

# Chapter 5

## Mental and Emotional Health

# Lesson 1: What is Mental & Emotional Health?

Words to know:

**Mental & Emotional Health-** the ability to handle the stresses and changes of everyday life in a reasonable way.

**Personality-** a combination of your feelings, likes, dislikes, attitudes, abilities, and habits.

**Empathy-** identifying with and sharing another person's feelings

**Resilience-** the ability to recover from problems of loss.

A mentally healthy person:

- |                                    |                                |
|------------------------------------|--------------------------------|
| a. has a positive out look on life | f. accepts disappointment      |
| b. welcomes challenges             | g. acts responsibly            |
| c. accepts their limitations       | h. is aware of their feelings  |
| d. sets realistic goals            | and express them healthfully   |
| e. has good self-esteem            | j. accepts healthful criticism |

## Influences on Your Personality

- a. heredity
- b. environment
- c. behaviors

# Lesson 2: Your Self-Concept & Self-Esteem

Words to know:

**self-concept-** the way you view yourself overall.

**self-esteem-** how you feel about yourself.

**optimistic-** having a positive attitude about the future.

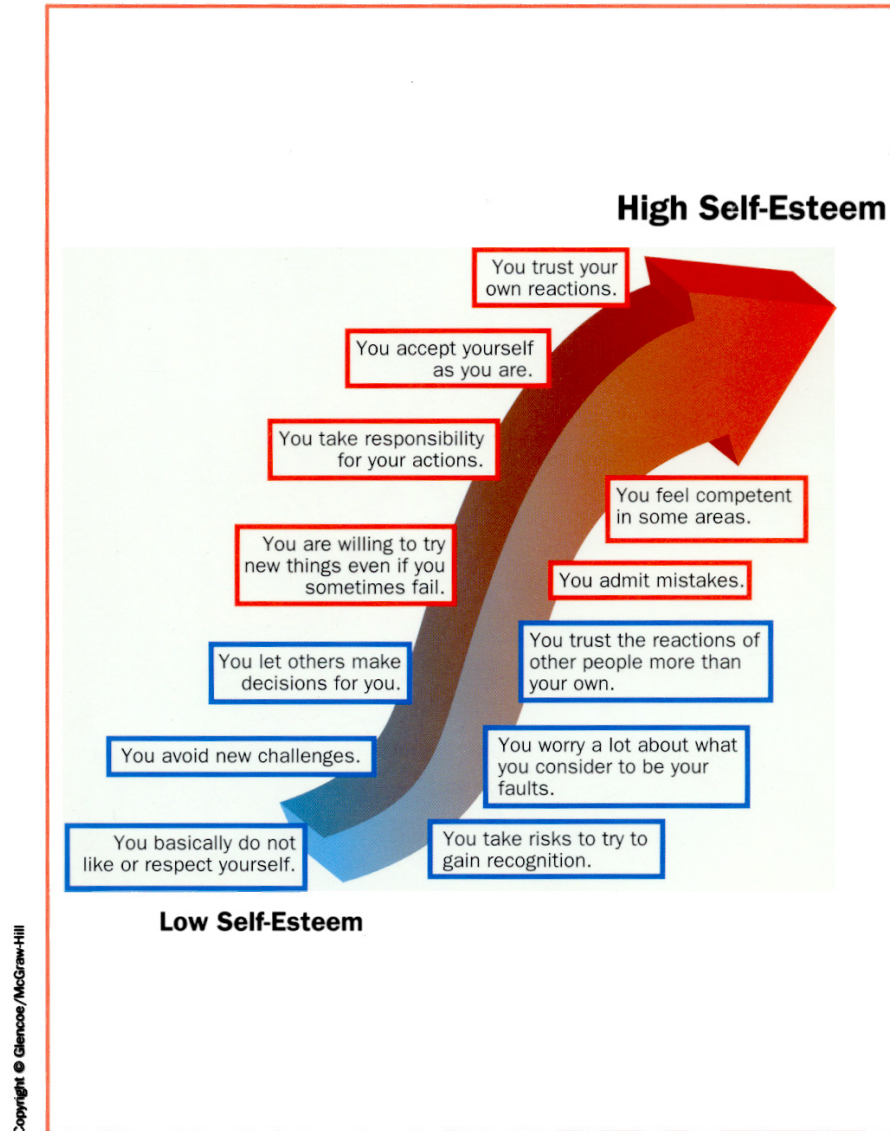
**confidence-** belief in your ability to do what you set out to do.

## Benefits of Self-Esteem

- A. taking proper care of yourself
- B. confidence to meet new people
- C. willingness to take on new challenges
- D. having the confidence to succeed.

## Building Self-Esteem

- A. set realistic goals
- B. focus on what you are naturally good at
- C. ask for help when you need it
- D. accept that no one is perfect
- E. think positively



# Lesson 3: Emotions

Words to know:

**emotions-** feelings such as love, joy, or fear.

**mood swings-** frequent changes in emotional state

## Types of Emotions

- A. happiness -makes you feel good when needs are met
- B. sadness -makes you feel bad due to loss or lack of success
- C. anger -a natural reaction to feeling threatened
- D. Fear -can serve to protect us, or can prevent us from participating in life's activities
- E. Grief - is a normal, healthy reaction to loss

## Managing Your Emotions in Healthful ways

- A. talk about your feelings, do not keep things bottled up
- B. take time to cool down
- C. exercise to burn off strong emotions



# Lesson 4: Managing Stress

Words to know:

**Stress-** is your body's response to real or imagined dangers or other life events.

**Distress-** (bad stress) is stress that keeps you from doing the things you need to do or that causes you discomfort

**Eustress (positive stress)** -is stress that helps you reach your goals

**Stressors** -sources stress

**Adrenaline** -is a hormone that increases the level of sugar in your blood, this gives your body extra energy

**Fatigue** -is extreme tiredness or exhaustion

**Physical fatigue** -is extreme tiredness of the whole body

**Psychological fatigue** - is extreme tiredness caused by your mental state



## Stages of stress

1. Alarm stage (The fight-or-flight response)
  - a. more blood is directed to your muscles and brain
  - b. heart beats faster (pulse increases)
  - c. digestion slows
  - d. muscles tighten
  - e. senses sharpen, hearing increases, pupils dilate
  - f. breathing increases, air passages widen
  - g. blood sugar increases
  - h. adrenaline is secreted
2. Resistance stage

Your body begins to fight the stressor. As the stressor decreases in strength the body slowly returns to normal.
3. Exhaustion stage

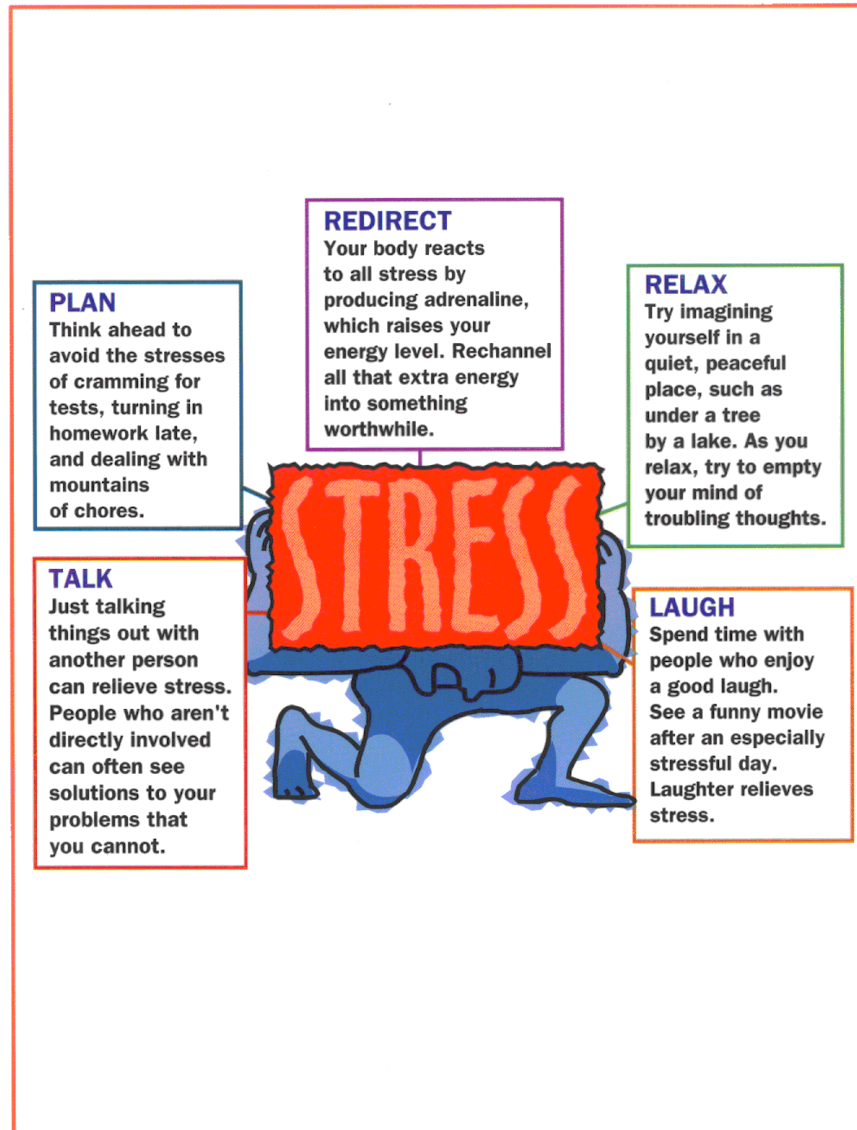
Your body is weakened by the continued stress and is susceptible to disease and injury.



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## Ways to Avoid or Manage Stress

- a. be prepared
- c. exercise
- e. work out disagreements
- g. eat properly
- j. set priorities
- l. learn to say NO
- n. think positively
- b. use time management skills
- d. talk to a friend
- f. get enough sleep
- h. ask for help when you need it
- k. make a schedule
- m. relax

## Defense Mechanisms:

- Denial- is a refusal to accept reality.
- Rationalization- is justifying behavior, ideas, or feelings to avoid guilt or to obtain approval or acceptance.
- Repression- is blocking out unpleasant thoughts.
- Displacement- is having bad feelings toward someone not really related to the cause of the problem.
- Projection- is blaming someone else for your problem.

# Lesson 4: Mental & Emotional disorders

Words to know:

**Mental & Emotional disorders-** illnesses that affect a person's thoughts, feelings, an behavior.

**Anxiety disorder** -extreme fears of real or imaginary situations that get in the way of normal activities.

**Mood disorder** -a mental & emotional disorder in which a person undergoes changes in mood that seem inappropriate or extreme.

**Suicide** - the act of killing oneself on purpose.

Types of disorders

Anxiety disorder-

- a. Phobias -are inappropriate or exaggerated fears of something specific.

ex. Claustrophobia -fear of small spaces

Arachnophobia -fear of spiders

Hydrophobia -fear of water

Zoophobia -fear of animals

Panic disorder -people experience intense feelings of fear for a short time.

Obsessive-compulsive disorder -is a condition in which a person cannot keep certain thoughts or images out of his/her mind. They may develop repetitive behaviors. Ex. Hand washing, blinking, etc...

Post Traumatic Stress Disorder -may effect people who have been through an overwhelming experience.

Ex. War, abuse, rape, etc...

Mood disorders

Ex. Depression -loneliness, hopelessness, sadness

Schizophrenia - appears around age 15-25.

creates a distorted reality for the person.



## Suicide:

Teen suicide has been the second-leading cause of death for people between the ages of 15 and 19.

### Ten signs of suicide

1. Talking about suicide or death
2. Giving away favorite possessions
3. Change in moods and/or behavior
4. Taking drugs or alcohol
5. Possessing the means to commit suicide
6. A past history of suicide attempt
7. Becoming accident prone
8. Academic difficulties
9. Loss of interest in activities
10. Writing about suicide



# Lesson 6: Help for Mental & Emotional Problems

Words to Know:

**resources-** places to get information, support, and advice

**referral-** a suggestion to seek help or information from another person or place.

Knowing when to go for help

- a. if you think that everyone is out to get you
- b. continually feeling sad or hopeless
- c. sudden mood changes
- d. difficulty concentrating or making decisions
- e. not taking care of yourself
- f. trouble sleeping
- g. loss of appetite
- h. taking unusual risks

## Sources of help

- a. family
- b. mental health professional
- c. school nurse
- d. priest, minister, rabbi, or other clergy member
- e. Teacher or school counselor
- f. hot line/ teen hot/help lines

## Treating mental disorders

### Treatments may include:

- a. medication
- b. hospitalization
- c. counseling
- d. group therapy