

## LESSON 7.1 Your Emotional Health Note-Taking Guide

### What Makes Me Emotionally Healthy?

1. Fill in the missing characteristics of good mental health.

✓ Feeling content or satisfied

✓ Having enthusiasm for life

✓ \_\_\_\_\_

✓ Having a sense of meaning and purpose

✓ Being adaptable or flexible

✓ \_\_\_\_\_

✓ \_\_\_\_\_

✓ Having high self-esteem and self-confidence

### Emotional Intelligence

2. Emotional intelligence helps you to do what?

**M**anage \_\_\_\_\_

**B**uild \_\_\_\_\_ and manage conflict

**K**eep emotions under \_\_\_\_\_

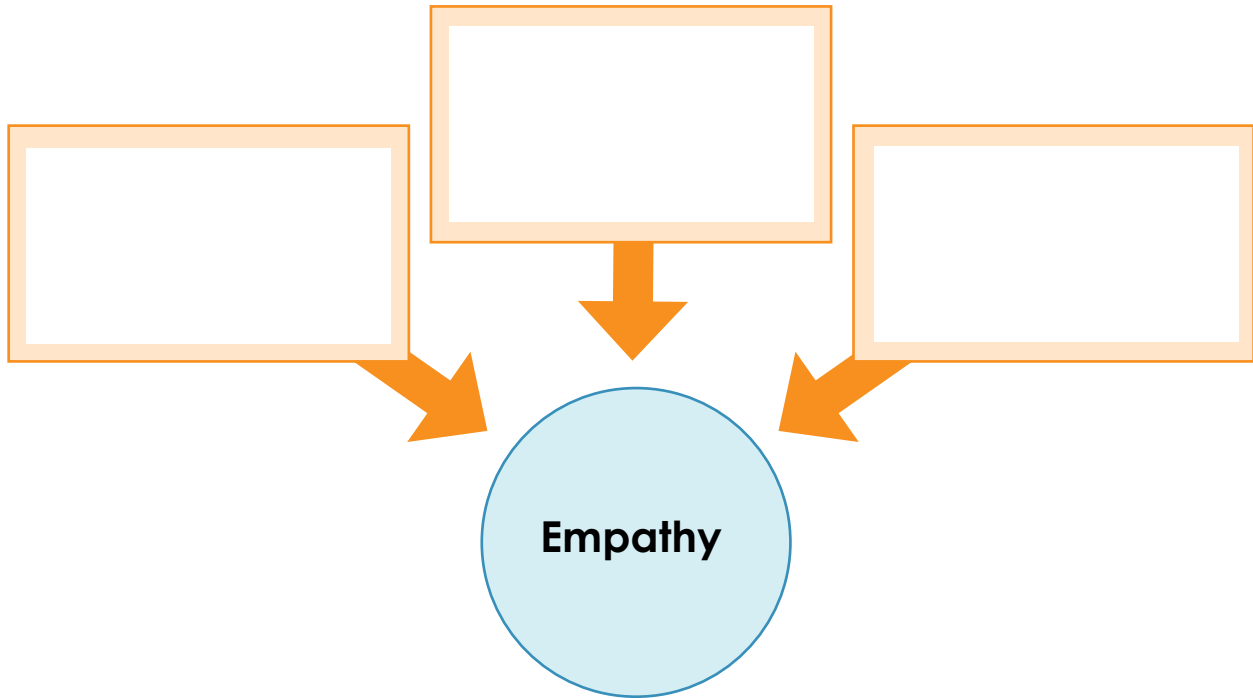
**H**ave \_\_\_\_\_ and self-motivation

**B**e a good \_\_\_\_\_

**B**e successful in \_\_\_\_\_ and work life

## Empathy

3. Use the following boxes to explain how you can develop empathy.



## Influences on Emotions

4. Identify the four reasons you might struggle to manage emotions as a teen.

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## Impulsive Behavior

5. Examples of impulsive behaviors include the following.


## Healthy Ways to Manage Emotions

6. Fill in the graphic with an example or description or other interesting fact.

<b>Breathe and pause</b>	<ul style="list-style-type: none"><li>• Take deep breaths and count to four each time.</li></ul>
<b>Collect your thoughts</b>	
<b>Take time out</b>	
<b>Distract yourself</b>	
<b>Do regular physical activity</b>	
<b>Try to laugh about it</b>	
<b>Keep a journal</b>	