

TOPIC 2: DEVELOPING THE WHOLE PERSON

Kimberly W. Bulasao
Subject Teacher



HOLISTIC DEVELOPMENT

- Entails the development of physiological, cognitive, psychological, spiritual, and social aspects of an individual.
 - Development – synonymous with the words change, advancement, or progression.



FIVE (5) AREAS OF PERSONAL DEVELOPMENT

1. Physiological Development

- Refers to physical changes in the body as well as the senses and changes in skills related to movement.



1. PHYSIOLOGICAL DEVELOPMENT

Physical health is critical for overall well-being and can be affected by:

- a. Lifestyle: diet, level of physical activity, and behavior (eating unhealthy foods);



1. PHYSIOLOGICAL DEVELOPMENT

Physical health is critical for overall well-being and can be affected by:

b. Human biology



1. PHYSIOLOGICAL DEVELOPMENT

Physical health is critical for overall well-being and can be affected by:

c. Environment



1. PHYSIOLOGICAL DEVELOPMENT

Physical health is critical for overall well-being and can be affected by:

d. Healthcare service



1. PHYSIOLOGICAL DEVELOPMENT

It is important to take care of your body. Live healthy, eat healthy foods, get enough sleep, exercise regularly, and avoid drugs and alcohol. Manage stress and go for regular medical check-ups. Practice good hygiene.



FIVE (5) AREAS OF PERSONAL DEVELOPMENT

2. Emotional Development

- It has something to do with the feelings that you experience.



2. EMOTIONAL DEVELOPMENT

There are many ways to improve or maintain good emotional health.

- a. Be aware of your emotions and reactions.



2. EMOTIONAL DEVELOPMENT

There are many ways to improve or maintain good emotional health.

b. Think before you act.



2. EMOTIONAL DEVELOPMENT

There are many ways to improve or maintain good emotional health.

c. Manage stress.



2. EMOTIONAL DEVELOPMENT

There are many ways to improve or maintain good emotional health.

- d. Strive for balance. Find a healthy balance between work and play and between activity and rest..



2. EMOTIONAL DEVELOPMENT

There are many ways to improve or maintain good emotional health.

e. Take care of your physical health.



2. EMOTIONAL DEVELOPMENT

There are many ways to improve or maintain good emotional health.

- f. Connect with others. We are social creatures. We need positive connections with other people.



2. EMOTIONAL DEVELOPMENT

Emotionally healthy people are in control of their thoughts, feelings, and behaviors. They can cope with life's challenges.



FIVE (5) AREAS OF PERSONAL DEVELOPMENT

3. Social Development

- It is about our innate capacity to relate with others, to connect, and to feel the sense of belongingness.



3. SOCIAL DEVELOPMENT

Healthy social development can help you:

- a. Develop Communication Skills. An ability to interact with others allows for more opportunities to practice communications skills



3. SOCIAL DEVELOPMENT

Healthy social development
can help you:

b. Build self-esteem.



3. SOCIAL DEVELOPMENT

Healthy social development
can help you:

c. Strengthen learning skills.



3. SOCIAL DEVELOPMENT

Healthy social development
can help you:

d. Resolve conflicts.



3. SOCIAL DEVELOPMENT

Healthy social development can help you:

- e. Establish a positive attitude.
A positive attitude ultimately leads to better relationships with others and higher levels of self-confidence.



3. SOCIAL DEVELOPMENT

Healthy social development allows us to form positive relationships with family, friends, teachers, and other people.



FIVE (5) AREAS OF PERSONAL DEVELOPMENT

4. Cognitive Development

- Refers to a person's intellectual abilities as shown in his/her thoughts, attitudes, beliefs and values.



4. COGNITIVE DEVELOPMENT

- Cognitive development means how people think, explore, and figure things out.
- It is the development of knowledge, skills, problem-solving, and dispositions, which helps a person to think about and understand the world around them.



4. COGNITIVE DEVELOPMENT

- This aspect of the self is enhanced when one attends school to study and learn or engages in other mental endeavors.



4. COGNITIVE DEVELOPMENT

- The more we study, the more we learn; while the more we learn, the more we can study better.



FIVE (5) AREAS OF PERSONAL DEVELOPMENT

5. Spiritual Development

- It pertains to the adolescent's ability to grow and develop in terms of his/her relations to a higher being; holy and sacred aspects and religiosity.



5. SPIRITUAL DEVELOPMENT

- It is when one experiences a glimpse of the “inner guide” of one’s beliefs and values as one discovers the meaning of life.
- As we grow spiritually, our attitude toward life also changes for the better in many ways.



5. SPIRITUAL DEVELOPMENT

- Spiritual growth and development help us to imbibe humility.
- Spirituality and inner peace is a way of life. It helps us to develop great strength and courage.
- Spiritual growth and development help to make human beings better citizens.



IMPORTANCE OF DEVELOPING THE DIFFERENT ASPECTS OF HOLISTIC DEVELOPMENT

IMPORTANCE

**Physiological
development**

To live a
healthy and
long life.

IMPORTANCE

Emotional development

Emotional health is an important part of overall health. Emotionally healthy people are in control of their thoughts, feelings, and behaviors. They can cope with life's challenges.

IMPORTANCE

Social development

Healthy social development allows us to form positive relationships with family, friends, teachers, and other people in our lives.

IMPORTANCE

Cognitive development

It is the development of knowledge, skills, problem-solving, and dispositions, which helps a person to think about and understand the world around them.

The more we study, the more we learn; while the more we learn, the more we can study better.

Spiritual development

IMPORTANCE

As we grow spiritually, our attitude toward life also changes for the better in many ways.

Spiritual growth and development help us to imbibe humility. Spirituality and inner peace are a way of life. It helps us to develop great strength and courage. Spiritual growth and development help to make human beings' better citizens.

DEVELOPMENT

Physiological development

Refers to physical changes in the body as well as the senses and changes in skills related to movement

Emotional development

It has something to do with the feelings that you experience.

Social development

It is about our innate capacity to relate with others, to connect, and to feel the sense of belongingness

Cognitive development

Refers to a person's intellectual abilities as shown in his/her thoughts, attitudes, beliefs and values.

Spiritual development

It is discovering oneself beyond the ego known as the soul, spirit, or the "inner essence" that is often disregarded or taken for granted. It is experiencing a glimpse of the "inner guide" of one's beliefs and values in discovering the meaning of life.

POWER TRIAD

Thoughts are words that run through your mind. They're the things you tell yourself about what's going on around you. There are many different thoughts you could have about a single situation.

Feelings come and go as different things happen to you. You might feel happy, angry, and sad, all in one day. Some feelings are uncomfortable, but they are not bad. Everyone has these feelings from time-to-time.

Actions are the things you do, or the way you behave. Your thoughts and feelings have a big impact on how you act. If you feel happy, you are likely to do nice things. But if you feel angry, you might want to act mean.

Applying Power Triad to Daily Life Situations

Now that we have distinguished thoughts, feelings, and actions, try to fill in the boxes based on your own experiences. A sample is done for you.

Sample:

What happened?

My friend Anna Hasn't spoken to me as much as usual over the past week.



My thoughts



My Actions



My Feelings



	New Thoughts	New Feelings	New Actions
1			
2			
3			

ACTIVITY: POWER TRIAD

- Imagine you have an upcoming test, and you think “I’m going to fail”. Because of this thought, you start to worry. You are so worried that you feel sick just thinking about the test. Because it’s so uncomfortable, you decided not to study.

ACTIVITY: POWER TRIAD

- Identify the following base from the given situation.

Thought	
Feeling	
Action	