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 \_\_\_\_\_\_\_