

## Unit 2 Mental Health Booklet

PAGE 1: TITLE PAGE. Include the following:  
Due \_\_\_\_\_

- A. Title of this booklet is Mental Health
- B. Your name
- C. Draw a picture of your Greatest Fear

PAGE 2: GOOD CHARACTER – Include the following from pages 74 - 80 in book  
Due \_\_\_\_\_

- A. Define: *value, delayed gratification, positive self-esteem, negative self-esteem, social-emotional environment*
- B. Explain 4 values that are building blocks for good character
- C. List 6 actions that promote self-respect
- D. List 4 actions that promote positive self-esteem
- E. List 4 ways to improve the social-emotional environment

PAGE 3: HEALTHY MIND – Include the following from pages 82 – 92 in book  
Due \_\_\_\_\_

- A. Define: *attitude, addiction, formal intervention, enabler, mental disorder*
- B. Explain 5 addictions that affect teens
- C. List the main characters of mental disorders
- D. List the types of treatment for mental disorders

Assignment: Lesson 9 Quiz

PAGE 4: EMOTIONS & STRESS – Include the following from pages 94 - 106 in book  
Due \_\_\_\_\_

- A. Define: *emotion, mind-body connection, psychomatic, projection, stress, adrenaline, stress-management skills*
- B. Explain 4 types of anger-management skills
- C. Draw a picture of something that causes you stress

PAGE 5:  
Due \_\_\_\_\_

- A. Explain 5 ways that stress affects your health status
- B. List 3 ways how you prevent and deal with stressful situations

Assignment: Key Terms Review on page 107

PAGE 6: DEALING WITH DEPRESSION – Include the following from pages 109 - 121  
Due \_\_\_\_\_

- A. Define: *minor depression, major depression, antidepressant, serotonin, parasuicide, resiliency*
- B. List 5 common causes of depression
- C. List 6 ways that being depressed puts teens at risk
- D. Explain 4 ways that you might develop resiliency

PAGE 7: LOSS AND GRIEF – Include the following from pages 123 - 128

Due\_\_\_\_\_

- A. Define: *loss, grief, empathy*
- B. List 5 common causes of loss and grief
- C. Explain 4 healthy ways to grieve a loss

Assignment: Key Terms Review page 129