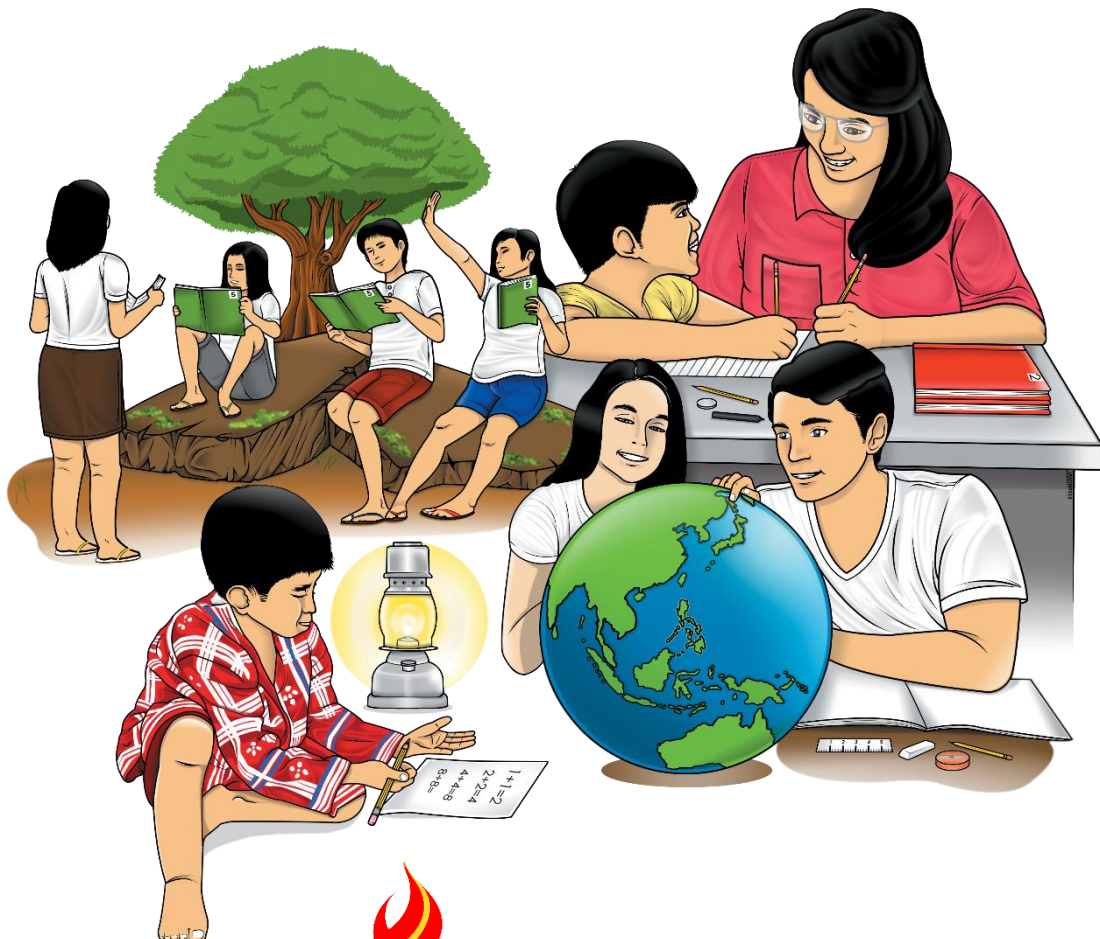


Senior High School

# Personal Development

## Quarter 1 – Module 8:

### Understanding of Mental Health and Psychological Well-being



**Personal Development  
Alternative Delivery Mode  
Quarter 1 – Module 8: Understanding of Mental Health and Psychological Well-being  
First Edition, 2021**

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Senior High School

# **Personal Development**

## **Quarter 1 – Module 8:**

### **Understanding of Mental Health and Psychological Well-being**

## **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.



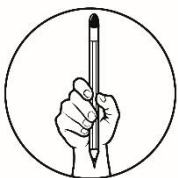
## ***What I Need to Know***

This module was made and written to help you understand mental health and psychological well-being. The scope of this module allows you to identify personal ways of coping for healthful living. It discusses stress and its underlying facts that can affect one's well-being. It also talks about various stress responses that are needed to be addressed through familiarizing with understanding the ways to healthful living so that you could take right decision to cope with this devastating and breaking down experiences. Having knowledge about this lesson may help you manage the problems that this life may bring, and may not affect your performance in whatever activity you are engaged in. The language used recognizes the needs of the learners. 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 content of this lesson is about *“Understanding Mental Health and Psychological Well-being”*

After going through this module, you are expected to:

1. define what stress is;
2. define what mental health is;
3. discuss understanding of mental health and psychological well-being to identify ways to cope with stress during adolescence EsP-PD11/12CS-Ig-5.3.



## ***What I Know***

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

1. The reaction of the mind and body to a stimulus that disturbs the well-being, state of calm, or equilibrium of a person.
  - A. Stress
  - B. Response
  - C. Hormones
  - D. Mental health
2. It is something that causes a state of strain or tension.
  - A. Stressor
  - B. Stress hormones
  - C. Stimulus
  - D. Nervous system

3. It is a simple reaction to an input that disturbs physical and mental balance.
  - A. Stress
  - B. Emotion
  - C. Depression
  - D. Experience
4. It is a stress that caused by situations that can bring life threatening and life changing.
  - A. Stress as result
  - B. Stress as stimulus
  - C. Stress as response
  - D. Stress as relational
5. It is a stress were the body reacts to a challenging situation.
  - A. Stress as result
  - B. Stress as stimulus
  - C. Stress as response
  - D. Stress as relational
6. Which is NOT true in the following statements below?
  - A. In solving your problem learn to leave it tomorrow.
  - B. Stress is a stimulus.
  - C. Stress is an emotional response to the condition.
  - D. Stress may not give tension. It may only give depression.
7. It is a condition of being sound mentally and emotionally that is characterized by the absence of mental illness.
  - A. Stress
  - B. Mental illness
  - C. Mental health
  - D. Emotions
8. It is the holistic view of our self and our health.
  - A. Stressors
  - B. Mental illness
  - C. Well-being
  - D. Emotions
9. What thoughts come to the mind when you are under negative stress?
  - A. You think that you can cope with the situation
  - B. You think that you cannot cope with the situation
  - C. You think that everything will get fine eventually
  - D. You think that you will get help immediately
10. Which of the following statements is TRUE?
  - A. Moodiness is a cognitive symptom of stress
  - B. Moodiness is an emotional symptom of stress
  - C. Poor judgement is an emotional symptom of stress
  - D. Agitation is cognitive symptom of stress

11. Stress management is about learning
- A. How to avoid the pressures of life
  - B. How to develop skills that would enhance our body's adjustment when we are subjected to the pressures of life
  - C. Both A and B are true
  - D. None of the above
12. Which of the following statements is TRUE about stress management?
- A. Stress management is learning about the connection between mind and body.
  - B. Stress management helps us control our health in a positive sense.
  - C. Stress management teaches us to avoid all kinds of stress.
  - D. A and B are true
13. Which of the following statements is TRUE?
- A. Habitual behavior patterns like over scheduling, procrastination, etc. can cause negative stress
  - B. Thoughts like fear, worrying about future, etc. can cause negative stress
  - C. Both A and B are true
  - D. None of the above
14. Which of the following are the physical symptoms of anxiety?
- A. Racing heart
  - B. Sweaty palms
  - C. Flushed cheeks
  - D. All of the above
15. What are the behavioral reactions to anxiety?
- A. Avoiding situation where there are chances of experiencing anxiety
  - B. Escaping situations when feelings of anxiety begin
  - C. Both a and b are true
  - D. None of the above

## Lesson

# 8

## Stress and Mental Health

“You can’t change how people treat you or what they say about you. All you can do is change how you react to it.” -Mahatma Gandhi

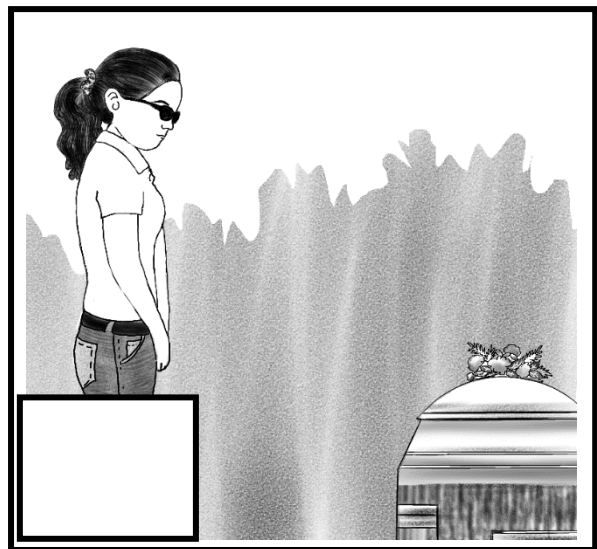
Each of us has our own battle. We encounter different challenges in life, and it is up to us on how to deal with each challenge. Nowadays, most adolescents like you deal with different issues with friends, family, academics, relationships, and even pressure that could lead to stress and worst, depression. There are several ways on how to deal and cope with stress. Most of the time, dealing with stress differs from person to person. It is better to assess yourself first for you to know what strategy you can easily adapt to deal with stress.



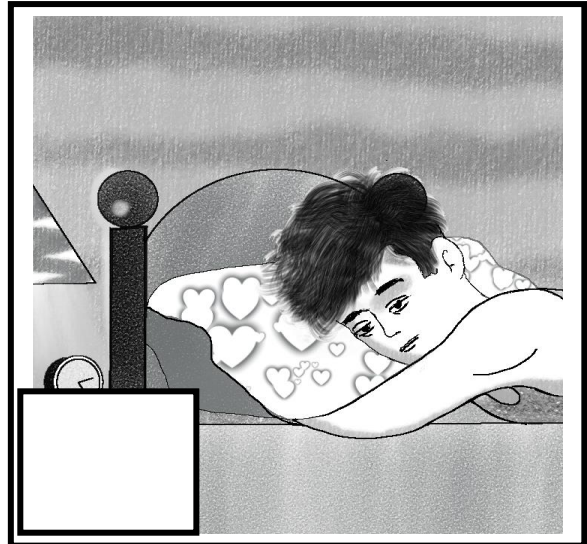
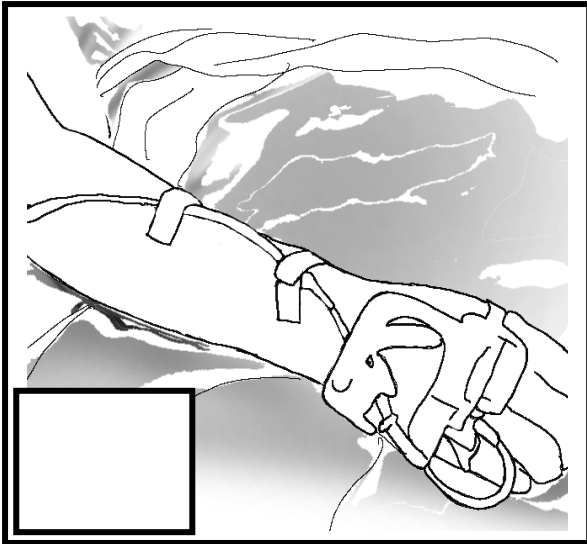
### *What's In*

As you learned on the previous module, happiness depends on you alone. Being happy is something that you must declare on yourself. We are all responsible for our own happiness. We take control of the things that will give impact and influence on our life. Imagine you are browsing your Facebook timeline, and you saw the following pictures posted by your friends. Draw the reaction you will give in each post.

#### **YOUR REACTIONS:**







***Notes to the Teacher***

Students might have different reactions. What is more important is how they will react on each picture. With their reaction, you can identify what can make them happy and what can make them sad or lonely.



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

### **Activity 1.1 Color the Fun Game**

On this activity, you will need crayons and paper. Get a sheet of paper and make a table just like the example below. Get another piece of paper, divide it into 12 then color each pair (red, orange, yellow, blue, green and violet), making 2 sets of color. After coloring the paper, crumple and make a tiny circle just like nips. Pick one from those paper (do this like a lottery). Answer the table below according to the color you picked. Do this until you finish all the 12 crumpled papers.

| <b>COLOR OF THE NIPS</b> | <b>TASK</b>                            | <b>ANSWER</b> |
|--------------------------|--|---------------|
| <b>RED</b>               | What makes you feel angry?             |               |
| <b>YELLOW</b>            | What makes you feel loved?             |               |
| <b>ORANGE</b>            | What makes you feel lonely/sad?        |               |
| <b>BLUE</b>              | What makes you feel happy or excited?  |               |
| <b>GREEN</b>             | What makes you feel worried or afraid? |               |
| <b>VIOLET</b>            | What makes you feel relaxed or chill?  |               |

After doing the activity, what did you feel? Were you able to recall memories that make you feel happy? sad? lonely? angry? afraid? relaxed? How did your heart react on each color? Did it beat fast? When you wrote down your answers, did you still have the same feeling you felt with those things? Have you moved on to the things that made you cry? Did you feel uncomfortable?



## ***What is It***

As a Senior High School student, you're probably familiar with the experience of **stress**—a condition characterized by symptoms of physical or emotional tension. An individual may feel when he/she is struggling to accept changes with physical, mental, and emotional responses. It may give tension which will lead into various responses such as anger, frustration, and nervousness. What you may not know is that it's a natural response of the mind and body to a situation in which a person feels threatened or worried. Stress can be positive (the excitement of preparing for your 18<sup>th</sup> birthday) or negative (dealing with a loss of a family member).

Stress was used to describe a variety of unpleasant feelings such as overtime we feel angry, conflicted, overwhelmed, frustrated or fatigued. Demanding or threatening events are often referred as **stressors**. These events can cause stress, the organism's biological and behavioral response to the stressor.

Prolonged stress can cause high blood pressure, weaken the immune system and contribute to diseases such as obesity and heart disease. It can also lead to mental health problems such as anxiety and depression—disorders that are becoming more common in youth. In a 2018 study, researchers analyzed data from the National Survey of Mental Health and found that rates of anxiety and depression had increased in kids ages 6 to 17, from 5.4% in 2003 to 8.4% in 2011-12.

Stress comes in different forms. But like adults, adolescents can find healthy ways to cope. Together, teens and their parents can learn to spot the signs of excess stress and, with the right tools, manage it.

### **RECOGNIZE SIGNS OF STRESS**

Signs of stress in adolescents can show up in a number of ways:

- **Irritability and anger.** Stressed-out teens might be more short-tempered or argumentative than normal.
- **Changes in behavior.** A once-active teen now doesn't want to leave the house. Sudden changes can be a sign that stress levels are high.
- **Trouble sleeping.** A teen might complain of feeling tired all the time, sleep more than usual or have trouble falling asleep at night.
- **Neglecting responsibilities.** If an adolescent suddenly drops the ball on homework, forgets obligations or starts procrastinating more than usual, stress might be a factor.
- **Eating changes.** Eating too much or too little can both be reactions to stress.
- **Getting sick more often.** Stress often shows up as physical symptoms. Adolescents who feel stress often report headaches or stomachaches.

## **WAYS TO COPE WITH STRESS**

As an adolescent, you can learn how to manage stress that can lead to happier and healthier lives. Here are some tips to help you keep stress at bay.

- Keep a positive attitude.
- Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Exercise regularly. Your body can fight stress better when it is fit.
- Eat healthy, well-balanced meals.
- Learn to manage your time more effectively.
- Make time for hobbies, interests, and relaxation.
- Get enough rest and sleep. Your body needs time to recover from stressful events.
- Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress.
- Seek out social support. Spend enough time with those you enjoy.
- Seek treatment with a psychologist or other mental health professional trained in stress management to learn healthy ways of dealing with the stress in your life.

## **Mental Health**

As defined by Merriam-Webster dictionary, it is a condition of being sound mentally and emotionally that is characterized by the absence of mental illness and by adequate adjustment especially as reflected in feeling comfortable about oneself. It is also a positive feeling about others, and the ability to meet the demands of daily life. Having a good mental health is also a state of the overall wellbeing of a person associated with, can set and aim your goals, enjoying your life to the fullest, can have and maintain a good relationship with other people especially your classmates and colleagues and lastly, you are able to manage and recover from loneliness and stress. A good mental health doesn't necessarily mean being happy or successful all the time. Most people feel depressed, lonely, or anxious now and then, but those with good mental health can take these feelings in stride and overcome them. When such feelings or moods persist and interfere with a person's ability to function normally, though, it may be a sign of a more serious mental health problem and time to seek help.

Wellbeing is the holistic view of our self and our health. As an adolescent, there are several factors that could influence your wellbeing such as pressure due to exams, assignments and projects, family issues, financial status, relationships among other people, and mobile addiction. It is your task to cope with stress and manage your mental health.

Having a good mental health means that you are stable enough to face challenges brought by the different daily circumstances. Whatever life may bring to you, you can 'bounce back' and get to action again.

## **Mental Health Indicators**

Here are some known indicators of mental health:

- Emotional well-being: life satisfaction, happiness, cheerfulness, peacefulness.
- Psychological well-being: self-acceptance, personal growth including openness to new experiences, optimism, hopefulness, purpose in life, control of one's environment, spirituality, self-direction, and positive relationships.

- Social well-being: social acceptance, belief in the potential of people and society, personal self-worth and usefulness to society, and a sense of community.

## 11 TIPS FOR MENTAL AND HEALTH WELL-BEING

Below are some tips on how to take care and cultivate one's mental health and well-being:

1. **Get enough sleep and rest.** Sleep affects our physical and mental health but can be the first thing you trade in when you get busy or stressed.
2. **Take time out for things you enjoy.** Balance in life is important, so taking time out for things you enjoy can make a difference to how you think and feel.
3. **Be active and eat well.** Your physical and mental health is closely linked, so adding exercise and nutritious food every day can make you feel better.
4. **Nurture relationships and connect with others.** Your connection to others is what builds you up and keeps you strong.
5. **Learn to manage stress.** If you have trouble winding down or managing thoughts you may find relaxation, yoga or writing your feelings down helpful.
6. **Get involved and join in.** Being part of a group with common interests provides a sense of belonging so find out about sporting, music, volunteer or community groups locally.
7. **Build your confidence.** Learning improves your mental fitness and taking on a new challenge can build confidence and give you a sense of achievement.
8. **Be comfortable in your own skin.** Everyone is unique and should be celebrated. Know who you are and what makes you happy.
9. **Set realistic goals and deal with tasks one at a time.** It is good to be specific when you set a goal to help keep you on track.
10. **Reach out for help when you need it.** Everyone needs support from time to time. Talking to a family member, a friend, your doctor or one of the many services available can make all the difference.



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

### **Activity 1.2 Sharing is caring**

In this activity, you will write the threats and opportunities of the given situation. Use the illustrations below to indicate your answers. Write your answer on a separate sheet of paper.

#### **Consistent first honor from grades 7-10**

THREATS:

OPPORTUNITIES:

HOW TO COPE WITH THIS STRESS:

#### **Transferring to another school**

THREATS:

OPPORTUNITIES:

HOW TO COPE WITH THIS STRESS:

#### **Elected as the Class President**

THREATS:

OPPORTUNITIES:

HOW TO COPE WITH THIS STRESS:

#### **Having your first boyfriend/girlfriend**

THREATS:

OPPORTUNITIES:

HOW TO COPE WITH THIS STRESS:

In this activity, you will write the things that you have learned by writing your own definition of the following terms.

1. **STRESS** \_\_\_\_\_  
\_\_\_\_\_
2. **STRESSOR** \_\_\_\_\_  
\_\_\_\_\_
3. **MENTAL HEALTH** \_\_\_\_\_  
\_\_\_\_\_
4. **PERSONAL WAYS TO COPE WITH STRESS** \_\_\_\_\_  
\_\_\_\_\_
5. **HOBBIES TO CULTIVATE MENTAL HEALTH AND WELL-BEING** \_\_\_\_\_  
\_\_\_\_\_



## *What I Can Do*

### **Learning the Skill: Stress as Stimulus, Response and Relational**

1. List down experience that you had when it comes to stress.
2. Identify whether it is stress as stimulus, response, or relational.
3. On the fourth table, write ways on how you can nurture your mental health and well-being.

| <b>Stress as Stimulus</b> | <b>Stress as Response</b> | <b>Stress as Relational</b> | <b>Ways to nurture mental health</b> |
|---------------------------|---------------------------|-----------------------------|--------------------------------------|
|                           |                           |                             |                                      |



## Assessment

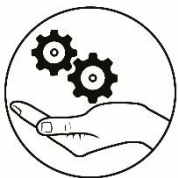
Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Which of the following is not a thought when it comes to a positive stress?  
What thoughts come to the mind when you are under negative stress?
  - A. Everything will be under control if you do not panic.
  - B. You can get help immediately.
  - C. You think that there is no solution on your current situation,
  - D. You think that everything happens for a reason. Therefore, you must stay positive.
  
2. Which of the following statements is FALSE?
  - A. Stress can change your mood
  - B. Prolonged stress can lead to depression
  - C. Stress is not emotional
  - D. Moodiness is an emotional symptom of stress
  
3. It means learning to develop skills that would enhance our body's adjustment when we are subjected to the pressures of life.
  - A. Stress
  - B. Stress management
  - C. Mental health
  - D. Stressor
  
4. Which of the following statements is NOT TRUE about stress management?
  - A. Stress management helps you break the hold *stress* has on your life.
  - B. Stress management helps us control our health in a positive sense.
  - C. Stress management is learning about the connection between mind and body.
  - D. Stress management teaches us to avoid all kinds of stress.
  
5. Which of the following statements is TRUE?
  - A. In small quantities, stress is good
  - B. Too much stress is harmful
  - C. All stress is bad
  - D. A and b are correct



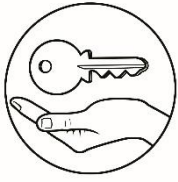
6. What are the questions you need to ask yourself while you are assessing yourself for stress?
  - A. Where do you feel stress in your body?
  - B. How do you know when you are stress?
  - C. How do you react to stress?
  - D. All of the above
  
7. Which of the following mindfulness meditation techniques can help relieve stress?
  - A. Body Scan
  - B. Walking Meditation
  - C. Mindful Eating
  - D. All of the above
  
8. It is a simple reaction to an input that disturbs physical and mental balance.
  - A. Emotion
  - B. Stress
  - C. Depression
  - D. Experience
  
9. The given examples - such as a high-stress job, overcrowding, and long commutes to work - are under what categories of stress?
  - A. Stress as result
  - B. Stress as stimulus
  - C. Stress as response
  - D. Stress as relational
  
10. When performing deep abdominal breathing, focusing on a soothing word, visualizing of tranquil scenes, repeating prayer, yoga, and tai chi, are performing what category of stress?
  - A. Stress as result
  - B. Stress as stimulus
  - C. Stress as response
  - D. Stress as relational
  
11. The trouble that comes from imperfect people around us is what category of stress?
  - A. Stress as result
  - B. Stress as stimulus
  - C. Stress as response
  - D. Stress as relational

12. Which is NOT TRUE about stress?
- A. If you ignore stress, it will go away.
  - B. Women appear more distress than men.
  - C. Stress is hormonal response from the body.
  - D. Stress can overburden your mind with incessant worries.
13. Which of the following does not describe mental health?
- A. A condition of being sound mentally and emotionally that is characterized by the absence of mental illness
  - B. A positive feeling about others, and the ability to meet the demands of daily life
  - C. Easily giving up with life challenges and doubting yourself
  - D. Being able to manage and recover from loneliness and stress
14. The following are the factors that can influence your well-being EXCEPT
- A. TV news
  - B. pressure from school activities
  - C. financial issue
  - D. family problem
15. Which of the following are stress busters?
- A. Trying to find something funny in a difficult situation
  - B. Developing a support network
  - C. Taking a mindful walk
  - D. All of the above



## ***Additional Activities***

Provide an example (other than the one described earlier) of a situation or event that could be appraised as either threatening or challenging. To nurture your mental health and well-being, fill out the graphic organizer. State the things that you do with your five senses to have a good mental health and well-being.



## Answer Key

|                    |
|--------------------|
| <b>What I Know</b> |
| 1. A               |
| 2. A               |
| 3. B               |
| 4. B               |
| 5. C               |
| 6. A               |
| 7. C               |
| 8. C               |
| 9. B               |
| 10. B              |
| 11. B              |
| 12. D              |
| 13. C              |
| 14. D              |
| 15. C              |

|                   |
|-------------------|
| <b>Assessment</b> |
| 1. C              |
| 2. C              |
| 3. B              |
| 4. D              |
| 5. D              |
| 6. D              |
| 7. D              |
| 8. D              |
| 9. B              |
| 10. C             |
| 11. D             |
| 12. A             |
| 13. C             |
| 14. A             |
| 15. D             |

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*Taming the Adolescent Mind: A Randomised Controlled Trial Examining Clinical Efficacy of an Adolescent Mindfulness-Based Society of Clinical Child & Adolescent Psychology: Effective Child Therapy*

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