***Ch 3: Self-Esteem & Mental Health***

1. What is Self-Esteem?
2. Measure of how much you value, respect, feel respect, and feel confident in your self
3. Willing to take more positive risks
4. Benefits of Self-Esteem
5. Increased respect
6. Increased ability to reach goals
7. Increased willingness to try new things & not get discouraged
8. Increased feelings of value

----Speak up for self, respect self and others, including property, have confidence, try new things, feel valuable to society, adjust to change, feel optimistic, make decisions based on values.

1. Risks of Low Self-Esteem
2. More vulnerable to peer pressure
3. Not respectful of your self OR others
4. Low self-esteem is harmful to your health (depression, suicide, etc)
5. Linked to eating disorders

----Feel insecure, disrespects self, others, including property, vulnerable to peer pressure, doesn’t feel valuable, feels depressed, fears failure, uses drugs and alcohol, feels pessimistic, behaves destructively

1. How do you improve your Self-Esteem?
2. Use positive self-talk
3. Act with integrity – doing what is right
4. Choose supportive friends
5. Accept yourself
6. Communication Styles
7. Passive – not offering opposition when challenged or pressured (gets pushed around, doesn’t like confrontation)
8. Aggressive – hostile and unfriendly in a the way one expresses oneself (bully type behavior, isn’t respectful of others or property)
9. Assertive – direct and respectful in the way one expresses oneself (may have to compromise, but can live with the solution – what you are striving for)
10. empathy- the ability to understand another person’s feelings, behaviors, attitudes (because you have experienced them yourself)
11. What is Mental Health?
12. is the state of mental well-being in which one can cope with the demands of daily life
13. To be mentally healthy, you must also be emotionally healthy and would have the following characteristics
14. To be mentally healthy you should have the following characteristics:
15. A sense of control and taking charge of your life
16. Ability to endure failures and frustrations, to persist through setbacks and understand that frustration is a part of learning
17. Ability to see events positively, be optimistic and see the challenges of life as opportunity

1. Ability to express emotions in a healthy way, you don’t hold in emotions or deny how you feel, talk with others when you need support
2. What is a mental disorder?
3. an illness that affects a person’s thoughts, emotions, and behavior; often misunderstood, but most are treatable
4. Symptom is a change that a person notices in his or her body or mind that is caused by a disease or disorder
5. Causes: heredity; past experiences or events; or current injuries or illnesses(ie alcoholism, brain injury, etc)
6. Treatment for mental disorders
7. Psychotherapy – form of counseling done by a licensed therapist.
8. Group therapy – lead by a licensed therapist in which a group of people who have the same disorder meet.
9. Medication – may or may not be helpful for the person.

Depression – sadness and hopelessness that keeps a person from carrying out everyday activities

a. Left untreated can lead a person to suicide

b. Lack of energy

c. Withdrawal from people

d. Loss of appetite or overeating

e. Too much or too little sleep

f. Feelings of helplessness and hopelessness

- Can experience these symptoms from time to time, and that is normal

- 9.5% of Americans suffer from depression

- 20% of children suffering from a mental, emotional, or behavioral disorder

- 57.7 million American adults that have a mental disorder

Anxiety Disorders – when anxiety gets in the way of taking part in daily activities, if it occurs frequently, or if it causes terror.

1. Panic disorder – panic attack, the person may feel extreme

fear for his or her life even though he or she is not really in danger

1. Phobias – anxiety disorders characterized by excessive or

persistent fear of something that may or may not cause real danger. i.e. acrophobia – fear of being in high places

1. Obsessive-compulsive disorder (OCD) – an anxiety disorder

triggered by uncomfortable thoughts called obsessions and by repetitive behaviors called compulsions.

1. Post-traumatic stress disorder- anxiety over a past traumatic

event