

Name: _____

Mental and Emotional Health Notes

What mental health means to me:




Describe what each emotion below means for you

Happiness is...	Sadness is...	Peacefulness is...	Uneasiness is...



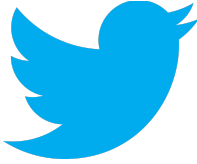
Mental health includes...
Our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.
Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental Health Diseases

Mental/emotional health condition	Risk factors/causes	Signs/symptoms
		
		
		

Social Media and My Mental Health

My favorite social media sites

	How many minutes/hours do you spend on the app?	Why do you choose to use the app? Keep up with friends? Express your ideas? Keep up with the news?
1.)		
2.)		
3.)		

How does it make you feel when you use these apps?

Does the idea of deleting these apps make you feel anxious or uncomfortable?

- Yes
- No

Have you ever gone more than 24 hours without using a social media app?

- Yes
- No
- If yes, how long _____

How did it make you feel to be away for that time?


| Studies show... |

| --More time spent on social media correlated to the decreased quality of sleep, self-image, and confidence level.

| --More time spent on social media correlated with an increased sense of isolation, depression, anxiety, and cyberbullying.

Technology in My Life

My favorite devices or uses for technology

	How many minutes/hours do you spend engaged with the technology?	Why do you choose to use the technology? Keep up with friends? Entertain yourself? Disconnect from reality?
1.)		
2.)		
3.)		

How does it make you feel when you use these technologies?

Does the idea of not having these technologies make you feel anxious or uncomfortable?

- Yes
- No

Have you ever gone more than 24 hours without using these technologies?

- Yes
- No
- If yes, how long _____

How did it make you feel to be away for that time?

Addiction-
 1.) Having a compulsive physiological need for a habit-forming substance or behavior.
 2.) Strongly inclined or compelled to do, use, or indulge in something repeatedly.

