# 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

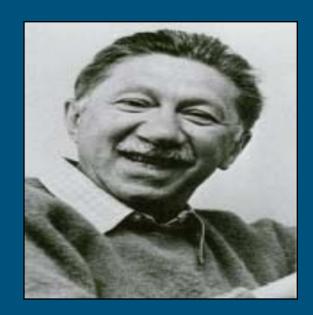
People with good mental & emotional health demonstrate the following characteristics:

- 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??

#### **Self-actualization**

desire to become the most that one can be

#### **Esteem**

respect, self-esteem, status, recognition, strength, freedom

#### Love and belonging

friendship, intimacy, family, sense of connection

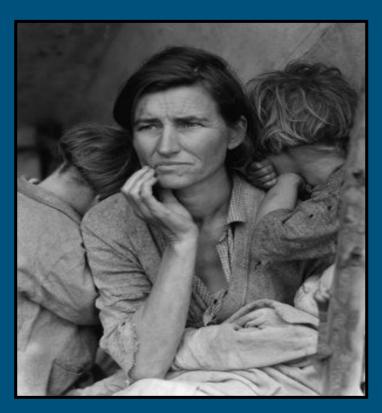
#### **Safety needs**

personal security, employment, resources, health, property

#### Physiological needs

air, water, food, shelter, sleep, clothing, reproduction

# 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.