PE9 HEALTH UNIT 1 LESSON 1

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Unit 1 Lesson #1 – How Can I Manage My Stress in a Way That Would Benefit My Daily Health?

I can manage my health by going outside and getting fresh air. Either going on a run, a bike ride or spending time outside with friends. I feel that this helps because if I were stressing out about friends and if I should say a certain thing or if I should not because they will take it the wrong way or get mad at me. I would be thinking about this the whole day, I have anxiety, and this makes it very difficult to deal with things because its hard for me to deal with it on my own without talking to someone. I feel that it is not easy to talk or to take time to myself because of the way people will react or if I will overload my thoughts about the stress that makes it worse. I am not the only one who thinks this, many people have a difficult time at explaining what is wrong with them or if they are having a hard time. I stress about many things and it helps me to talk to my close friends or to myself. Listening to music also really helps me focus on what I am stressing about because it helps me calm down. Talking about things is hard but it is very important to reach out for help when needed. Talking about it would help me clear my mind and help me think better, it would also give me relief, so I don’t keep thinking about the thing that is stressing me.

Health unit 1 lesson 2- How does technology influence my social, physical, and emotional health?

Technology is important to me because it helps me interact with my friends, but it is not always the best. Socially technology helps me connect to others that I cannot see because of covid, it also helps me talk to my family that I do not normally see. I can Facetime or call, and I find it helpful that I am able to reach those things. Physical I find it a distraction because when I could be walking my dog I get distracted by a show or TikTok for hours. I forget about the things around me and time flies. Emotionally I find it good and bad, good that I can interact with people, I can play games, I can message others and I can work on my homework. Music, I don’t know what I would do without it, it helps me think better and helps me focus when I am having a hard time. It also helps me when I am upset or mad. Technology when its bad is when I forget about what is happening around me. When I lose track of time and when I think its more important than doing homework and such. It is also bad because when you are on Instagram or other apps that people post on, you get insecure and think that people are judging you on your own post because you do not look a certain way. Everyone gets insecure about the way they look and seeing gorgeous perfect girls online sets a “standard” of what you must look like. I find technology a distraction but sometimes it can be helpful if used the right way.

Unit 1 Lesson #3 – How Can I Support the Mental Health and Well-Being of Myself and Others Now and in the Future?

Yes, I have known many people come to me about their mental health problems and I always find a way to help them. Even if they tell me not to say anything or tell an adult I always tell someone I trust that would help them. If someone were to come up to me and say they are thinking suicidal thoughts I would ask them why, but if they do not want to tell me then I would say it is okay, but you need to tell a trusting adult if you need help. Then I would go and tell a trusting adult because I would want to ensure that they will be safe. If I see someone I know at school or in an extra-curricular activity self-harming or looking like they need help I would ask if they were okay, next I would talk to the counselor or coach and say that they might need to talk because they have seemed off lately. I would never know what someone is going through and assuming things about them would make a situation worse, I know that I will do my best to make them comfortable and help them trust me. If this person were me and I was thinking about self-harm and had suicidal thoughts I don’t think I would be strong enough to tell a parent maybe if I was embarrassed or if I just couldn’t say anything because I was scared. I would tell a trusting friend that could tell a parent, it would be easier to talk to someone as close as a best friend. I always find it helpful if they are there for me and I am there for them.

Unit 1 Lesson #4 – What Does it Mean to You to be in an Unhealthy Relationship?

An unhealthy relationship for me is sometimes when there is a conflict with my friends, and people must “take sides”. There was something going on in my friend group and two people stopped talking and ended their friendship, but the rest of us felt like we had to take a side because that is the way it felt. When the trust between all our friend group ended it was hard for me to want to be in the friendship anymore. There were lots of things said that was not necessary and it caused our group to completely split in two. Our friend group started at 8, split 4 of us, 2 other girls and two girls who did not choose a side. At first no one chose a side but one of the other girls thought she did, so she started excluding her.

The 3 girls and I never chose a side, but we could not handle how the others were treating us, it was toxic, and we should not have gone through it. Those people we could not be around they hurt us, and they would be two sided, they would try to guilt trip us for wanting no drama. Through all of that it did not matter about them it mattered how I felt, and I felt that I should not be around people who act the way they do. I never put them down, but I told them how they treated me and how I felt about the situation. The people even if they aren’t your or my friends they should always be treated with respect and treated fairly.

Unit 2 Lesson #1 – How Can You See Yourself Using the Skills of Delay, Refusal, and Negotiation in Your Daily Life?

I have found that saying no more often is okay, that I do not need to be pressured into something I do not want to do. Delaying my response and taking time to think about my answer is okay too and that I do not need to do things even if its “cool” to others. I would take time to think about the situation, I will be observant to my surrounding and answer without being talked into something I do not want to do. At the mall, the workers try to pressure kids into buying things they do not even need, it is because they are taught to go after kids that just waste their money. They sometimes still do it to me like if I am going to shop at seven-eleven the worker says I can get cookies with two Slurpee’s, a deal. But she just made me pay 3 dollars extra because she took my cash and would not give me change. If someone I know was being pressured into something they did not want to do I would talk to them and say you do not need to do something if you do not want to then I would talk to the person that’s trying to pressure them and ask why they are doing it. Because maybe they have been pressured in the same way. Even if they are pressuring someone else, they might have been through the same situation and it might be what they think is okay. I would never pressure someone like that but if it has ever seemed that way, I would want them to tell me so I could act on it.

Unit 2 Lesson #2 – What Can I Do to Help Myself or Someone Else (now or in the future) Who May Be Showing Signs of Addictive Behaviors?

Addiction, it is a thing that is very hard to stop someone from doing, something that many people suffer from because everything can become an addiction. For me if I were witnessing my friend getting addicted to drugs, I would see it very well. I would ask them if they need help and try to push them into talking to someone or if they can’t I would talk to a trusty parent that would be able to help them. If it were me, I would want the help, but I would never be able to ask for the help I need because I would feel embarrassed or scared of how others would react. I would need the help because I would be destroying my mental health and physical health. People with addictive behaviors show it very well because you could see it in the way they look or act. Addictions can isolate you and make you feel like you need the substance or if you cannot get to it you have to act out or worse. Addictions start out harmless, but it starts to affect many things and grow until the person cannot stop. Many people think that taking drugs help them get better, but it really makes everything worse and increases how they feel. If anyone would be struggling with addiction, I would try my best to help them because I know it can get way worse and can affect their future. If anyone would be going through this, I would tell a trusty parent and give them choices of how to get help.