

# INTRODUCTION

This module on psychological first aid is developed in order to help you with understand yourself better in this unfamiliar situation where we are right now. It contains pre-assessment test to determine what you know about the lesson; The lesson proper which includes activities, lessons and discussions is a must for you to read, understand and answer carefully to help you achieve the objectives of each lesson; It also includes generalization part to help you summarize what you learned in the different lessons; Moreover, the application activities are placed to help you understand more the lesson in real life situation; and lastly, the Post-assessment test will evaluate your level of mastery in attaining the different learning objectives.

How are you feeling right now? Are you happy? Sad? Worried? Or excited? Do you feel guilty or worried of your feelings? How do you manage your emotions? Do you practice any calming and relaxing exercises? How aware are you of the different institutions that can be of help with you in times of crisis like this which can be found in your community? Who are the people who you are comfortable with to discuss self-issues that you might be experiencing? Who are those that keep you going in this kind of crisis? What are you internal and external sources of strength?

The questions above are just some of the questions that we are going to answer as we journey through this module with the help of the different activities found in the different lessons. *Have your journals where you must put all your answers and do not leave any mark in this material.*

## Learning Objectives:

At the end of lesson 1, you are expected to:

1. Identify one's feelings/reactions related to the current situation.
2. Accept that all feelings and reactions are normal and valid.
3. Express one's feelings through art and body movement.

At the end of lesson 2, you are expected to:

1. Identify positive ways to manage one's emotions.
2. Practice calming down using relaxation exercise.

At the end of lesson 3, you are expected to:

1. Identify ones' current needs and those of one's family.
2. Become aware of the various institutions, departments and centers present within the school environment or the immediate community.

3. Take note of the important numbers and information regarding who to approach for their needs.

At the end of lesson 4, you are expected to:

1. Identify personal, social, and emotional sources of strengths during and in the aftermath of the disaster/ stressful situation.
2. Identify their internal and external sources of strength.

## WHAT I KNOW

Below are questions that will help you check what you know about the lesson. It is a must that you need to answer first the test before flipping the pages of the module. Read, understand, and carefully answer the instructions and the questions. If you got 15 items or 100 % correctly you may skip the module. However, if you got 0-14 items or 0%-99% correctly you must proceed with the module. You may check the correct answers on the answer key found at the back of this module.

Multiple Choices: Below are questions that will help you determining your prior knowledge about assessing your needs and the proper institution to seek help from. Choose the letter of the best answer. Write your answers on the space provide before each number.

\_\_\_\_ 1. Kordapia's parent lost their job due to the COVID pandemic, which of the following will best describe reaction to the situation?

- A. Worried      B. Happy      C. Excited      D. Jubilant

\_\_\_\_ 2. Kordapia's parents are both frontliners during the COVID pandemic, which of the following will best describe her feelings towards the situation?

- A. Excited      B. Happy      C. Nervous      D. Jubilant

\_\_\_\_ 3. The lockdown caused korpdpapia's family to stay home all together which is seldom to happen. Which of the following may best describe her feelings towards the situation?

- A. Happy      B. Afraid      C. Nervous      D. Worried

\_\_\_\_ 4. Larenz started to panic when he learned that a new case of the COVID was recorded in his neighbourhood, which of the following will best help Larenz to deal with his emotion?

- A. Taking a deep breathes      C. Shout  
B. Blame his neighbor      D. Drink Alcoholic beverages

\_\_\_\_ 5. Jerzy feels bored staying at home; as a result he develops a lot of negative thoughts. Which of the following may help Jerzy deal with his negative thoughts?

- A. Draw and paint
- B. Drink alcoholic beverages
- C. Watch violent movies
- D. Follow his thoughts

\_\_\_\_ 6. Jessie is starting to worry about gaining weight due to the lockdown. Which of the following may help him deal with his feelings?

- A. Do not eat anymore
- B. Eat less nutritious foods
- C. Do some home based exercises
- D. Reduce the amount of his sleep

\_\_\_\_ 7. Which of the following is best for Karl to do in order to deal with his fear of getting infected with Covid-19?

- A. Drink alcoholic beverages.
- B. Post rants on his social media account.
- C. Talk to his best friend.
- D. Putting him in isolation.

\_\_\_\_ 8. Which of the following shows a problem with emotional wellness?

- A. Ian is having a lot of negative thought since he was left alone during the lockdown.
- B. Julio is losing all a lot of weight after not eating for three days.
- C. Karla is missing her boyfriend too much.
- D. Vicky cannot afford multi vitamins to strengthen her immune system...

\_\_\_\_ 9. Which of the following shows a problem with nutritional wellness?

- A. Shan cannot afford to buy vegetable; as a result he only eats canned goods.
- B. Sean is troubled thinking where to find money to buy load for his online classes.
- C. Siyan is gaining a lot of wait due to inactivity since the quarantine.
- D. Shane is always arguing with his neighbors.

\_\_\_\_ 10. Which of the following shows a problem with financial wellness?

- A. Kenjay's parents' savings is already running out due to the few months quarantine.
- B. Kenjie does not anyone to tell about his worries about this pandemic.
- C. Kendrick fells alone since he do not have any phone to contact his close friends and family.
- D. Kendro fells like he stopped learning since he forgot his books at school and they do not have internet access at home.

\_\_\_\_ 11. Sarah is having difficulty in understanding her feelings. Who among the following should Sarah seek help from?

- A. Barangay Health Center
- B. DSWD
- C. Psychologist
- D. DOLE

\_\_\_\_ 12. Larenz is having a fever for two days now. Whom among the following should Larenz seek help from?

- A. General Hospital
- B. DSWD
- C. OWWA
- D. Psychiatrist

\_\_\_\_13. Rhea's parents are both ambulant vendors who cannot work due to the community quarantine. Whom among the followings should Rhea's parents seek help from?

A. DSWD    B. Barangay Health Center    C. Psychologist    D. Red Cross

\_\_\_\_14. Being able to interpret non-verbal signals from other people is a skill. What skill is this?

A. Communication

B. Emotion management

C. Problem Solving

D. Empathetic

\_\_\_\_15. When you help other people unconditionally, what quality do you have?

A. Altruism

B. Empathy

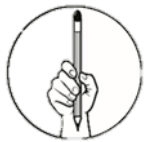
C. Pride

D. Selfishness

## Lesson 1: Validating and Normalizing Feelings



Hello, I am Ana and I am happy to see you in this page. I will be your companion as you go through this lesson.



### Activity 1: Find the Words

Instructions: Study the table below and search for 13 words that are representing the common reactions of learners to a stressful events. Encircle or highlight the words that you will find.



C	V	F	N	O	R	M	A	L	F	E	E	L	I	N	G	G
Q	T	R	E	S	P	O	N	S	I	B	I	L	I	T	Y	X
A	G	U	I	L	T	V	D	W	S	H	A	M	E	J	S	G
Z	G	W	D	H	G	R	I	E	F	C	B	A	H	M	B	T
W	S	E	L	F	A	B	S	O	R	B	E	D	A	F	J	S
S	J	J	V	S	E	L	F	P	I	T	Y	B	J	S	R	N
X	C	H	A	N	G	E	S	F	F	R	I	S	K	S	D	B
S	E	L	F	D	I	S	T	R	A	C	T	I	O	N	H	H
E	A	A	V	O	I	D	A	N	T	B	S	F	S	H	J	C
D	F	T	G	K	A	T	A	G	G	R	E	S	S	I	V	E
S	H	I	F	T	I	N	T	H	E	I	R	V	I	E	W	Y
C	D	D	D	E	F	I	A	N	T	S	W	A	D	E	H	K
V	G	K	K	H	O	P	E	L	E	S	S	N	E	S	S	V
G	R	E	L	Y	I	N	G	O	N	P	E	E	R	S	X	A

Were you able to find all the 13 words related to your feelings? If you were able to find all, then Congratulations, if you did not find all, you may go back and search again. Please write below the words you found.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_

The words that you found are all related to your feelings that you will meet and understand in this lesson.



## Activity 2: Tell me your feelings thru the timeline.



Table A are list of situations during the lockdown that may cause different kind of feelings to you and to other learners. On the other hand, table B contains different possible reactions of learners to the situations identified in column A.

Identify your feelings on the different situations in table A and place the letter to the appropriate feelings found in table B.

Table A.

a. no class	l. Have not seen report card
b. incomplete outputs	m. bored staying at home
c. no grade	n. excited for school
d. no exam	o. stay at home
e. early vacation	p. might be infected
f. no graduation/moving-up	q. missed friends/ peers
g. no allowance	r. preparing for school
h. not allowed to go out	s. how to attend class
i. COVID is in the country.	t. no face to face
j. restricted to travel.	
k. more time for gadgets	

Table B:

	Happy	Nervous	Worried	Others
March 13– 30,20120				
April				
May				
June				
July				
At the Moment (ATM)				

1. What are the other feelings that you had not mentioned above?

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1. What did you notice about your reactions and feelings?

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### Let's Talk About It

Whatever you answered in the above activity, you should know that these feelings are just but normal. These feelings you had maybe due to different reasons as brought by this pandemic. The notes below tell some reasons as to why you have felt what you felt.

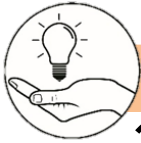
Some Common Reactions:



1. Happy- You may be happy with the situation, and there is no reason for you to be guilty. Yes, some might feel happy during this pandemic, not because they are glad with the presence of the virus but because they have more time to spend with their family. It could also be that they are happy due to the fact that classes were suspended and they have time to rest their weary mind. Also, it could be that this happiness is because they have more time for their gadgets and media.



2. Excited- Another feeling that you might be having now is excitement. Again, I assure you that there is no need for you to feel guilty about having this kind of feelings. You might be and adventurous person and you consider this situation as part of the adventure and you want to know if how we will beat this situation that we are right now. The long quarantine may also made you excited to back to school because you miss whatever you usually do in school. Further, this situation might arose your excitement to see your friends since it has been long since you last saw each other in person.



### Let's Talk About It



3. Nervous- yes, you might also be nervous at this moment. Again, I will say that this feeling is normal. Your nervousness might be due to the following reasons. Fear of getting infected, to have a failing grade due to the sudden change in the educational set up or that you will no longer continue your studies.



4. Worried- Although most of the time we say that we should not worry; still you might be having this kind of feeling inside and it is very normal. Do not be afraid or embarrassed that you are worrying right now. Considering our current situation, several events may have happened that spark your worries. You might be worrying about your grades since due to the sudden end of school year, you have incomplete outputs.

You might also be worried because your parents cannot go to work or might lose their jobs due to the extended lockdown. This kind of worry may even lead to another worry such as having limited resources, having financial problem or even where to get the money for your tuition fee.

Whatever you worry about due to this crisis, just believe that this too shall pass.



5. Boredom- it is normal that with the sudden change in the community set up where you common activities are prohibited, that you will feel bored. This boredom maybe brought by sudden change in physical activities or your common daily routine.





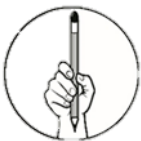
Aside from what was listed above, the following are common reactions of students going through stressful events. Which applies to you? Tick the box for your answer.

During stressful events:

- ☐ You feel strong responsibility to the family.
- ☐ You feel relaxed because they are not affected.
- ☐ You feel grief.
- ☐ You become self-absorbed and feel self-pity.
- ☐ You experience changes in their relationship with other people.
- ☐ You also start to taking risk, engage in self-destructive behavior, have avoidant behavior, and become aggressive.
- ☐ You experience major shifts in their view of the world accompanied by a sense of hopelessness about the present and the future.
- ☐ You become defiant of authorities and parents while they start relying on peers for socializing.

*Note: Did you feel the same? If you have something very important and confidential to tell just call the attention of your teacher or any from your teachers. ☺*

Contact Number: \_\_\_\_\_



### Activity 3: Tell Me thru Arts



Now that you are aware of your feelings with this situation, always remember that those feelings are normal, and people really have different way of feeling towards a certain situation. Take your time to feel and know what you are actually feeling right now. Express this feeling in any form of art. (You may draw on the box below, compose a song, and create a poem or even dance to show you are actually feeling)

You are almost done with this lesson and it is now time for you to express what you learned. Fill in the blanks with appropriate words you learned or came across during your activity.



1. The module is on \_\_\_\_\_ and normalizing \_\_\_\_\_.
2. Feelings and \_\_\_\_\_ are \_\_\_\_\_ and valid during the pandemic .
3. \_\_\_\_\_ lang pala ang mga reaksiyon ko sa pandemic hindi pala ako \_\_\_\_\_.



#### Activity 4: Let Us Share



We learned that our reaction to this stressful event is normal and valid. How will you share this new learning with other people so that they will also realize that their reactions and feelings towards this situation are normal? How can you apply this learning to your life especially after experiencing such?

You may answer the above question by doing any of the following:

- ☐ write a short letter to a friend or to a family member in other places to tell them that their feelings towards this pandemic are also normal and valid.
- ☐ put an entry on your journal and write about your feelings and reactions to the situation.
- ☐ Cutting figures for you to write your feelings or reactions related to the pandemic.



Explain why the following feelings are normal during this situation.

Feelings	Why is it Normal
Happy	
Worrying	
Nervous	
Excited	



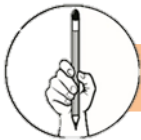
Now that we are about to end our lesson, create an action or a dance move for the phrase: "Normal lang pala ang reaksiyon ko sa sakuna" (My reactions to the disaster were normal after all.

## Lesson 2: Calming Down and Controlling One's Emotion



Hello, I am Deriq. I will be your companion as you go through this lesson.

Remember in your first lesson, you were asked to identify your different reactions and feelings right after a disaster. Can you recall what those feelings were? In this module, we will be talking about some ways to help you manage your feelings.



### Activity 1: Say It

**Instructions:** On each of the cards below are situations that you may have encountered. What do you feel when you are in such situation? Write down one way that you make yourself feel better or calm down. What do you do in order to forget about your negative feelings or thoughts?



Example:

travelling alone

I feel anxious.  
I pray and think  
of happy thoughts.

Start here:

being sick

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losing someone close  
to you

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being bullied or socially  
excluded

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exhaustion or build-up  
of stress

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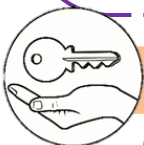
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you lost one of your  
valuable things

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You have identified ways of dealing with your reactions either to the disaster or other stressful situations in your life. Can you try to categorize the answers further? Which ways are considered as positive ways of dealing with stressful situations? Which are considered as negative? A lot of those you mentioned were fruitful ways of dealing with stress. However, there are some methods that need to be replaced with better ways of dealing with stress. Do you want to learn another way of feeling calm? Find it out in the succeeding parts of this lesson!



### Activity 2: Unlock Me.

**Instructions:** Decipher the words hidden in each of the number codes. Use the code guide provided. The first letter of each word is already given. Write your answers on the blanks provided.



1	2	3	4	5	6	7	8	9	10	11	12	13
A	B	C	D	E	F	G	H	I	J	K	L	M
14	15	16	17	18	19	20	21	22	23	24	25	26
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Example:

<b>F</b>	<b>E</b>	<b>E</b>	<b>L</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>S</b>
6	5	5	12	9	14	7	19

1. 

—	—	—	—	—	—	—	—
5	13	15	20	9	15	14	19

2. 

—	—	—	—	—	—	—	—		
5	13	15	20	9	15	14	19		
—	—	—	—	—	—	—	—		
18	5	7	21	12	1	20	9	15	14

3. 

—	—	—	—	—	—	—	—					
5	13	15	20	9	15	14	19					
—	—	—	—	—	—	—	—	—	—	—	—	
4	25	19	18	5	7	21	12	1	20	9	15	14

You've made it! Find out the meaning of each term on the next section.



### Let's Talk About It.

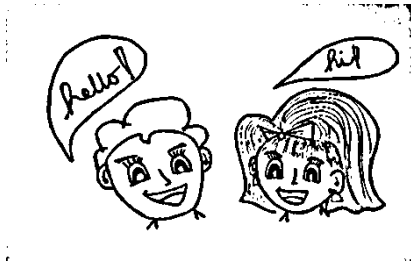
All of us feel and experience different emotions. **Emotions** are a conscious mental reaction (such as anger or fear) subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body. Everyone experiences them. Some may feel these emotions as overwhelming or out of control. The feeling of being overwhelmed emotionally can lead to the need to regulate such feelings.

**Emotion regulation** is a term used to describe a person's ability to effectively manage and respond to an emotional experience. Emotion regulation strategy may be categorized as healthy or unhealthy. **Healthy regulation strategies** do not cause harm. These strategies help to diffuse strong emotions to allow for a greater understanding of what led to such emotional experience.

**Unhealthy regulation strategies** are strategies that may leave lasting damage, or may result in unanticipated damages, or lead to the avoidance of dealing with situations that may require a solution. Below are some examples of healthy and unhealthy strategies of dealing with your emotions.

### **Healthy emotional responses.**

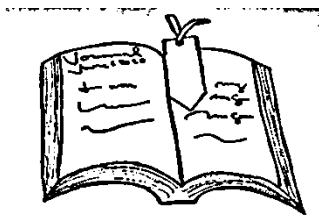
#### 1. talking with friends



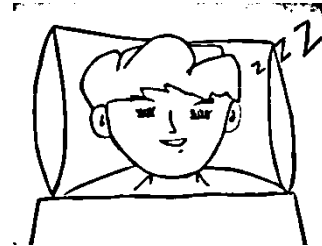
#### 2. therapy



#### 3. writing a journal



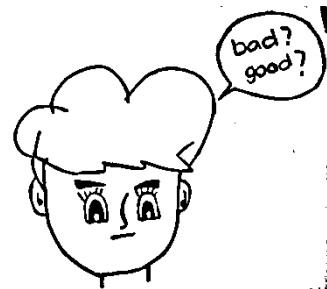
#### 4. getting adequate sleep



#### 5. taking care of one's self when sick



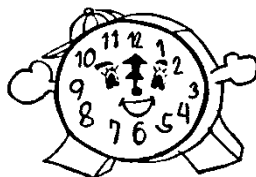
#### 6. paying attention to negative thoughts that occur before or after strong emotions



#### 7. meditation



#### 9. noticing when you need a break and taking it!



#### 8. exercising

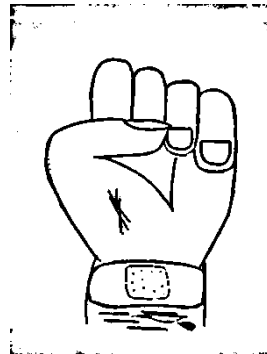


## **Unhealthy emotional responses.**

1. abusing alcohol and other substance



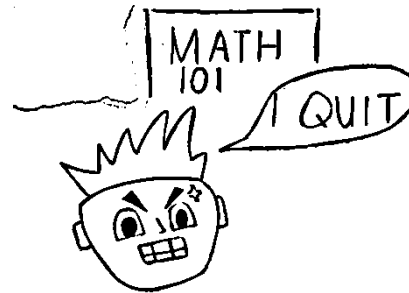
2. self-injury



3. self-isolation



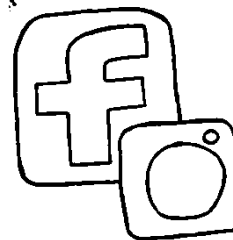
4. avoiding or withdrawing from difficult situations



5. physical or verbal aggression



6. excessive social media use to the exclusion of other responsibilities



**Emotion dysregulation** on the other hand is a term used to describe the inability to regularly use healthy strategies to diffuse or moderate negative emotions.

Take note that the interpretation of the emotion and not the mere experience tends to intensify our feelings and a sense of not being able to control or tolerate such. It is also important to understand that our emotions, thoughts, and behavior are all linked together.



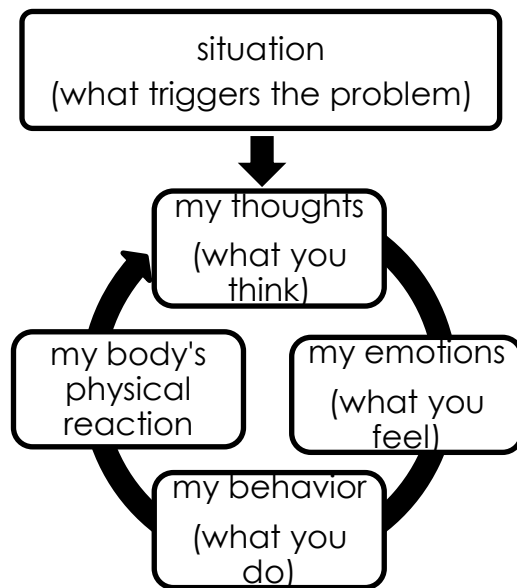


Figure 1. Emotional Cycle  
(figure adapted from <http://www.online-therapy.com/cbt>)



### Activity 3: Say It Again.

**Instructions:** Refer to your answers in Activity 1, classify whether the ways on how you calm yourself in each of the situations given is a healthy strategy or an unhealthy strategy. Write your answer in the table



HEALTHY	UNHEALTHY



### Activity 4: Try Me

**Instructions:** You may either perform this alone or with a partner. If you wish to perform this exercise alone, try doing it in front of a mirror. If you wish to perform this activity with a partner, you may ask assistance with the people around you-your family or friends. Try doing this with a slow music. Just a reminder, this is a serious activity so try not to laugh. Answer the questions that follow after performing the



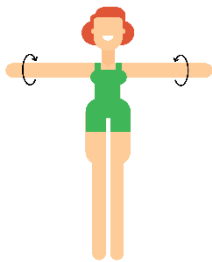
Let us now begin with the exercise. Count from 1-10. If you do this alone, try counting silently. If you have a partner, you count aloud while your partner counts silently. While you count, start breathing in and out. Using a slow and soft voice, say: *Today, you are in a safe place. You are also with a family, or a friend and with someone you can rely on.*

### **Breathing**



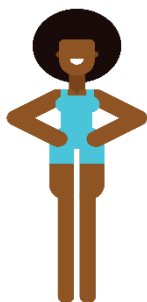
Make huge circles with your arms. Raise your arms over your head, breathe in and carefully breathe out and make a circle as your hands meet in front of your legs. Do this 2 more times, arms up, breathe in. breathe out as you form a circle. All throughout the other movements, make sure you focus on your breathing. Keep breathing in and out, in and out.

### **Arm movements**



Now, look at your partner (look at the mirror of course if you are alone). Slowly move your arms in any manner for as long as the movement is slow and easy to follow. Let your partner watch you do. Let your partner do the motion 2 more times. Now do your first action once more, breathe in, arms up. Breathe out, arms circle outwards and down. Now look at your partner and follow his/her arm movements. Do the movement two more times so that your partner can follow you

### **Hip movements**



Focus and concentrate. Now place your hands on your waist and do hip rotations clockwise. Do 8 counts. Keep breathing as you rotate and as one of you count from 1 to 8. 1, 2, 3 ... 8. Now do the same movement using the counterclockwise direction. Keep breathing as you rotate and as one of you count from 1 to 8. 1, 2, 3 ... 8.

### **Leg movements**



Do a slow leg movement that your partner can follow. Do it 3 more times with your partner. Tell your partner to do a slow leg movement that you can follow. Do it 3 more times with your partner. Remember to focus on your breathing.

### Combined movements



Do a movement now that involves the use of both arms and legs. It may be a dance step. Do it slowly and remember to breathe. Follow the movement of your partner. Do it three more times. Tell your partner now to do a movement with both arms and legs and you follow. Do it three more times.

### Breathing



Together, make huge circles with your arms once more. Raise your arms over your head, breathe in and carefully breathe out and make a circle as your hands meet in front of your legs. Do this 3 more times, arms up, breathe in, breathe out as you form a circle.

Bow to your partner and slowly sit on the floor together with your partner.

- What did you feel? What do you think was the point of the activity?

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- Can you compare how you feel right now with how you felt before we started with the relaxation activity? On a scale of 1-5, 5 being the highest, rate your level of stress before and after you started the exercise. Did the levels change?

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Alternate activities for this may include other breathing exercises, yoga poses, tai-chi with humor injected into it, engaging in sports but in a non-competitive manner, or dance moves using both slow and fast beats.

Congratulations for finishing this lesson! You have just had an amazing learning journey and for sure, you will also do the same in the succeeding lessons.

Finally, share to the class your final insights by completing the following sentence prompts.



I have learned that

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I wish to ask my teacher about

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**Instructions:** For your final activity, answer the following question below.



How can you apply your new found knowledge to your daily life?

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## Lesson 3: Identifying and Addressing Needs



Hello, I am JR and I will be your companion in this lesson.

In the previous lesson, we talked about how to calm down and to control your emotions. Please recall why we need to be calm and relax even with this kind of situation? Write your answer on the box provided below.



### Activity 1: Rate It



How healthy and well are you during this pandemic? Try to assess yourself with respect to the different pillars of holistic health and wellbeing. Rate yourself by using the following rating scale. 4- Perfectly Good 3- Somewhat good 2- Slightly Good 1- Not good at all.

Pillar of Holistic Health and Development	Rating
Physical	
Nutrition	
Emotional	
Social	
Spiritual	
Intellectual	
Financial	
Environmental	

1. What are the considerations you included when you are rating yourself?

2. Why did you rate yourself as such?

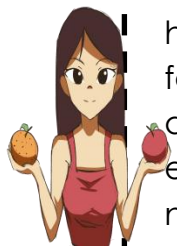


### Let's Talk About It

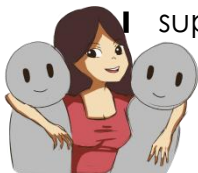
It is always important for someone to have a healthy body and wellbeing especially in times where the public health is at stake just like what we are experiencing right now due to this Covid-19. When one is checking or assessing his/her health and wellbeing, it is important to consider the following eight pillars of holistic development.



1. PHYSICAL- When we say "physical wellness" most people immediately thinks about exercise. However, "physical wellness" is not just about getting the right amount of exercise but it also includes regular physical activity. Moreover, your body needs more than exercise or physical activity. Physical wellness also includes appropriate sleep, hygiene and healthy



2. NUTRITION- Although nutrition is usually connected to physical health, it is important to have its own pillar largely due to the fact that nutrition must be personalized based on age, sex, activity level and body chemistry. By having diverse amount of each food group in your plate, it will help you acquire the necessary amount of macronutrients for day-to-day energy, muscle growth and recovery, and other bodily processes.



3. SOCIAL- This is about connecting with others in order to form positive relationships. Positive social relationships create a support system that can carry you through life's struggle.



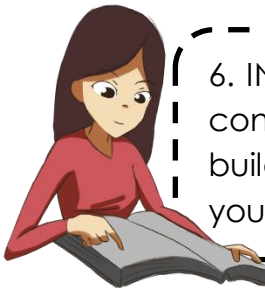
### Let's Talk About It



4. **EMOTIONAL**- Emotional wellness includes your ability to understand your feelings. This means identifying, assessing, and most importantly effectively sharing those feelings with others. Emotional wellness is very important since the ups and downs of life can take you on an emotional rollercoaster. The better you understand, process, and manage your feelings, the smoother the ride will be.



5. **SPIRITUAL**- This pillar looks different for everyone. Spirituality is usually regarded as a sense of purpose, direction, or meaning. Without this, values can slip to the wayside which greatly affects life's balance. Many nurture their spirituality through meditation, prayer, or other activities that creates a greater connection with nature or



6. **INTELLECTUAL**- The intellectual wellness is strengthened by continually engaging the mind. By doing so, it can help you build new skills and knowledge that inspires and challenges you, and helps you grows.



7. **FINANCIAL**- To be financially well is to live within your means and plan for the future appropriately. It can be tough to accomplish, but small steps can pay off big-time in the long-run. Financial wellness might sound the least exciting. But pursuing betterment in this area will surely strengthen the other pillars of holistic health and wellness.



8. **ENVIRONMENTAL**- This wellness is concerned with your immediate personal surroundings and the larger community where you live and work. Specifically, environmental wellness is determined by the reciprocal relationship between an individual and their environment.



## Activity 2: Assess Yourself



Now that you know the different pillars of holistic health and wellbeing and now that you have rated yourself with respect to the different pillars during this pandemic, we are now going to assess and identify your needs.

Once again, reflect on yourself and identify what are the needs that you have now due to this situation with respect to the different pillars. Do this by completing the table below.

Pillar of Holistic Health and Wellbeing	Assessed Need/s
Physical	
Nutrition	
Emotional	
Social	
Spiritual	
Intellectual	
Financial	
Environmental	

1. What were the factors that you considered when you were assessing your needs?

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2. How did you feel upon identifying your different needs?

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It is not easily to determine what your needs are as of this moment, but it is very important to know your needs during this current condition. Below are some tips and questions that one may consider when they are assessing their needs.



### Let's Talk About It

Are you getting enough sleep? , Are you exercising regularly, or you are overworking your body? Do you have enough physical activities to perform? How well do you groom yourself?

These questions are essential especially now that you are in quarantine. Your regular movements when this quarantine was not yet in may now be different. You may not have any more physical activities unlike when you are not yet contained in your home which may result to gaining additional weight. Also, your hygiene may be neglected since you no longer leave your homes, you may have neglected taking a bath regularly and cleaning your body.

What are the foods that you are usually eating during this pandemic? Are you eating on a regular basis? Are all the food groups present in your plate?

Among the best way to protect you in this time of health crisis is to build a strong immune system. One way to achieve this is to have a balance and healthy diet. However, there is a high possibility that you are not eating what is required in order to have a healthy body. This could be due to the lack of resources in order to buy healthy foods and as a result, you compromise to what is just available. Also, there is also a high possibility that you are over eating due to boredom which your body cannot really burn as fast as you intake

4. SOCIAL- How well is your relationship with others? Are you in touch with your friends? Are your family members there to spend this quarantine with? Are you in isolation? Do you find ways to be in touch with the people that matters to you and are they doing the same?

Your social wellness affects your emotional wellness and vice versa. During this pandemic where people are required to stay home, our social wellness is being tested. Although, it is one may take this time to bond more with their family members it also, undeniable that others may experience domestic violence more. Others may still feel isolated regardless if they have companions at home. Inseparable friends may also lost contact while some may have relationship problems that cannot be fixed due to distance.

4. EMOTIONAL- How are you feeling right now? Are you happy that you are in quarantine and that you have more time to spend with your family? Are you worried that your parents may lose their job due to this pandemic? Is this situation triggering you to think of things that are not good? Do you have someone to tell how you are feeling?

Your emotion is as important as the other pillars. The way you take care of yourself and the way you eat is highly affected by your emotion. In this health crisis where you are locked inside your homes, your feelings maybe at a roller coaster changing from time to time. You may also be overthinking about things that won't really last long. You may be worried about what is going on around you and you may not have anyone to tell how you are actually feeling.

5. SPIRITUAL- Do you still pray? Is your faith to God strengthen or this pandemic made you question about the existence of a supreme being? When was the last time you prayed? Do you connect yourself to nature and find inner peace there?

Our spirituality is not about specific religion or belief system. It is about having a sense of purpose or finding meaning of things around us or it may be about personalizing your journey in this world. Your beliefs will give you a direction and without it, you might find yourself lost. With what we are experiencing now, one may start to question the existence of God or one may develop a stronger relation with their Gods depending on their choice. Some may also find peace with nature and reflect and meditate human actions

6. INTELLECTUAL- Do you still find ways to sharpen your mind? Do you still mind thinking outside the box? Do you analyse our situation right now and create a positive view of this pandemic?

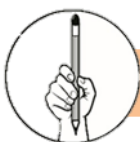
Our mind is one of the most important weapons to keep us on surviving this pandemic. Having a sharp and sound mind will help us find ways to overcome this situation we are in right now. Developing your mind do not always depends on attending school. You can still find ways to help your mind think and be sharp even by staying at home.

7. FINANCIAL- Do your family still have enough until this pandemic is over? Are your parents having stable income or are they at the verge of losing their jobs due to this crisis? Are you living on amelioration programs or your family have the will to let go of this? How do you spend what you have? Can you still afford the things you used to have?

During these times, one of the greatest challenges faced by the population is the financial. It is also undeniable that this pillar highly affects the other pillars. One may not be able to sleep thinking where to get the fund for their family's next meal. One may compromise the nutrition of their food just to meet both ends. One may also sacrifice their social connection to others just to have time to find finances essential for the family. One may also sacrifice their health just to work in order to have enough until this situation is over.

8. ENVIRONMENT- How is your environment? Are you living in a place where harmony reigns or you live in a place where constant argument is heard? Is your community ready to help you and your family or is your community living independently with each other?

The places you are living have a great impact on your total wellness. Having clean surroundings will help you from acquiring different diseases. If the people your community complies with the health standard, the least likely that you will acquire the virus. Having a community that helps each other can help you survive this pandemic better.



### Activity 3: Know Them



Now that you have identified your needs on the different pillars of holistic development, you may start to worry. However, there is no need to be bothered since there are organizations/ institutions or individuals who are ready to help you get through it.

Below is a list of organizations/institutions or individuals that are ready to help you in case you need some help in dealing with this crisis. Complete the table below by identifying their purpose. You may also add some organizations or individuals whom you think are ready to help you in coping with our current situation.

Organization/ institution/ individual/s	Purpose
Barangay Health Office	
DSWD Within Barangay	
Hospital	
Psychologist	
Psychiatrist	
Barangay Health Center	
School's Counsellor	

1. What group/s can be found within your locality?

2. With the groups that cannot be found in your community where is the nearest that they can be found?

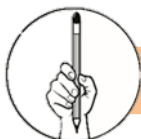


### Let's Talk About It

Having needs during this pandemic is normal and the good thing about this is that there are some groups and individuals who are ready to aid you depending on your needs.

Let us take for example, the psychologist. There is a need for us to stop the stigma that people who seek the help of psychologists or psychiatrist are crazy. Everyone gets confused at some point in their lives and with this situation; some people may feel more isolated. These people are always ready to help you get through with your inner battles.

Some government agencies are also there to aid you such as financial problems. You may always seek the help of the DSWD when you believe that your family can no longer survive this pandemic. The barangay health help desk is always there to help you. We just need to determine the proper group/institution/individual/s whom we can ask for help. You are not alone in this, we are all in this and together we can survive this pandemic.



### Activity 4: Let's Link

Now that you already know the different institutions that are willing to help you with your needs during this situation, it is also important to know how to contact them. Make a simple research and identify their contact number and their addresses.



Organization/ institution/ individual/s	Address	Contact Number
Barangay Health Office		
DSWD Within Barangay		

Organization/ institution/ individual/s	Address	Contact Number
Psychologist		
Psychiatrist		
Barangay Health Center		
Hospital		



Now that you know the degree of your wellness, the needs you have and the institutions who are ready to help you during this pandemic, you are now to give your reflection on the things you have learned in this module. You may do this by giving an essay, creating a drawing or using any medium you are comfortable with to show what you have learned.

Make a simple but meaningful essay on how you are going to apply what you have learned in this module to your family members.



Your Essay Here:

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Read the following story and identify the needs by the character and identify the proper group/institution that may help him. Do this by completing the table after the story.

Rens is a grade 10 student whose parents are both at the province for a business when the government declared a lockdown. Since then, Rens was alone in their house for few months now. Although his parents left him some money before they left, it is not enough for him for the next few weeks if the lockdown won't be lifted and his parents won't be able to come home. Since then, Rens started to feel alone and to skip his meals just to have enough for the next weeks. To make things worse, he lost his phone few days before his parents left him for the province. As such, he cannot connect to anyone.

Needs/ Concerns	Concerned Agency



Make or compose a short cheer or song that will remind you that someone is always there to help you especially during this situation.

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## Lesson 4: Sources of Strength



***Let us explore the lesson!***

### Activity 1: Paper Airplanes



Hi, I'm Kim and I will be your virtual friend for this lesson. You can be honest with me and share what you are thinking. I will help you process our activities. Don't worry, I won't judge your answers if they're right or wrong. It is safe with me! ;)

I'm sure that you already know how to make a paper airplane. Go ahead, get a clean sheet of paper and make your own paper airplane. After making one, write your dream job in one of its wings. Then, let your paper airplane fly as high as it can, through it like your desire to get that dream of yours.



***After doing the activity....***

1. How far did your paper airplane go? Did you encounter some difficulty in making it fly?

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2. What are the requirements for you to make the paper airplane fly?

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3. In real life, are there immediate concerns that may not allow you to reach that dream? Similar to that, what are the things that you need to make your dream come true?

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You're right, your paper airplane needs the wind or some air to fly higher, it need to have a good design, it needs to be made with good materials. Remember that you have the resources within yourselves or with others that will allow you to catch that dream. There are also obstacles that we can identify like this current situation that we have. But will you allow this to stop your paper airplane from flying?



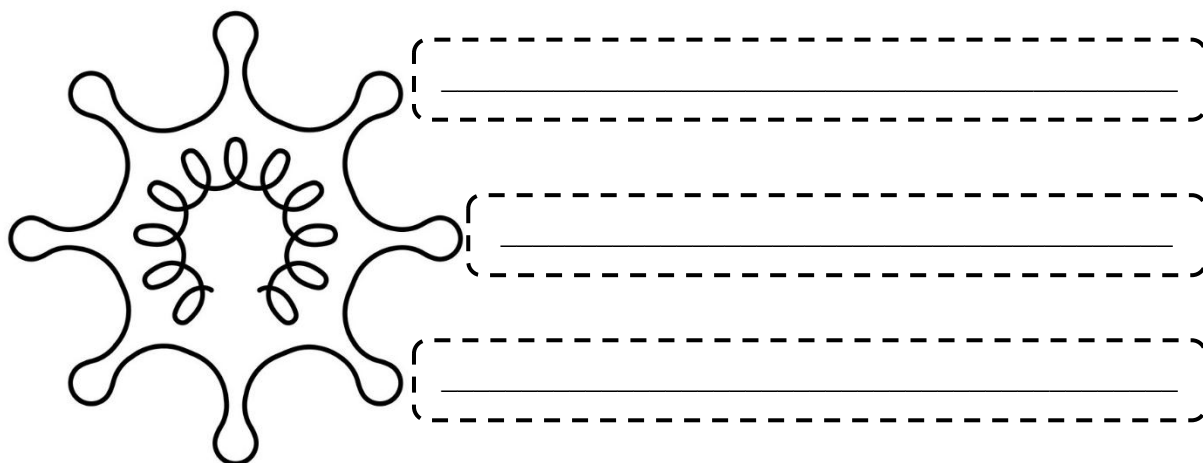
**Let us connect it!**

### Activity 2: Corona Virus Diagram

In the previous modules, we have learned to understand and acknowledge that this pandemic has brought a lot of changes in our lives now. Let us understand this a little deeper by identifying the changes that we are experiencing now.



Write these changes that you have identified aligned with the spikes of the corona virus diagram below.



**After doing the activity....**

1. What do you feel about these changes that you have pointed out?

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2. Do you think that these feelings are good or healthy for you?

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3. In that case, can you suggest possible ways on how to promote positive thinking for a more positive mental health during this time of COVID pandemic?

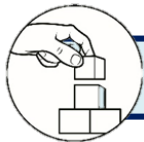
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You are right! It is normal to not feel good about the sudden changes that were experiencing which are brought about by the COVID pandemic. Despite the fact that this is just but normal, dwelling too much on those negative feelings is not good for you. It can make your immunity weaker, it can also challenge your mental health. In the following part, you will know if your suggestion to promote positive mental health is right.



### **Let us talk about it!**

According to the Department of Education and Department of Health (2007), your main sources of strength that paves way to resilience may be categorized into three—external support, internal and personal strength, and social and interpersonal skills. This section explains the components of each category.



### **I HAVE...**

This refers to the **external supports** and **resources** that promotes your resilience.



### Trusting Relationships

*Do you always keep in touch with your friends? If you have formed a trusting relationship with other people like your friends, you can easily share your problems and it eases out what bothers you when you let other people listen to you.*



### A Family

*Do you constantly talk to your parents and your siblings? Your family is the closest to you in this period. Your family can provide you the emotional support that they have been giving you.*



### Role Models

*Can you identify someone who you can model as to his or her ways in coping with this trying times? As we reflect on what is happening, we can come into realization that we are not the only ones experiencing this. We can pattern coping mechanisms from success stories of other people.*



### Encouragements to be Autonomous

*Can you handle this situation on your own? Even if it's true that you are not alone in this fight, it is also vital that you have the strength to stand up and feel that you can make it. The emotional support that other people give motivate you to face this challenge independently.*



### Access to Health and Education

*Do you feel safe? The government exhausts its efforts to providing its people access to health and education. Continuously, it is informing the citizens of the programs that would ensure safety of the people. The changes that we observe today may be a product of those measures that they do to public safety.*



### I AM...

This refers to your **internal** and **personal strength**. These are your **feelings, attitudes, and beliefs** within you.



### Lovable and my Temperament is Appealing

*Can you control yourself when you are about to burst out? The inability to control your emotions such as anger may lead to serious problems like aggression. Your actions may lead to hurting other people.*



### **Empathetic and Altruistic**

*Are you sensitive of what other people feel? Do you help out unconditionally? Being able to put yourself in the situation of those who are challenged and being able to limit your actions so that they will not get hurt is being *emphatic*. Helping other people without expectina somethinga is return is a mark of true *altruism*.*



### **Proud of Myself**

*What do you consider as your best achievement this period? Whatever it is, no matter how simple or complex it is, an achievement is still an achievement. Acknowledging it to yourself builds a sense of pride and it makes you feel more confident.*



### **Autonomous and Responsible**

*Can you identify your responsibilities and make decisions on your own? Resilience starts with your own self. Do not forget that you may be supported by other people but your healing is also your responsibility. Care giving is a shared responsibility—we are responsible for each other.*



### **Filled with Hope, Faith, and Trust**

*Do you believe that this pandemic shall pass too? Looking at this current situation as a challenge to learn from instead of a final destination is a great way to start trusting in the process and hoping. Focus on strength and positive outcomes rather than limitations.*



### **I CAN...**

*This includes emotional and internal thoughts management that leads to the development of interpersonal and social skills.*



### **Communicate**

*Can you tell people what you exactly think? Being able to convey the message that you want to tell is an important skill. Communication also entails being able to interpret non-verbal language such as gestures and actions to tell what other people think, vice versa.*



### **Solve Problems**

*Can you work under pressure that despite the pressure of the current situation, you can still come up with sound decisions? Critical thinking is essential in this situation. Being able to arrive at a sound decision despite the outside pressure is a skill.*



### **Manage my Feelings and Impulse**

*Can you control your emotions and not burst out when you like to? It is alright to express your feelings but remember that you are responsible for it. There are times that this may cause distractions and problems to other people. One has to know how to gauge and control these.*



### **Gauge my Own and Others' Temperaments**

*Are you sensitive about other people's temperaments? We are dealing with this pandemic in different ways. In a similar manner, we also have different temperaments. Acknowledge that these are present and true to avoid possible conflicts.*



### **Seek Trusting Relationships**

*Do you continuously search for engagements? Expanding your circle of friends and peers may create possible stronger trusting relationships that you can depend on. Welcoming the idea of more trusting relationships could open new opportunities and engagements for you.*



***Let us deepen your understanding!***

Let us study the cultural link with our lesson on the sources of strength. Imagine that these sources of strength are the threads of fabric that they use in the traditional weaving process. Which do you think is better, a cloth that is loosely woven or a tighter one? Why?

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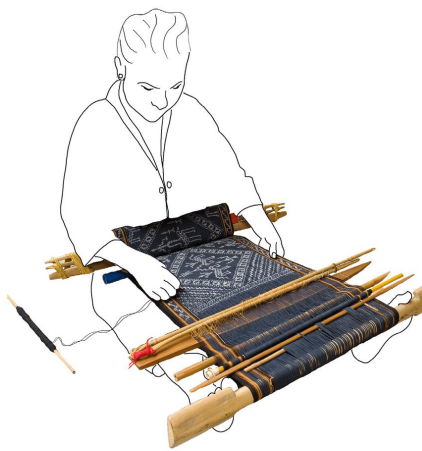
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What can we learn from our Cordilleran traditional weavers? The Cordilleras is known the use of distinct type of fabric that are still existing until now. For sure, you have seen some face mask made of these textiles. Long before, these are already used by ancestors in a daily basis. More than its functionality now, because it is known to be a good quality fabric, it is one of our gem and cultural treasure. It is our identity.



©ResearchGate

Weaving requires patience and passion for the process. Doing it is not each and it also requires strength. Imagine each strand of fabric that is used in weaving as your sources of strength. The more that they get interwoven, get entangled, and get closer to each other, a better quality of fabric will be produced. Remember that your sources of strength are your foundations to be a resilient student. If the fabric is strong, whether it is subjected to challenges of wear and tear, it will remain in good quality. Similar to our situation now; if you believe that your threads of support are interwoven well and close enough, it will provide you a good foundation and support as well.

### Activity 3: “I Have... I Am... I Can...” Chart Completion

Complete the chart on the page to help you in understanding our lesson. Write evidences that you can remember. How will you have these sources of strength. This will help you validate your self-efficacy.



By referring to the discussion given earlier, complete the statement *I HAVE...*, *I AM...*, and *I CAN...*. Then, in the arrows, cite or provide an evidence that will explain if you have really experience that.



I HAVE...	I AM...	I CAN...
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>



**Let us wrap it up!**



### #WeHealAsOne

We acknowledge that we are all adjusting in this time of the COVID pandemic and we also acknowledge that we have different coping mechanisms. Some may find comfort in making funny *TikTok* videos while other may find them busy working on enrichment activities given by DepEd. Oftentimes, we encounter negative news about the pandemic in social media platforms. As we check those, we also come across with the hashtag #WeHealAsOne. This reminds us that we not alone in this fight; that although it is true that you are responsible for your own healing and you need some support to do this, you are also a support to others.



### What are your realizations?

What is that one hashtag that represents your fight in this pandemic? Can you share and explain it with us? Put your answer below.

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## POST-ASSESSMENT

Congratulations! You have successfully finished this learning module. Before we finally call it a week, here are some questions for you answer in order to check how much you attained the goal of this learning module.

Multiple Choices: Choose the letter of the best answer. Write your answers on the space provide before each number.

\_\_\_\_ 1. Kordapia's parent lost their job due to the COVID pandemic, which of the following will best describe reaction to the situation?

- A. Worried      B. Happy      C. Excited      D. Jubilant

\_\_\_\_ 2. Kordapia's parents are both frontliners during the COVID pandemic, which of the following will best describe her feelings towards the situation?

- A. Excited      B. Happy      C. Nervous      D. Jubilant

\_\_\_\_ 3. The lockdown caused korpdpapia's family to stay home all together which is seldom to happen. Which of the following may best describe her feelings towards the situation?

- A. Happy      B. Afraid      C. Nervous      D. Worried

\_\_\_\_ 4. Larenz started to panic when he learned that a new case of the COVID was recorded in his neighbourhood, which of the following will best help Larenz to deal with his emotion?

- A. Taking a deep breathes      C. Shout  
B. Blame his neighbor      D. Drink Alcoholic beverages

\_\_\_\_ 5. Jerzy feels bored staying at home; as a result he develops a lot of negative thoughts. Which of the following may help Jerzy deal with his negative thoughts?

- A. Draw and paint      C. Watch violent movies  
B. Drink alcoholic beverages      D. Follow his thoughts

\_\_\_\_ 6. Jessie is starting to worry about gaining weight due to the lockdown. Which of the following may help him deal with his feelings?

- A. Do not eat anymore  
B. Eat less nutritious foods  
C. Do some home based exercises  
D. Reduce the amount of his sleep

\_\_\_\_ 7. Which of the following is best for Karl to do in order to deal with his fear of getting infected with Covid-19?

- A. Drink alcoholic beverages.  
B. Post rants on his social media account.  
C. Talk to his best friend.  
D. Putting him in isolation.

\_\_\_\_ 8. Which of the following shows a problem with emotional wellness?

A. Ian is having a lot of negative thought since he was left alone during the lockdown.

B. Julio is losing all a lot of weight after not eating for three days.

C. Karla is missing her boyfriend too much.

D. Vicky cannot afford multi vitamins to strengthen her immune system...

\_\_\_\_ 9. Which of the following shows a problem with nutritional wellness?

A. Shan cannot afford to buy vegetable; as a result he only eats canned goods.

B. Sean is troubled thinking where to find money to buy load for his online classes.

C. Siyan is gaining a lot of wait due to inactivity since the quarantine.

D. Shane is always arguing with his neighbors.

\_\_\_\_ 10. Which of the following shows a problem with financial wellness?

A. Kenjay's parents' savings is already running out due to the few months quarantine.

B. Kenjie does not anyone to tell about his worries about this pandemic.

C. Kendrick fells alone since he do not have any phone to contact his close friends and family.

D. Kendro fells like he stopped learning since he forgot his books at school and they do not have internet access at home.

\_\_\_\_ 11. Sarah is having difficulty in understanding her feelings. Who among the following should Sarah seek help from?

A. Barangay Health Center    B. DSWD    C. Psychologist    D. DOLE

\_\_\_\_ 12. Larenz is having a fever for two days now. Whom among the following should Larenz seek help from?

A. General Hospital    B. DSWD    C. OWWA    D. Psychiatrist

\_\_\_\_ 13. Rhea's parents are both ambulant vendors who cannot work due to the community quarantine. Whom among the followings should Rhea's parents seek help from?

A. DSWD    B. Barangay Health Center    C. Psychologist    D. Red Cross

\_\_\_\_ 14. Being able to interpret non-verbal signals from other people is a skill. What skill is this?

A. Communication

B. Emotion management

C. Problem Solving

D. Empathetic

\_\_\_\_ 15. When you help other people unconditionally, what quality do you have?

A. Altruism

B. Empathy

C. Pride

D. Selfishness

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