

Lesson 1

Notes:

- People with good mental/emotional health are able to accept themselves and others
- Having high self esteem helps you overcome obstacles
- Resilience enables you to get back on your feet after a disappointment and keep moving
- Things you can do to build self esteem:
 - List your strengths
 - Remember that everyone makes mistakes
 - Motivate yourself

Lesson 2

Notes:

- No emotion is good or bad in itself, but the expression can be.
- The way you express your emotions affects all aspects of your health
- Ways to manage anxiety:
 - Share your feelings with someone
 - Address the issue head on
 - Exercise
- Panic can be a result of anxiety that includes symptoms of dizziness, pounding heart, chest pain.
- Fear is a natural reaction to help protect us from danger.
- Fear can become negative when it holds you back from accomplishing a task
- A positive way to deal with fear is to talk through it
- Anger is a normal emotion and it is important to learn to express it in a healthy way
- Ways to deal with anger:
 - Breathe and relax
 - ID the cause
 - Leave the room or walk away from the problem to calm down
 - Calmly tell the other person how you feel
 - Write down your thoughts and feelings
 - Exercise
- Everyone has emotional need which can be as important as physical needs
- Emotional needs include
 - The need to love and be loved
 - The need to belong
 - The need to make a difference

Lesson 3

Notes:

- Long term effects of stress include:
 - Nervous habits
 - Problems sleeping
 - Problems eating
- Positive stress can motivate you to do your best and help you focus
- Stressors can be positive or negative
- Fight or flight is the body's response to stress
- Fight- you confront the stressor
- Flight - you flee from the stressor
- When stress is intense, your physical health suffers
- Physical symptoms of stress:
 - Headaches
 - Digestive problems
 - High blood pressure
 - Fatigue
- Mental/emotional symptoms of stress:
 - Anxiety
 - Mood swings
 - Being irritable
- Social symptoms of stress
 - Yelling and getting angry
 - Withdrawing from others
- Managing stress
 - Relax and take deep breaths
 - Laugh and look for positive experiences
 - Engage in physical activity
 - Organize your time

Lesson 4

Notes

- Stages of grief:
 - Denial
 - Anger
 - Bargaining
 - Depression
 - Acceptance
- It is important to express your emotions after a loss through crying and talking with others

- How to help someone dealing with grief:
 - Let the person decide how you can be a source of comfort
 - Respect the person's feelings
 - Allow the person to decide how much time they need to recover