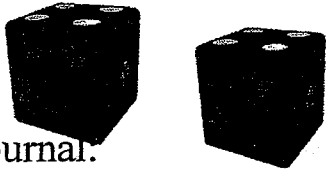


AIM: What does it mean to be healthful?

Journal: Think of an image that best represents health. What comes to mind? Why do you feel this best represent what health is to you?



Journal.

Write down all of the characteristics that makes your picture **healthful**. Explain why you feel this picture demonstrates the ideal image of health.

Jan 30-7:02 AM

The 5 components of health

- Physical \_\_\_\_\_
- Emotional \_\_\_\_\_
- Mental \_\_\_\_\_
- Social \_\_\_\_\_
- Spiritual \_\_\_\_\_

Health-

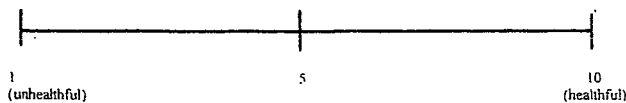
not just the absence of disease but the ability to function at our best.

(physically, mentally, emotionally, socially and spiritually)

Wellness-

maximum well-being, the top of the range of health.

Wellness Continuum



Jan 30-7:01 AM

7/1  
103

Aim: What factors influence the health of an individual?

Journal: If you could change one thing about yourself, what would it be? Why? How would this impact you now and in the future?

Jan 31-7:02 AM

CDC

**Determinants of Health**

CDC

- 1. lifestyle choices 51%
- 2. genetics 20%
- 3. environment 20%
- 4. preventative health care 9%

**Leading Causes of Death**

USA

- 1. Heart disease
- 2. Cancer
- 3. Respiratory Disease

Teens

- 1. Accidents
- 2. Homicide
- 3. Suicide

Jan 31-7:07 AM

### Life Expectancy

The average age a specific group of people are expected to live.

(78)

Women- 81

Men- 74

Chronological Age- is how many years you have lived.

Physiological Age- is an age estimated from the body's health and probable life expectancy.

Jan 31-7:05 AM

### **5 FACTORS OF PHYSIOLOGICAL AGE**

1. Sleeping regularly and adequately.
2. Eating regular meals, including breakfast.
3. Engaging in regular physical activity.
4. Avoiding the use of alcohol, tobacco, and other drugs.
6. Keeping weight under control.

Feb 5-8:56 AM

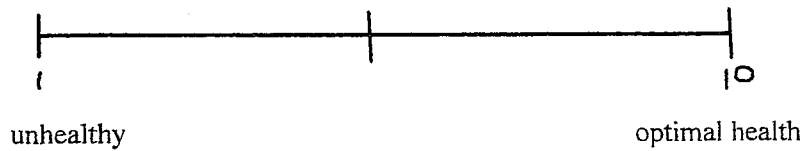
Take out your notebook.  
Sit Silently.

Aim: How can risks impact an individual's level of wellness?

**Risk-** the degree of danger associated with a particular behavior or situation.

Sep 12-8:39 AM

### Examples of risk taking



Feb 9-8:00 AM

Are all risks bad?

Destructive Risks (-)

-Risk your safety or the safety of someone else

New Experience (+)

-Challenge yourself (goals)  
-Channel your thrill-seeking urges; some personalities thrive on excitement... look for safe and legal opportunities.

How to tame your fears on risk taking..

-Evaluate the risk  
-Get a reality Check- get feedback from someone you trust.  
-Take small risks first.  
-Keep track of your successes.  
-Stop negative thinking

The Fear of Taking Risks

Taking healthy risks (+) and challenging yourself is how you learn and grow.  
Risk taking is difficult for most people, and some people avoid taking risks.

Feb 9-9:40 AM

When it comes to healthy decision making be sure to use the follow steps:

Stop  
Think  
Act  
Reflect

Feb 9-9:31 AM

Aim: How can we overcome obstacles to achieve our goals?

"The dog ate my homework"

"The car broke down"

"My mother didn't wake me up on time"

"Nobody told me"

"My printer didn't have any ink"

Feb 7-7:03 AM

**Excuse-**

to try to remove blame

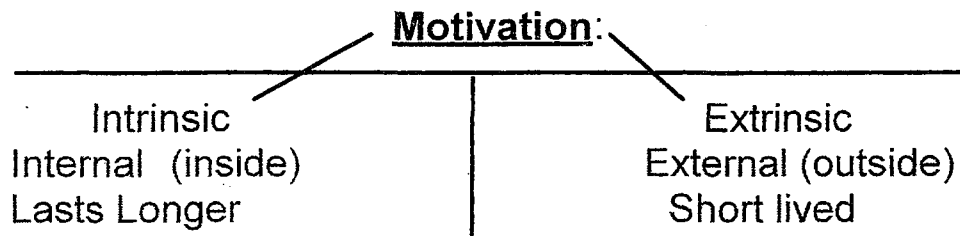
**obstacle-**

something that impedes progress

Write down all of the excuses for...

- not getting to school on time.
- not taking out the garbage.
- not cleaning your room.
- others not liking you.
- not doing well in school.
- for having your cell phone out
- not reaching your goal.

Sep 16-7:46 AM



**Innate Motivation-** Comes from natural instincts

Feb 9-7:09 AM

**GOAL SETTING- ACTION PLAN!**

1. Set a specific, realistic goal and write it down.
2. List the steps you will take to reach your goal.
3. Identify sources of help and support
4. Set a reasonable time frame for achieving your goal.
5. Evaluate your progress by establishing checkpoints
6. Reward yourself for achieving your goal.

Now... apply it to you....

1. List a goal you can start achieving now
2. List DETAILED steps
3. List your help and support- explain
4. What is your time frame?
5. How will you evaluate?
6. How will you reward yourself?

**Types of goals**

Short-term

long-term

Sep 16-7:48 AM



Value

Set of rules for behavior to guide an individual through life.

Feb 3-7:24 AM

### **Standards for important values**

*A value that is important to you should meet these standards:*

- You feel that not only is it important to you now but that it will remain important in your future.
- You include it in your life even if you have to give up something else for it.
- You stick to it even if your friends don't agree with you.
- You think the world would be a better place if everyone appreciated this value.

Feb 10-7:30 AM



# Unit 2

Aim: How can an individual identify and improve their level of self-esteem?

Journal: Think of situations that occurred in your life that made you feel bad about yourself, as well as when you felt good about yourself.

Explain the situations

(1 good and 1 bad experiences)

How did this affected you later in life?

**Self-Image**- the characteristics a person sees in him/herself.

**Self- Esteem**- how much you value, respect, and feel confident about yourself. (how you **FEEL** about you!)

**Body Image**- The way you feel about your physical appearance.

Aim: How can an individual change their level of self-esteem?

Journal: Think of situations that occurred in your life that made you feel bad about yourself, as well as when you felt good about yourself.

Explain the situations

(1 good and 1 bad experiences)

How did this affected you later in life?

### **Emotional and Mental Health...**

- helps you function effectively each day.
- it effects the other components of health.
- is the ability to accept yourself and others, express and manage emotions, and deal with the demands and challenges you meet in life.

**Self-Image**- the characteristics a person sees in him/herself.

**Self-Esteem**- how much you value, respect, and feel confident about yourself. (how you **FEEL** about you!)

**Conditions of Self-Esteem**- These are basic characteristics for high self-esteem. (also necessary for good mental and emotional health).

**Sense of Uniqueness-**

**Sense of Connectiveness-**

**Sense of Power-**

**Sense of Models-**

*See handout*

Do you feel that you have a high self-esteem or a low self-esteem? Explain.

to improve his/her self-esteem  
What can an individual do

?

AIM: How can an individual cultivate a positive body image?

**Journal:** How do you feel about your physical appearance? Explain. What part do you like best about your body and what part would you improve/change? Explain why you feel that way.

Body image- How an individual views his/her physical appearance.

### **Influences on Body Image:**

Peers  
Friends  
Family  
Media  
Comments  
Looks people give  
Mirrors  
Numbers/Scale/Clothes  
Coaches

### **Cultivating a Positive Body Image**

Some things you could do...

- 1) Acknowledge outside pressure
- 2) Notice when you feel bad about your body
- 3) Accept your natural size
- 4) Allow time for change
- 5) Use different measures
- 6) Get help if you need it

### **How does this relate to you?**

Reading Reaction:

After reading the story about the *Cracked Pot*, what were your thoughts and feelings on how it relates to emotional and mental health

**Aim: How can we identify and manage our emotions in a healthy way?**

**Journal: List three emotions that you have felt today. For each emotion explain why you had that feeling. Did you express or suppress that emotion, why?**

---

### **Dealing With Emotions Positively**



Ask yourself:

- Why do I feel the way I do about this event?
  - Will this event matter later on in my life?
  - Why should I wait before responding?
  - What can I do to feel better?
  - Who can I ask to help me deal with my negative feelings?
- 

### **Understanding Your Emotions**

- Emotions-signals that tell your mind and body how to react.
- Recognizing and acknowledging your emotions is a sign of good emotional and mental health
- Recognizing your emotions and understanding them allows you to understand their effects on you.

## Responding To Difficult Emotions

-To reduce the intensity of your emotions:

1. Take several deep breaths
2. Relaxing your muscles
3. Get away from the situation until you calm down
4. Analyze your emotions by writing it down.
5. Talk to someone you trust
6. Avoid situations that make them uncomfortable.



We try to avoid emotions that cause us discomfort by using defense mechanisms. *Defense Mechanisms* are mental processes that protect individuals from strong or stressful emotions or situations.



**\*\*\*\*DEFENSE MECHANISMS\*\*\*\***

**Rationalization**: The act of making an excuse for a behavior

**Compensation**: Covering up faults or weaknesses or mistakes by trying to excel in other areas with hard work or extreme efforts.

**Regression**: acting less maturely than you usually would.

**Denial**: the refusal to recognize reality.

**Displacement**: shifting feelings about one person or situation to an object or another person.

**Reaction Formation**: When people hide their true feelings from themselves by acting in a manner opposite to the way they would like to act.

**Sublimation**



**Communication:**

sending, giving, or exchanging information and ideas verbally and non-verbally.

Do you feel you are a good communicator?  
Why or Why not?

---

## Communication Styles

### Passive (win-lose)

- unable or unwilling to express thoughts and feelings
- Will do things they don't want to
- Have poor eye contact
- Use slouched posture
- Use a timid voice

### Aggressive (lose-lose)

- Overreact
- Blame and Criticize
- Use bullying, intimidation, and possibly physical violence
- Have forward leaning posture
- Often point
- Have a glaring look

### Passive-Aggressive Communication (lose-lose)

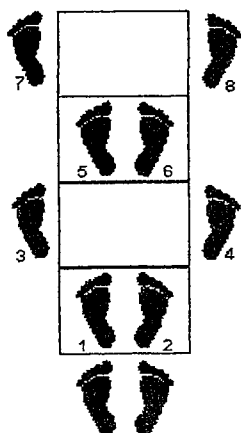
- You manipulate others to choose your way.
- You appear honest but underlying comments confuse.
- You tend to lean towards indirectness with the air of being direct.
- In win-lose situations you will make the opponent look bad or manipulate it so you win.
- If you don't get your way you'll make snide comments or pout and be the victim.
- You feel confused, unclear on how to feel, you're angry but not sure why.  
Later you possibly feel guilty.

### Assertive (win-win)

- Expresses thoughts and feeling without blaming and putting others down
- Appreciates self and others
- Compromises when possible, without abandoning their values
- Assume responsibility for thoughts, feelings, and behavior.
- Uses I-messages
- Look directly at the person
- Use appropriate gestures
- Sit or stand tall

# I- message

- 1) I Feel /want... upset
- 2) When you..... don't listen
- 3) Because..... it seems you don't care
- 4) I need/want... you to be more attentive



What communication skills are most important when communicating?

### Active Listening Skills

1. Use Eye Contact and "Listening Body Language"
2. Provide Encouragement
3. Remain silent when someone speaks
4. Give speaker complete attention
5. Reflect Feelings
6. Be Empathetic and Non Judgmental

Aim: How do individuals respond to stress?

Stress-

a reaction of the body and mind from an external situation or event.

Stressors-

Things that trigger stress.

Eustress- Positive Stress (excited)

Distress- Negative Stress

Perception and Stress, how are they related?

Feb 26-6:41 AM

Acute Stress-

Short, sudden bouts of stress

Chronic Stress-

Long, continuous stress with little to no breaks

Body

Physical

Responses to Stress-

<sup>actions</sup>  
Behavioral

Feelings

Emotional

Feb 27-8:35 AM

Aim: How does an individual respond to stress?

**HUMAN STRESS RESPONSE**  
**(GENERAL ADAPTATION SYNDROME)**

**AKA**

**FIGHT OR FLIGHT**

1. **ALARM**- alarm occurs when you think that you are facing a challenge. The body releases stress hormones, which activate the nerves and all systems. More than 1400 physiochemical changes are taking place.

(Adrenaline- Speeds  $\uparrow$  Body functions  
 (Norepinephrine- Concentration)

2. **RESISTANCE**- is a state of speeding up body functions. The stress hormones continue to flow, causing muscles to contract and other body functions to shut down. Person can give the appearance of normalcy but the body's internal functioning is not normal.

(cortisol- pain Relieving hormone)

3. **RECOVERY**- recovery occurs when stress ceases to affect the body. Body functions return to normal.

(Noradrenaline- Slows  $\downarrow$  Body function)

\*\* **EXHAUSTION**- occurs when stress continues to affect you without a break and your body stays in overdrive for too long. Your resistance finally breaks down. Then recovery is delayed or becomes impossible.

**Hormones that get released-**

1. Adrenaline- speeds up body function (Alarm)
2. Cortisol- relieves pain (Resistance)
3. Noradrenaline- slows down body function. (Recovery)
4. Endorphins- Brain chemicals that effect mood. (React during the fight or flight response)

Feb 27-7:08 AM

Aim: How do individuals cope with stress in a healthy way?

Journal:

What are two of your stressors today?

Next to each one, explain how you will/did handle those stressors.

Oct 7-7:17 AM



## Long Term Effects of Stress

Colds/Flu

High blood pressure

High cholesterol

Stroke

Coronary Heart Disease

Cancer

Ulcers

Migraine headaches

Placebo Effect

Allergies, Asthma

Rheumatoid Arthritis

Backache

TMJ- temporomandibular joint disorder

Depression

Anxiety Disorders

Addiction

Oct 7-7:27 AM

## Stress Management Skills

1. Using responsible decision-making skills. (Think about the outcome/consequences of the decision.)
2. Getting enough rest and sleep
3. Participating in physical activities.
4. Using a time management plan.
5. Writing in a journal
6. Having close friends.
7. Talking with parents or other trusted adults.
8. Helping others.
9. Expressing emotions in appropriate ways.
10. Changing your outlook!!!! (perception)
11. Keeping a sense of humor.

Oct 7-7:20 AM



## Types of Mental Disorders

1.) Organic Disorder- caused by physical problems that impairs brain functions either permanently or temporary.

### *Causes:*

- High Fever
- Chemical imbalance
- Drug Addiction
- Brain tumor
- Chemical Substances

2.) Functional Disorder- caused by a person's environment.

### *Causes:*

- Conflict in childhood
- Stress
- Mental Trauma- natural disasters, fires, etc.

## **\*\*\*Schizophrenia**

### **What is schizophrenia?**

Schizophrenia is a brain disorder that interferes with a person's ability to think clearly, to distinguish reality from fantasy, to manage emotions, make decisions, and relate to others.

- affects approximately 2.2 million American adults.
- usually starts in the teenage years or early twenties.

### **What are the symptoms of schizophrenia?**

#### **Positive Symptoms, or "psychotic" symptoms**

- Include delusions and hallucinations because the patient has lost touch with reality in certain important ways.
- Delusions cause the patient to believe that people are reading their thoughts or plotting against them, that others are secretly monitoring and threatening them, or that they can control other people's minds.
- Hallucinations cause people to hear or see things that are not there.

#### **Disorganized Symptoms**

- Confused thinking and speech, behavior that does not make sense.

#### **Negative Symptoms**

- Emotional flatness or lack of expression,
- Inability to start and follow through with activities,
- Speech that is brief and lacks content,
- A lack of pleasure or interest in life.

### **What are the causes of schizophrenia?**

1. Scientists still do not know the specific causes of schizophrenia, but research has shown that the brains of people with schizophrenia are different, as a group, from the brains of people without the illness.
2. Mix of genetic vulnerability and environmental factors that occur during a person's development.

### **How is schizophrenia treated?**

While there is no cure for schizophrenia, it is a highly treatable and manageable illness. However, people may stop treatment because of medication side effects, disorganized thinking, or because they feel the medication is no longer working. People with schizophrenia who stop taking prescribed medication are at a high risk of relapse into an acute psychotic episode.

### **\*\*\*Dissociative Identity Disorder (DID)**

Previously referred to as multiple personality disorder (MPD), is a dissociative disorder involving a disturbance of identity in which two or more separate and distinct personality states (or identities) control the individual's behavior at different times.

- When under the control of one identity, the person is usually unable to remember some of the events that occurred while other personalities were in control.

-The different identities, referred to as alters, may exhibit differences in speech, mannerisms, attitudes, thoughts, and gender orientation.

-The alters may even differ in "physical" properties such as allergies, right-or-left handedness, or the need for eyeglass prescriptions. These differences between alters are often quite striking.

### **\*\*\*Sleep Disorders-**

**Insomnia**-disorder that can make it hard to fall asleep, hard to stay asleep, or both.

-Types of Insomnia

There are two types of insomnia: primary insomnia and secondary insomnia.

Primary insomnia: Primary insomnia means that a person is having sleep problems that are not directly associated with any other health condition or problem.

Secondary insomnia: Secondary insomnia means that a person is having sleep problems because of something else, such as a health condition

-Acute vs. Chronic Insomnia

Insomnia also varies in how long it lasts and how often it occurs.

It can be short-term (acute insomnia) Acute insomnia can last from one night to a few weeks

can last a long time (chronic insomnia) When a person has insomnia at least three nights a week for a month or longer.

It can also come and go, with periods of time when a person has no sleep problems.

### **Myth or fact????**

1. All people who have depression appear to be sad.

MYTH

2. Depression is an illness.

Fact

3. Something bad has to happen in order for someone to get depression.

Myth

4. most people with depression can't be helped.

Myth

5. depression is a serious illness that can be deadly.

Fact

6. people with depression are weak and should snap themselves out of it.  
myth

### Depression

The most common mental disorder and is the 4th leading cause of disability.

-Depression involves the brain's delicate chemistry - specifically, it involves chemicals called **neurotransmitters**.

-These chemicals help send messages between nerve cells in the brain.

-Certain neurotransmitters regulate mood, and if they run low, people can become depressed, anxious, and stressed.

-Stress also can affect the balance of neurotransmitters and lead to depression.

-About 1 out of every 7 people are diagnosed with a depressive disorder.

### Signs and Symptoms of Depression:

*(5 or more of the following symptoms must be present for 2 weeks)*

-fatigue

- change in sleep patterns

-weight gain or loss

- thoughts of death or suicide

-constant sadness

-not caring about the present or future

-inability to concentrate

-loss of pleasure from usual activities

-withdrawal from friends and family

### Risk Factors for Depression

Females

Heredity

Stressful Events

Low self-esteem

Body-image

### Bi-Polar Disorder

*is another type of depressive disorder.*

aka- manic depression, manic-depressive disorder

### Signs and Symptoms

A person with bipolar disorder will go through episodes of **mania** (highs) and at other times experience episodes of **depression** (lows)

### Mania Symptoms

-racing speech and thoughts

-increased energy decreased need for sleep

-elevated mood and exaggerated optimism

-increased physical and mental activity

-excessive irritability,

-aggressive behavior,

-impatience poor judgment reckless behavior,

like excessive spending, making rash decisions, and erratic driving

-difficulty concentrating

### Depressive Symptoms

-loss of interest in usual activities

-prolonged sad or irritable mood

-loss of energy or fatigue

-feelings of guilt or worthlessness

- drop in grades and inability to concentrate
- inability to experience pleasure
- appetite loss or overeating
- anger, worry, and anxiety
- thoughts of suicide

### Diagnosing bipolar can be difficult.

There aren't any laboratory tests like a brain scan or blood test that will diagnose it.

In teens, bipolar disorder can sometimes be mistaken for illnesses like schizophrenia and posttraumatic stress disorder, attention deficit hyperactivity disorder (ADHD), and other depressive disorders.

Treatment:

- medication, such as a mood stabilizer, from a psychiatrist.
- A psychologist will provide counseling for the teen and his or her family.
- Doctors will watch the symptoms closely and offer additional treatment advice if necessary.

### Anxiety Disorders

affect over 19 million people.

Frequent or persistent worry that is out of proportion to the impact of the event or circumstances.

#### 4 Types we will discuss...

- 1) Phobias
- 2) Panic Disorder
- 3) Post-Traumatic Stress Disorder (PTSD)
- 4) Obsessive-Compulsive Disorder (OCD)

### Causes of Anxiety Disorders

- Overactive fight or flight response
- Learned behavior
- Chemical imbalance
- Heredity

### pho·bi·a

-noun

a persistent, irrational fear of a specific object, activity, or situation that leads to a compelling desire to avoid it.

**Specific phobia** when particular situations are feared

**Social phobia (social anxiety disorder)**

persistent, intense, and chronic fear of being judged by others and of potentially being embarrassed or humiliated by their own actions.

**Agoraphobia**- Fear of open spaces or of being in crowded, public places like markets.

### Panic Attacks:

These episodes of anxiety can occur for no apparent reason. With a panic attack, a person has sudden and intense physical symptoms that can include a pounding heart, shortness of breath, dizziness, numbness, or tingling feelings caused by overactivity of the body's normal fear response.

### Obsessive-Compulsive Disorder

People with OCD become preoccupied with whether something could be harmful, dangerous, wrong, or dirty, or with thoughts about bad stuff that might happen. With

OCD, upsetting or scary thoughts or images, called **obsessions**, pop into a person's mind and are hard to shake.

People with OCD feel strong urges to do certain things repeatedly, called **rituals** or **compulsions** — in order to banish the scary thoughts, or to try to ward off the bad thing they dread, or to make extra sure that things are safe or clean or right. By doing a ritual, someone with OCD is trying to feel absolutely certain that something bad won't happen.

### Post-Traumatic Stress Disorder- (PTSD)

Occurs after exposure to a traumatic event that involved real or imagined threats of death or serious injury where the individual felt helpless

-the symptoms of stress are intense and last for longer than a month. For some people, the symptoms of PTSD begin soon after the trauma, but others have a delayed response.

#### Symptoms of PTSD

reliving the traumatic event. Many people with PTSD have nightmares, flashbacks, or disturbing mental images about the trauma.

avoiding reminders of the trauma. People with PTSD may avoid people, places, or activities that remind them of the stressful event. They may also avoid talking about what happened.

emotional numbness. Many people with PTSD feel numb or detached; they may not feel same as before or the same way about other people or the world. This could be caused by the overproduction of certain chemicals that block sensation during extreme stress.

hypervigilance. People with PTSD may be easily startled, on edge, jumpy, irritable, or tense. This may be due to high levels of stress hormones in the body. Difficulty concentrating and trouble sleeping may also be part of this hyper-alert state.

### TREATMENT for ANXIETY DISORDERS

•Tell a parent or other adult about physical sensations, worries, or fears. Because anxiety disorders don't go away unless they are treated, it's important to tell someone who can help. If a parent doesn't seem to understand right away, talk to a school counselor, religious leader, or other trusted adult.

•Get a checkup. See a doctor to make sure there are no physical conditions that could be causing symptoms.

•Work with a mental health professional. Ask a doctor, nurse, or school counselor for a referral to someone who treats anxiety problems. Finding out what's causing the symptoms can be a great relief.

•Get regular exercise, good nutrition, and sleep. These provide your body and brain with the right fuel and time to recharge.

### Warning Signs of Suicide:

-Pronounced changes in eating or sleeping habits

-Drop in school grades

-Deep hurt due to loss of loved ones through death, divorce, or love relationships

-Feeling trapped, hopeless, or deeply depressed, no sense of future

- Significant changes in usual behavior

-Low self-esteem or feelings of worthlessness

-Extreme withdrawal or isolation from others

-Giving away or suddenly not caring for prized possessions

What to do if someone talks about suicide:

- 2) Don't keep it a secret
- 3) Get help for them
- 4) Get help for you.

The most common types of eating disorder are **anorexia nervosa** and **bulimia nervosa** (usually called simply "anorexia" and "bulimia"). But other food-related disorders, like binge eating disorders, body image disorders, and food phobias, are showing up more frequently than they used to.

#### **Anorexia**

People with anorexia have an extreme fear of weight gain and a distorted view of their body size and shape.

As a result, they can't maintain a normal body weight. Some people with anorexia restrict their food intake by dieting, fasting, or excessive exercise.

They hardly eat at all — and the small amount of food they do eat becomes an obsession.

#### **Bulimia**

Bulimia is similar to anorexia. With bulimia, a person binge eats (eats a lot of food) and then tries to compensate in extreme ways, such as forced vomiting or excessive exercise, to prevent weight gain.

Although anorexia and bulimia are very similar, people with anorexia are usually very thin and underweight but those with bulimia may be a normal weight or even overweight.

**Binge eating disorder** (*compulsive over-eating*)- consuming large amounts of food in a short period of time. Commonly hides eating behaviors. Body size is typically over weight/obese. This mental disorder can stem from emotional and psychological issues. Most common cause of death is heart disease and/or suicide.