, hold a few seconds.
6. Slowly exhale through the mouth, imagining the balloon gently deflating (getting smaller); blow out of the mouth as if blowing out a candle; and
7. Repeat at least 10 times

## Activity 4: Progressive Relaxation (Deep Muscle Relaxation)

### Purpose:

Student learns deep muscle relaxation as stress reduction activity

### Materials:

No materials needed

### Procedure:

1. Raise your eyebrows and frown. Raise your eyebrows as high as you can to the extent that they almost touch your hairline. Hold it for 5 seconds...and relax



2. Close your eyes as tightly as you can. Draw the corners of your mouth back with your lips closed. Hold for 5 seconds...and relax.

3. Open your eyes and your mouth as wide as you can. Hold for 5 seconds...and relax. Feel the warmth and calmness on your face.



4. Stretch your arms out in front of you. Close your fists tightly. Hold for 5 seconds...and relax. Feel the warmth and calmness in your hands.

5. Stretch your arms out to the side. Pretend you are pushing against an invisible wall with your hands. Hold for 5 seconds...and relax.





6. Lift your shoulders. Try to make your shoulders touch your ears. Hold for 5 seconds...and relax.

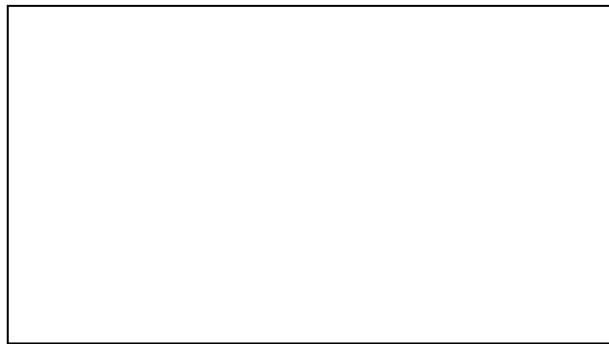
8. Tighten your thigh muscles by pressing your legs together as close as you can. Hold for 5 seconds...and relax.



### Guide Questions:

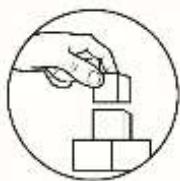
Answer the questions below to assess your understanding from the above task. Write your answer in your activity notebook.

1. How did you feel after doing all the relaxation techniques in managing stress? Draw a facial expression to show your feelings.



2. Did this activity help you feel better?

\_\_\_\_\_  
\_\_\_\_\_.



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

### **Activity 5: Looking Back**

**Directions:** In column 2, list down at least 5 stressful situations that you have encountered lately. Write the date or month on the first column when it happened. On the third column, describe what you did to cope with it. Describe what happened afterwards on the fourth column. On the fifth column, identify the stress management technique/s you used. An example is given as your guide. Do this in your activity notebook.

Date	Stressful Situation	Description of what you did	Effect	Stress Management Technique
e.g. 11/28/2019	My mother scolded me because-of my quarrel with my little brother.	Breath in deeply and exhale slowly	I feel lighter and more calm after doing the activity.	Deep breathing exercise



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

To be able to use regularly the relaxation techniques learned, you must memorize its sequence first. Do Activity 6.

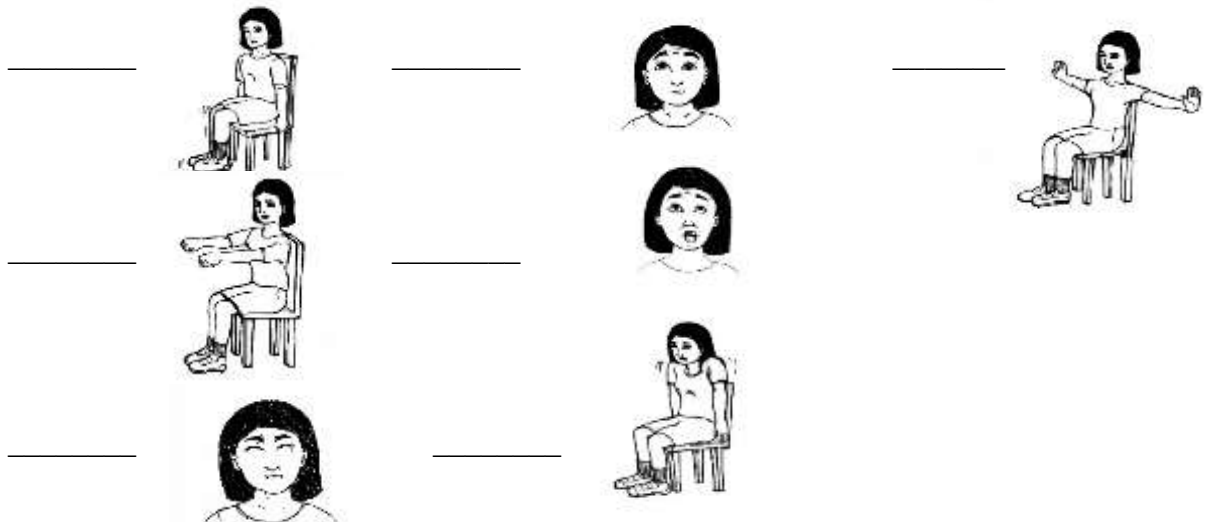
### **Activity6: Sequencing the Event**

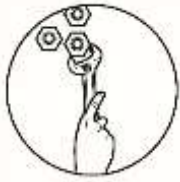
**Directions:** Below are relaxation technique procedures which are mixed up! Put the seven procedures in order starting with which step happened first. Sequence the steps by writing numbers 1-7.

#### **A. Breathing Exercise**

- \_\_\_\_\_ Relax your arms and hands downward.
- \_\_\_\_\_ Breath in slowly and deeply through nostrils, imagining the balloon inflating (getting bigger/larger) slowly, hold a few seconds;
- \_\_\_\_\_ Stand straight with your feet shoulder width apart.
- \_\_\_\_\_ Repeat at least 10 times.
- \_\_\_\_\_ Close your eyes and focus on the lower abdomen (belly) and imagine a small balloon in that space.
- \_\_\_\_\_ Relax your body.
- \_\_\_\_\_ Slowly exhale through the mouth, imagining the balloon gently deflating (getting smaller); blow out of the mouth as if blowing out alighted candle;

#### **B. Deep Muscle Relaxation**





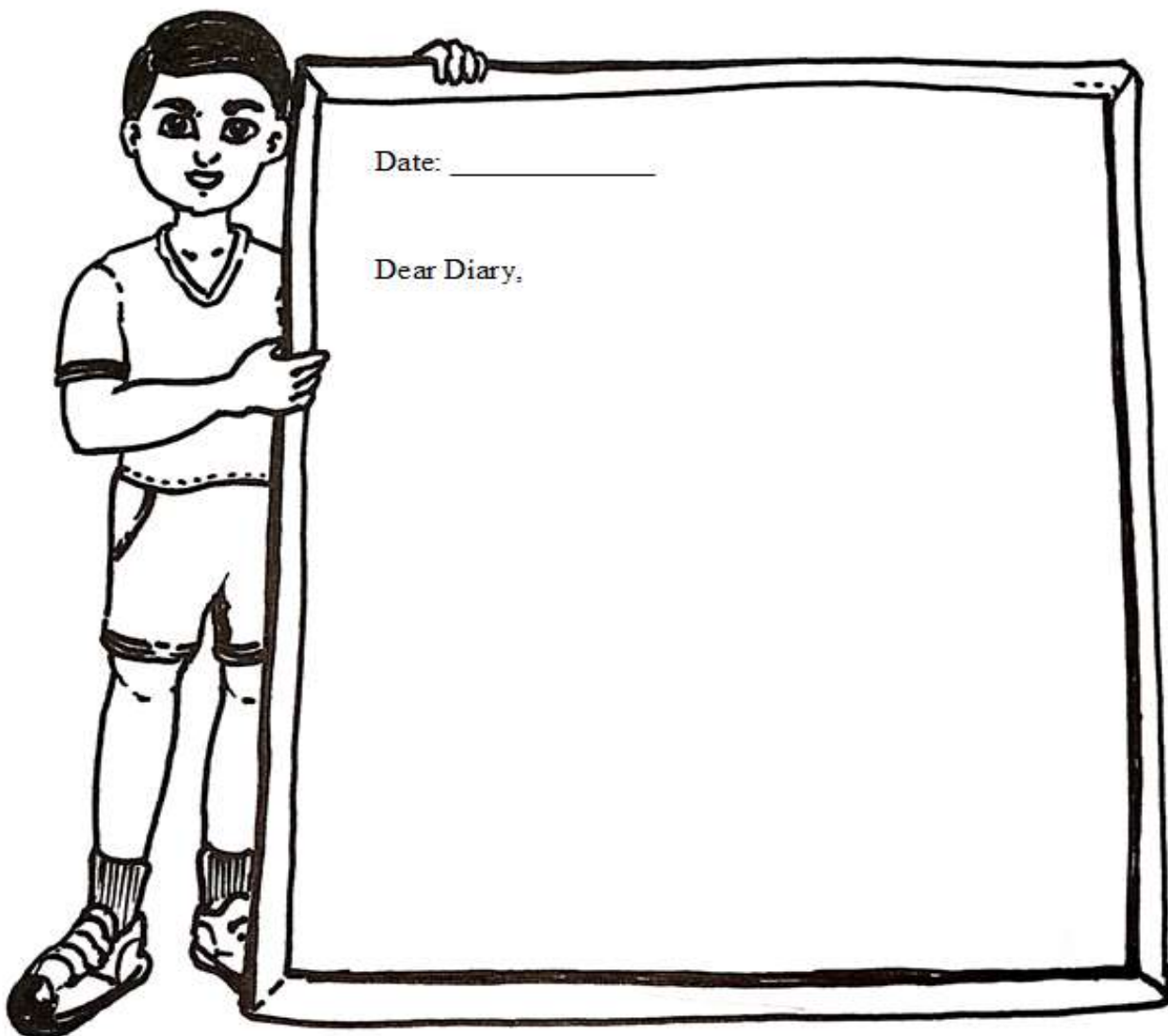
## ***What I Can Do***

### **Activity 6: Dear Diary**

After doing the relaxation techniques, let see how you apply those in real-life situation by engaging in your next task. By working on this task, your ability to decide and to handle stressful situations will be tested. So, get your notebook and do this exercise.

Make a diary consisting of the following:

- Date the last time you felt stress.
- Steps on how you managed your stress.
- Effects after you were able to manage your stress.





## ***Assessment***

**Test I. Multiple Choice.** Read and analyze each question carefully. Choose the best answer and write it in your notebook.

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- D. Planning skills
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- A. Yoga
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- C. Meditation
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3. It is the body's natural relaxation technique \_\_\_\_\_
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**Test III. Matching Type.** Match the terms in column **A** with their corresponding meaning in column **B**. Write the letter of your answer in your activity notebook.

**Column A**

- \_\_\_ 1. Deep Breathing Exercise
- \_\_\_ 2. Guided Imagery
- \_\_\_ 3. Deep Muscle Relaxation
- \_\_\_ 4. Meditation
- \_\_\_ 5. Stress Management Skills

**Column B**

- a. Thinking calm thoughts
- b. Breathing in and out slowly
- c. Using imagination
- d. Techniques in reducing stress
- e. Listening to music
- f. Tightening deep muscles



## ***Additional Activities***

From the previous lessons in earlier modules, you have learned the various stress management skills. The skills are reinforced by allowing you to experience some relaxation techniques in this module. To truly assess if you have learned all these do this last activity.

### **Activity 7: Applying Stress Management Skills**

**Directions:** Prepare a personal guideline on how you can successfully cope with stress using the various stress management skills learned:

- **social support** from responsible family members, friends and community leaders;
- good **communication** skills to express oneself and to listen to others;
- do regular **exercise**;
- eat **healthy diet** for proper nourishment;
- have enough **rest** and sleep;
- have good **time management** and
- use **relaxation techniques**.

You can use the template below or have your own creative way.




## Answer Key

<p><b>What I Have Learned</b></p> <p>Deep Breathing Exercise</p> <p>1. 2 2. 5 3. 1 4. 7 5. 4 6. 3 7. 6</p> <p>Deep Muscle Relaxation</p> <p>1. 7 2. 4 3. 2 4. 1 5. 3 6. 6 7. 5</p>	<p><b>What's In</b></p> <p>1. ✓ 2. ✗ 3. ✓ 4. ✓ 5. ✗ 6. ✗ 7. ✓ 8. ✓ 9. ✓ 10. ✗</p>	<p><b>Assessment</b></p> <p>Test I</p> <p>1. A 2. C 3. B 4. D 5. D</p> <p>Test II.</p> <p>1. T 2. F 3. T 4. T 5. T</p> <p>Test III.</p> <p>1. B 2. C 3. F 4. A 5. D</p>
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