



# Chapter 3 Achieving Mental and Emotional Health

## Lesson 1 Developing Your Self-Esteem

**Directions:** Use the following outline to help organize your notes as you read through the lesson.

**Key Concept**

**Consider and Reconsider** Before reading the lesson, write what you think “good mental and emotional health” means. After reading the lesson, describe new ideas you learned from your reading.

Before Reading	After Reading

**New and Academic Vocabulary**

- mental/emotional health
- resilient
- self-esteem
- competence
- hierarchy of needs
- self-actualization
- mental

**Unscramble** the vocabulary terms. Then **write** the definition of each term.

1. ecconnepte

\_\_\_\_\_

\_\_\_\_\_

2. trenseil

\_\_\_\_\_

\_\_\_\_\_

3. lesf-noitazliuatca

\_\_\_\_\_

\_\_\_\_\_

4. efls-emsete

\_\_\_\_\_

\_\_\_\_\_

5. htleah leamonoit/lmaetn

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6. natml

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7. edsen fo yhchrarie

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**Chapter 3**

**What Is Mental and Emotional Health?**

I found this information on page(s) \_\_\_\_\_.

**Describe** the importance of good mental and emotional health.

**List** some characteristics of good mental and emotional health.

Importance	Characteristics

**Self-Esteem**

I found this information on page(s) \_\_\_\_\_.

**Explain** how self-esteem develops.

**Benefits of a Healthy Self-Esteem**

**Improving Self-Esteem**

I found this information on page(s) \_\_\_\_\_.

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

**Note Taking**

**Chapter 3 Achieving Mental and Emotional Health**

**Lesson 2 Developing Personal Identity and Character**

**Directions:** Use the following outline to help organize your notes as you read through the lesson.

**Key Concept**

**Consider and Reconsider** Before reading the lesson, write a phrase or sentence identifying what you think makes up an individual's character and personal identity. After reading the lesson carefully, add to or revise what you wrote based on what you have learned.

Before Reading	After Reading

**Chapter 3**

**New and Academic Vocabulary**

- personal identity
- role model
- personality
- character
- integrity
- constructive criticism

**Write** a vocabulary word to answer each question.

1. Which term names a complex set of characteristics that makes you unique?  
\_\_\_\_\_
2. Which are non-hostile comments that point out problems and encourage improvement?  
\_\_\_\_\_
3. Which describes a firm observance of core ethical values?  
\_\_\_\_\_
4. Which consists of the distinctive qualities that describe how a person thinks, feels, and behaves?  
\_\_\_\_\_
5. Which describes someone whose success or behavior serves as an example for you?  
\_\_\_\_\_
6. Which describes your sense of self as a unique individual?  
\_\_\_\_\_

**Your Personal Identity**  
I found this information  
on page(s) \_\_\_\_\_.

**Describe** how identity forms and **list** some of the aspects of identity.

How Identity Forms	Aspects of Identity

**The Importance of Good Character**  
I found this information  
on page(s) \_\_\_\_\_.

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

Importance of Good Character	Traits of Good Character

**Working Toward a Positive Identity**  
I found this information  
on page(s) \_\_\_\_\_.

**Explain** how you can actively pursue a healthy identity.

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## **Chapter 3 Achieving Mental and Emotional Health**

### **Lesson 3 Expressing Emotions in Healthful Ways**

**Directions:** Use the following outline to help organize your notes as you read through the lesson.

**Key Concept**

**Food for Thought** As you read this lesson, think about why expressing your emotions in a healthful way is a good step toward achieving a healthy lifestyle. After reading, write a sentence or two about expressing emotions in healthful ways.

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**New and Academic Vocabulary**  
emotions

**Define** each vocabulary term.

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hormone

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hostility

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empathy

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defense mechanisms

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resource

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**Understanding Your Emotions**

I found this information on page(s) \_\_\_\_\_.

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

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**Managing Your Emotions**

I found this information on page(s) \_\_\_\_\_.

**Explain** why it is important to manage your emotions.

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

1.
2.
3.
4.
5.

**Explain** why it is important to try and respond to difficult emotions in positive ways.

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**List** why seven common defense mechanisms and briefly explain each one.

Defense Mechanism	Explanation

**Note Taking**

# Chapter 4 Managing Stress and Coping with Loss

## Lesson 1 Understanding Stress

**Directions:** Use the following outline to help organize your notes as you read through the lesson.

**Key Concept**

**Consider and Reconsider** Before reading the lesson carefully, write a sentence describing how stress affects a person's health. After you have finished reading, use what you have learned to rewrite your sentence.

Before Reading	After Reading

**New and Academic Vocabulary**

- stress
- perception
- anticipate
- stressor
- psychosomatic response

**Write** the correct vocabulary term under each definition.

1. anything that causes stress  
\_\_\_\_\_
2. the act of becoming aware through the senses  
\_\_\_\_\_
3. the reaction of the body and mind to everyday challenges and demands  
\_\_\_\_\_
4. a physical reaction that results from stress rather than an injury or illness  
\_\_\_\_\_
5. to expect  
\_\_\_\_\_





**What Is Stress?**

I found this information on page(s) \_\_\_\_\_.

**Explain** how perception is related to stress.

\_\_\_\_\_

\_\_\_\_\_

**List** two ways stress can affect you.

\_\_\_\_\_

\_\_\_\_\_

**Causes of Stress**

I found this information on page(s) \_\_\_\_\_.

**Identify** five stressors that teens tend to experience.

- 1.
- 2.
- 3.
- 4.
- 5.

**Your Body's Response to Stressors**

I found this information on page(s) \_\_\_\_\_.

**Name** two systems that are active during your body's response to stress.

Response to Stressors	
1.	
2.	

**Identify** the three stages your body goes through in response to stress. **Describe** the effect each stage has on your body.

Stage	Effect

**Stress and Your Health**

I found this information on page(s) \_\_\_\_\_.

**List** five effects of prolonged stress on your health.

- 1.
- 2.
- 3.
- 4.
- 5.

**Note Taking**

## Chapter 4 Managing Stress and Coping with Loss

### Lesson 2 Managing Stress

**Directions:** Use the following outline to help organize your notes as you read through the lesson.

**Key Concept**

**Consider and Reconsider** Before reading the lesson, write a sentence or two about how you deal with stress in your life. After you have read the chapter carefully, use what you have learned to write a new sentence about how you can handle the stress in your life.

Before Reading	After Reading

**New and Academic Vocabulary**

- chronic stress
- relaxation response
- technique

**Write** a vocabulary word to answer each question.

1. Which can be reached by practicing relaxation techniques such as taking a hot bath or stretching?  
\_\_\_\_\_
2. Which is associated with long-term problems that are beyond a person's control?  
\_\_\_\_\_
3. Which term means a method of accomplishing a desired aim?  
\_\_\_\_\_

**When Stress Becomes a Problem**

I found this information on page(s) \_\_\_\_\_.

**Identify** the first step in dealing with stress.

\_\_\_\_\_

\_\_\_\_\_

**Stress Management Techniques**

I found this information on page(s) \_\_\_\_\_.

**Identify** four strategies that can help you avoid and limit stress.

- 1.
- 2.
- 3.
- 4.

**Describe** some tips for handling stress and reducing its effects.

Tip	Examples

**Staying Healthy and Building Resistance**

I found this information on page(s) \_\_\_\_\_.

**Describe** three self-maintenance habits that play a role in helping you prevent stress, reduce stress, and physically and mentally recover from stress.

Self-Maintenance Habit	Effect on Your Body

**Note Taking**

# Chapter 4 Managing Stress and Coping with Loss

## Lesson 3 Coping with Loss and Grief

**Directions:** Use the following outline to help organize your notes as you read through the lesson.

**Key Concept**

**Food for Thought** As you read this lesson, think about the last time you helped a friend or family member through a grieving process. What strategies did you use to comfort this person? After reading the lesson, write a sentence or two about how you can show empathy and help a friend or family member cope with loss and grieving.

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**New and Academic Vocabulary**

**Unscramble** each vocabulary term. Then **write** the definition of each term.

stages of grief

ctirtaauM tenve

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closure

coping

ecrluos

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mourning

traumatic event

ssetga fo fgeir

---

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gmnoirnr

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gcnoip

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**Acknowledging Loss**

I found this information on page(s) \_\_\_\_\_.

**Explain** why it is important to acknowledge and understand your grief.

\_\_\_\_\_

\_\_\_\_\_

**Expressing Grief**

I found this information on page(s) \_\_\_\_\_.

**Explain** why the grieving process is healthy and necessary.

\_\_\_\_\_

\_\_\_\_\_

**List** the eight stages of grief.

Stages of Grief	

**Coping with Death**

I found this information on page(s) \_\_\_\_\_.

**Describe** a positive way to cope with death.

\_\_\_\_\_

\_\_\_\_\_

**Explain** why it is important to show empathy to people who are grieving.

\_\_\_\_\_

\_\_\_\_\_

**List** three ways you can show support to someone who is grieving.

- 1.
- 2.
- 3.

**Coping with Traumatic Events**

I found this information on page(s) \_\_\_\_\_.

**Name** some ways a person can cope with a traumatic event.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Note Taking**

# Chapter 5 Mental and Emotional Problems

## Lesson 1 Dealing with Anxiety and Depression

**Directions:** Use the following outline to help organize your notes as you read through the lesson.

**Key Concept**

**Consider and Reconsider** Before reading the lesson, write a sentence explaining why many individuals refrain from seeking help for mental problems. After you have finished reading, use what you have learned to rewrite your sentence.

Before Reading	After Reading

**New and Academic Vocabulary**

anxiety

require

depression

apathy

**Write** the correct vocabulary term under each definition.

1. a prolonged feeling of helplessness, hopelessness, and sadness

\_\_\_\_\_

2. a lack of strong feeling, interest, or concern

\_\_\_\_\_

3. to demand as necessary

\_\_\_\_\_

4. the condition of feeling uneasy or worried about what may happen

\_\_\_\_\_



**Understanding Anxiety**

I found this information on page(s) \_\_\_\_\_

**Describe** some healthy ways to cope with anxiety and stressful situations.

\_\_\_\_\_

\_\_\_\_\_

**Explain** why turning to alcohol or over-the-counter medications is not a healthy way to cope with anxiety.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Understanding Depression**

I found this information on page(s) \_\_\_\_\_

**Identify** three types of depression and **describe** each one.

Type of Depression	Description

**Name** three causes of depression and give examples:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Identify** three effects that depression can have on an individual.

- 1.
- 2.
- 3.

**Getting Help for Depression**

I found this information on page(s) \_\_\_\_\_

**Explain** what you can do if you recognize persistent signs of depression in yourself or others.

\_\_\_\_\_

\_\_\_\_\_

# Chapter 5 Mental and Emotional Problems

## Lesson 2 Mental Disorders

**Directions:** Use the following outline to help organize your notes as you read through the lesson.

**Key Concept**

**Consider and Reconsider** Before reading the lesson, make a list of all the mental disorders you know of. After you have read the lesson carefully, use what you have learned to update your list.

Before Reading	After Reading

**New and Academic Vocabulary**

- mental disorder
- stigma
- percent
- anxiety disorder
- mood disorder
- conduct disorder

**Write** a vocabulary word to answer each question.

1. Which disorder includes depression and bipolar disorder?  
\_\_\_\_\_
2. Which term is often associated with mental disorders and causes many people to feel embarrassed or ashamed?  
\_\_\_\_\_
3. Which type of disorder may cause individuals to perform acts of violence?  
\_\_\_\_\_
4. Which term describes medical conditions that require diagnosis and treatment just like any physical illness or injury?  
\_\_\_\_\_
5. Which is one of the most common mental health problems among children and teens?  
\_\_\_\_\_
6. Which term means one part in a hundred?  
\_\_\_\_\_



**Understanding Mental Disorders**

I found this information on page(s) \_\_\_\_\_.

**Explain** why it is important to learn about mental disorders and emotional problems.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Types of Mental Disorders**

I found this information on page(s) \_\_\_\_\_.

**List** seven types of mental disorders and briefly **identify** the effects and types of each disorder.

Disorder	Effect/Types

**Note Taking**

# Chapter 5 Mental and Emotional Problems

## Lesson 3 Suicide Prevention

**Directions:** Use the following outline to help organize your notes as you read through the lesson.

**Key Concept**

**Skim and Scan** Read all section titles, and review all pictures, tables, and graphs throughout Lesson 3. Before you read the lesson, write a question that you expect the lesson to answer. After you have finished reading, write the answer to your question.

Question	Answer

**New and Academic Vocabulary**

alienation

display

suicide

cluster suicides

**Unscramble** each vocabulary term. Then **write** the definition of each term.

rceltus sseudiic

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noitaneila

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esduiic

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siylapd

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**Knowing the Facts about Suicide**

I found this information on page(s) \_\_\_\_\_.

**Identify** some reasons why alcohol and drugs make self-destructive behavior more likely.

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**List** two risk factors that are characteristic of more than 90 percent of people who kill themselves.

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**Identify** four other risk factors of suicide.

- 1.
- 2.
- 3.
- 4.

**Strategies to Prevent Suicide**

I found this information on page(s) \_\_\_\_\_.

**Explain** why it is important to recognize the warning signs of suicide.

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**Explain** how you can use the following strategies to help a person who has indicated that he or she may be considering suicide.

<b>Initiate a Meaningful Conversation</b>
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<b>Show Support and Ask Questions</b>
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<b>Try to Persuade the Person to Seek Help</b>
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## **Chapter 5 Mental and Emotional Problems**

### **Lesson 4 Getting Help**

**Directions:** Use the following outline to help organize your notes as you read through the lesson.

**Key Concept**

**Food for Thought** As you read this lesson, think about the many types of mental health professionals. Suppose you or a friend were experiencing mental or emotional problems. After reading the lesson carefully, write a sentence stating which types of mental health professionals are available to help people who are suffering from mental or emotional problems.

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**New and Academic Vocabulary**

**Define** each vocabulary term. **Write** the correct definition on the line next to each term.

psychotherapy

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behavior therapy

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cognitive therapy

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family therapy

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group therapy

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drug therapy

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**When Help Is Needed**

I found this information on page(s) \_\_\_\_\_.

**Identify** four feelings or behaviors that suggest a teen may be experiencing mental or emotional problems and likely needs help.

- 1.
- 2.
- 3.
- 4.

**Overcoming Stumbling Blocks to Getting Help**

I found this information on page(s) \_\_\_\_\_.

**List** four facts to keep in mind if you or someone you know is reluctant to seek help for mental or emotional problems.

- 1.
- 2.
- 3.
- 4.

**Where to Go for Help**

I found this information on page(s) \_\_\_\_\_.

**Identify** six different health care professionals that are available for help.

1.	4.
2.	5.
3.	6.

**Treatment Methods**

I found this information on page(s) \_\_\_\_\_.

**Identify** six different types of treatment methods used by health care professionals.

1.	4.
2.	5.
3.	6.