Mental/Emotional Health POP Quiz

30% of Test Grade

Health Pop Quiz

You will have 10 minutes to answer the following questions. Please write in complete sentences.

1. List 5 characteristics of good emotional health.
2. What are the three sides of the health triangle?
3. Define each side.
4. List the needs in Maslow’s hierarchy of needs.
5. How can your personality influence your health?
6. How does heredity influence your health?
7. List two other important influences on your health and give examples.

Stress

The reaction of the body and mind to everyday challenges and demands.

What stressors do you have in your life???
What causes stress?

A stressor is anything that causes stress (people, objects, places, events, situations).

5 categories:
- Biological stressors
- Environmental stressors
- Cognitive (thinking) stressors
- Personal Behavior stressors
- Life Situation stressors

Eustress/Distress

Do Now:
List 2 things that cause you stress.
Pick one and explain why and how you deal with it.

Is stress always a bad thing?

Eustress v Distress
The Body's Stress Response

Stress can trigger the body's response to perceived threat or danger, the Fight-or-Flight response. During this reaction, certain hormones like adrenalin and cortisol are released, speeding the heart rate, slowing digestion, shunting blood flow to major muscle groups, and changing various other autonomic nervous functions, giving the body a burst of energy and strength. Originally named for its ability to enable us to physically fight or run away when faced with danger, it's now activated in situations where neither response is appropriate, like in traffic or during a stressful day at work. When the perceived threat is gone, systems are designed to return to normal function via the relaxation response, but in our times of chronic stress, this often doesn't happen enough, causing damage to the body.

Fight or Flight

How do you cope with STRESS?

What does it mean to cope?
Stress Notes

Stress Prevention

• Refusal skills
• Plan ahead
• Adequate sleep
• Physical activity
• Diet
• Avoid tobacco, alcohol and other drugs

Stress Management Techniques

Develop and practice stress management skills - skills that help any individual handle stress in a healthful, effective way

• Redirect your energy
• Relax and laugh
• Keep a positive outlook
• Seek out support

Stress Packets
Attachments

- Adolescent_Pressures.mov
- Teen_Stress.mov