

# The Forgotten Health...

## MENTAL HEALTH

What Is It and How To Achieve Good Mental Health

# What is Mental/Emotional Health?



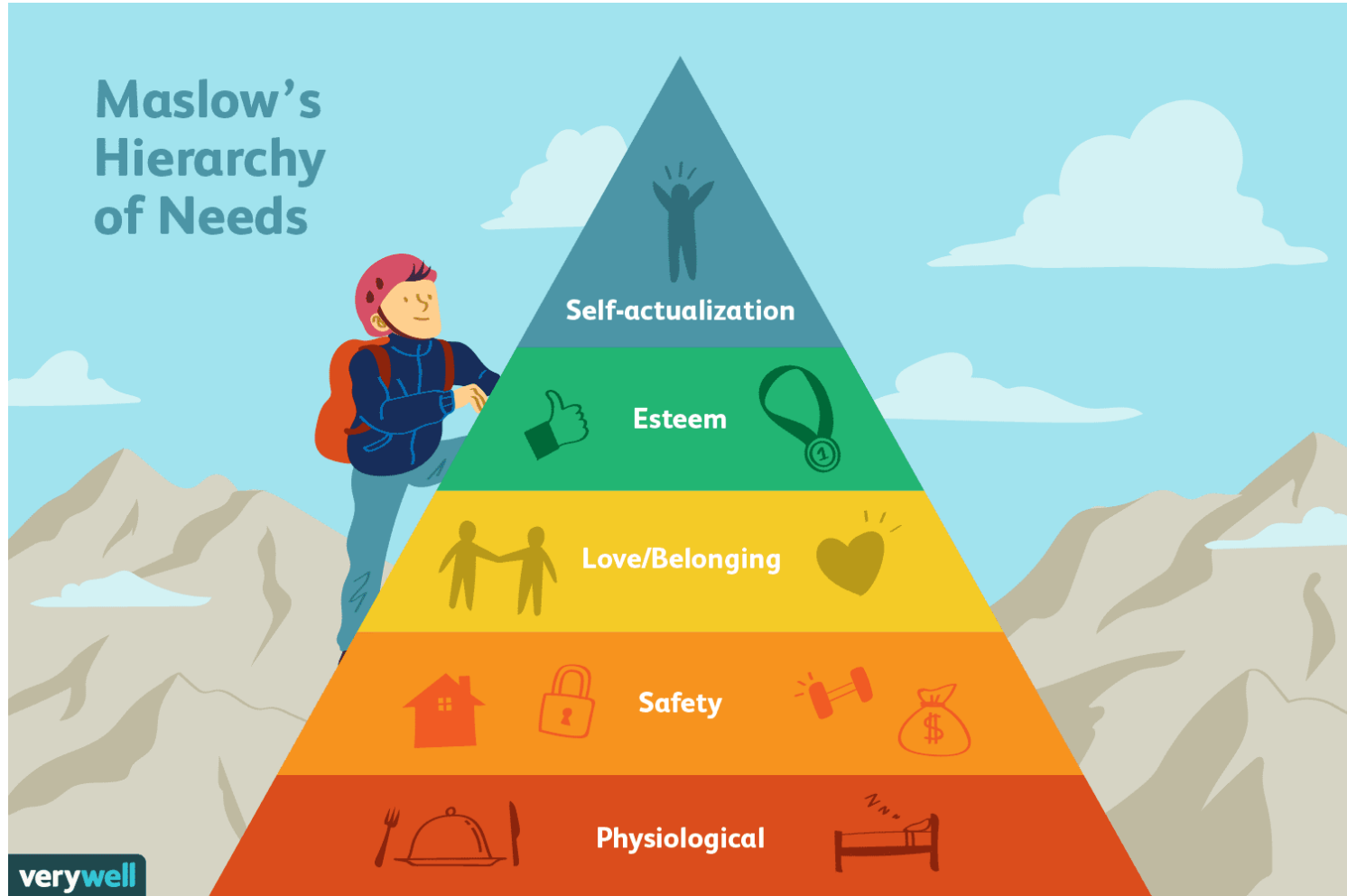
# The Picture of Good Mental and Emotional Health



# Signs of Good Mental/Emotional Health



# Essential Needs for Reaching Your Greatest Potential



# Developing a Healthy You...



**Recognize**  
your  
strengths &  
weaknesses

**Demonstrate**  
positive values:  
Honesty  
Integrity  
Caring  
Compassion

**Develop**  
a purpose in  
your life-  
goals &  
working to  
achieve  
them

**Form**  
meaningful  
relationships

**Contribute**  
to your  
community

**Avoid**  
risky  
behaviors

**Have**  
a positive  
outlook

**Reframe**  
negative  
self-talk

# What are Emotions?

Emotions are signals that tell your mind and body how to react. Sometimes they are referred to as feelings. They are your responses to certain thoughts and events.

Emotions include:

- Happiness—energetic, creative, social
- Sadness—discouraged, less energy
- Love—caring, loving, connected
- Empathy—imagine and understand how someone else feels
- Fear—startled, increase alertness to escape real danger
- Guilt—result of acting against your values
- Anger—reaction to being emotionally or physically harmed



# How to Manage Emotions

Ask yourself :

- What am I really reacting to?
- Does the intensity of my emotion match the situation?
- Will this situation matter tomorrow, next week, or next year?

Don't react immediately!

- Thoroughly consider the possible consequences of your actions
- Find someone to talk to
- Find something to do to inspire a return to positive emotions



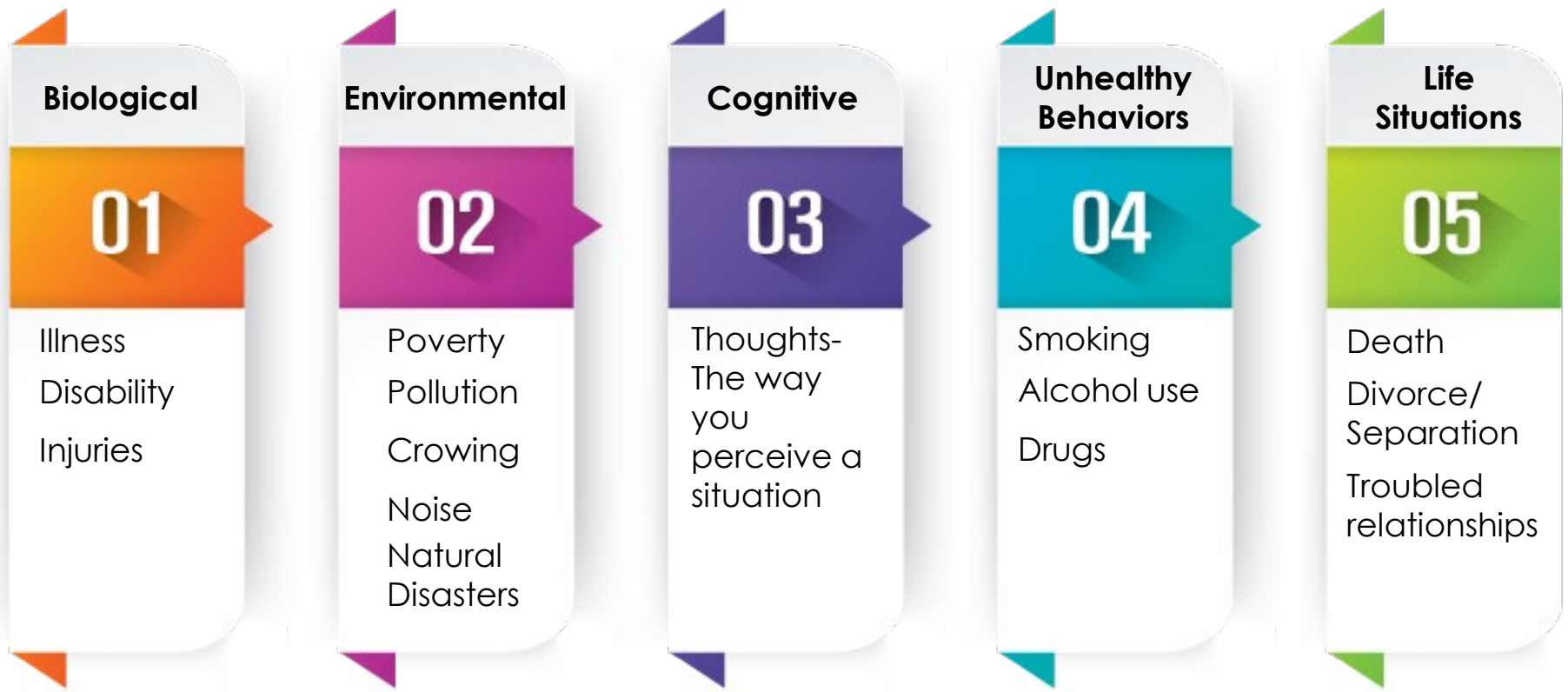


# STRESS

**Stress is the reaction of the body and mind to every day challenges and demands.**

How much stress you feel is dependent on your perceptions and experiences.

There are 5 general categories of stress:



# The Stress Response

- The reaction of your body to a perceived stress
- Two major body systems are involved: the nervous system and the endocrine system

## 3 Stages of the Stress Response

1

### Alarm

Fight or flight response; preparing to defend or flee threat

2

### Resistance

Body adapts; you have higher endurance to fight or flee (faster)

3

### Fatigue

Tired feeling; exhaustion for both mind and body

# 3 Types of Stress



# How Stress Effects You

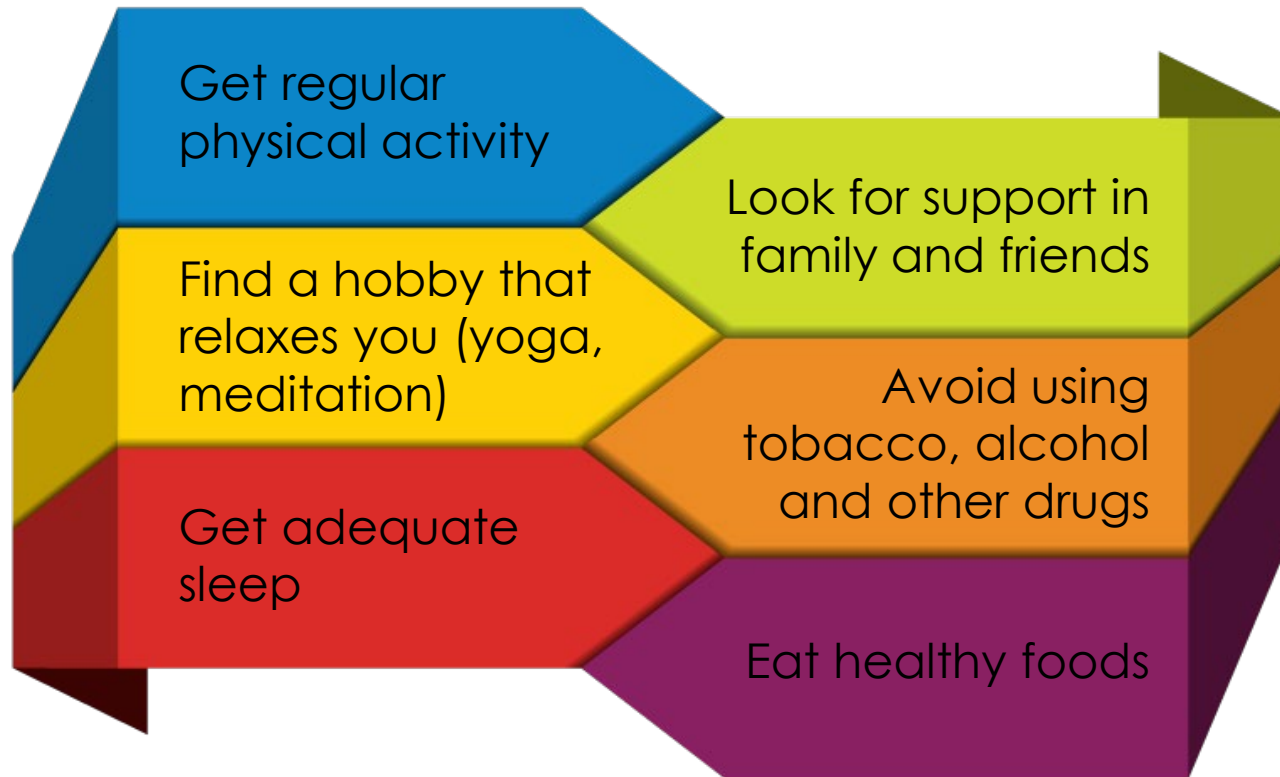
## Physically

Headache  
Asthma can be triggered  
High blood pressure  
Weakened immune system

## Mentally

Difficulty concentrating  
Mood swings  
Risk of substance abuse

# Have a Stress Management Plan



# What is Anxiety?

**A condition of feeling uneasy or worried about what may happen.**

Everyone feels anxious at times, like when preparing for a public presentation. Anxiety becomes a problem when it is caused by perfectionism.

## Symptoms of anxiety are:

Feelings  
of fear or  
dread

Perspiration,  
trembling,  
restlessness,  
or muscle  
tension

Rapid heart  
rate,  
lighthead-  
edness, or  
shortness of  
breath

# What is Depression?

**A prolonged feeling of helplessness, hopelessness, and sadness**

Depression is more than just an occasional sad mood. There are two types of depression:

**Reactive:** Response to a stressful event such as the death of a loved one, usually goes away

**Major depression:** Medical conditional requiring treatment

## Symptoms of depression:

Irritable or restless mood

Withdrawal from friends and activities that were previously enjoyable

Change in appetite or weight

Feelings of guilt or worthlessness

A sense of hopelessness

# Managing Occasional Sadness

Write your feelings in a journal



Engage in something creative



Talk with your family & friends about your feelings



Do something nice for someone else





# Resiliency—A Universal Capacity

**The ability to adapt effectively and recover from disappointment, difficulty, or crisis.**

Resilient people handle adversity in healthful ways and achieve success in spite of negative circumstances.

**You can build your resilience by:**

Becoming involved in activities in your school and your community

Committing to learning outside of school

Standing up for your beliefs & refuse to act against your values

Resisting peer pressure & unhealthy situations

Learning about other cultures & ethnicities

Developing a sense of purpose & a positive outlook

# Mental Health Disorders

A mental health disorder is an illness of the mind that can affect the thoughts, feelings, and behaviors of a person, preventing them from leading a happy, healthy and productive life.



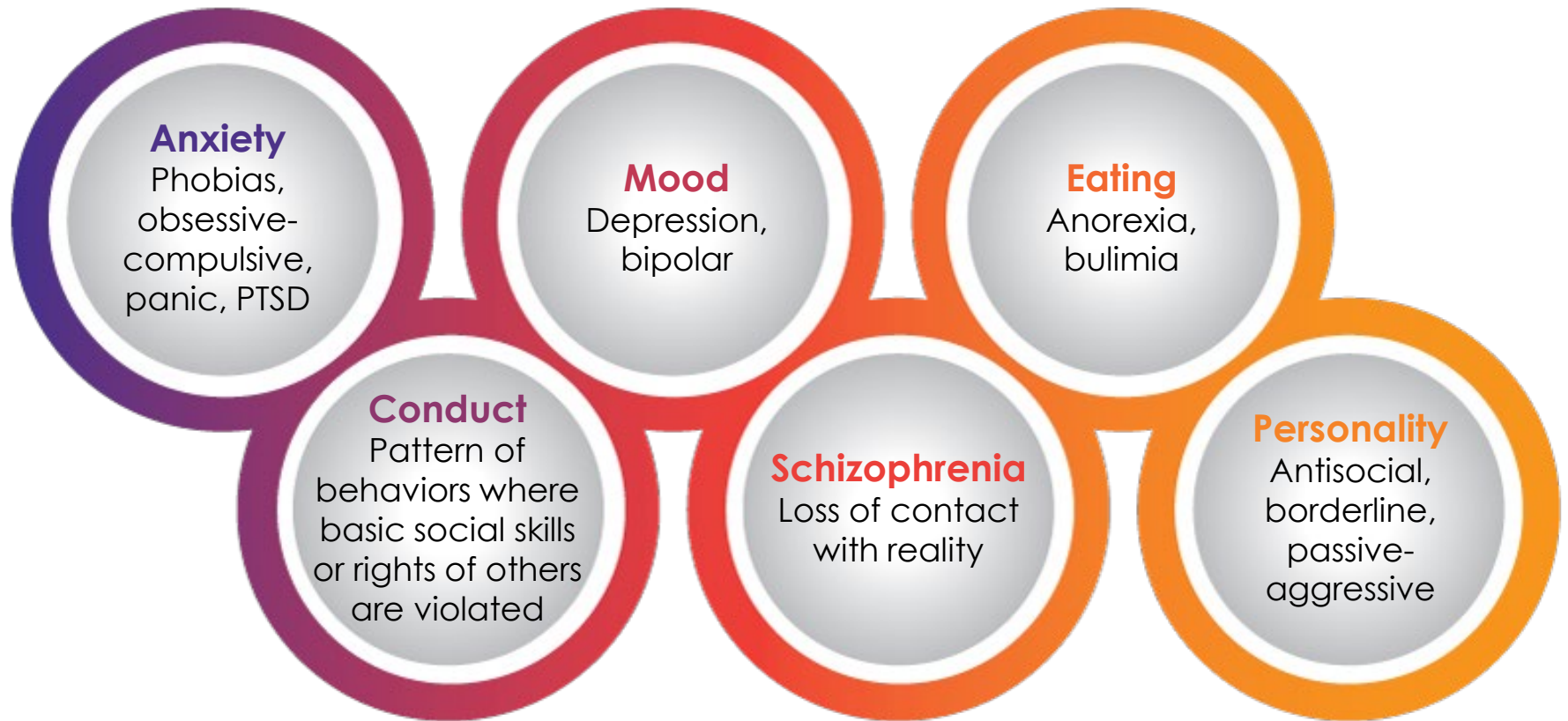
Approximately 1 in 5 youth aged 13-18 experiences a severe mental disorder at some point in their life.



Approximately half of children with a mental health condition received mental health services in the previous year.

Suicide is the 3<sup>rd</sup> leading cause of death for people aged 10 – 14 and the 2<sup>nd</sup> leading cause for people aged 15 – 24.

# Types of Mental Health Disorders



# WHEN to Get Help



# WHERE to Get Help

