Mental Health

1. What is health?
   1. Combination of \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ well being
   2. Need to pay attention to all \_\_\_\_ areas to maintain a healthy \_\_\_\_\_\_\_\_
2. Mental health
   1. The ability to \_\_\_\_\_\_\_\_\_ yourself and \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_ and

\_\_\_\_\_\_\_\_\_ emotions, and deal with the \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ you meet in your life

1. Characteristics of Good Mental Health
   1. Sense of
   2. Sense of
   3. \_\_\_\_\_\_\_\_\_\_ outlook
   4. Self - \_\_\_\_\_\_\_\_\_\_\_
   5. \_\_\_\_\_\_\_\_\_\_\_ self-esteem
2. How does self-esteem develop and improve?
   1. Developed over \_\_\_\_\_\_\_ when you are \_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_ a task and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on tasks yet to be mastered
   2. Improved by
      1. Choosing friends who
      2. Focus on
      3. Replace \_\_\_\_\_\_\_\_\_\_\_ self-talk with
      4. Consider mistakes as
      5. Exercise
      6. Accept things you \_\_\_\_\_\_\_\_ change and focus on those you \_\_\_\_\_\_\_
      7. Try
3. What is stress?
   1. Reaction of the mind to
   2. Examples?
      1. Taking a
      2. Being
      3. Performing well in
   3. Stress is often \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It’s effect on you, depends on your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the stress
4. Is Stress always bad?
   1. \_\_\_\_\_\_
   2. Positive stress (**Eustress)** can
   3. Negative stress can
      1. Causes feelings of:
5. Causes of stress
   1. Stressor –
   2. Can be real, \_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. Can be different for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ based on their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Response of body to stress is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. Alarm –
   2. Resistance –
   3. Fatigue –
7. Alarm stage
   1. Step 1: Hypothalamus at base of \_\_\_\_\_\_\_\_\_\_ receives \_\_\_\_\_\_\_\_ signals from other parts of brain - \_\_\_\_\_\_\_\_\_\_\_\_\_ a hormone that acts on the \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Step 2: Pituitary gland secretes a \_\_\_\_\_\_\_\_\_\_ that \_\_\_\_\_\_\_ on the \_\_\_\_\_\_\_\_\_ glands
   3. Step 3: Adrenal gland secrete \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to prepare body for \_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_ causing these symptoms
      1. Dilated pupils
      2. Increased \_\_\_\_\_\_\_\_\_\_\_\_\_
      3. Increase \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_
      4. Increase \_\_\_\_\_\_\_\_\_ flow to \_\_\_\_\_\_\_\_\_\_\_ and brain
      5. Increase in \_\_\_\_\_\_\_\_\_\_\_ tension
8. Effects of prolonged exposure to stress
   1. Psychosomatic response – physical response of body that is caused by \_\_\_\_\_\_\_\_\_\_\_
      1. Symptoms:
9. Managing Stress
   1. Effects of stress \_\_\_\_\_\_\_ over \_\_\_\_\_\_\_
   2. Chronic stress – stress associated with \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ problems that are beyond a person’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. When \_\_\_\_\_\_\_ properly managed, can take \_\_\_\_\_\_\_\_ on \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ health
10. Management techniques
    1. Avoidance or limiting – stay away from or limit your exposure to stressors
    2. Relaxation techniques – deep breathing, pleasant thoughts, stretching, warm baths, massage
    3. Redirect your energy – into exercise, art projects, recreation activities
    4. Seek support – talk about you stress with someone you trust
    5. Maintain good physical health
11. Defense Mechanisms-\_\_\_\_\_\_\_\_\_\_ processes that protect individuals from strong or stressful emotions or situations.
    1. **Repression-** \_\_\_\_\_\_\_\_\_\_ pushing unpleasant feelings out of conscious thought.
    2. **Rationalization-**making \_\_\_\_\_\_\_\_\_\_\_\_\_ to explain a situation or behavior.
    3. **Denial-**unconscious lack of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of something that is obvious to others.
    4. **Compensation-**making up for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and mistakes through gift giving or extreme efforts.
    5. **Projection-**attributing your own \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or faults to another person or group
12. Anxiety
    1. Feeling \_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_ about what \_\_\_\_\_\_ happen
    2. Occurs \_\_\_\_\_\_\_\_\_\_
    3. \_\_\_\_\_\_\_\_\_\_\_\_ response to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. Depression
    1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** feeling of helplessness, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and sadness
    2. Can be caused by \_\_\_\_\_\_\_\_\_\_\_\_\_\_, psychological and \_\_\_\_\_\_\_\_\_\_\_ reasons
    3. \_\_\_\_\_\_\_\_\_\_\_\_\_ illness
14. Mental Disorders
    1. Effects \_\_\_\_\_\_\_\_ million Americans
    2. Illness of the mind that can affect \_\_\_\_\_\_\_\_\_\_\_, feelings, and \_\_\_\_\_\_\_\_\_\_\_\_\_ of a person, \_\_\_\_\_\_\_\_\_\_\_\_\_ him from leading a \_\_\_\_\_\_\_\_\_, healthful, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ life
    3. Many are \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to seek treatment due to the \_\_\_\_\_\_\_\_\_ associated with mental disorders.
15. Suicide
    1. \_\_\_\_\_\_\_\_\_\_\_\_\_ can cause \_\_\_\_\_\_\_\_\_\_\_ ( a feeling of isolation)
    2. Alienation\_\_\_\_\_\_\_\_\_\_\_\_ a person’s ability to \_\_\_\_\_\_\_\_\_ with life’s \_\_\_\_\_\_\_\_\_\_\_
    3. Some may seek an \_\_\_\_\_\_\_\_\_\_\_ from the \_\_\_\_\_\_\_\_\_\_ by committing suicide
    4. Common risk factors
       1. Depressions or some other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
       2. Substance \_\_\_\_\_\_\_\_\_\_\_\_\_
       3. \_\_\_\_\_\_\_\_\_\_\_\_\_ to other teens who have committed \_\_\_\_\_\_\_\_\_\_\_\_
    5. Warning signs
       1. Statements about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
       2. Withdrawal from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
       3. \_\_\_\_\_\_\_\_\_\_\_\_\_ behavior
       4. Giving away \_\_\_\_\_\_\_\_\_\_\_\_\_\_
       5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ abuse
    6. How you can help
       1. Show \_\_\_\_\_\_\_\_\_\_\_\_
       2. Initiate a \_\_\_\_\_\_\_\_\_\_\_\_\_ conversation
       3. Show \_\_\_\_\_\_\_\_\_\_\_
       4. \_\_\_\_\_\_\_\_ questions
       5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the person to seek \_\_\_\_\_\_\_