

92011R



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Health Studies 2025

92011 Demonstrate understanding of strategies that enhance hauora

Credits: Five

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Health Studies 92011.

Check that this booklet has pages 2–4 in the correct order and that none of these pages is blank.

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

SCENARIO – Jamie's diary entry

Tuesday 3 June, 2:14 a.m.

I've woken up in the middle of the night again with that tight feeling in my stomach. Nothing seems to help when I wake like this. I saw a journalling video on social media, so I'll give this a go.

While I'm awake, I *could* study for one of my school internal assessments, but what's the point when we are halfway through the year? I wanted to win an award at prize-giving, but my previous grades are average and my close friends all seem to be achieving more highly than me. When did I start getting left behind?

My part-time work at the pizza shop is getting tiring. My next shift is at the same time as my best friend's 16th birthday surprise party, which my friends are planning. I constantly feel like I have to choose between what I want to do and what I must do.

I could complete the driver's licence forms half-done on my desk ... I can't even seem to get half the practice questions correct, so I'll probably be the only one in my friend group who fails their learner's licence.

Tonight's hockey game will be the last one before the tournament, and I'm feeling the pressure to perform. Everyone else seems so confident, but I just worry that I'll mess up and let the team down. They tell me it's just a game and that it'll all come together at the tournament, but I can't seem to relax and share their mindset.

My form teacher said subject-choice forms will be out next week, and I felt a wave of panic. I can't even decide what to do tomorrow, let alone next year. As soon as the paperwork comes out, it's all anyone at school will talk about. Mum and Dad expect me to study at university, so they'll have plenty to say about my subject choices. They won't leave me much room to pick what I actually enjoy. They think their way is the only way, because it worked for them. They expect me to be just like them.

Most days, I don't even have time to eat properly. I skip breakfast, don't take a packed lunch to school, come home late, and often miss dinner with my family. By the time I finally get home, I'm too exhausted to reheat the food Mum or Dad has cooked for me. I know they try to take care of me, but I just don't have the energy, so I often just take advantage of getting cheap pizzas after work.

I'm feeling overwhelmed. Everyone expects so much from me – I feel stretched too thin, and I just wish I could pause and take a breath.

RESOURCE A – Jamie’s conflicting priorities



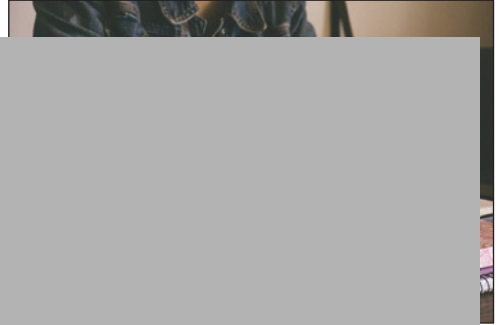
Source: Created using generative AI

RESOURCE B – Articles about the positive effects of journalling

Journalling's power (Anxiety.org.nz)

Baylee shares the positive impact journalling has had in her life.

"I find myself becoming engrossed in my own ideas,



Source (adapted): <https://anxiety.org.nz/resources/journaling-s-power>

Journalling for emotional wellness (University of Rochester medical center)

When you were younger, you might have kept a diary hidden under your mattress. It was a

anxiety, and mental health conditions.

Source (adapted): <https://www.urmc.rochester.edu/encyclopedia/content?ContentTypeID=1&ContentID=4552>