

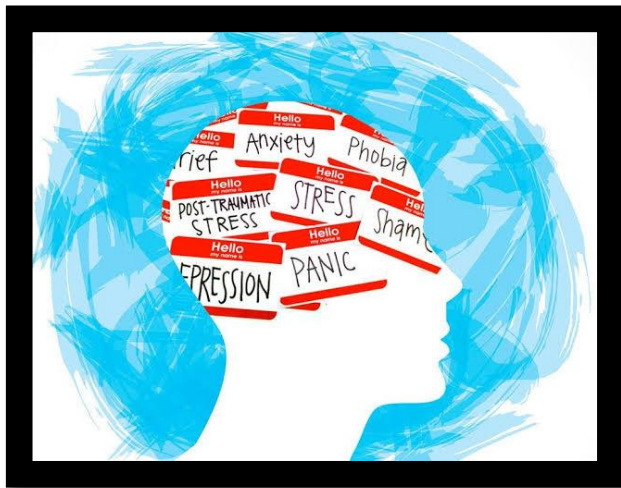
Learning Competencies:

- Interpret the concepts of mental health and psychological well-being in everyday observations about mental health problems during adolescence **(EsP-PD11/12MHWB-lh-7.1)**
- Identify his/her own vulnerabilities **(EsP-PD11/12MHWB-li-7.2)**
- Create a plan to stay mentally healthy during adolescence **(EsP-PD11/12MHWB-li-7.4)**

ACTIVITY NO. 1

Instruction: Answer the question and write your answer in the box below.

What does the picture all about?



MENTAL HEALTH

- ❖ According to **WORLD HEALTH ORGANIZATION: Mental health** is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.
- ❖ Refers to psychological, social, and emotional well-being. It affects how we think, feel, act, and relate with others.

Factors contribute to mental health problems:

- ❖ Biological factors, such as genes
- ❖ Life experiences, such as trauma
- ❖ Family history of mental health problems

The Vulnerability of Adolescents

While adolescence is a time of bountiful opportunities, it also comes with risks. The following insights offer a glimpse into an exciting time but also a very critical stage in the life journey:

- Adolescents are preoccupied with how others see them. They are very sensitive to the judgement of others and often affected by what other people say about them.
- Adolescents are consumed with the need for acceptance and the feeling of belonging with peers.
- Adolescents are willing to take risk in order to gain acceptance.
- Adolescents are likely to make choices based on immediate consequences and peer acceptance.
- Adolescence is a period when persons are most sensitive and reactive to stress.
- Adolescents are the most at risk to be sexually exploited.
- Adolescence is a time when teens are most vulnerable to crimes and abuse that maybe carried out through social networking sites.
- Romantic relationships cause the greatest source of stress for adolescents.
- Heartbreak can deeply shake the confidence of adolescents.
- Adolescents are extremely sensitive to rejection, have limited experience and emotional immaturity that can make them especially vulnerable to emotional manipulation.
- Adolescents are very vulnerable to flattery about their maturity level.
- Adolescents are typically sexually curious and easily sexually aroused.
- The risk-taking and rebellion occurring during adolescence are parts of their need to establish their identity.

ACTIVITY NO. 2

Instruction: Answer the question below in a 2- 5 sentences.

As a SHS Student, what is/are the vulnerability that you encounter recently? Explain.

DEVELOPING LIFE SKILLS

Young people have physical, psychological and emotional vulnerabilities that put them at risk of engaging in many self-destructive behaviours. It is necessary, therefore, to develop certain life skills that will help them cope with the changes and circumstances that confront them.

TYPES OF LIFE SKILLS

SOCIAL SKILLS	COGNITIVE SKILLS	EMOTIONAL SKILLS	COPING SKILLS
Communication Skills	Decision-making & problem-solving		Managing stress
Negotiation and refusal skills	Understanding the consequences of actions		Managing feeling, including anger
Assertiveness Skills	Determining alternative solutions to problems		Skills for increasing self-management and self-monitoring
Interpersonal Skills	Critical thinking		
Cooperation Skills	Analyzing peer & media influences		

Empathy/ understanding and perception	Analyzing one's perceptions of social norms and beliefs	
	Self- evaluation and values clarification	

FIVE STEPS TO MENTAL WELL- BEING

- **Connect-** connect with the people around you.
- **Be active-** find the activity that you enjoy most and make it part of your routine.
- **Keep learning-** learn new skills, like playing instruments.
- **Give to others-** any act of kindness. Help you build new social networks.
- **Be mindful-** be more aware of your feelings and thoughts, your body and the world around you.

ACTIVITY NO. 2

Instruction: Answer the question below in a 2- 5 sentences.

1. What type of life skill would you want to develop to cope up with your mental health and why?

ENRICHMENT

Instruction: Answer the question below. Write your answer in 2- 5 sentences.

1. Create a plan to stay healthy and maintain mental well- being during adolescence.

SOURCES:

- Rochester, Herman G. “A Journey to Personal Development” p. 101- 113, FNB Educational, Inc., Philippines, 2016.

Name: _____ Date: _____
Grade & Section: _____ Score: _____

