

# Chapter 3

## Lesson 5

### Be Healthy and Well

**Theme: Health and Wellness**

#### **Lesson Objective:**

Students identify stressful situations and techniques to reduce stress. Students will demonstrate knowledge of resources to maintain health. (See matrix for Arizona Academic/Adult Standards).

#### **Steps to Follow:**

**“Plan ahead, it wasn’t raining when Noah built the Ark.” --Richard Cushing**

1. Practice Chapter 2 litany. Define: Resiliency and resiliency-building skills. Which ones have we discussed so far in this chapter? This lesson is about health and wellness. What does that mean? How does this idea connect with resiliency?
2. Note: Chapter 4 has a lesson that connects leisure time activities with a healthy lifestyle. This lesson emphasizes how to stay well by managing stress and accessing community resources.
3. Discuss quotation and its connection to wellness.

#### **Stress**

1. Complete: *Stress S1, Stress Events S2, Stress and You S3, Tips for Reducing Stress S4.*
2. \*Special Education students may include: *Making Smart Choices S5.*
3. Discuss the benefits of exercise, nutrition, and healthy choices. Research on the Internet or classroom resources.
4. Complete: *Exercises To Help Reduce Stress S9.*
5. Define: Good stress. Ideas could include: a little stress increases heart rate, increases oxygen to brain and muscles increasing energy; a little stress elevates blood sugar level which can improve performance (on a test or in a sports event). Keys: recognize too much stress; know how to bring yourself back into balance.

#### **Community Resources**

1. How is accessing resources a “resiliency move”? What resiliency-building skills could you be using?
2. Read: *Can I See About My Own Health Needs? S6*
3. Complete: *How My Insurance Works S7, Benefits I Want / Benefits I Need S8*
4. Complete: *Name That Agency S10, Support Satellite S11.*
5. Complete: *Comparing Health Benefits S12, Worker’s Compensation Form S13, Family Medical Leave Act of 1993 S14.*
6. \*Special Education students may include: *Emergency Information S15.*

## **Make a Plan**

- Have student look at *GOALS IN MY LIFETIME* in the Life Areas “Spiritual” and “Health/Wellness.”
- Student completes *Make a Plan S16* sheet for each goal in “Spiritual” and “Health/Wellness” Life Areas.
- On the back of one of the worksheets, have student list at least 6 ways people overcome obstacles. List as many people as they can (either that they know personally or have heard of) who have shown they can overcome.
- Complete and review *Career Plan EN2*.

## **Materials:**

*Make a Plan S16 GOALS IN MY LIFETIME in the Life Areas “Spiritual’ and “Health/Wellness.”*

*Stress S1*

*Stress Events S2*

*Stress and You S3*

*Tips for Reducing Stress S4*

*Exercises To Help Reduce Stress S9*

*Name That Agency S10*

*Can I See About My Own Health Needs? S6*

*How My Insurance Works S7*

*Support Satellite S11*

*Comparing Health Benefits S12*

*Worker’s Compensation Form S13*

*Family Medical Leave Act of 1993 S14*

*Benefits I Need / Benefits I Want S8*

\*Special Education students may include: *Emergency Information S15, Making Smart Choices S5*

## **Evaluation:**

Rubric

## **Enrichment:**

Relaxation cassette tapes / Cassette player

Research the mind-body connection: For example, biofeedback, visualization, or meditation.

*Career Plan EN2*

[www.absolutefitness.com](http://www.absolutefitness.com)

[www.thinkquest.org](http://www.thinkquest.org)

# STRESS

S1

**“If you have a job without aggravations, you don't have a job.” --Malcolm Forbes**

**“The reason why worry kills more people than work is that more people worry than work.”  
--Robert Frost**

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Stress is the body's response to a condition or situation. There are physical and emotional responses to stress.

Physical responses include headaches, sleeping disorders, stomach problems, high blood pressure, heart disease, and the list goes on.  
Some doctors estimate that as high as 85% to 90% of all illnesses are stress related.

Emotional responses to stress include depression, crying, blaming others, making mistakes, worrying, and many more.

People need to be able to identify their signs of stress. Signs of stress need to be recognized early. Steps can then be taken to change a person's reaction to stressful situations. If stress is left unattended, the results can be life threatening.

People respond differently to situations. Do you know what events are stressful for you?

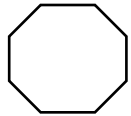
## STRESS EVENTS

S2

Listed below are events most people find stressful. Mark each event with a (3) for most stressful, (2) moderately stressful, or (1) least stressful, to show the level of stress for you.

- |  |                       |
|--|-----------------------|
| _____ Being unemployed                       | _____ Pregnancy       |
| _____ Trouble at work                        | _____ Lack of friends |
| _____ Parental illness                       | _____ Lack of money   |
| _____ Being over/under weight                | _____ Sexual problems |
| _____ Alcoholic family member                | _____ Remarriage      |
| _____ Being fired from a job                 | _____ Retirement      |
| _____ Death of a close family member         | _____ Marriage        |
| _____ Your child's severe illness            | _____ Vacation        |
| _____ Outstanding personal achievement       |                       |
| _____ Death of a close friend                |                       |
| _____ Damage to home by fire, flood, tornado |                       |
| _____ Being a single parent                  |                       |
| _____ Grandparents living with you           |                       |
| _____ Argument with boss                     |                       |
| _____ Divorce/separation                     |                       |
| _____ Going back to school                   |                       |
| _____ Car totaled in an accident             |                       |
| _____ Personal illness or injury             |                       |
| _____ Moving to a new community              |                       |
| _____ Trouble with boy/girl friend           |                       |
| _____ Changing jobs                          |                       |
| _____ Problems with the law                  |                       |
| _____ Not enough/too much sleep              |                       |
| _____ Change in work hours                   |                       |
| _____ Financial problems                     |                       |

**Think About It:**



List the three most stressful situations for you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Are these stress events temporary or long lasting?

Why? \_\_\_\_\_  
\_\_\_\_\_

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How have you responded to stressful situations in the past?

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Write four ideas about how stress can arise from both positive and negative situations. Discuss these ideas.

Write a paragraph; include a title, topic sentence, details and examples that support your ideas. The topic is your choice, but it must be related in some way to stress.

# STRESS AND YOU

S3

Directions: Think about your past stressful events. List three stressful events for each category. Then answer the discussion questions.

FAMILY

WORK

FRIENDS

Think About It:



Did more than one event occur at the same time?

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How might this cause even greater stress?

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What steps could have been taken to stop the events from happening at the same time?

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What physical and emotional signs of stress did you have?

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How have stressful situations in your life changed over time?

When I was a kid

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Then

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Now

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How do your children react to stressful events?

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How are adult reactions different?

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How are adult interventions different?

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## TIPS FOR REDUCING STRESS

S4

In today's world most people can't avoid stress. They can learn to behave in ways that lessen the effects of stress. The following factors can help keep stress at a minimum.

Read the list. Put an X beside the statements that apply to you.

- \_\_\_1. Eat at least one hot-balanced meal a day.
- \_\_\_2. Get 7 to 8 hours of sleep at least 4 nights a week.
- \_\_\_3. Give and receive affection regularly.
- \_\_\_4. Have at least one relative within 50 miles that I can rely on.
- \_\_\_5. Exercise to the point of perspiration at least twice a week.
- \_\_\_6. Limit myself to less than half a pack of cigarettes a day.
- \_\_\_7. I take fewer than five alcoholic drinks a week.
- \_\_\_8. I am the correct weight for my height.
- \_\_\_9. I have an income that meets my basic expenses.
- \_\_\_10. I get strength from my spiritual beliefs.
- \_\_\_11. I have a network of friends.
- \_\_\_12. I have more than one friend to confide in.
- \_\_\_13. I am in good health.
- \_\_\_14. I regularly attend club or social activities.
- \_\_\_15. I am able to speak openly about my feelings.
- \_\_\_16. I regularly talk about problems at home with the people I live with.
- \_\_\_17. Do something for fun at least once a week.
- \_\_\_18. Am able to manage my time effectively.
- \_\_\_19. Drink fewer than three cups of coffee or high caffeine drinks a day.
- \_\_\_20. Take some quiet time for myself during the day.
- \_\_\_21. Am a positive thinker.
- \_\_\_22. Am aware that support groups can help people work through a common problem.
- \_\_\_23. I am assertive and able to stand up for myself.

## TIPS FOR REDUCING STRESS (Page 2)

S4

- \_\_\_24. I am aware that keeping a journal of stressful events can help me become aware of how I handle stress.
- \_\_\_25. I am aware that picturing myself in a wonderful setting can be a temporary way to relieve stress.



Medicines, Tobacco, Alcohol – are all chemicals that cause the body to act in different, sometimes unpredictable ways.

**IF** there are medicines that you take every day, smoking or drinking alcohol may not mix well with your medicine\* and could make you very sick

**\*ASK** your doctor or pharmacist about this.

**IF** you are not sure that tobacco or alcohol might be bad for you, whether you take special medicine or not...

**ASK** someone you trust.

Say **NO IF** there are things that you aren't sure about that you know may be bad for you.

**BE** independent. Don't let other people run your life or manipulate you.

**ASK** someone you trust.

Directions: Read the four stress-reducing exercises below and answer the questions.

### ***A Mini Mind Vacation***

Close your eyes and picture yourself in your favorite place. This place might be the mountains, the ocean, or in a soft, green meadow.

Stay in your imaginary place until your body relaxes.

### ***The Blue Sky***

Picture a beautiful blue sky without any clouds in it. As you picture the clear blue sky, feel that your body is growing lighter. Close your eyes and keep the image of the blue sky in your mind.

There are no limits to the blue sky. It stretches endlessly in every direction.

As you see the blue sky, feel that your body has become so light that you have floated up into the clear blue sky.

Feel that you are leaving all the worry and tension behind. Feel yourself relaxed.

### ***Deep Breathing***

Take four seconds to breathe in through your nose and four seconds to breathe out mouth.

As you inhale, count "1 one thousand, 2 one thousand, 3 one thousand, 4 one thousand."

Do the same as you exhale.

### ***Progressive Relaxation***

Get into a comfortable body position. Make sure the room is quiet and dimly lit. Loosen any tight clothing.

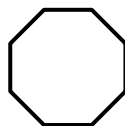
Tense muscle groups, and then relax them completely. Start with your feet and toes.

Tighten for a count of four, release. Work your way up your body by muscle group.

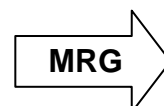
### ***Physical Activities***

Physical activities are very good for reducing stress, especially if done on a routine basis. Regular activity helps people stay physically and mentally fit. A list of popular activities would include: jogging, playing golf, aerobics, dancing, swimming, racquetball, walking and many more.

**Think About It:**



Which of these relaxation methods might work for you? Why?



## EXERCISES TO HELP REDUCE STRESS (Page 2) S9

List stress events that have happened or might happen to you on the job. List three things you can you do to reduce job stress?

1.

2.

3.

How does work stress affect you? Your family? Society?

You

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Your family \_\_\_\_\_

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Society \_\_\_\_\_

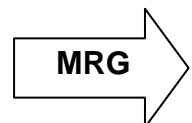
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## CAN I SEE ABOUT MY OWN HEALTH NEEDS? S6

5. \_\_\_\_\_

Who reminds me, if I need reminding?

\_\_\_\_\_

My Insurance Company \_\_\_\_\_

- Who is my main doctor?

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

- Is he or she assigned by my insurance company?      Yes    No
- Do I have to see the assigned doctor before I can go to any other doctor for a special problem?      Yes    No
- Do I keep my newest insurance card with me at all times?    Yes    No
- Do I know my own medical history and medical needs so I can tell the doctor or the nurse?      Yes    No
- Do I have conditions which must be treated a certain way?    Yes    No
- Do I have allergies to medications?    Yes    No
- Do I have other allergies?      Yes    No

What are my current medications?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- Do I take vitamins or health supplements?      Yes    No
- Is there a specific medicine I should take if certain things happen?

What is it? \_\_\_\_\_

When do I take it? \_\_\_\_\_

Do I have an insurance care case manager?      Yes    No

## Comparing Health Benefits

**S12**

Read these health insurance plans. If you have a young family with three children under 8 and you and your spouse are healthy, but take medication monthly, which plan is the best for you? What additional information do you need before you can decide?

	<b>National Health</b>	<b>Premium Care</b>
<b>Doctor's visit copay</b>	<b>\$5</b>	<b>\$15</b>
<b>Doctor</b>	<b>Only participating doctors are covered</b>	<b>Any doctor</b>
<b>Hospital</b>	<b>Only participating hospital 100%</b>	<b>Any hospital 100%</b>
<b>Emergency care</b>	<b>\$300 deductible, pays 80% after deductible</b>	<b>\$300 deductible, pays 100% after deductible</b>
<b>Prescription copay</b>	<b>\$20</b>	<b>\$5</b>
<b>Preventive Care</b>	<b>Annual physical</b>	<b>Annual physical/free immunizations</b>

### Family and Medical Leave Act (FMLA) – Know Your Rights

**Under FMLA:**

1. Eligible employees can take up to 12 weeks unpaid time off to care for a new baby or sick family member
2. Employees who have a serious illness can take time off
3. During the leave, the employer is required to continue the employee's health benefits
4. After the leave, the employee can return to the old job or to a job with the same pay and benefits

**WORKERS' COMPENSATION CLAIM FORM**

**Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Street Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip Code** \_\_\_\_\_

**Employer** \_\_\_\_\_

**Date of Accident** \_\_\_\_\_ **Time of Accident** \_\_\_\_\_

**Description (please describe what happened in detail)** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

## Benefits I Need/Benefits I Want

S8

Often a job has “benefits” compensation in addition to your salary.

You work at Precision Auto Body. You have the following employee benefits: health insurance, dental insurance, workman’s compensation, and a sick leave policy of three paid sick days per year. Explain these benefits to the group.

When you’re looking for a job, it’s likely that there are certain benefits you need and others that you want. Consider these benefits and sort them onto the chart.

### **BENEFITS:**

Health insurance (worker’s compensation, hospital, health, dental) unemployment insurance, life insurance, retirement plan, sick leave (maternity, death of family member), paid vacation and holidays, clothing/tools/equipment, expense account, travel insurance, profit sharing, stock options, bonus, savings program/credit union, company vehicle, tuition assistance, discount privileges.

<b>BENEFITS I NEED</b> Ex.: Sick leave	<b>BENEFITS I WANT</b> Ex.: Free parking
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	



There are many agencies, organizations, programs and individuals in the community that can be of assistance. Some of these may be federally funded and located in every state. Others may receive state or county funding and are local. Agencies can help people find jobs, get food and housing, finance education, and give information on many topics.

*People don't ask for help for a number of reasons. Some of the reasons are:*

- *Embarrassment*
- *Lack of information*
- *Denial of the problem*
- *Cost*
- *Belief that they should solve their own problems*

It is sometimes easier to ask friends and family members for help. They are part of your community, too.

### ***Activity***

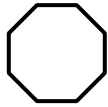
#### **Steps**

1. Divide into small groups.
2. Each group should list as many agencies, organizations, and schools that offer assistance and resources as they can in five minutes.
3. Be sure to include places that offer assistance with food, clothing, shelter, health care, and education.
4. Services for legal rights, children, and the handicapped should also be included.
5. Compare your list with the other groups' lists.
6. Discuss the services provided by these organizations.

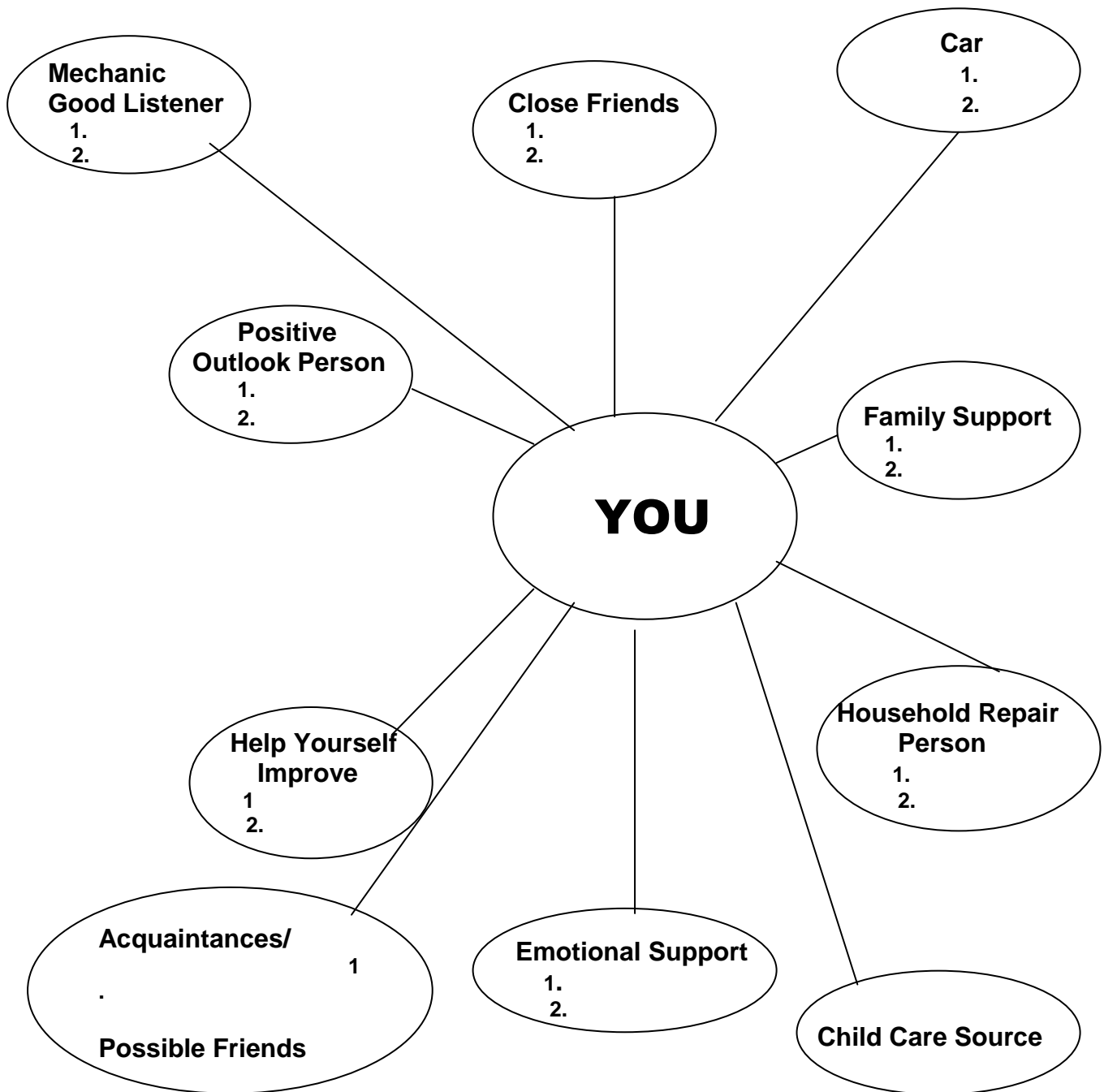
# SUPPORT SATELLITE

S11

There are times when it's necessary to get help. Name at least two people or places that could give you assistance in the following areas.



Why is it good to think and plan ahead, before you need help?



# EMERGENCY INFORMATION

S15

## Family Member

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Another phone \_\_\_\_\_

## Which non-family member would I call in an emergency?

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Another phone \_\_\_\_\_

Do I have my medical information with me all the time?

Yes      No

Always carry a card that lists:

