91235R



# Level 2 Health 2024

91235 Analyse an adolescent health issue

Credits: Five

# RESOURCE BOOKLET

Refer to this booklet to answer the question for Health 91235.

Check that this booklet has pages 2–7 in the correct order and that none of these pages is blank.

YOU MAY KEEP THIS BOOKLET AT THE END OF THE EXAMINATION.

#### **SCENARIO**

Ari is in year 12 at his local high school. He lives at home with his whānau, which consists of his mum, dad, four siblings, and Ari's grandparents. He considers his childhood to be 'fun', with everyone having a close relationship and supporting each other. Although both of his parents work full-time, meeting the cost of living is difficult. Ari works after school and in the weekends, and his money often goes towards supporting his parents to cover the family's bills. If he gets offered a work shift on a school day, he will take it instead of going to school.

After work, Ari spends time catching up on schoolwork and completing assignments. This impacts his sleep patterns, as sometimes he doesn't manage to get to bed until after 1 a.m. Ari has a mobile phone, but worries about his monthly bill payments and is also exposed to the constant pressures that teenagers face in relation to social media.

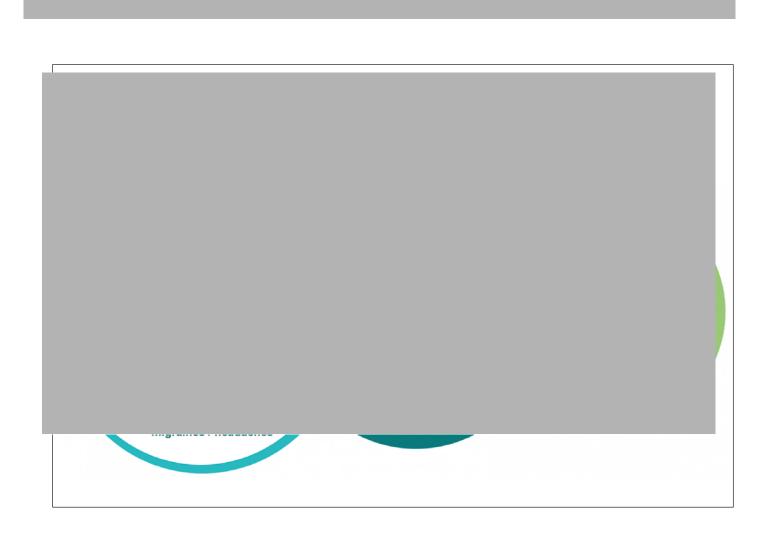
Ari is an active member of the school community. He plays in the first XI hockey team, is in the kapa haka group, and has also put in an application for the student leadership team for next year. His teachers have encouraged him to apply, and keep telling him he is a 'great role model' for his younger peers. Ari aspires to achieve University Entrance and will be the first member of his family to do so, something that would make his parents extremely proud.

Ari is very good at making those around him feel like he has everything sorted. But deep down, this is not the case. Ari often feels isolated, worried, anxious, and tired. He worries about how he is going to complete his school assignments, how he will continue to support his family, and how he will live up to everyone's expectations.

Life is a lot for Ari.

# **RESOURCE A: Anxiety signs and symptoms**

What is anxiety?



## **RESOURCE B: Taking care of yourself**



## What can I do to cope with anxiety?

There are plenty of ways to manage your anxiety so that it doesn't get in the way of your daily life.

## Take care of yourself

Managing anxiety starts with good self-care. Try to eat well, get enough sleep, and stay active to help your mental health and well-being. Looking after your spiritual and cultural well-being will also support your resilience. Creating a self-care planner / diary can support you to improve your self-care.

# Talk about it

If you are experiencing anxiety that is affecting your well-being, then it's a good idea to talk about how you're feeling – whether it's with your family, friends, a teacher, coach, church leader, or elder. Talking with others can help you understand what's going on, stick to your self-care goals, and get extra help if needed.

## Note your thinking patterns

Being aware of what thoughts are influencing your anxiety is an important step towards managing it. When people experience anxiety, they can get into unhelpful thinking patterns, which can make the anxiety worse.

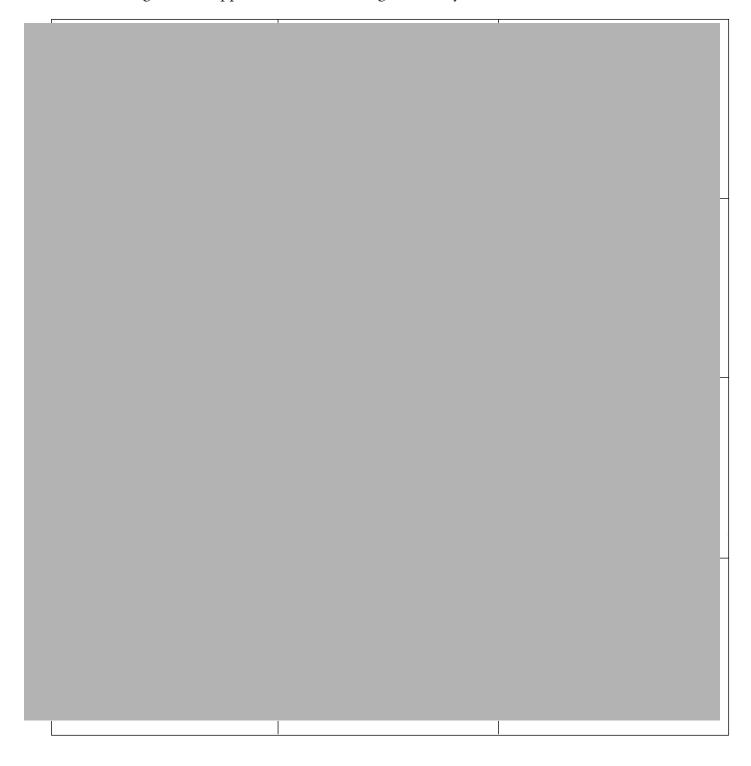






# **RESOURCE C: Online support tools**

The following online support tools have been gathered by mentalwealth.co.nz



# RESOURCE D: New digital tools ramp up mental well-being support



#### Acknowledgements

Material from the following sources has been adapted for use in this assessment:

## Resource A

Image: https://www.mentalwealth.nz/wp-content/uploads/2020/04/LeVa-Anxiety-factsheet.pdf
Text: https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/anxiety-disorders

### Resource B

Images: https://www.mentalwealth.nz/wp-content/uploads/2020/04/LeVa-Anxiety-factsheet.pdf

https://stock.adobe.com/469837367 https://stock.adobe.com/419654656 https://stock.adobe.com/492019278

#### **Resource C**

Image: https://www.mentalwealth.nz/wp-content/uploads/2020/04/LeVa-Anxiety-factsheet.pdf

### Resource D

Image: https://insidegovernment.co.nz/mental-health-apps-at-front-of-mind/

Text: https://www.beehive.govt.nz/release/new-digital-tools-ramp-mental-wellbeing-support