PSHEE

**Emotional health**

Learning Objectives: Unit 3 Part 3

* What is binge-eating disorder?
* What help is there for someone who has an eating disorder?

Unit 3 Part 4

* What is stress?
* What things cause stress?
* How does stress affect the body?
* What are good ways of reducing stress?

Task

1. Read slide 3,

What is binge-eating disorder?

How is it different from bulimia?

2. Read slide 4,

What are the signs of binge-eating disorder?

3. Read slide 5,

Why should people with eating disorders get help?

4. Read slide 6,

How can you help someone with an eating disorder?

5. Read slide 8

Here are some websites where you can get help.

Unit 3 Part 4

6. Read slide 3,

What is stress?

How does it affect you?

7. Read slide 4,

What can cause stress?

When was the last time you felt stressed?

What did you feel stressed about?

8. Look at interactive slide 5,

How does stress affect the body?

9. Read slide 6,

What are ways you can reduce stress?

What do you do if you are feeling stressed?

10. Read slide 7

Here are some websites that can help you.

All work must be completed and emailed to your teacher