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

1. What is Self-Esteem?
2.
3.
4. Benefits of Self-Esteem
5.
6.
7.
8.
9. Risks of Low Self-Esteem
10.

b)

c)

d)

1. How do you improve your Self-Esteem?
2.

1.
2.

d)

1. Communication Styles
2.

1.
2.
3.
4. What is Mental Health?
5.
6.
7. To be mentally healthy you should have the following characteristics:
8.
9.
10.

1.
2. What is a mental disorder?
3.
4.
5. Causes
6. Treatments