Mental Health Notes/Lecture

In your own words…Define what it means to be "mentally healthy"?

MENTALLY HEALTHY PERSON . . .

- Someone who is able to **deal with life's challenges** without becoming impaired or overwhelmed by them.

- How do you deal with adversity and manage stress?

- An estimated **50%** of Americans experience **symptoms of depression** at some point in their life.

- What are *potential symptoms*? (If you don't know…do a web search).

WHAT ARE OPTIONS YOU HAVE TO HELP ALLEVIATE THESE SYMPTOMS OF STRESS OR DEPRESSION?

HOW TO REDUCE STRESS

- 1. Diet:

- 2. Exercise:

- 3. Get Adequate Sleep:

- 4. Imagery:

- 5. Emergency Stress Stoppers:

- 6. Find Pleasure:

- 7. Daily Relaxation:

OPTIMISM

Positive Psychology: focuses on **positive emotions, character strengths**, and conditions that **create happiness**.

On your own list out 10 characteristics of **mentally healthy people**:

Areas of strength?

Areas to work on?

~Things that are lacking in your life are known as a ***deficit.***

MASLOW'S HIERARCHY OF NEEDS

- *Self-Actualization*: The state attained when a person has **reached** his or her **full potential**.
- A self-actualized person is **realistic**, **self-accepting**, **self-motivated**, **creative**, and capable of **intimacy**.

Self - Actualization

Love & Belonging

Self - Esteem

Safety & Security

Physiological Needs

1 PAGE WRITE UP

- Who do you admire most? Or who do you look up to as a role model?
  - Actual person in your life (not a celebrity)
- What qualities does this person have that makes them admirable?

- Do you see yourself as a role model?
- Why?
- What qualities do you possess that make you a good role model?

Your paper should be laid out like this...

Name- Class #

Who I admire Most...

The person I admire most in life is...

For Full Points... Include the following

-Double spaced.
-12 point font size
-Thoroughly answered all questions on previous slides
-Due in packet (#6)