

Chapter 3 Lesson 1

- **Characteristics of good mental/emotional health**
 - **Sense of belonging**
 - **Sense of purpose**
 - **Positive outlook**
 - **Self-sufficiency**
 - **Healthy self esteem**
- **Mentally and emotionally healthy people are resilient**
- **If you feel valued, loved and accepted by others, and you value, love and accept yourself, your overall attitude and outlook will be good.**

Chapter 3 Lesson 2

Notes

- Your identity is formed by discovering your likes and dislikes as well as the influence of relationships.
- Your identity will change throughout your life as your interests change.
- Good Character is an outward expression of inward values
- A person of good character demonstrates core ethical values such as responsibility, honesty and respect.
- Six common traits of good character:
 - Trustworthiness
 - Respect
 - Responsibility
 - Fairness
 - Caring
 - Citizenship

- Your family and circumstances play a part in your identity but ultimately, **you control who you become**. You control who you become through your decisions and choices.
- Meaningful relationships are important to developing identity. These relationships help you build confidence, build a sense of security and a sense of belonging.

Chapter 3 lesson 3

Notes:

- Hormones can make you feel like your emotions are swinging from one extreme to the other
- Hostility is another word for anger
- emotions are not good or bad but the way you express them can produce good or bad results
- Here are some techniques to reduce the intensity of emotions:
 - take deep breaths
 - relax your muscles
 - get away from the situation
 - write in a journal
 - talk to a friend
- defense mechanisms can be helpful for a short time but eventually, you will need to deal with the real problem.
- relying on defense mechanisms for too long can keep you from facing and solving what's upsetting you.
- When dealing with fear, guilt and anger; it is best to figure out what is causing the emotion.
- The best strategies to deal with anger include:
 - doing something to relax
 - channeling your energy in a different direction
 - Talking with someone you trust

Chapter 4 lesson 1 & 2

Notes

- Stress can slowly build up over time or come over you very quickly.
- How much stress affects you depends on your perception.
- Your reaction to stressful events depends on your previous experiences.
- The three stages of a stress response include the following:
 - Alarm - mind and body on high alert
 - Resistance- negative or positive reaction of your body
 - Fatigue - becoming tired
- Negative physical effects of stress include:
 - headache
 - high blood pressure
 - digestive disorder
- The effects of stress are additive. meaning that they add up over time.
- Chronic stress is a constant burden and can last for months
- You cannot eliminate all stress from your life but you can manage it.
- Ways to avoid and manage stress:
 - Use refusal skills - you don't have to do everything
 - Plan ahead- manage your time wisely
 - think positive - you can control your perception
 - Practice relaxation techniques- figure out what relaxes you
 - exercise
 - redirect your energy - do something constructive
 - seek support - talk with someone
- Habits to help you handle stress:
 - Get adequate rest
 - get regular physical activity

- eat nutritious food.

Chapter 5 lesson 1

Notes:

- Anxiety is temporary and depression is for a prolonged duration
- about 15% of teens show signs of depression
- Major depression is intense and can last for weeks or months
- Mild depression has less severe symptoms but can last for years
- Depression can be caused by physical, psychological or social reasons.