

ACHIEVING MENTAL AND EMOTIONAL HEALTH

Chapter 3

LESSON 1 – DEVELOPING YOUR SELF-ESTEEM

New and Academic Vocabulary

1. Competence -

- Having enough skills to do something.

2. Resilient –

- The ability to adapt effectively and recover from disappointment, difficulty, or crisis.

LESSON 1 - CONTINUED

3. Self-actualization –

- Striving to become the best you can be.

4. Self-esteem –

- How much you value, respect, and feel confident about yourself.

LESSON 1 - CONTINUED

5. Mental/emotional health –

- The ability to accept yourself and others, express and manage emotions, and deal with the demands and challenges you meet in your life.

6. Mental –

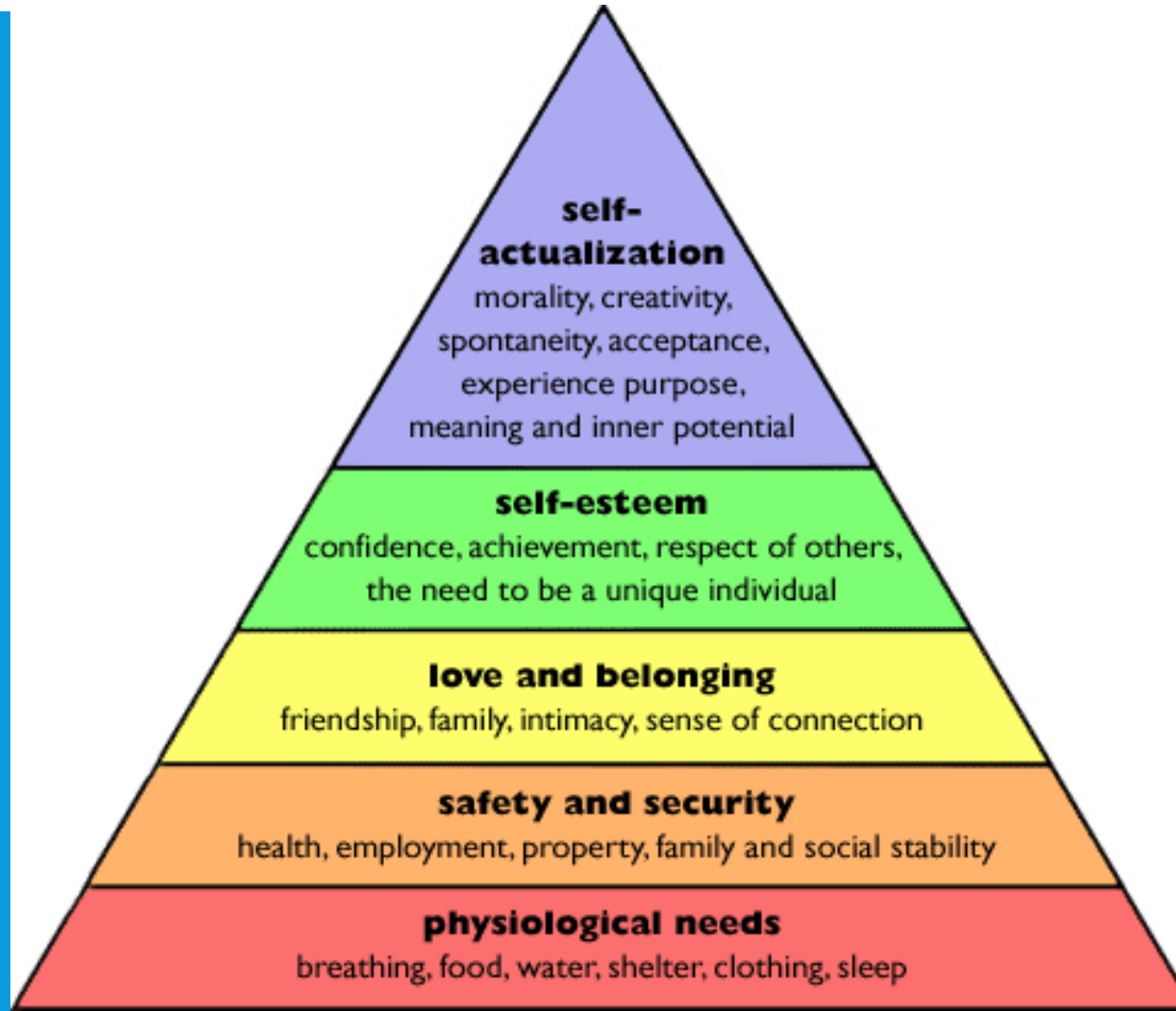
- Of or relating to the mind.

LESSON 1 - CONTINUED

7. Hierarchy of needs –

- A ranked list of those needs essential to human growth and development, presented in ascending order, starting with the basic needs and building toward the need to reach your highest potential.

LESSON 1 - CONTINUED



LESSON 1 - CONTINUED

Describe the importance of good mental/emotional health.

1. Function effectively each day.
2. Cope with feeling and situations.
3. Affects physical and social health.

LESSON 1 - CONTINUED

List some characteristics of good mental/emotional health.

1. Sense of belonging.
2. Sense of purpose.
3. Positive outlook.
4. Self-sufficiency.
5. Healthy self-esteem.

LESSON 1 - CONTINUED

Explain how self-esteem develops.

- It develops from feeling valued, loved, and accepted by others.

Benefits of healthy self-esteem.

1. Feel good about yourself.
2. Take pride in abilities, skills, and accomplishments.

LESSON 1 CONTINUED

List some steps you can take to improve your self-esteem.

1. Choose friends who respect/value you.
2. Focus on the positive.
3. No negative self-talk.
4. Accomplishments over perfection.
5. Learn from mistakes.
6. Accept the things you cannot change.

LESSON 2 – ACHIEVING MENTAL AND EMOTIONAL HEALTH

New and Academic Vocabulary

1. Which term names a complex set of characteristics that make you unique?
 - Personality.
2. Which are non-hostile comments that point out problems and encourage improvement?
 - Constructive criticism.

LESSON 2 - CONTINUED

3. Which describes a firm observance of core ethical values?

- Integrity.

4. Which consists of the distinctive qualities that describe how a person think, feels, and behaves?

- Character.

LESSON 2 - CONTINUED

5. Which describes someone whose success or behavior serves as an example for you?

- Role model.

6. Which describes your sense of self as a unique individual?

- Personal identity.

LESSON 2 - CONTINUED

Describe how identity forms and list some aspects of identity.

HOW IDENTITY FORMS

1. Recognizing your likes/dislikes.
2. Relationship experiences.
3. Influence of role models.

LESSON 2 - CONTINUED

ASPECTS OF IDENTITY

1. Personality or characteristics that make you unique.
2. Group affiliations (family, friends, and ethnic group).

LESSON 2 - CONTINUED

Explain the importance of good character and list some traits of good character.

IMPORTANCE OF GOOD CHARACTER

1. Outward expression of inner values.
2. Demonstrate core ethical values.

LESSON 2 - CONTINUED

TRAITS OF GOOD CHARACTER

1. Trustworthiness.
2. Respect.
3. Responsibility.
4. Fairness.
5. Caring.
6. Citizenship.

LESSON 2 - CONTINUED

Explain how you can actively pursue a healthy identity.

- You can recognize your strengths and weaknesses, demonstrate positive values, and develop purpose for your life. You can also form meaningful relationships and avoid risk behaviors.

LESSON 3 – EXPRESSING EMOTIONS IN HEALTHY WAYS

New and Academic Vocabulary

1. Emotions

- Signals that tell your mind and body how to react.

2. Hormone

- Chemicals produced by your glands that regulate the activities of different body cells.

LESSON 3 - CONTINUED

3. Hostility

- The intentional use of unfriendly or offensive behavior.

4. Empathy

- The ability to imagine or understand how someone else feels.

LESSON 3 - CONTINUED

5. Defense mechanisms

- Mental processes that protect individuals from strong or stressful emotions and situations.

6. Resource

- A source of supply or support.

LESSON 3 - CONTINUED

Explain how understanding your emotions is related to good emotional and mental health.

- If you understand how your emotions affect you, you can manage them in positive ways.

Explain why it is important to manage your emotions.

- It is a healthy way to cope with emotional upsets.

LESSON 3 - CONTINUED

List some questions you can ask yourself to help deal with your emotions in positive ways.

1. Why do I feel this way about this event?
2. Will this matter later on in my life?
3. Why should I wait before responding?
4. What can I do to feel better?
5. Who can I ask for help?

LESSON 3 - CONTINUED

Explain why it is important to try and respond to difficult emotions in a positive way.

- When you express strong feelings in a negative way your mental/emotional health and relationships suffer.

LESSON 3 - CONTINUED

List seven common defense mechanisms and briefly explain each one.

1. Repression

- Involuntarily pushing unpleasant feelings out of one's mind.

LESSON 3 - CONTINUED

2. Regression

- Reverting to childish behaviors rather than dealing with the conflict maturely.

3. Denial

- Unconsciously overlooking the obvious.

4. Projection

- Attributing your own feelings or faults onto others.

LESSON 3 - CONTINUED

5. Suppression

- Conscious, intentional pushing of unpleasantness from one's mind.

6. Rationalization

- Making excuses rather than taking responsibility.

LESSON 3 – CONTINUED

7. Compensation

- Making up for weaknesses through extreme efforts.