

HOPE

Mental and Emotional Health–Guided Notes

Know Yourself

Vocabulary	
ex. Etiquette	a code of behavior to be followed in a particular setting
	<i>Place your cursor at the end of this sentence and press Tab to add rows.</i>

Personality is influenced by _____ and _____.

What are values?

Describe examples of values:

1.

2.

3.

4.

5.

What are beliefs?

Describe how values and beliefs influence worldview:

Explain the factors that influence the decisions we make:

1.

2.

3.

4.

5.

How does self-esteem impact peer pressure and social conformity?

Define character:

Describe the qualities of perseverance:

Quality/trait	Explanation

Explain how character and grit work together:

Define and provide an example of delayed gratification:

Provide strategies for building perseverance and grit:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

What is the benefit of developing self-discipline?

Emotional Health

Vocabulary	
	Place your cursor at the end of this sentence and press Tab to add rows.

Explain emotional health:

Describe the main aspects of emotional health:

Aspect	Explanation

Explain the “fight or flight” instinct:

- 1.
- 2.
- 3.
- 4.
- 5.

What are some consequences of poor emotional regulation?

Describe strategies for regulating emotions:

- 1.
- 2.
- 3.
- 4.

5.

6.

7.

List negative impacts of anger on the body:

Provide strategies to manage anger:

1.

2.

3.

4.

5.

6.

Explain the types of stress:

Acute Stress	
Episodic Acute Stress	
Chronic Stress	
Eustress	
Distress	
Traumatic Stress	

What are ways to manage stress:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

List negative consequences of chronic stress on your health:

Provide and explain the five stages of grief:

Stage 1:	
Stage 2:	
Stage 3:	
Stage 4:	
Stage 5:	

List strategies to manage grief:

Mental Health Disorders

Vocabulary	
	<i>Place your cursor at the end of this sentence and press Tab to add rows.</i>

Describe the causes of mental health disorders:

Cause	Explanation

Explain the types of depressive disorders:

- 1.
- 2.

3.

4.

5.

List and explain anxiety disorders:

Disorder	Explanation

Describe the types of obsessive-compulsive disorders:

Contamination OCD—

Checking OCD—

Symmetry and Ordering OCD—

Hoarding OCD—

Pure Obsessional OCD—

Harm OCD—

Explain schizophrenia:

What is PTSD?

Explain the types of ADHD:

Type	Explanation
Impulsive/hyperactive	
Inattentive/distractible	
Combined	

List and explain treatments for mental health disorders:

Treatment	Explanation

Safety in Cyberspace

Vocabulary	
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What is the difference between digital citizenship and digital ethics?

Dopamine is the chemical associated with _____.

Serotonin is associated with _____.

Explain how likes and positive social media responses affect dopamine and serotonin:

Describe how social media content goes viral:

Trick	Description	Example

Explain ways social media overuse is harmful:

- 1.
- 2.
- 3.

Define human trafficking:

List signs of human trafficking:

- 1.
- 2.
- 3.
- 4.

Explain tips for remaining safe online:

Tip	Explanation

Provide ways to better manage screen time:

Detox tip	Explanation

List questions to ask yourself to assess your need for social media:

- 1.
- 2.
- 3.

Explain bullying:

Summarize the reasons cyberbullies feel comfortable with their behavior:

1.

2.

3.

4.

5.

What are some steps to shut down cyberbullying?

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When Support Is Needed

Vocabulary	
	Place your cursor at the end of this sentence and press Tab to add rows.

Describe how culture supports mental health:

Beliefs	Practices	Behaviors

Describe cultural challenges to mental health:

Stigmas	Taboos	Misconceptions

Define protective factor:

Explain protective factors for mental health:

Supportive Relationships:

Healthy Lifestyle:

Positive Self-Esteem:

Access to Health Care:

Community Connection:

Problem-Solving Skills:

Describe how exercise and activity help manage symptoms of mental health disorders:

- 1.
- 2.
- 3.
- 4.

List and explain specific signs of a mental health problem:

Sign	Explanation

List resources available for support:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Explain the ways to seek help:

Be Honest	Ask Questions	Follow Through

Describe the DECIDE approach to decision making:

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