

**Health Management and Social Care – Teachers’ Guide**

<b>Booklet 4 - Mental Well-being – Healthy Mind</b>					
<b>Key Questions</b>	<b>Learning Targets (Students are able to...)</b>	<b>Teaching Points</b>	<b>Curriculum and Assessment Guide / Supplementary Notes</b>	<b>Examples of L&amp;T Activities and Resources</b>	<b>Examples of Assessment Items</b>
<ul style="list-style-type: none"> <li>• What does it mean to be mentally healthy?</li> <li>• How can we maintain our mental health?</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the stressors, stress reactions and adaptation to stress so as to suggest strategies for stress management</li> </ul>	<p>4.1 Stress</p> <ul style="list-style-type: none"> <li>● <i>Related to Booklet 2: Socio-biological / psychobiological factors</i></li> <li>● <i>Stressor (related to life events – Booklet 1) / stress reactions / adaptation</i></li> <li>● Impacts on health</li> <li>● Coping strategies                             <ul style="list-style-type: none"> <li>■ Dealing with problem (stressor) - problem-solving skill</li> <li>■ Dealing with emotion – <i>positive thinking (Booklet 1)</i></li> </ul> </li> </ul>	<p>5C 3(3) Stress</p> <p>What is stress? / Types of stress: eustress (positive stress) and distress (negative stress) / Stressors (causes e.g. work, studies)/ Stress reaction / Strategies for coping with stress</p>	<p>Questionnaire on stress (by Mental Health Association of Hong Kong)</p> <p>Case Analysis / News of disastrous events</p> <p>Scenario: Self-reflection on stress management skills (issues related to peers/ family /education/ intimate relationships/ environment)</p>	<p>What is the stressor in the scenario?</p>
	<ul style="list-style-type: none"> <li>• Analyze the factors that influence the mental health of individuals from different perspectives</li> <li>• Suggest ways to enhance personal mental health from</li> </ul>	<p>4.2 Mental Health</p> <ul style="list-style-type: none"> <li>● Interrelations of different dimensions of health (Different perspectives are for teachers’ reference only)</li> <li>● <i>Freud - the balance between the id, ego and superego can help one develop a healthier self-concept. (Supplement Booklet 1)</i></li> </ul>	<p>5C1 The importance of mental health and the characteristics of an emotionally healthy person</p> <p>5C2 Factors that influence the mental health of individuals</p>	<p>Scenarios for students to identify factors affecting mental health</p>	<p>If you were the social worker, what advice would you give to the mentally ill patient in the case to promote his holistic health ?</p>

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	biological, psychological and social perspectives	<ul style="list-style-type: none"> <li>How each component of healthy lifestyle (rest, exercise and diet) affects mental health</li> </ul>	5C8 Ways to maintain good mental health: positive self image, social support, stress management etc		
<ul style="list-style-type: none"> <li>What are the factors leading to the mental disorders?</li> </ul>	<ul style="list-style-type: none"> <li>Analyse factors leading to mental disorders from different perspectives</li> <li>Identify the major symptoms of depression, phobias, post-traumatic stress disorder, schizophrenia</li> </ul>	<p>4.3 Mental Disorders</p> <ul style="list-style-type: none"> <li>Causes / different perspectives for understanding the causes and needs for different treatment to mentally ill patients</li> <li>Major mental disorders - Basic signs and symptoms</li> </ul>	<p>5C4 - Some types of mental problems/disorders: depression, phobias, Post-traumatic Stress Disorder, schizophrenia etc</p> <p>5C4 – supplementary notes - Basic signs and symptoms</p>	TV programme (Sunday report)	Name TWO types of mental disorder that are common in Hong Kong
<ul style="list-style-type: none"> <li>How can we help mentally ill patients to overcome the problems and crisis?</li> </ul>	<ul style="list-style-type: none"> <li>Identify the misconceptions on mental illness</li> <li>Understand related problems and give suggestions for the rehabilitation of</li> </ul>	<p>4.4 Problems and Crisis of Mental Patients</p> <ul style="list-style-type: none"> <li>Stigmatization</li> <li>Needs of patients and carers</li> </ul>	<p>5C5 - Social isolation / exclusion and mental illness</p> <p>5C6 - Possible impact of poor mental health and stress</p>	News analysis Essay writing	Deinstitutionalisation for mentally ill patients as a suitable intervention strategy has become a controversial issue. What are the pros

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	mentally ill patients	4.5 Mental Health Service <ul style="list-style-type: none"> <li>● Deinstitutionalization (<i>formal and informal care – Booklet 11</i>) / <i>community care – Booklet 7</i>)</li> </ul>	5B - Health and social care services and agencies  5C 7 - Mental health services		and cons of this strategy.  As a member of the Legislative Council, suggest TWO kinds of financial assistance to mentally ill patients and their carers.