

Think of someone you respect and trust. What are the major qualities of that person that makes them who they are?

What is your opinion of mental health?

# Mental and Emotional health

What you think and who you interact with has a huge impact on your health

# Values and Character

- Values are standards or beliefs
  - Societal values
  - Family values
- Character is a person's ability to act on their values
  - Self control
  - Moderation
  - Delayed gratification

# Self-esteem

- Positive
  - A belief the he/she is worthy and deserves respect not conceit
- Negative
  - Not worthy
- Important because positive leads to self-respect

Self respect is a high regard for oneself because one behaves in a responsible ways

It is easy to see why this is an  
area of importance in health  
education

# Developing good character

- Pay attention to your appearance
- Act in responsible ways
- Have healthy activities you enjoy doing
- Make time for family and friends
- Care for others
- Support family and friends and ask for their support
- Get plenty of exercise

# Social-emotional Environment

- Your contact with other people will impact your health
  - Booster makes you feel better
    - Encourage, compliments, when tempted to do something wrong acts as a buffer
  - Pollutant makes you feel worse
    - Disrespectful, gossip, manipulate, control, abuse, does not want you to better yourself

# Ways to improve your SE environment

- Minimize contact with negative
- Use positive self statements
- Spend time with a mentor
- Join a club or group
- Expand your network of people
- Give boosters to others

# Personality

- What is it that makes you who you are
- This is what others see you like
- Is determined by heredity, environment, attitudes, and behaviors
  - Heredity- intellectual abilities, temperament, and talents
  - Environment- what goes on around you affects you
  - Behaviors- what you do changes who you are, if you do bad things can you really be a good person?

# What characteristics (traits) are good for health?

- Ambition
- Compassion
- Cooperativeness
- Courage
- Dedication
- Enthusiasm
- Faithfulness
- Generosity
- Honesty
- Hopefulness
- Loyalty
- Optimism
- Patience
- Perceptiveness
- Persistence
- Reliability
- Resilience
- Resoluteness
- Respectful
- Responsibility
- Security
- Self-determination
- Self-discipline
- Sincerity

# Assignment

- Get together with a partner and discuss the top three traits that you demonstrate consistently? Give examples of each.
- Which three traits do you demonstrate less frequently, why? When would it be advantageous for you to demonstrate them?
- What are the top three traits most important to you right now in a best friend?

# Mental Health

- Mentally healthy people generally feel good about themselves, have satisfying relationships and set realistic goals
- Life is not always good
- The ability to cope and is key
- Self awareness is very important
- Seek help when needed

# Signs of possible problems

- Addictions are a way of coping
  - Tend to not be healthful
  - May be a lack of acknowledgement
  - Compelling need to engage in specific behavior
- Drug, eating disorder, exercise, gambling, nicotine, perfectionism, relationship, sexual, shopping, television, thrill-seeking, work

Many times people in the middle  
of an addiction can't see or often  
deny the problem

# Other problems that can manifest

- Codependence trying to rescue or control a person with and addiction
- Mental disorder APA has six classifications
  - Affective
  - Anxiety
  - Dissociate
  - Personality
  - Somatoform
  - Schizophrenia

# Affective disorder

- Extreme moods
  - Exact cause not know
  - More common in families
  - Three major types
    - Clinical depression (long lasting feeling of hopelessness)
    - Bipolar disorder (moods swing from extreme happy to depression)
    - Seasonal affective disorder (depression caused by reduced exposure to sunlight)

# Anxiety disorders

- Disorder in which real or imagined fears prevent enjoyment of life
- Panic attack, inc HR, sweat, shaking, SOB, discomfort, nausea, loss of control, chills, hot flashes, and fear of dying
- Types- general anxiety, phobia, Obsessive-Compulsive Disorder, and Post Traumatic Stress Disorder

# Types of anxiety disorders

- General anxiety- recurring state may include fear, restlessness, and tenseness
- Phobia- an excessive fear of certain objects situations or people
- OCD- an urgent need to repeat a thought or action
- PTSD- effects of past event keep person from living in a “normal” way

# Personality disorders

- Disorder in which pattern's of thinking, feeling, and acting interfere with life
- Types- Antisocial, avoidant, dependent, histrionic, narcissistic, passive-aggressive
  - Antisocial- behaviors conflict with society
  - Avoidant- avoids all social contact
  - Dependent- can't function with out advice or help
  - Histrionic- emotional outbursts for attention
  - Narcissistic- boastful, conceited and inconsiderate
  - Passive-aggressive- uses overly compliant behavior to mask anger

# Somatoform disorder

- Disorders in which no physical cause can be found
  - Hypochondria- a person is constantly worried about illness, may constantly complain of aches and pains
  - Conversion- a person experiences sudden health changes as a result of emotions, big things like loss of vision, hearing, loss of sensation, or paralysis

# Schizophrenia

- A disorder in which there is a split or breakdown in logical thought process
- Split may result in unusual behaviors, actions words and emotions are confused and usually inappropriate
- Paranoid - delusions of persecution or of grandeur

There is help, formal interventions, evaluations, medications, therapy, support groups, and recovery plans

A person suffering from one the pervious problems most probably will not be able to see the problem for themselves

# Mind body connection

- Emotions are specific feelings
  - Depressed, optimistic, disgusted, rejected, envious, afraid, lonely, angry, loving, anxious, nervous, resentful, excited, sad, frustrated, shy, guilty, stressed, happy, surprised, jealous, or thrilled
- Being unable to express emotions in a healthy way can harm the body
  - Psychosomatic disease
    - Not dealing with bad fight leads to stomach ache
    - Worry over money aggravates asthma

# Express yourself

- Communication- share feeling thoughts and information with another
- Denial of feelings- minimizing, blaming, making excuses, pretending, changing subject, avoiding
- Identify the emotion, the source, respond (yes or no), healthful response, protect health

# Strategies

- I-Messages- a statement that focuses on a specific behavior or event affects the speaker and the emotions the speaker feels
  - You are responsible for you feelings
  - Avoid you-messages-tend to be put downs
- Active listening- respond with understanding of what was said to you

# Watch out for

- Non-verbal communication
  - What we do is a better expression of how we feel
  - Arms crossed, twisting of hair, etc..
- Mixed message
  - Verbal and non-verbal do not match
  - People tend to believe non-verbal

# Anger management

- Anger is an emotion with varying intensity, mild irritation to rage
- Can trigger physiological changes, get ready for a fight
  - Trigger- what made you angry
  - Cue- body changes fight or flight

# Types of anger

- Hidden anger- not recognized or is expressed in inappropriate ways.
  - Being negative, making cruel remarks, being sarcastic, procrastinating, blowing up easily, having little interest in anything, being bored, sighing frequently, being depressed
  - Will build up over time can't be kept hidden forever
  - Tense facial muscles, stiff or sore neck/shoulders, ulcers, headaches, high BP, some types of cancer. Weight loss or gain

# Types of angers

- Hostility syndrome- physical state in which person in fight or flight at all times
  - Will result in a repressed immune system
  - Not able to fight off simple infections
  - Have found low serotonin levels in the brain
- Displacement releasing of anger on something or someone that is not the cause

# Anger-management

- Keep anger self-inventory (what, justified, still, healthy expression)
- Use self statements
- Use I messages
- Write a letter
- Write in a journal
- Physical activity
- Sense of humor
- Rehearse
- Talk with parent or mentor

# Depression

- Up to 8% teens have symptoms
  - Deep sadness, apathy, fatigue, agitation, sleep disturbances, weight appetite changes, concentration problems, worthlessness, morbid thoughts
- Minor 2-4 symptoms present 2 wks
- Dysthymic disorder long lasting
- Major depression long lasting hopelessness, sadness or helplessness
  - Serious medical condition 14 million

# Why it matters

- **Once thought not to be in youth**
- **Some common symptoms include:** irritability, anger, hostility, bored, reckless, outburst, poor performance, fear of death, ATOD, frequent nonspecific complaints
- **Possible causes:** inability to cope, changes in brain structure, genetics, low serotonin, trauma, illness, ATOD
- **Risks:** Performance, isolation, addiction, illnesses, mental disorders, suicide

# What to do

- Talk with parents, mentor or other trusted adult
- Stay connected to friends
- Practice healthful behaviors
- Anger-management skills
- Stress management
- Avoid ATOD use
- Develop resiliency
- Seek help

# Suicide

- Know suicide prevention is available 800-621-4000 national hotline
- What to do when someone is depressed
- Network if possible
- Get involved
- Do something!
  - Do not ignore, ask for help, care, listen, ask questions, help, identify supportive people, get professional help, be there