

# Health 7

## Learning Activity Sheet

### Quarter 3 – MELC 3

#### Eustress and Distress



**REGION VI – WESTERN VISAYAS**

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## **MAPEH 7**

### **Learning Activity Sheet Quarter 3 – MELC 3: Eustress and Distress First Edition, 2021**

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## ***Introductory Message***

Welcome to MAPEH 7!

The **Learning Activity Sheet** is a product of the collaborative efforts of the Schools Division of Cadiz City and DepEd Regional Office VI - Western Visayas through the Curriculum and Learning Management Division (CLMD). This is developed to guide the learning facilitators (teachers, parents and responsible adults) in helping the learners meet the standards set by the K to 12 Basic Education Curriculum.

The **Learning Activity Sheet** is self-directed instructional materials aimed to guide the learners in accomplishing activities at their own pace and time using the contextualized resources in the community. This will also assist the learners in acquiring the lifelong learning skills, knowledge and attitudes for productivity and employment.

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### **For learning facilitator:**

The **Health 7 Activity Sheet** will help you facilitate the leaching-learning activities specified in each Most Essential Learning Competency (MELC) with minimal or no face-to-face encounter between you and learner. This will be made available to the learners with the references/links to ease the independent learning.

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### **For the learner:**

The **Health 7 Activity Sheet** is developed to help you continue learning even if you are not in school. This learning material provides you with meaningful and engaging activities for independent learning. Being an active learner, carefully read and understand the instructions then perform the activities and answer the assessments. This will be returned to your facilitator on the agreed schedule.

## **Learning Activity Sheets (LAS) (For Health MOI LA)**

Name of Learner: \_\_\_\_\_

Grade & Section: \_\_\_\_\_ Date: \_\_\_\_\_

### **HEALTH 7 ACTIVITY SHEET**

#### **Eustress and Distress**

#### **I. LEARNING COMPETENCY WITH CODE**

- Differentiates eustress from distress **(H7PH-IIIa-b-30)**

#### **II. BACKGROUND INFORMATION FOR LEARNERS**

The word stressor refers to the things that make a person stressed. There are two different kinds of stress – eustress and distress.

Eustress refers to a positive and healthy response of the body from a stressor. It produces good effects to one's well-being. For example, a person, who studied for long hours then took and got an outstanding grade in the exam, may feel happiness and enjoyment.

On the other hand, distress refers to a negative reaction of the body towards a given stressor. It may cause problems in health, alter the mood and emotions, and even affect the way a person thinks. For example, when a person woke up late for work, he or she may feel anger and disappointment.

#### **III. DIRECTIONS/INSTRUCTIONS**

The following are some reminders in using this Learning Activity Sheet (LAS):

1. Use the Learning Activity Sheet with care. Do not put unnecessary mark/s on any part of the learning activity sheet. Use your Health activity notebook in answering the activities. Write each activity number and its title.
2. Read the direction carefully before doing each task.
3. Observe honesty and integrity in doing the tasks and checking your answers.
4. Finish the task at hand before proceeding to the next.
5. Return this learning activity sheet (LAS) to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this learning activity sheet (LAS), do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!

#### **IV. EXERCISES/ACTIVITIES**

##### **Activity 1: Eustress and Distress**

This activity will help you differentiate eustress and distress.

Procedure:

1. Read the following situations again.
2. Draw a smiling face if you consider it as a source of eustress and a sad face if it causes distress.

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| _____ 1. Choosing a gift for a friend | _____ 6. Losing your money            |
| _____ 2. Arguing with a classmate     | _____ 7. Getting a birthday surprise  |
| _____ 3. Going to a new place         | _____ 8. Attending a party            |
| _____ 4. Having a newborn sibling     | _____ 9. Witnessing a tribal dance    |
| _____ 5. Getting a failing mark       | _____ 10. Watching a traditional play |

#### **V. GUIDE QUESTIONS**

1. Find a pair
2. Compare your answers.
3. Discuss the following questions.
  - a. Which situations bring eustress to both of you? Distress?  
\_\_\_\_\_  
\_\_\_\_\_
  - b. Did you have some situations with different answers? What could be the reason/s why you have different answers?  
\_\_\_\_\_  
\_\_\_\_\_
  - c. What are your other sources of eustress and distress?  
\_\_\_\_\_  
\_\_\_\_\_

**VI. REFLECTION**

Supply the missing word/s in the open-ended statements below.

I realized that

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I should

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## **VII. REFERENCE FOR LEARNERS**

Books:

Dunne, Layon J. 2002 Nutrition Almanac. McGraw-Hill

Duyff, Roberta Larson 2000 Nutrition and Wellness

Wardlaw, Gordon M. et. Al 2005 Contemporary Nutrition Sixth Edition

Williams, Melvin H. (2010) Nutrition for health, fitness & sport

Internet/ electronic resources:

<https://canwetalk.ca/about-mental-illness/factors-affecting-mental-health/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3134513/>

<https://www.quebec.ca/en/health/advice-and-prevention/mental-health/maintaining-good-mental-heal>

## VIII. ANSWER KEY

Activity 1  
Answers may vary

Guide Questions  
Answers may vary

Reflection  
Answers may vary