





# Mental/Emotional Health



The ability to accept yourself and others, adapt to and manage emotions and deal with the demands and challenges of life.



# The Characteristics of Good Mental & Emotional Health

People with good mental & emotional health demonstrate the following characteristics:

1. Positive self-esteem
2. Sense of belonging
3. Sense of Purpose
4. Positive Outlook
5. Confidence

# ABRAHAM MASLOW

## Hierarchy of Needs:

A ranked list of those needs essential to human growth and development, starting with basic needs and building toward the need to reach the highest potential.



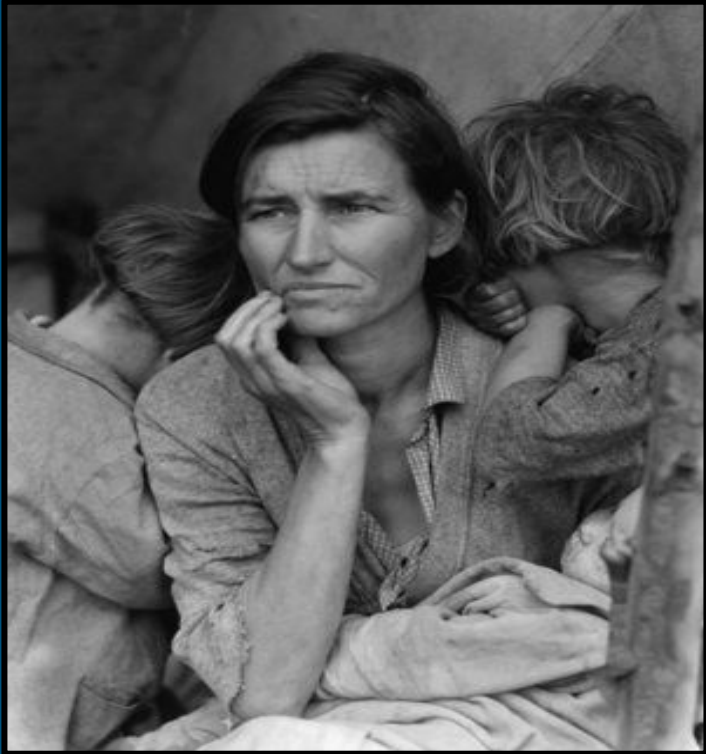
# Hierarchy of Needs

WHAT FULFILLS MY NEEDS??



SOURCE

# PHYSICAL- Physiological Needs.



- Food
- Water
- Clothing
- Shelter
- Sleep

# SAFETY.

## Family, Friends, and Home

- Secure from danger.
- Need the safety of familiar places and people that help you feel secure.
  - Home
  - Family
  - School
  - Work

# LOVE/BELONGING.

- Need to love and be loved, need to belong.
  - Friends
  - Family
- Relationships (dating, family, friends)

# SELF-ESTEEM/RECOGNITION.

- Appreciated and personally valued.
- Being able to do something well-
- Self-Confidence
- Respect for and by others.

# SELF-ACTUALIZATION.

- Become the best you can be!
- Lifelong process.
- Teens begin to see potential.
- Learn self-discipline.
- Set goals to motivate you.
- Courage to change.
- Realizing personal potential.
- Serves others.