

Mental Health

I. Decision Making

The Decision Making Process

1. Stating the problem or stating the goal
2. Gathering information for weighing your options
3. Consider the consequences
4. Make the decision
5. Evaluate your decision

Influence: any person or thing that impacts your actions, behaviors, opinions or decisions

EXAMPLES

- Friends
- peers
- Parents
- Siblings (sisters or brothers)
- Magazines
- TV Shows/Characters
- Commercials/advertisements
- Music/Musicians
- Teachers
- NEWS
- Video Games

II. Goal Setting

Goal = is something you want to accomplish.

1. Short-Term Goal = a goal that you plan to accomplish in a short time. (Ex: Getting a 100% on my math test on Friday.)
2. Long-Term Goal = a goal that you hope to achieve within a period of months or years. (Ex: To make the baseball team in the Spring.)

SMART acronym for setting goals

S - Specific

M - Measurable

A - Attainable

R - Realistic

T - Time bound

III. Stress

Stress- is your body or mind's response to changes/pressures around you.

Stressor-a cause of stress

1. Eustress- (or positive stress) can help you to accomplish tasks, reach goals, escape danger and grow!

Examples:

-sports events, homework, exercise, chores

2. Distress- (or negative stress) gets in your way and holds you back.

Examples:

-bullying, traffic, death in the family, terrorism, war, racism

III. Feelings and Emotions

Anxiety Disorders - are a group of mental **disorders** characterized by significant feelings of **anxiety** and fear that keeps a person from functioning normally.

Phobia - an unreasonable fear of objects or ideas.

Ex: fear of spiders, heights, or the dark.

Obsessive-compulsive disorder (OCD) - People that can't keep certain thoughts or images out of their minds.

Mood Disorder - A serious emotional problem where a person's mood goes from one extreme to another. (much more extreme than mood swings)

Depression - is an emotional problem marked by long periods of hopelessness and despair.

V. Bullying

Physical Bullying -This is any bullying that hurts someone's body or damages their possessions.

Social Bullying - Spreading rumors about another person, purposely leaving someone out of an activity or group or embarrassing a person in public.

Verbal Bullying

a means of using words in a negative way such as insults, teasing, put downs, etc., to gain power over someone else's life.

Cyber Bullying

the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.

VI. Communication

Nonverbal Communication - Our facial expressions, gestures, eye contact, and posture that help to relay a message

Verbal Communication - The sharing of information between individuals by using speech.

Passive Communication - accepting or allowing what happens or what others do, without active response or resistance.

Aggressive Communication - A way of expressing needs and desires that does not take other people's feelings into consideration.

Passive Aggressive Communication - An indirect way to express anger, or frustration. This can be done through stubbornness, controlling, or procrastination.

Assertive Communication - Expressing yourself effectively and standing up for your point of view while respecting the rights and beliefs of others.