**MENTAL HEALTH REVIEW**

1. What are the 3 main components of health?
2. List 5 characteristics of good mental health.
3. List 5 characteristics of an individual with a healthy self-esteem.
4. Define perception
5. What is a stressor?
6. What are some examples of psychosomatic responses to stress?
7. What is the difference between positive and negative stress?
8. When should someone seek outside help for managing their stress?
9. What is the first step in handling stress?
10. How can chronic stress effect an individual?
11. How can a positive outlook help you manage stress?
12. List several ways to relax.
13. Define mental health
14. Define self-sufficiency
15. List and describe the three stages of your body’s response to stress. Make sure to include the physical symptoms.
16. Describe 5 stress management techniques.

Define the following Terms.

1. Defense Mechanism-
2. Repression-
3. Rationalization-
4. Denial-
5. Compensation-
6. Projection-
7. Suppression-
8. Regression-
9. According to Maslow’s Hierarchy of Needs, which needs must be met first?