



## What Is This Module About?

Our health affects our activities and our enjoyment of life. How well we feel, how happy we are and how we can cope with our problems are influenced by the choices we make every day of our lives. It is therefore important that we develop habits that will keep us healthy and improve our environment.

Good health does not only mean having a well-functioning body, although our physical health is important. Good health also depends on how we feel about ourselves, how we solve and cope with our problems and how we get along with other people. In other words, our physical, mental, emotional and social fitness are factors that can influence our overall health.

As you study this module you will notice how your physical, mental, emotional and social health are interrelated and how each aspect is important to living a truly healthy life.

This module is divided into three lessons namely:

Lesson 1 – *How Can I Care For My Body?*

Lesson 2 – *Healthy Mind, Healthy Body*

Lesson 3 – *Emotional and Social Well-Being*



## What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ explain the concept of health;
- ◆ describe a healthy person;
- ◆ cite factors that contribute to good health;
- ◆ explain how to prevent diseases;
- ◆ apply this new knowledge and skills to help you cope with day-to-day living;  
and
- ◆ demonstrate the appropriate actions to take in coping with physical, mental, emotional and social problems.



## Let's See What You Already Know

Before you start studying this module, take this simple test first to find out what you already know about the topic.

Read each sentence below. If you agree with what it says, put a check mark (✓) under the column marked *Agree*. If you disagree with it, put the 4 under the *Disagree* column. And if you're not sure about your answer, put the 4 under *Not Sure*. Remember that for each sentence, you must put only one 4 under the proper column.

	<i>Agree</i>	<i>Not Sure</i>	<i>Disagree</i>
1. In order to stay healthy, you must eat a balanced diet.	_____	_____	_____
2. Cleaning your teeth is essential if you wish to preserve your teeth and avoid tooth decay.	_____	_____	_____
3. Smoking and drinking alcohol help relieve stress or tension.	_____	_____	_____
4. Proper nutrition means eating three meals a day.	_____	_____	_____
5. The way you interact and behave as a person is influenced by the family environment you grew up in.	_____	_____	_____
6. Those who regularly pray seem to live longer and be physically and emotionally healthier than those who do not.	_____	_____	_____
7. Making physical activity a part of your daily life is an important way to help lower your risk of developing health problems.	_____	_____	_____
8. Foods that are rich in carbohydrates are chicken, fish, eggs and beans.	_____	_____	_____
9. Health is simply the absence of disease.	_____	_____	_____

10. You have to train like a marathon runner to become more physically fit. \_\_\_\_\_

How was the test? Do you think you fared well? Compare your answers with those in the *Answer Key* on page 48.

If all your answers are correct, congratulations! This shows that you already know much about the topic. You may still study the module to review what you already know. Who knows, you might even learn a few more new things as well.

If you got a low score, don't feel bad. This only means that this module is for you. It will help you understand important concepts that you can apply in your daily life. If you study this module carefully, you will understand the answers to all the items in the test and learn a lot more! Are you ready?

You may go to the next page to begin Lesson 1.

## How Can I Care For My Body?

There is no secret to living a longer, healthier and happier life. One of the prerequisites of being in good health is having a strong and healthy body. But how do you become physically healthy? Do you have to be big or tall in order to be strong? Or do you have to train like an athlete?

In this lesson we will consider some daily activities such as eating, exercise, rest, taking a bath, cleaning the house, sleep, skin care and dental habits. These activities primarily affect our physical health.

After studying this module, you should be able to:

- ◆ discuss the importance of maintaining good physical health;
- ◆ describe ways of caring for your body; and
- ◆ contribute to the prevention of diseases.

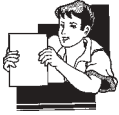


### Let's Try This

How do you keep yourself clean and healthy? List down five habits that you do daily.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

Are you done? You'll know if your answers are correct as you read the lesson.

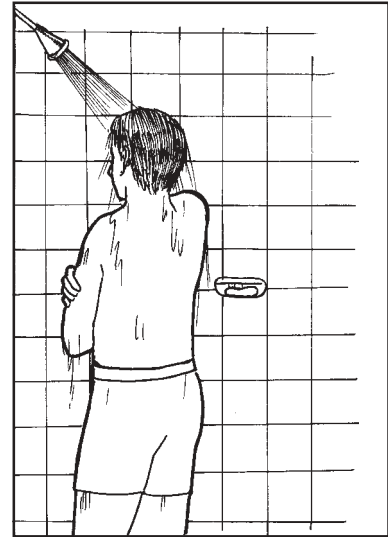


## Let's Learn

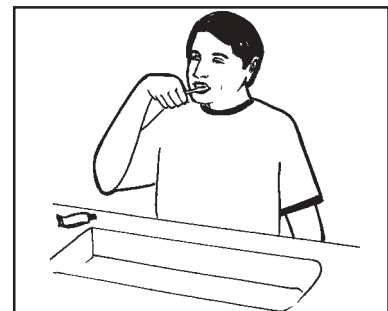
Your body is your main defense against diseases. How do you take care of it? One way of protecting your body is by maintaining cleanliness.

I'm sure you take a bath or shower every day. No doubt, you find this a relaxing habit but you may wonder if this washing ritual really contributes in any way to your health.

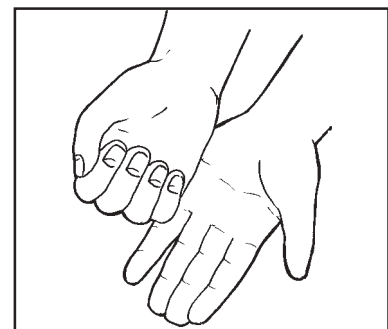
Of course it does. When you take a bath or shower you remove dead cells from the skin, and oil and excess sweat that are not required for normal functioning of your body. Washing with soap ensures that your skin is clean and the tiny pores or skin openings are free from dirt.



Brushing your teeth after meals is not only supposed to make your teeth sparkle and your breath fresh. It is essential if you wish to preserve your teeth and avoid tooth decay.



Clean hands and well-kept nails are not just signs of good grooming. They are also essential for your health. Accumulated dirt under your nails is an excellent breeding place for bacteria which may be transferred to your mouth and can also cause skin infection if they come in contact with broken skin.



To reduce the possibility of getting an infection or passing it on to others, you should wash your hands regularly throughout the day, especially after going to the toilet and before preparing food and having your meals.





## Let's Review

Don't you agree that being clean is the easiest and cheapest way to stay healthy? Do you think you are a clean person?

Answer the following questions and write your answers in the blanks provided.

1. Explain why hand washing is important in maintaining health.

---

---

2. What will happen if you don't cut your nails regularly?

---

---

3. Do you know of other ways to be clean? Write them down.

---

---

If you are done, you may compare your answers with those in the *Answer Key* on pages 48–49.



## Let's Read

Besides a clean body, your surroundings must also be clean and orderly. How do you keep a healthy environment? Write your answer below.

---

---

---

---

Let's now find out if you answered correctly. Read the pointers in keeping a clean and healthy environment on the next pages.

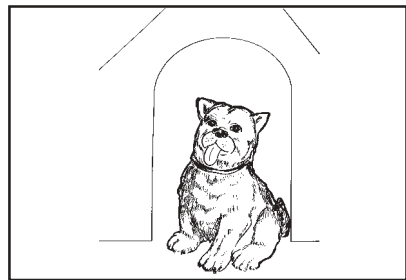
You should dispose of your garbage every day, either by burning them, burying them in the ground or having them collected by garbage collectors. (Remember that garbage should be burned selectively.) Mosquitoes and fleas which carry many diseases breed where there are garbage and feces.



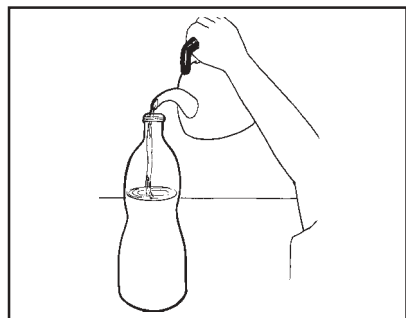
You should make it a habit to clean your house every day. Make sure the area where you eat is clean and free from germs. Change your bed sheets and pillow cases regularly.



Animals such as dogs can carry germs. Keep them confined as much as possible. It's also advisable that you have them vaccinated with anti-rabies.



Make sure your water supply is safe. Dirty water contains a lot of germs. Water should be placed in clean containers with covers. To have safe drinking water, boil water for at least two minutes or have chlorinated water at all times to prevent diseases caused by bacteria. If the water has any suspicious color, odor, taste and/or sediments, it should not be used for drinking but for cleaning and washing purposes only.



Avoid using chemical pesticides to get rid of insects inside and outside your house. Chemical pesticides can be very dangerous. It can poison and even kill you. If you do use them, make sure you take the proper precautions such as covering your mouth while spraying, using a mask and plastic gloves so you don't touch the chemicals directly, and washing your entire body after spraying.



Planting trees around your house can help prevent disasters such as heavy floods. The rainy season causes floods in many areas, which then helps bring about many types of diseases such as dengue and *leptospirosis*.



## Let's Review

How do you keep your surroundings clean and healthy? Check which among the following you must do regularly.

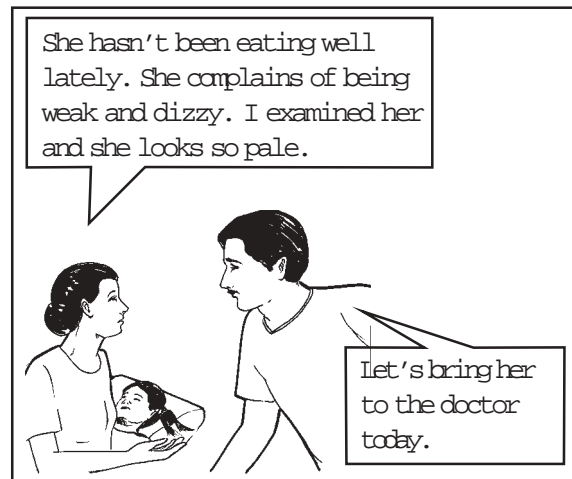
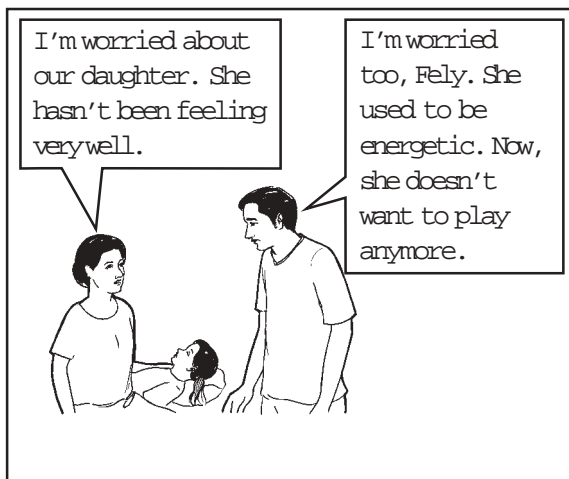
- \_\_\_\_\_ 1. Dispose of your trash every day.
- \_\_\_\_\_ 2. Allow dogs to roam around the streets.
- \_\_\_\_\_ 3. Cover water containers.
- \_\_\_\_\_ 4. Change bedsheets and pillowcases.
- \_\_\_\_\_ 5. Throw trash anywhere outside the house.
- \_\_\_\_\_ 6. Get drinking water directly from the faucet.
- \_\_\_\_\_ 7. Plant trees around the house.
- \_\_\_\_\_ 8. Always use pesticides to kill insects.
- \_\_\_\_\_ 9. Clean the house.
- \_\_\_\_\_ 10. Keep dogs and other animals confined.

Compare your answers with those in the *Answer Key* on page 49.

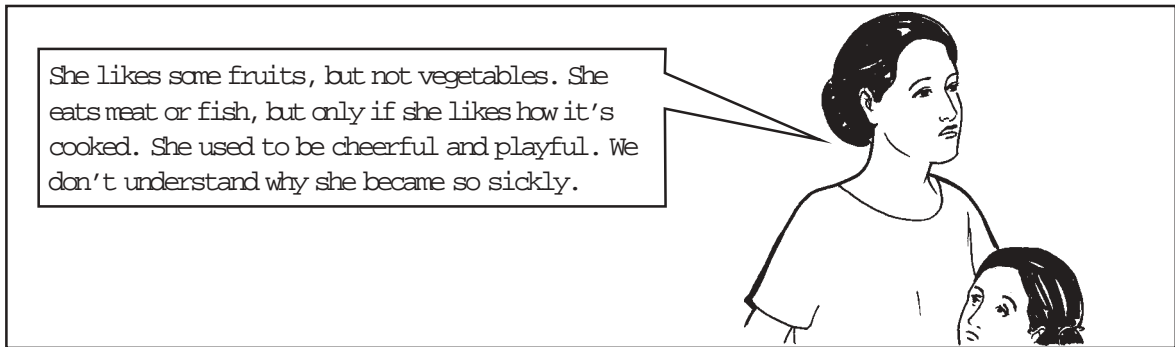
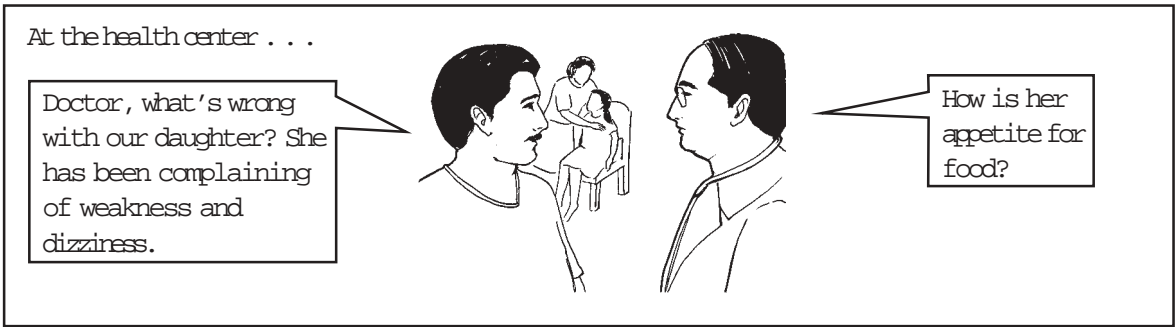


## Let's Study and Analyze

Aling Fely and Mang Greg are worried about their daughter Nene. Let's find out why.







Why do you think Nene got sick? Do you think she was eating nutritious foods? Write your answers in the blanks provided.

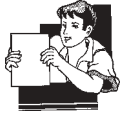
---

---

---

---

You may compare your answers with those in the *Answer Key* on page 49.



## Let's Learn

Food supplies your body with energy. The substances that you consume to grow and remain healthy are called **nutrients**. How do you know if you're eating what is right for your growing body? Why do people who never skip a meal still get sick? What about those who eat a lot —why do some of them still feel weak? Do you think you'll get sick if you don't eat fruits and vegetables?

Let's answer some of these questions.

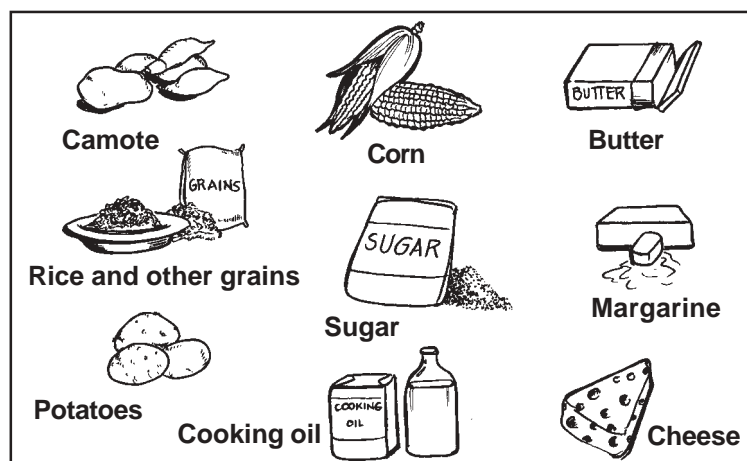
In order to stay healthy, you must eat a **balanced diet**. People who do not eat a balanced diet can develop health problems. The most serious of these is **malnutrition**. A person who suffers from malnutrition may be getting sufficient calories but is lacking certain kinds of nutrients.

Do you know what a balanced diet is?

A balanced diet consists of foods that are rich in protein, carbohydrates, vitamins and minerals. Proper nutrition is not merely getting three meals a day. You can eat lots of food but still not get all the right nutrients. What's important is you eat the right kinds of food with the proper amount of nutrients your body needs. Below are the three types of food containing nutrients needed by the body.

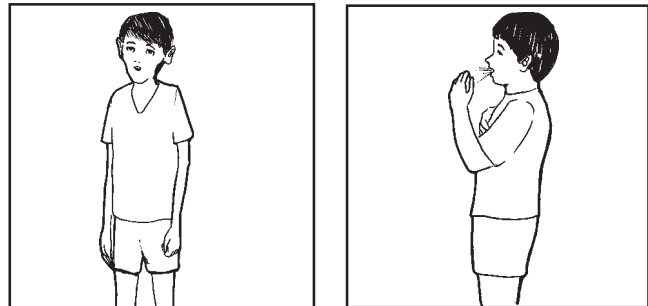
### A Balanced Diet Three Basic Food Groups

#### 1) *Energy Foods* ("Go" Foods)

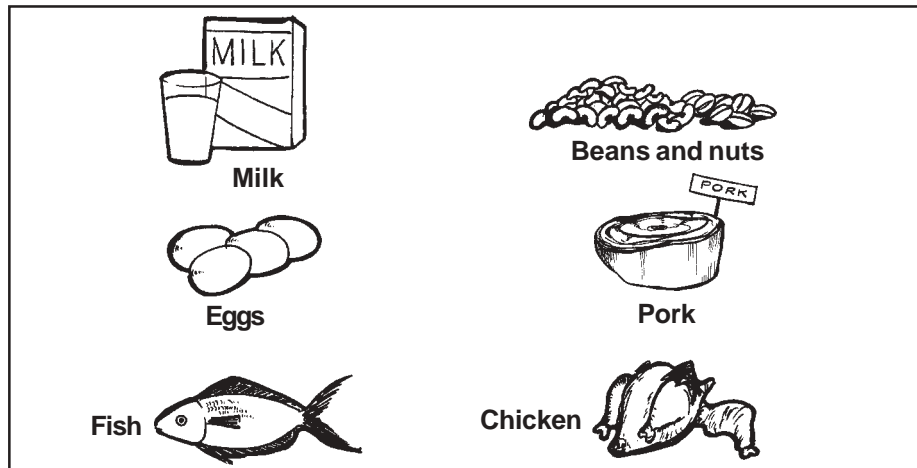


Energy foods are those that contain carbohydrates and fats. The primary function of carbohydrates in your body is to supply energy. Foods that are rich in carbohydrates are potatoes, breads, pastas, corn, rice and other grains. Like carbohydrates, fats also supply the body with energy. However, fats contain more calories than carbohydrates. Foods that are rich in fats include margarine, butter, oil, cheese and meat.

If you are losing weight or strength and you easily catch cold, you must eat plenty of energy foods. These are also called “go” foods because they provide the body with the energy it needs to move.



## 2) *Body-Building Foods* (“Grow” Foods)

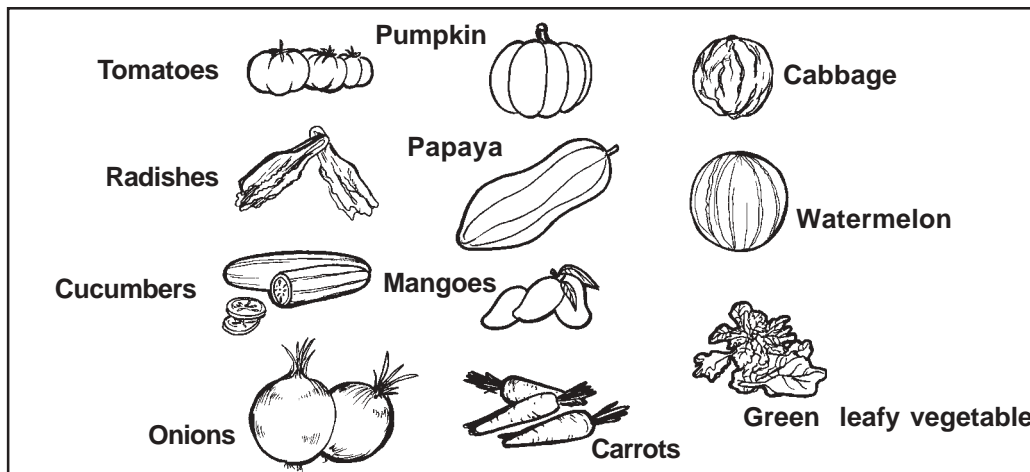


Body-building foods are also called protein-rich foods. The main role of protein is to build and repair cells in our body. It is important to get enough protein in our diet to keep all our cells healthy. Foods that are rich in protein include meat, milk, eggs and beans. They make you grow as they help build your body cells, hence they are called “grow” foods.

If you have decayed teeth, easily get tired or your skin easily becomes swollen, you must eat plenty of body-building foods.

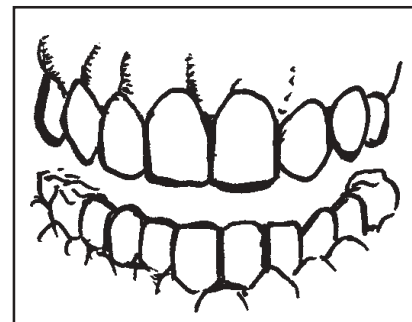
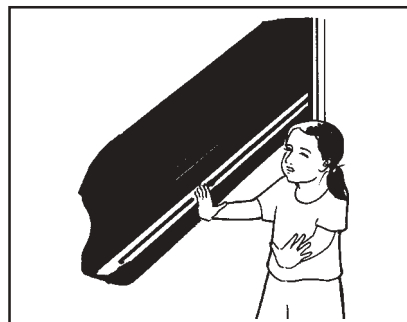


### 3) *Regulating Foods* (“Glow” Foods)



Regulating foods or “glow” foods are rich in vitamins and minerals. These nutrients help maintain the normal functioning of different body parts. We only need small amounts of vitamins and minerals from the food we eat, but they play a big role in maintaining our overall health. If vitamins and minerals are missing from our diet, serious problems can result. These conditions are called **deficiency diseases**. For example, people develop *scurvy* when they do not get enough vitamin C for a long time. Their gums swell and bleed. Their teeth fall out and their joints become sore. You must eat different kinds of fruits and vegetables, for they are needed by the body to resist sickness. Some of the important vitamins include A, B, C, D, E and K. Some important minerals are iron, calcium, potassium, phosphorus and magnesium.

If you cannot see well at night and your gums bleed easily, you must eat plenty of regulating foods.



You have just learned all about the three basic food groups. Remember, you must have food from all these groups in your diet to meet your body’s daily requirements. But what if you eat more than what your body needs? Do you ever watch your weight? Do you know how much you weigh? Did you know that if you are overweight, you are more likely to develop health problems such as heart disease, stroke, diabetes, certain types of cancer and joint problems?



Being overweight can also cause problems such as *sleep apnea* (interrupted breathing during sleep) and *osteoarthritis* (wearing away of the joints). The more overweight you are, the more likely you are to have health problems. Weight loss can help improve and reverse the harmful effects of being overweight. Try to eat a variety of foods, especially pasta, rice, bread and other whole grain foods. You should also eat plenty of fruits and vegetables. These foods are sufficient enough to fill up your hunger and satisfy your body needs but are lower in calories than foods full of oils or fats. Proper nutrition combined with regular exercise will go a long way toward a healthy body and a long life.

Everyone should try to avoid eating *junk foods* such as chips, candies and soft drinks. These are either too sweet or too salty and have a lot of artificial ingredients. They contain very little nutrients.

In addition to eating the right kinds of food, you must also drink plenty of water and fruit juices and consult your doctor regularly. You must also know how to prepare and store your food properly. Eating contaminated food may cause diarrhea and food poisoning. Make sure that the area where you eat is always clean. Also, always cover your food and store them in the refrigerator to prevent them from spoiling. You should also choose where you buy your food. Some sidewalk vendors for instance, have unsanitary containers and stalls.

For further information on what has been discussed above, you may read two other NFE A&E modules, namely *What Is Your Nutrition Status?* and *Eat Right, Be Healthy*.



## Let's Review

Match Column A with Column B. Write the correct letter of your answer in the blank before each number.

- |       |                             |    |                     |
|-------|-----------------------------|----|---------------------|
| ___1. | Rice, corn, camote          | a. | regulating foods    |
| ___2. | Milk, eggs                  | b. | energy-giving foods |
| ___3. | Green leafy vegetables      | c. | protein-rich foods  |
| ___4. | Fish, chicken               | d. | junk foods          |
| ___5. | Soft drinks, candies, chips | e. | body-building foods |

Compare your answers with those in the *Answer Key* on page 49.



## Let's Read

Nutrition and cleanliness alone are not enough to ensure a long and healthy life. Exercise is important, too. What do you think are the benefits of having regular exercise? List them below.

---

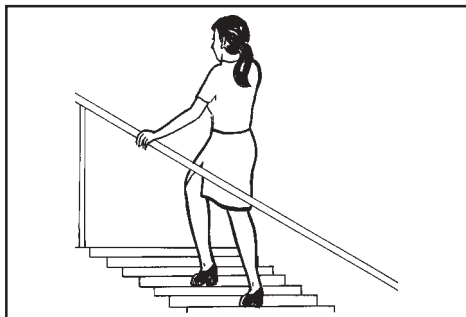
---

---

Being physically active will help you feel better and maintain a healthy weight. Regular exercise helps control your blood pressure and cholesterol level, and strengthens your heart, muscles and bones.

So, how do you become physically active? You don't have to train like a marathon runner to become more physically fit. In fact, most people get enough physical activity from their normal daily routines.

Simple ways to become more physically active include:



Stair climbing



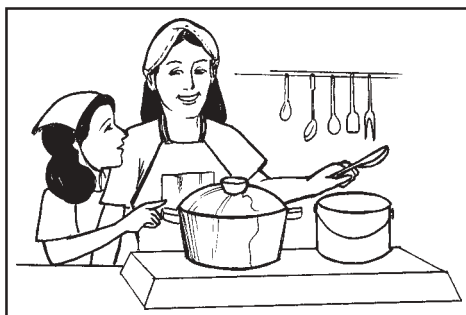
Walking



Gardening



Yard work



Housework

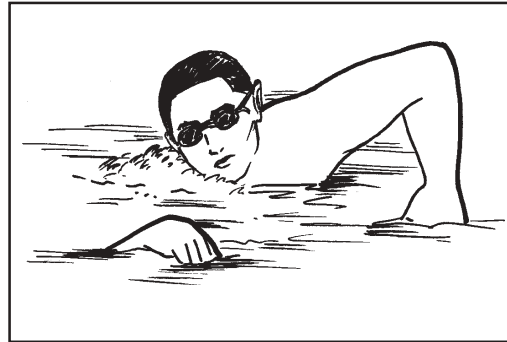


Dancing

So even daily activities such as housework or walking will help. Select activities that you enjoy, that fit into your daily routine and that you can do with a friend or family member. Make time to exercise. Start slow, and keep at it. Try to do a little more every day. Vigorous exercise can help lower the risk of heart disease. This kind of activity is called “aerobics.” Below are some examples:



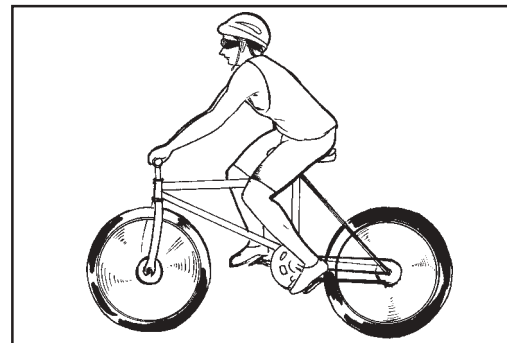
Jogging



Swimming



Jumping rope



Bicycling

Making physical activity a part of your daily life is an important way to help lower your risk developing health problems. Spend less time in activities that use little energy like watching television and playing video games. Instead, devote more time to physical activities. Take advantage of any opportunity to get up and move around. For example:

- ◆ Use the stairs when going up and down a building instead of using the elevator.
- ◆ If you ride on public transportation, get off where you can still walk a few blocks.
- ◆ Do housework, such as scrubbing and sweeping the floor, at a brisker (faster) pace.
- ◆ Carry your own groceries.
- ◆ Take an exercise break every now and then—get up and stretch, walk around and give your muscles and mind a chance to relax.

Believe it or not, regular exercise can help you *feel better*. Why? This is because exercise can:

- ◆ revitalize your energy;
- ◆ help you cope with stress (you'll learn about stress in the next lesson);
- ◆ improve your self-image;
- ◆ increase your resistance to fatigue;
- ◆ help you relax and feel less tense;
- ◆ improve your ability to fall asleep better and to sleep well; and
- ◆ provide an easy way to share time with friends or family and an opportunity to meet new friends.

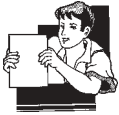


### Let's Try This

It is up to you to plan how and when to take your daily exercise and then to put it into practice. Fill out the chart below to make a simple exercise program. You can use the activities suggested in the earlier sections. Make sure you fit the program to your daily schedule and lifestyle.

<b>My Daily Exercise Program</b>	
<b>Activity</b>	<b>Time</b>
Examples: Jogging Housework	5:30 a.m. (before going to work) 6:00 p.m. (after work)
1.	
2.	
3.	
4.	
5.	





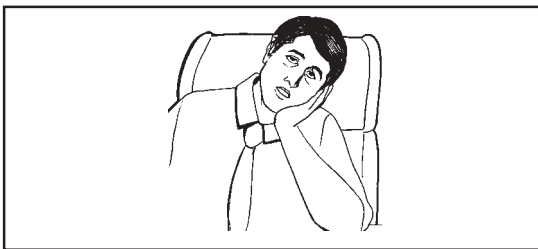
## Let's Learn

We have already discussed how important food and exercise are for the body. But did you know that these are not enough for you to stay healthy? Aside from exercising and eating the right foods, you also need to have enough sleep and rest.



Sufficient rest and sleep are essential for you to be mentally alert—able to cope with problems—and physically capable of performing your daily tasks to the best of your ability. Throughout the day you need to change your activities often so as to rest the overworked parts of your body, and at night you need to sleep to enable your entire body to recover the consumed energy.

While you sleep, your body cells are repaired or restored. Inadequate sleep lowers your resistance to infections and makes you feel nervous and irritable. If you deprive yourself of sleep for a long period, you may suffer from dizziness, depression and emotional upsets such as frequent outbursts of anger or excessive anxiety.



Those who stay up too late at night usually feel tired or exhausted the next day. As a result, they get less enjoyment from their work and social activities. Has this ever happened to you?



## Let's Review

1. What are the benefits of regular physical activity?

---

---

---

---

---

2. Explain why sufficient sleep and rest is important for your health.

---

---

Compare your answers with those in the *Answer Key* on page 50.



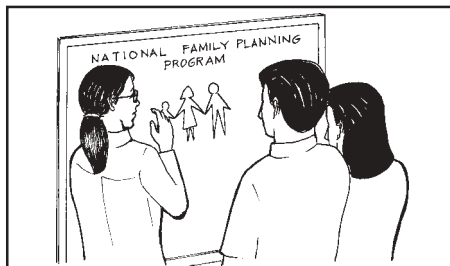
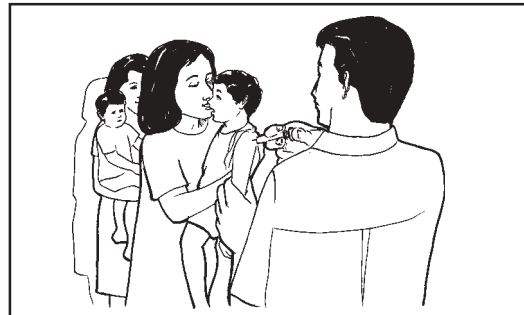
## Let's Talk About This

Most of us would like to be perfectly healthy all the time, but no matter how well we take care of our bodies there may be times when we still get sick. Fortunately, there are certain agencies and organizations that can help us maintain good health.

The Department of Health and the local government units work together to provide adequate and accessible health care to the people.

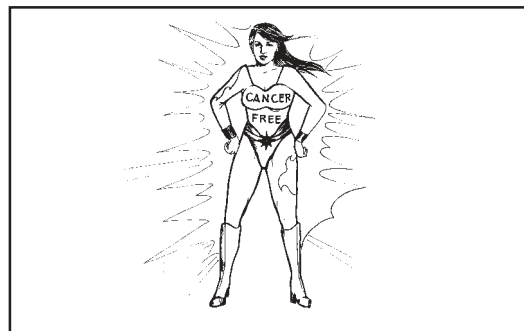
The following are the priority health programs of the government. Find out which ones are being offered in your community, and let yourself and your family avail of the services.

**The Expanded Program on Immunization** provides free vaccination to children for the prevention of measles, polio, tuberculosis, diphtheria and tetanus. The target of this program are areas in the country where children have not been immunized. When infected, the children can infect others, resulting in possible epidemic breakouts.



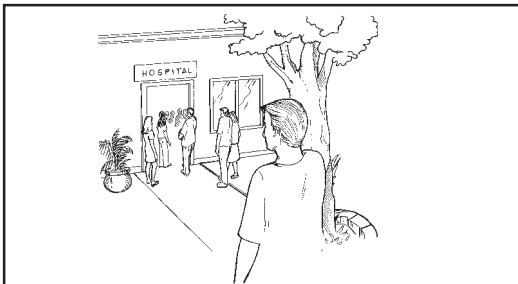
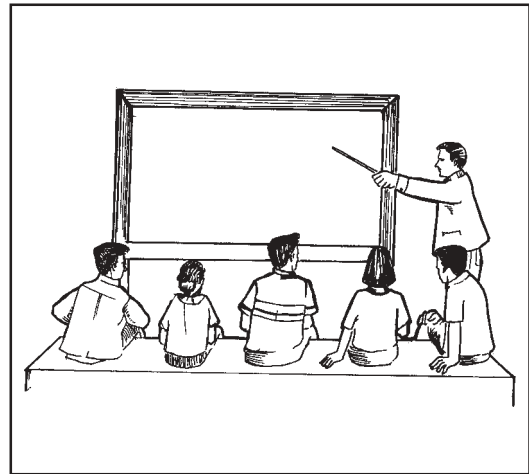
**The National Family Planning Program** focuses on family welfare and health through education and training. It aims to provide basic family planning services and information.

**The Prevention and Control of Cardiovascular Diseases and Cancer Program** is the government's response to the increasing incidence of hypertension and its complications. It also provides assistance to the prevention of cancer of the lungs, breast, liver, cervix and stomach. The program aims to provide basic knowledge and skills on the prevention and detection of these diseases.



**The *Environmental Health Program*** addresses health problems related to air, water and soil pollution. It includes:

- ◆ Anti-Smoke Belching and Air Pollution Campaign
- ◆ Zero Solid Waste and Toxic Management
- ◆ Chemical and Hazardous Waste Management
- ◆ Red Tide Control and Monitoring
- ◆ Integrated Pest Management and Sustainable Agriculture
- ◆ Pasig River Rehabilitation Movement

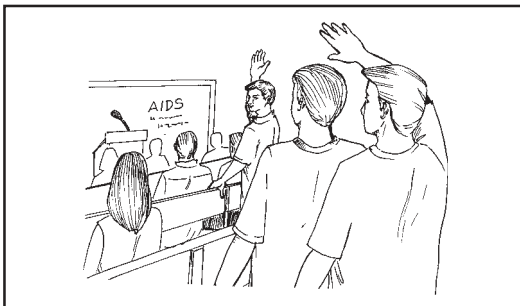


***Hospitals as Centers of Wellness*** seeks to make the hospital a place where the programs for the prevention of diseases are implemented. It seeks to make basic health services, family counseling and health education available in the hospital setting.

***Control of Tuberculosis and other Communicable Diseases*** remains to be a major program of the government. Tuberculosis, schistosomiasis and malaria are still common causes of sickness and death in the country.



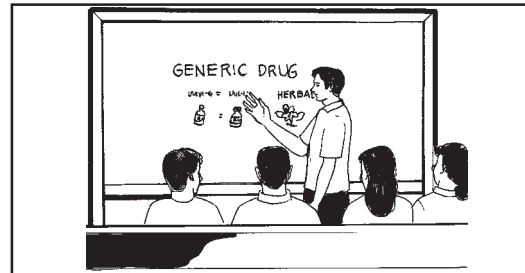
***National AIDS Program*** answers the problem of the increasing number of PWAs or Persons With Acquired Immune Deficiency Syndrome (AIDS). Tests to detect infection in high-risk groups are made available. Public health education is also undertaken.





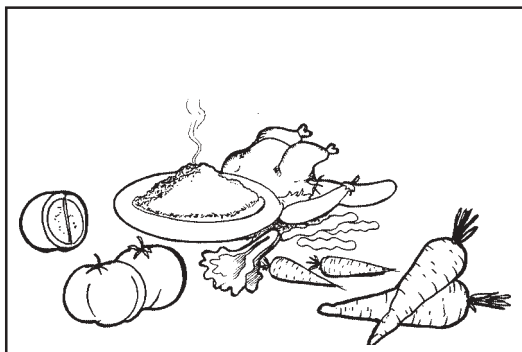
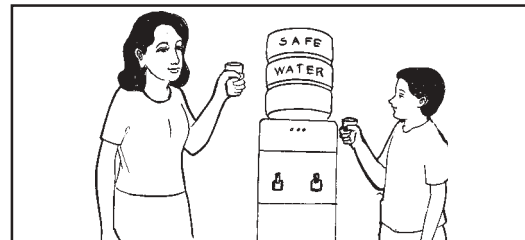
***Herbal and Philippine Traditional Medicine*** promotes the use of herbal medicine and traditional healing practices. Backyard gardening, community projects and the growing of herbal plants are among the major activities under this program.

***The National Drug Policy Program*** seeks to make essential drugs available, affordable and accessible to the people. It also actively supports the development of the local drug industry.



***The Nutrition Program*** addresses the problem of malnutrition among mothers and children. It focuses on deficiencies in iron, iodine and vitamin A. Health stations serve as distribution centers where the micronutrients can be given.

***Safe Water and Sanitation*** are major thrusts of the government because diseases due to poor environmental sanitation still abound. Among the activities under this program are the construction of community-made toilets and the provision of safe water.



***Araw ng Sangkap Pinoy*** aims to help end hidden hunger or micronutrient malnutrition problems, particularly vitamin A deficiency, iron deficiency, anemia and other iron deficiency disorders. The three-pronged strategy includes: micronutrient supplementation, education on proper dietary practices and eating habits and food fortification.



## Let's See What You Have Learned

- A. Encircle the letter of the correct answer for each number.
1. Fruits and vegetables are what type of food?
    - a. regulating
    - b. energy-giving
    - c. body-building
    - d. protein-rich
  2. What are some examples of body-building foods?
    - a. rice, corn, potatoes
    - b. fish, chicken, eggs, milk
    - c. green leafy vegetables, fruits
    - d. bread, pasta, camote
  3. Which factor impairs physical health?
    - a. proper nutrition
    - b. inadequate sleep
    - c. cleanliness
    - d. exercise
  4. People who don't get enough sleep at night usually\_\_\_\_\_.
    - a. feel better the next day
    - b. feel energetic
    - c. get more enjoyment from their work and social activities
    - d. none of the above
  5. This program addresses health problems related to air, water and soil pollution.
    - a. Safe Water and Sanitation
    - b. Environmental Health Program
    - c. Prevention and Control of Cardiovascular Diseases and Cancer
    - d. Control of Tuberculosis and Other Communicable Diseases

B. Answer the following question. Write your answer in the blanks provided.

What should you do to take care of your physical health?

---

---

---

---

---

Compare your answers with those in the *Answer Key* on page 50.



### Let's Remember

- ◆ Good personal hygiene and cleanliness of surroundings promote good health and prevent illnesses.
- ◆ To stay healthy, your body needs the right balance of carbohydrates, fats, proteins, vitamins and minerals—the main components of nutrition.
- ◆ Regular exercise improves your overall health.
- ◆ Our body requires sufficient sleep and rest for the recovery and restoration of energy.
- ◆ There are lots of health services available to the public provided by the Department of Health and local government units.

# Healthy Mind, Healthy Body

Just as the body sometimes breaks down under the strain of day-to-day living, so does the mind. Did you know that anger and depression can lead to illness or disease? Research suggests that people who are prone to anger are three times more likely to have a heart attack.

This lesson is about mental health. Most of the time we go to the doctor for the treatment of pain, fever or other physical ailments. It is very rare that we seek professional help for depression, sadness or stress. Yet these conditions can just as easily affect our overall well-being as physical sickness. Eventually, they can also lead to disease. For this reason, you should give attention to your mind as much as you do to your body.

What can you do to maintain good mental health? Should you think more positively? How do you deal with stress? Is praying good for you? Can smoking and drinking alcohol affect your state of mind? Read this lesson and find out the answers.

After studying this lesson, you should be able to:

- ◆ cite factors affecting the mental well-being of a person;
- ◆ explain how to maintain good mental health; and
- ◆ apply what you have learned to solve everyday problems.



## Let's Study and Analyze

Roland is a carpenter. He has to work very hard to sustain the needs of his family. He has eight children. Five of them already go to school, while the other three are still too young to study. His wife Mercy does other people's laundry for additional income.

One day Roland came home from work very tired...

Mercy, I'm so tired and hungry. Is dinner ready?

Oh, Roland, I haven't prepared anything to eat yet. I had to pick up our five kids from school. Then when I got home our youngest child wouldn't stop crying.

Roland raised his voice and got very angry.

Mercy, that's not an excuse. I've been working hard all day. I expect to have dinner when I get home. Can you imagine how hard I work just so I could provide for this family?

Roland, please, the children can hear you.

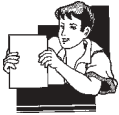
I don't care. My job is giving me so much stress. My boss is too demanding. But I can't quit because we need the money.

Roland, you just need to relax. Don't worry. I'll have dinner ready soon.

Mercy, to tell you honestly, I have been under enormous stress lately. I always have a terrible headache. Sometimes, my chest hurts. It's so bad that I even have tearful breakdowns at work. I need to find a way to deal with everything.

Now stop and think for a while. What is going on with Roland? Do you think he's sick? What do you think causes him to have headaches and chest pains? Let's analyze one of his statements: "I have been under enormous *stress* lately." Do you know what *stress* is? Do you know why people experience it?





## Let's Learn

Life is filled with stressful situations. Anything you see as a problem can cause you stress.



Stress is a common health concern. It is the feeling you get, for example, when you try to balance the ever-growing demands of work with responsibilities at home, just like Roland. It is what you feel when preparing for the holidays, for a visit from the in-laws or for a trip to the dentist for another root canal. It is the feeling you get when preparing for an exam or waiting for your grades. Stress, in short, can happen anytime and anywhere.

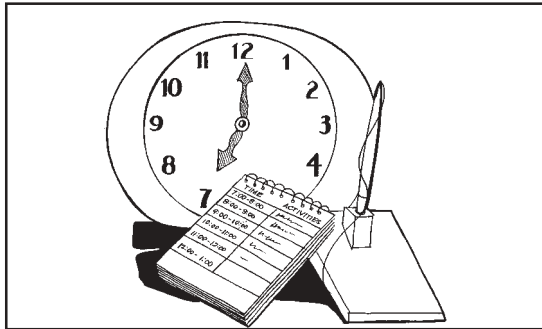
But why do some people handle stress better than others? What do people do to worsen their stress? How can stress aggravate physical and emotional problems? Why do you experience stress in the first place? And, most importantly, how can you control or cope with its effects?

Let's begin with a definition: *Stress is a physical, chemical or emotional factor that leads to bodily or mental tension and may cause illnesses or diseases.* Your body reacts to stress in many ways. Symptoms like back pain, tiredness, headaches, muscle aches, difficulty in sleeping, increased use of cigarettes or alcohol, heartburn, upset stomach, shortness of breath, high blood pressure, and weight gain or weight loss are often caused by stress.



Have you ever experienced any of these symptoms? Have you ever been stressed before? When you have a problem and you don't know what to do, do you think that causes you stress? How do you cope with your problem? How do you usually deal with stress?

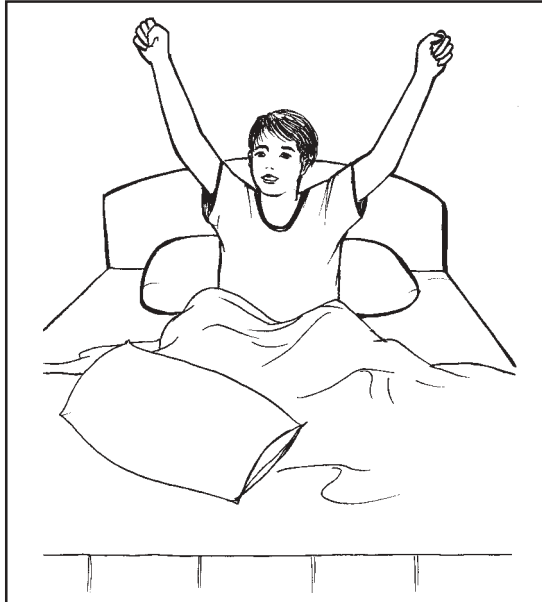
Here are eight simple things you can do to help keep your stress under control.



1. **Manage your time more carefully.** You could do this by making, for example, a list of projects you have to complete and then prioritizing them. When you follow the list, you can accomplish first what is most important, and leave the less important tasks for later.



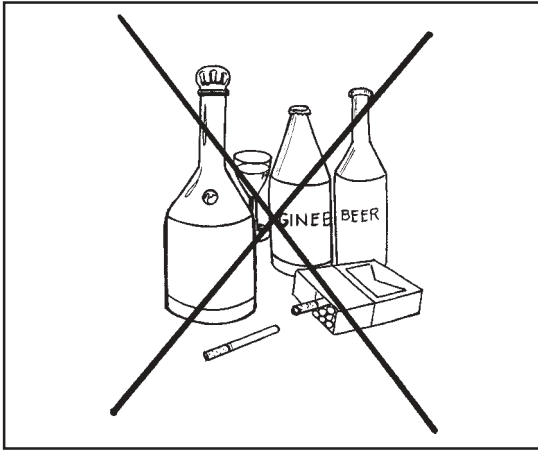
2. **Exercise regularly.** Exercise relieves pent-up energy. It also increases fitness, which helps your body cope with stress. Be involved in sports activities, join an exercise program or walk at least a mile a day. Try to exercise with other people because social contact helps relieve stress, too.



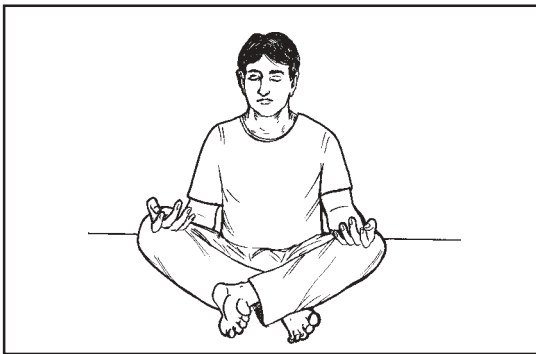
3. **Get enough sleep, but not too much.** When stressed, some people have trouble sleeping while others spend most of their time sleeping. To help with insomnia, exercise during the day, not at night right before you go to bed. If you are under stress, and thoughts about a problem keep you awake, then try making a to-do list. You should do this early in the evening to lessen your stress before going to bed. Also, keep activities prior to bedtime restful and relaxing. This can give peace of mind and will allow you to sleep soundly at night.



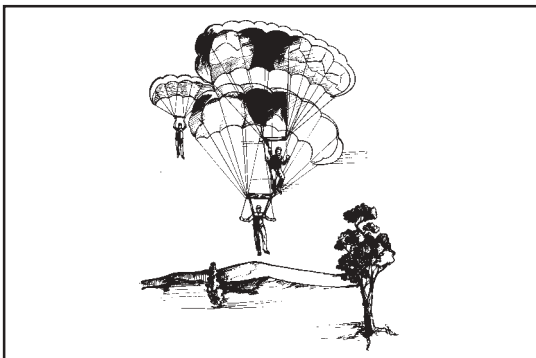
4. **Eat regular, healthful meals.** Some people overeat when they are under stress, while some don't eat at all. Either way, you are allowing stress to disrupt your system. This makes it even more difficult for you to deal successfully with the initial problem.



5. **Avoid alcohol and tobacco.** Alcohol impairs problem-solving and communication skills. Alcoholism can increase the risk of depression and suicidal tendencies. It also plays a role in violent crimes, including the abuse of a spouse or child. Smoking, on the other hand, does nothing to help resolve an issue and is harmful to both the smoker's health as well as the health of those around him.



6. **Practice relaxation techniques.** These include activities like deep breathing and meditation. Listening to soft music can also be relaxing. Do things that you usually enjoy and use these to help you relax. Relaxation releases muscle tension and calms the mind.



7. **Make time for sports, hobbies, socializing and other things you do for fun.** Workaholics can have trouble with this one because most of the time they do not have a life outside of their work. The solution is to find things you like to do (besides work). Experiment. Try different things.



8. **Seek social support.** This may be support from a spouse or partner or from friends. Spiritual and religious activities may also be helpful.



## Let's Review

Put a **T** in the parenthesis before each statement if it is true, and an **F** if it is false.

- ( ) 1. Stress is not a health concern.
- ( ) 2. Exercise helps relieve stress.
- ( ) 3. Smoking does nothing to help relieve stress and is harmful to a person's health.
- ( ) 4. Stress is a physical, chemical or emotional factor that leads to bodily and mental tension and may cause illnesses or diseases.
- ( ) 5. Drinking alcohol helps relieve stress.
- ( ) 6. Some people overeat when they are under stress while others don't eat at all.
- ( ) 7. Deep breathing exercises and meditation are relaxation techniques that can help relieve stress.
- ( ) 8. To help you sleep better, exercise at night right before going to bed.
- ( ) 9. To relieve stress, make time for sports, hobbies and other things you enjoy doing.
- ( ) 10. Your family and friends can't help you relieve stress.

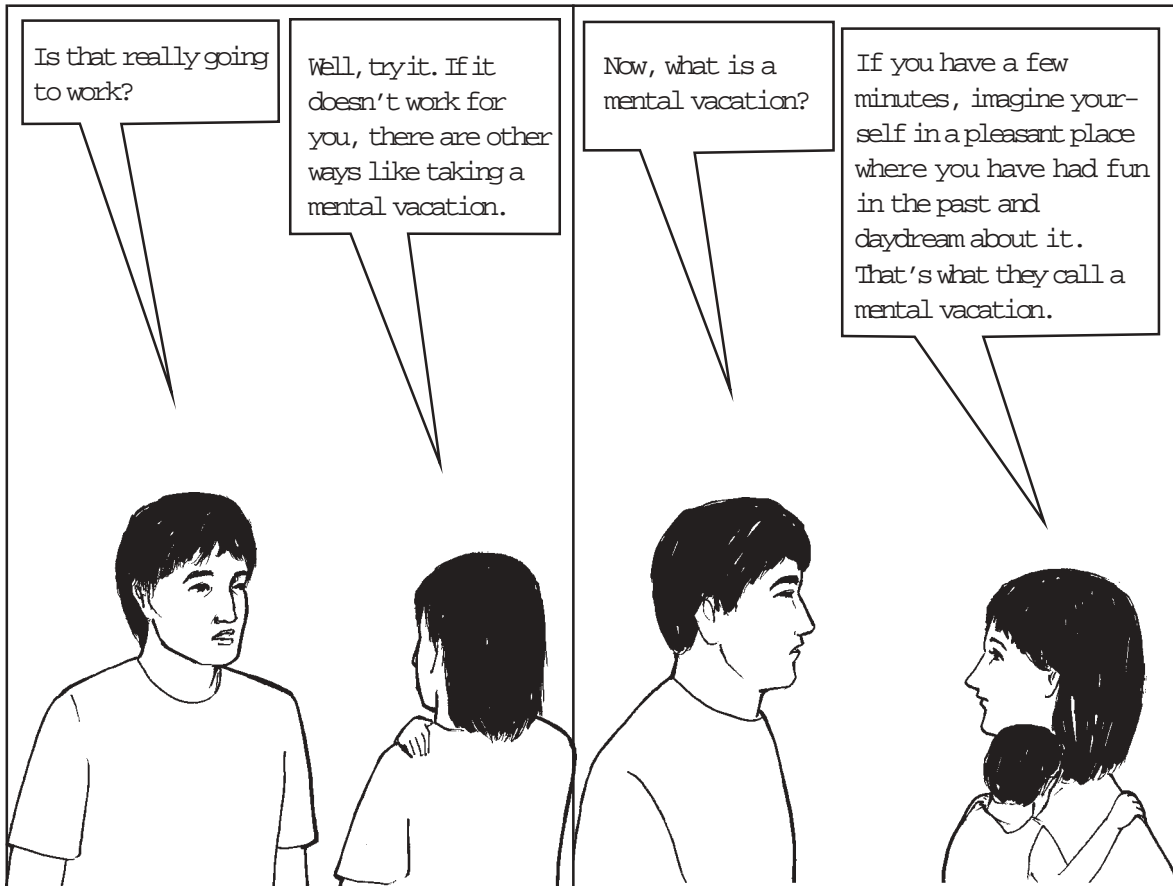
Compare your answers with those in the *Answer Key* on page 51.



## Let's Read

Now let's go back to Roland and find out what happened to him.

<p>I'm sorry to hear that you're having some problems at work. You must learn how to deal with your boss. Maybe you should talk to him. I'm sure it will do you good.</p>	<p>You may be right, but I don't know if he'll listen to me. I just want to quit.</p>	<p>If you quit now, there's no way we are going to survive. Our children are still very young. I can probably accept more laundry, but I doubt if that would be enough to support us.</p>	<p>I just wish I wouldn't have headaches and chest pains anymore. It makes it harder for me to work.</p>
<p>That's because you're under too much stress. It's probably why you're always angry and irritable all the time too. You shouldn't let your stress affect your health.</p>	<p>You know what else? I have been having a hard time sleeping lately, and I feel so tired all the time. What do you think I should do?</p>	<p>We'll just have to live with what we have. I don't think we can change the situation we are in now. Learn how to deal with your problems. You have to find ways to calm yourself down when you are under stress. I read in a magazine that breathing exercises help. Take a deep breath, hold it briefly and then slowly exhale. You can do this four or five times.</p>	



You have just learned that stress is not a hopeless condition. You can do something about it. There are so many ways you can do to relieve your stress. You can choose from the helpful tips given in this lesson or learn from the story of Roland. For additional information, you may also read the NFE A&E modules entitled *Understanding Stress* and *Dealing With Stress*.



## Let's Talk About This

1. Have you been under a great deal of stress? Write briefly about your experience.

---

---

---

2. Did you suffer from symptoms such as irritability, difficulty in sleeping, fatigue, and headaches? What exactly did you feel when you were stressed?

---

---

---

3. What did you do to relieve your stress?

---

---

---

4. How did stress affect your daily living?

---

---

---

You may compare your answers with those in the *Answer Key* on page 51.



## Let's Think About This

Do you think that having a positive attitude will help you live a healthy life? Do you know the old saying, “Laughter is the best medicine”? Can laughter really help you heal? Scientists aren’t sure. But why wait for them to figure it out? What is apparent is that laughter is good for the heart, reduces stress and increases our tolerance for pain.



There are three ways where humor and laughter can help us cope with stress when life gets bumpy. First, humor gives us the right perspective and changes the way we see the world. It allows us to positively change our attitudes when we have problems. Secondly, humor changes our mental state, which is directly related to our physical well-being. A good sense of humor reduces the level of stress. Finally, humor triggers laughter. After we laugh, we feel good.

As we grow older, we begin experiencing things that are definitely not funny, including aches and pains, illnesses, losses, etc. A serious illness is not funny. Death is not funny either. But funny things happen in those situations. The key is to focus on those small things that make you laugh because they can lighten up your burdens.



Besides laughter, another thing that can help you maintain a good attitude is your faith in God. What is it about having faith in God and prayer that seems to have a positive effect on a person’s health? Do you believe in what prayers can do? Do you think having faith in God is good for your health? Do people who have faith live longer and healthier lives? Think about this for a minute.

Research studies suggest that religious faith and spirituality not only strengthen the soul, but the rest of the body as well. Many studies reveal that those who regularly pray live longer and are physically and emotionally healthier than those who do not. And when they do get sick, they seem to recover faster than those who aren’t religiously involved.

The question now is why? One simple explanation is that those who regularly attend religious services tend to be morally upright individuals. Churchgoers tend to be less likely to smoke, drink or abuse drugs. Prayer seems to give them comfort and strength to make it through each day.





People who go to church or are part of a religious community have more social contact and opportunities to get and give support to others. People take better care of themselves when they have a supportive community. It gives them a reason to live and take care of themselves. Of course, that's not to say that you have to go to church to achieve social support. Having lots of family and friends or even household pets can also improve longevity (long life). Social support can make people feel appreciated and loved. Such conditions boost their spirits and can reduce anxiety and stress.

What about you? Do you go to church regularly? Do your parents teach you how to pray? When you pray, do you feel good afterward? How do you seek comfort and strength? How do you cope with your everyday problems? Are you the type of person who thinks positively?

Those who think positively are more likely to practice preventive health measures because they believe their actions make a difference in their lives. When bad things happen, they tend to take these with grace, and then they work actively to fix the situation. They exercise and “put on a happy face” in order to relax and improve their mood.

We all have different personalities and we all approach life differently. But our attitude towards stress can greatly influence our health. Laughter, prayer and optimism (thinking positively) are just some of the “better-living” skills you must learn in order to maintain good mental health and prolong your life.



## Let's Talk About This

After reading the discussion, were you able to think about your life and how you deal with everyday problems? Were you able to appreciate the relationship between keeping a positive attitude and maintaining good health? Now here are some questions for you to answer.

1. What does having a positive attitude in life mean?

---

---

---

2. How can having a positive attitude help you live a healthy life?

---

---

3. How can you maintain a healthy lifestyle even when life gets difficult for you?

---

---

Compare your answers with those in the *Answer Key* on page 52.



## Let's Remember

- ◆ Problems of everyday living can lead to stress. Stress can lead to illness.
- ◆ There are many things that can help relieve stress such as regular exercise, time management, relaxation techniques, getting support from family and friends, etc.
- ◆ Laughter, religion and positive thinking are good for health and longevity.



## Let's See What You Have Learned

A. Complete the following sentences. Write your answers in the blanks provided.

1. There is an old saying that goes, "Laughter is the best \_\_\_\_\_."
2. \_\_\_\_\_ is a physical, chemical or emotional factor that leads to bodily or mental tension and may cause illnesses or diseases.
3. Deep breathing and meditation are examples of \_\_\_\_\_ techniques that relieve stress.
4. Laughter, prayer and \_\_\_\_\_ are just some of the "better-living" skills you must learn in order to maintain good health and longevity.
5. Drinking \_\_\_\_\_ impairs problem-solving and communication skills, while smoking does nothing to help resolve an issue and is harmful to health.

B. Answer the following questions. Write your answers in the blanks provided.

1. What are the symptoms one might experience when suffering from stress?

---

---

---

2. In your own opinion, how can prayer, laughter and positive thinking help you live a healthier and longer life?

---

---

---

3. How can you maintain good mental health?

---

---

---

Compare your answers with those in the *Answer Key* on pages 52–53.

## Emotional and Social Well-Being

As you grow older, you realize more and more that your health is affected by many things. What you eat, the things you do, the emotions you feel, the way you express them, how you are accepted by other people, and how you get along with others are all important factors that affect your health.

To be perfectly healthy, you have to be socially adjusted and in harmony with your environment. How do you interact with different kinds of people? How do you cope with different situations? How is your relationship with your family and friends? Do you get nervous when talking to a lot of people? Do you avoid talking to others?

This lesson is designed to help you develop the social skills necessary for good relationships with people. These skills can help you manage your life effectively and consequently reduce tension and illnesses. They can also make it easier for you to face the pressures of modern living.

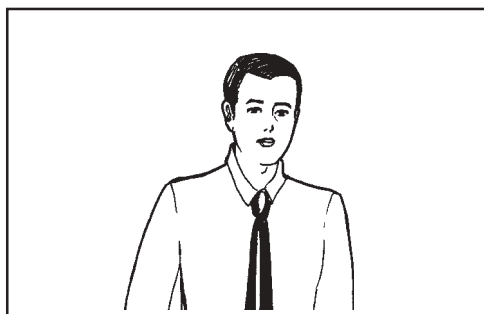
After studying this lesson, you should be able to:

- ◆ discuss social factors that contribute to good health; and
- ◆ apply what you have learned to become a socially adjusted individual.



### Let's Try This

Study the pictures and descriptions of Mario and Totoy below.



Mario is 25 years old, physically healthy and able to cope with daily problems fairly well. However, he has no close friends and his own family is neither stable nor happy.



Totoy is also 25 years old. He enjoys good health and knows how to handle himself and his problems well. He has a loving wife and one daughter. He still maintains constant contact with his parents, whom he loves very much. He also enjoys the company of lots of friends.

In your opinion, who is in better health, Mario or Totoy? \_\_\_\_\_

Explain your answer.

---

---

---

---

Have you finished writing down your answer? If you chose Totoy, you are right. Mario and Totoy may both be healthy physically and mentally, but Totoy has the advantage of having close and fulfilling relationships with other people like his family, parents and friends. Thus, he must be happier and more emotionally stable than Mario. We will explore this idea as we go along.



## Let's Study and Analyze



Do these statements sound familiar to you? What do you think is the problem of these two people?

---

---

Do you get anxious about simple situations like, for example, making eye contact with somebody or speaking to someone directly or on the telephone? In such cases, do you start to blush and tremble? Does your heart start to beat faster? Do you begin to sweat?

Everyone wants to get along well with others and enjoy social activities. These skills are essential to your enjoyment of living and your health. One of the most important social skills you need is the ability to communicate well. People need to make contact with others to convey their ideas, opinions and feelings, or to gain information, advice or emotional support from others. Communication is also essential for forming and maintaining friendships.

Do you agree that having friends helps you become healthier and happier? Explain your answer.

---

---

---

---

To be able to get along well with others, you need to be thoughtful, kind, cooperative, reliable and honest. Friends, just like laughter, are good medicine. Developing and maintaining a strong social network not only provide an opportunity to share common interests and develop new friendships—they also give you support during times of change, thus reducing the chances of isolation and loneliness. Part of having social support is having someone you trust and can confide in. You don't have to bear your problems alone. Your friends can give excellent social support during times of stress and change. (For more information on how to get along well with other people, you can read the NFE A&E module entitled *I Need You.*)

Now, here are some questions for you to answer.

- 1. When you have problems, where do you go for help and why?

---

---

- 2. Do you find it hard to meet new people? Why or why not?

---

---

- 3. What do you gain from social activities such as going to the movies with friends, playing cards with your siblings or watching television with your family? Do you think these are good for your health? Why or why not?

---

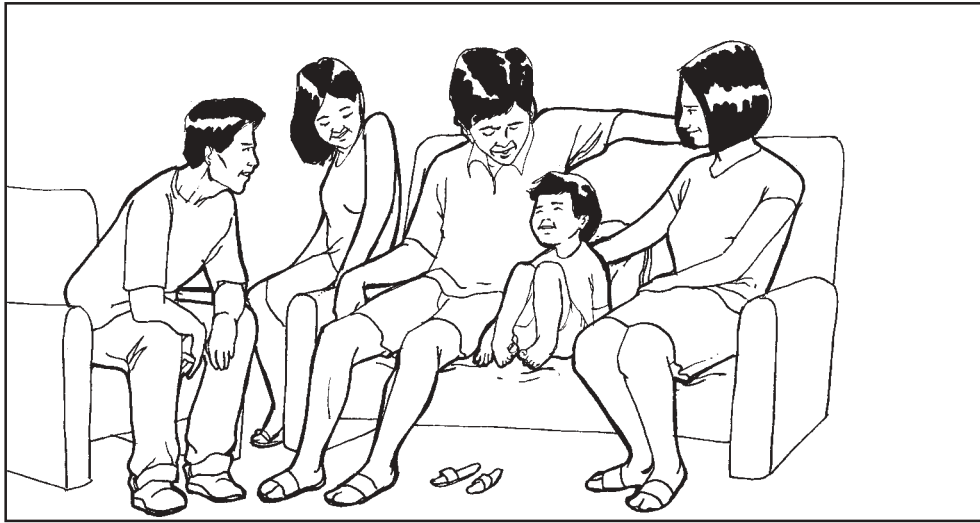
---

Compare your answers with those in the *Answer Key* on page 53.



## Let's Read

Look at the picture below.



What do you see in the picture? Write your observations in space below.

---

---

---

Do you know how important your family is? Your emotional and social health depends upon the quality of the relationships between you and the other members of your family as well as with other important people in your life.

Your family is very important. They help supply your basic needs. Especially when you were still a child or when you were growing up, they provided your basic needs such as food, clothing, shelter, protection from harm and care when you were sick. Also very importantly, they supplied your emotional needs such as affection, love and companionship. Thus, the way you turned out to be, or the kind of person you are now, is largely a product of the kind of family you grew up in. The love and attention you received from your parents affect the way you feel about yourself.

Families that are genuinely considerate tend to turn out or produce members who are sensitive to the needs of others. A home with an atmosphere of tolerance and understanding generates these same qualities in the growing members of the family and helps them to develop healthy personalities.



## Let's Talk About This

1. How would you describe your family?

---

---

---

2. What kinds of activities do you usually do with your family?

---

---

---

3. Do you have children of your own? Do you plan to raise a family in the future? Describe the kind of family environment you would like your children to grow up in.

---

---

---

Compare your answers with those in the *Answer Key* on page 54.

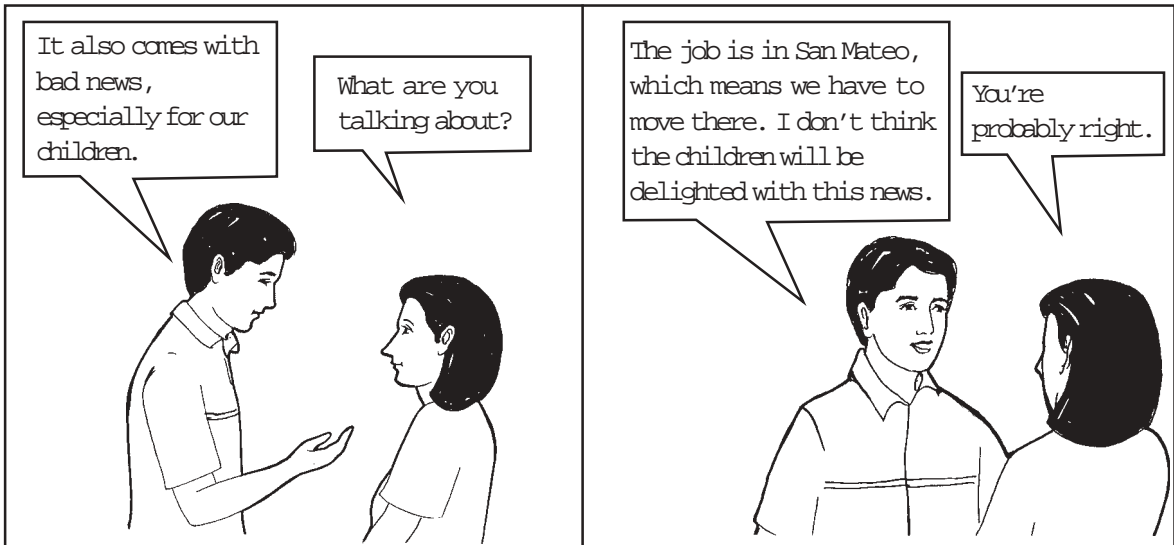


## Let's Study and Analyze

Read the short dialogue that follows.

<p>Liita, I have good news.</p> <p>What's the good news?</p>	<p>I have been promoted as bank manager.</p> <p>That's great news. But how come you don't seem to be happy about it?</p>
--	--





Change is a normal part of life. For example, as shown in the dialogue above, a person's work may require him/her to adapt to certain changes. Some jobs frequently require their employees to move their homes to other towns and sometimes even to other countries. This always affects family members who have to make new friends, find new sources of recreation and adjust to new schools. These changes can create emotional difficulties for both adults and children.

Throughout your life you will be faced with situations that involve change and require decision-making. As an emotionally and socially mature person, you should be able to cope with life and its conflicts and demands.

The ability to understand what life is all about is an essential ingredient of health. There are times when you will experience sadness and downheartedness due to problems, but don't ever think that you cannot cope with life. Unexpected circumstances, accidents and illnesses may interfere with your hopes and goals in life, but you should be able to recover quickly and change plans when necessary to make life meaningful.

Do you think you are able to successfully adapt to changes in your life? Answer the following questions.

1. When family or friends are forced to change plans, do you accept the situation cheerfully or do you get angry?

---



---

2. Are you able to make decisions for yourself or do you always depend on others for help? Why?

---



---

Compare your answers with those in the *Answer Key* on page 54.



## Let's Think About This

So far, we have discussed the importance of having good relationships with family, friends and other people. We learned that when these relationships are happy and fulfilling, and when we relate well with people in general, then we become happier and our overall health improves.

Have you noticed that in relationships, sharing is very important? When we share our joys with others, we increase our happiness. And when we share our sorrow with others, our sadness is lessened.

Recall an experience wherein you shared something with a family member or friend, and felt happier afterward. Briefly relate the experience below.

---

---

---

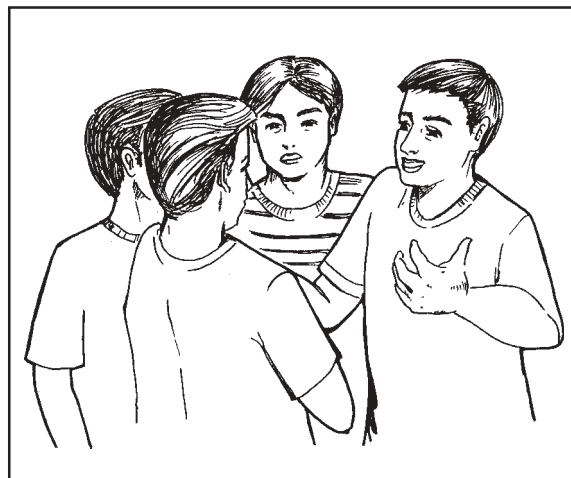
---

---



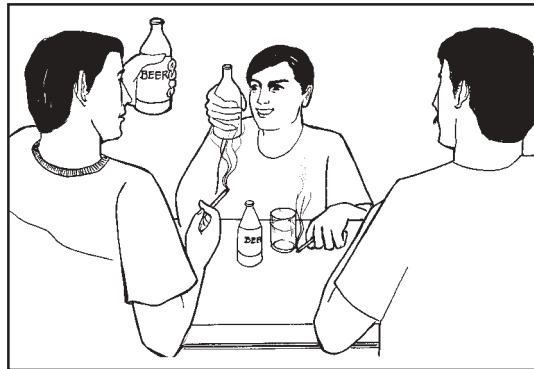
## Let's Read

Our experiences become richer and more meaningful when we are able to share these with other people. However, there are times when we need to be alone. It is important to our emotional and social health to be able to achieve a balance between time spent happily in the company of others and time spent happily alone.



Your interests may influence your sociability. If you like reading, obviously, you will spend a lot of time by yourself. If your main leisure activity is a team sport, you will be in contact most of the time with others.

Today, many people are contented only if they are surrounded by other people. Being alone makes them miserable. But it is not the presence or absence of people that makes a person lonely. We have to learn how to enjoy situations when we are on our own. Since we all have unique personalities the amount of time that will be spent alone or with others will vary from one individual to another.



Groups, whether small and personal like the family, or large and less clearly defined like clubs and associations, play an important part in people's lives. It is usually in groups that people are able to satisfy most of their social needs. Groups provide opportunities for friendship, approval and security. They also allow people to exchange ideas, achieve goals that require a combined effort and develop cooperation in problem solving.

We must not feel desperate when we have misunderstandings with a member or members of group to which we belong. You should not aim to be accepted and liked by everyone. You have to accept and learn the fact that when you hold certain values there will always be people who will reject you. It is impossible for you to please everyone. Just try to relate as best as you can with other people, and when conflict arises, don't be overly concerned.



## Let's Think About This

1. You have a new friend whom you get along very well with. One day he offered you some prohibited drugs. What would you do? Why?

---

---

---

2. Do you think being sociable is important to a person's overall health? Why or why not?

---

---

---

Compare your answers with those in the *Answer Key* on page 54.



## Let's Remember

- ◆ What we feel and how we get along with others are important for our health.
- ◆ The way we interact and behave is influenced by the family environment we grew up in.
- ◆ As an emotionally and socially mature person, you should be able to cope with life's many conflicts and demands.
- ◆ Good friends and family help keep us healthy.

Well, this is the end of the module! Congratulations for finishing it. Did you like it? Did you learn something useful from it? A summary of its main points is given on the next page to help you remember them better.



## Let's Sum Up

- ◆ Health is not simply the absence of illnesses and diseases—it is the overall physical, mental, emotional and social well-being of a person.
- ◆ We can maintain our physical health by proper nutrition, cleanliness of self and surroundings, regular exercise, adequate sleep and rest and regular consultation with our doctor and other health services.
- ◆ Our state of health partly results from how successfully we handle our emotions, deal with stress, solve or cope with our problems and get on with other people.
- ◆ Having faith in God, laughter and positive thinking are good for our health and longevity.
- ◆ Social activities and healthy relationships are essential for our enjoyment of life and for our health.



## What Have You Learned?

- A. Encircle the letter of the correct answer.
1. What foods are rich in vitamins and minerals and help maintain the normal functioning of different body parts?
    - a. body-building foods
    - b. regulating foods
    - c. energy-giving foods
    - d. protein-rich foods
  2. Brushing your teeth is essential especially if you want to\_\_\_\_\_.
    - a. preserve your teeth
    - b. avoid tooth decay
    - c. avoid pain
    - d. all of the above

3. A balanced diet consists of foods that are rich in\_\_\_\_\_.
  - a. carbohydrates and fats
  - b. vitamins and minerals
  - c. carbohydrates, proteins, vitamins and minerals
  - d. carbohydrates, proteins and minerals
4. While we sleep, our body cells are repaired or restored. Inadequate sleep\_\_\_\_\_.
  - a. lowers our resistance to infections
  - b. makes us nervous
  - c. makes us irritable
  - d. all of the above
5. If water has a suspicious color, odor, taste and sediments, then\_\_\_\_\_.
  - a. it should be used for drinking
  - b. it should be used for cleaning and washing purposes only
  - c. it should be thrown away
  - d. it should be boiled for drinking
6. One of the simple ways to reduce stress is\_\_\_\_\_.
  - a. smoking
  - b. regular exercise
  - c. drinking alcohol
  - d. eating a lot
7. Being overweight can also cause problems such as\_\_\_\_\_.
  - a. sleep apnea (interrupted breathing during sleep)
  - b. scurvy
  - c. diabetes
  - d. (a) and (c)
8. We can maintain a clean environment by\_\_\_\_\_.
  - a. disposing of our garbage outside the house
  - b. using chemical pesticides to kill all insects
  - c. cleaning our house at least once a week
  - d. properly disposing of our garbage everyday

- 9. What are the factors that contribute to good health?
  - a. proper nutrition, clean environment, recreation
  - b. poor nutrition, contaminated water, smoking cigarettes
  - c. floods and inadequate shelter
  - d. personal hygiene, animals and insects, adequate clothing
- 10. What are the factors that bring about many diseases?
  - a. education, pollution, sanitation
  - b. inadequate sleep, poor nutrition, calamities
  - c. bad habits such as smoking and drinking alcohol
  - d. (b) and (c)

B. Answer the following questions. Write your answers in the blanks provided.

1. What can you do to maintain your mental health?

---

---

---

2. What can you do to maintain your emotional and social health?

---

---

---

Compare your answers with those in the *Answer Key* on pages 55–56.



## Answer Key

### A. Let's See What You Already Know (pages 2–3)

1. **Agree**
2. **Agree**
3. **Disagree** Drinking alcohol impairs problem solving and communication skills. It also increases the risk of depression, suicide and violent crimes. Smoking does nothing to resolve a problem and is also harmful to health.
4. **Disagree** Proper nutrition means eating a balanced diet which consists of foods that are rich in protein, carbohydrates, fats, vitamins and minerals. Proper nutrition does not mean merely getting three meals a day. You can eat lots of food but still not get all the right nutrients.
5. **Agree**
6. **Agree**
7. **Agree**
8. **Disagree** Foods that are rich in carbohydrates include rice, bread, pasta, potato, corn and other grains. Chicken, fish, eggs and beans are foods rich in protein, also known as “body-building foods.”
9. **Disagree** Health is not simply the absence of disease. It is the overall physical, mental, emotional and social well-being of a person.
10. **Disagree** You don't have to be trained like a marathon runner to become physically fit. Most people get enough physical activity from their normal daily activities such as housework, gardening, dancing, yard work and walking.

### B. Lesson 1

#### *Let's Review (page 6)*

1. Hand washing is important because it reduces the possibility of getting an infection or passing it on to others. You should wash your hands regularly throughout the day especially after going to the toilet, before preparing food and before eating.



2. Dirt will accumulate under your nails which can be a breeding place for bacteria. The bacteria may be transferred to your mouth or cause skin infection if it comes in contact with broken skin.
3. Yes. Other ways to be clean include combing your hair, cleaning your ears, washing your face, wearing clean clothes, not sharing personal belongings with other people, and using footwear at all times to keep dirt and germs away from your feet.

*Let's Review (page 8)*

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

*Let's Study and Analyze (page 9)*

Nene got sick because she doesn't eat a balanced diet. She eats a lot but only bread and rice. She only eats meat or fish if she likes how it's cooked. She only likes some fruits and not vegetables. And for snacks, she eats candies and always with a bottle of soft drink. These are too sweet and have artificial ingredients. They hardly contain nutrients. To stay healthy, her body needs the right balance of carbohydrates, fats, proteins, vitamins and minerals.

*Let's Review (page 13)*

1. b
2. c or e
3. a
4. c or e
5. d

*Let's Review (pages 17–18)*

1. Regular exercise helps us maintain a healthy weight; controls blood pressure and cholesterol; and strengthens our heart, muscles and bones. Being physically active also helps us feel better. It raises our energy level, helps us cope with stress, improves self-image, helps us relax and feel less tense, improves our ability to fall asleep and sleep well, and provides an easy way to share time with friends or family and an opportunity to meet new friends.
2. Sufficient sleep and rest is important for our health, for us to be mentally alert, able to cope with problems and physically capable of performing our daily tasks. While we sleep, our body cells are repaired and restored. Inadequate sleep lowers our resistance to infections, makes us irritable, nervous and tired. We may also suffer from dizziness, depression and emotional upsets.

*Let's See What You Have Learned (pages 21–22)*

- A.
  1. **(a)** Regulating foods such as fruits and vegetables are foods rich in vitamins and minerals.
  2. **(b)** Body-building foods such as fish, chicken, eggs and milk are foods rich in protein.
  3. **(b)** Inadequate sleep impairs our physical health as it lowers our resistance to infection and makes us irritable and nervous. We may also suffer from dizziness, depression and emotional upsets.
  4. **(d)** Those who decide to cut down their amount of sleep usually feel tired and lack energy the next day. They get less enjoyment from their work and social activities.
  5. **(b)** The Environmental Health Program addresses health problems related to air, water and soil pollution.
- B. Practice proper nutrition; always keep myself and my surroundings clean; exercise regularly; get adequate sleep and rest; avail of health services and programs in the community; and practice good health habits such as boiling water to drink, drinking plenty of fruit juices and water and consulting regularly with a doctor.

## C. Lesson 2

### *Let's Review (page 28)*

1. (F) Stress is a health concern. It affects our mental as well as our physical health.
2. (T)
3. (T)
4. (T)
5. (F) Alcohol impairs our problem-solving and communication skills. It increases the risk of depression, suicide and violent crimes. Therefore, it does not help to relieve stress.
6. (T)
7. (T)
8. (F) To help you sleep better at night, exercise during the day, not at night before going to bed.
9. (T)
10. (F) Support from friends and family may help relieve your stress. Sometimes you just need some ideas, while at other times you need an empathetic shoulder to lean on.

### *Let's Talk About This (page 31)*

Here are some sample answers. You may have thought of others which are also correct.

1. Yes. I have been stressed before.  
No. I don't think I know how it feels to be stressed.
2. Yes. I remember that I was irritable all the time. I couldn't sleep. I had such a terrible headache that I just cried because I didn't know what to do.
3. To relieve my stress, I take a walk to relax and clear my mind. I like going to the mall and watching movies so that's what I do to relax. I also listen to my favorite music or watch my favorite TV show.
4. When I'm under stress, I don't have the energy to do my daily chores. I don't like to go to work. I don't like to do anything at all. I'm always irritable, which causes fights between me and the other members of my family. None of my daily responsibilities gets done.

*Let's Talk About This (page 34)*

Here are sample answers. Your answers may be different from these.

1. A positive attitude in life means being cheerful and optimistic, even when we have problems. It also means taking problems as a normal part of life and not grumbling about them too much. A positive attitude leads one to look for solutions so as to fix or solve a problem.
2. If you have a positive attitude, you feel good and happy about yourself no matter what. When life gets bumpy, you easily come up with multiple alternatives to fix the situation. Those who think positively are more likely to practice preventive health measures because they believe their actions make a difference in their lives. Also, if you have a positive attitude toward life, you can cope with everyday stresses better because you know what's appropriate to do and what will make you feel better.
3. When life gets difficult, I try not to let it affect my well-being. I continue to do what is good and healthy for me. I believe in the old saying, "Laughter is the best medicine." I take my problems as a challenge to keep me strong and in control of my life. Some people may think that smoking and getting drunk help resolve their problems, but sometimes they don't realize that it can actually make their problems worse because these things are harmful to our health. I also believe that prayer helps us maintain a healthy lifestyle. We all feel "down" or "blue" at times, but I think we can seek comfort, peace and strength through prayer.

*Let's See What You Have Learned (page 35)*

- A.
  1. medicine
  2. Stress
  3. relaxation
  4. optimism (positive thinking)
  5. alcohol
- B. Here are sample answers. You may have other answers.
  1. Symptoms of stress include back pain, tiredness, headaches, muscle aches, difficulty in sleeping, increased use of cigarettes or alcohol, heartburn, upset stomach, shortness of breath, high blood pressure and weight gain or weight loss.
  2. Prayer can give us comfort and strength and help us make it through each day. Laughter gives a new perspective and helps us

cope with difficulties in life. Laughing is also good for the heart; it reduces stress and increases our tolerance for pain. And if we think more positively about life, we feel good, happy and contented about ourselves even when things don't go well.

3. I maintain a healthy mind by not taking everything too seriously. I know when to laugh, be sad, angry or happy about everything that's happening in my life. I find ways to relax and ease my mind through exercising, talking with friends and keeping a journal. Smoking or drinking alcohol certainly don't help. I try to keep a positive attitude toward everything so that when I encounter problems, I can cope better and think of positive ways to deal with them.

#### **D. Lesson 3**

*Let's Study and Analyze (pages 37–38)*

Here are some sample answers. You may have other similar answers.

1. I go to my family first because they know me better than others do. They understand me and always make me feel special. I feel like I can count on them whenever I have a problem.

I ask my friends for help. I don't like to let my family know about my problems. I don't want them to worry about me.

I take care of my problems alone. I don't seek help from any of my family or friends.

2. Yes, I get shy when I'm with unfamiliar people. I usually don't know what to say. I find it hard to start a conversation.

No, I don't have a problem meeting new people. I meet different kinds of people all the time. My parents taught me how to interact with other people properly. They also taught me to be respectful toward others always. They taught me good communication skills when interacting with other people. I feel good about myself so there is no reason for me to be afraid to talk to others.

3. I think social activities are important for our health and it can prolong life. It helps reduce stress, helps people relax and interact with one another and makes people stay involved and active, especially the older ones. In addition, people who are supported by friends and family feel a greater sense of self-esteem and so they take better care of themselves and adopt a healthy lifestyle.

*Let's Talk About This (page 40)*

Here are some sample answers. Your answers may be different from these.

1. I have a big and happy family. We make sure that we spend time together even just by watching TV at home. My parents seem happy together. I have three other siblings and we all get along very well. Sometimes we get on each other's nerves but we always talk about it. We're always there for each other and most of all, we take care of each other.
2. We are fond of watching basketball games on TV, playing cards and sometimes, we go and see a movie together. We also like to go out on picnics and on Sundays we all go to church together.
3. I would like my (future) children to grow up in a family that is loving, understanding and supportive. I would like to have all their needs attended to. It is important that they have a happy family.

*Let's Study and Analyze (page 41)*

Here are sample answers. Your answers may be a little different from these.

1. This kind of situation happens to me once in a while. When plans are changed, I usually don't get angry. I can be flexible but I like to be informed ahead of time. I may get angry if decisions are made and I'm not informed.
2. I'm able to make decisions for myself, such as what food to eat or what clothes to wear. But if I have to make a decision that would involve other people, then I would ask these people to help me.

*Let's Think About This (pages 43–44)*

These are sample answers. You may have other answers similar to these.

1. I know that drugs are addictive and very harmful to one's health. Some people may think it's cool to take drugs but I refuse to agree. I don't think it's cool to have diseases that are caused by drugs. So, I would probably refuse the offer. If my new friend cares about himself and the people around him, he then needs to stop taking drugs. And if he is my true friend, he would understand why I refused to take his offer.
2. Being sociable is important but you should know what your limits are. Being sociable means interacting with people, meeting new friends and getting involved in social activities, which are all good for your social well-being. All of us need to belong and be a part of a group. Groups provide opportunities for friendship and security and allow people to exchange ideas. But you shouldn't try to fit in to the extent of doing something unacceptable or something that you don't even like to do in the first place.

## E. What Have You Learned? (pages 45–47)

- A.
1. **(b)** Regulating foods are foods rich in vitamins and minerals, which help maintain the normal functioning of different body parts.
  2. **(d)** Brushing your teeth after meals is essential if you wish to preserve your teeth and avoid tooth decay and possible pain.
  3. **(c)** A balanced diet consists of foods that are rich in carbohydrates, proteins, vitamins and minerals.
  4. **(d)** Inadequate sleep lowers our resistance to infection and makes us irritable and nervous.
  5. **(b)** If the water has a suspicious color, odor, taste and sediments, it should not be used for drinking even if boiled. It should be used for cleaning and washing purposes only. It doesn't necessarily have to be thrown away.
  6. **(b)** Some of the simple ways to reduce stress include regular exercise, avoiding tobacco or alcohol intake and eating a healthy diet.
  7. **(d)** Being overweight can cause health problems such as sleep apnea (interrupted breathing during sleep) and diabetes. Scurvy is a deficiency disease caused by prolonged lack of vitamin C in the body.
  8. **(d)** We can maintain a clean environment by properly disposing of our garbage every day, cleaning our house every day and avoiding the use of chemical pesticides.
  9. **(a)** Factors that contribute to good health include proper nutrition, clean environment and recreation. Others are personal hygiene, adequate shelter, clean water and proper clothing.
  10. **(d)** Factors that bring about many diseases include inadequate sleep, poor nutrition, calamities and bad habits such as smoking and drinking alcohol.
- B. Here are sample answers. Your answers may be a little different from these.
1. To maintain my mental health, I find time to relax and clear my mind especially when I'm loaded with too much work. Life is filled with stress. I try to deal with my problems one at a time so I don't get crazy. I try to keep a simple and healthy lifestyle. I make sure that I get sufficient sleep and rest. This helps me rest not only my body but my mind as well. I don't smoke or drink alcohol because research findings reveal that cigarettes and alcohol can impair a person's thoughts, feelings and behavior, but they do nothing to solve one's problem or relieve one from stress.

2. It's important to enjoy life to the fullest. And we can do this if we are in good health. To be truly healthy we need to have friends and family around us. Social activities provide opportunities to make contact with others, to convey ideas, opinions and feelings, or to gain information, advice or emotional support from others. Developing and maintaining a strong social network not only provides an opportunity to share common interests and develop new friendships, but offers support during times of change, thus reducing the chances of isolation and loneliness. Part of having social support is having someone whom you can trust who is willing to listen to your problems. You don't have to bear your problems alone. Your friends can be an excellent support group during times of stress and change. We all need love, affection and companionship. Knowing that we are loved and that people care about us makes us feel good about ourselves.



## Glossary

**Accumulated** Gathered; collected

**Aerobic** Involving or utilizing a system of physical conditioning designed to improve respiratory and circulatory function by exercises that increase oxygen consumption

**Anxiety** Fear; worry

**Chlorinated** Combined with chlorine, which is used as a disinfectant in water purification

**Depression** Sadness

**Empathetic** Understanding or sensitive to other people's feelings or thoughts

**Insomnia** Difficulty in falling or staying asleep.

**Longevity** Long life; number of years that a person lives

**Malnutrition** Undernourishment; starvation

**Tolerance** Endurance; capacity





## References

Helen Creighton. *Health Education Encounters*. Australia: The Jacaranda Press, 1978.

Helen Creighton. *Involvement*. Australia: John Wiley and Sons Australasia Pty. Ltd. 1976.

HealthGate Data Corp. 2001. <<http://www.healthgate.com/mental health>>. November 13, 2000, date accessed.

InteliHealth Inc. 1999-2001. Healthy Living. <<http://www.intelihealth.com/healthy living>>. November 15, 2000, date accessed.

WebMD Corporation 1996-2001. WebMD Health. <<http://my.webmd.com/social health>>. November 20, 2000, date accessed.