

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?

Manage _____

Build _____ and manage conflict

Keep emotions under _____

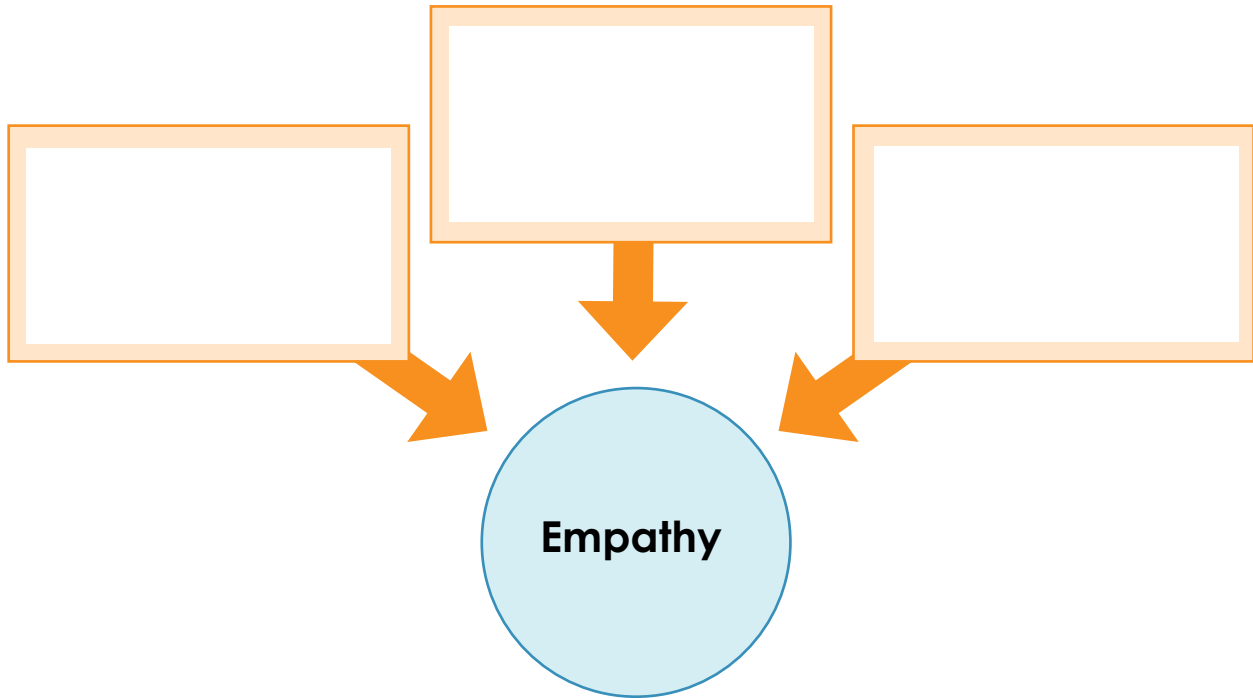
Have _____ and self-motivation

Be a good _____

Be 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.

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

LESSON 7.2 Building Self-Awareness Note-Taking Guide

Self-Awareness

1. Fill in the following boxes to define self-awareness, and explain why it matters.

What is self-awareness?	Why does self-awareness matter?

Self-Image

2. _____ image is a big part of a teenager's and young adult's self-image.

Self-Esteem

3. Self-esteem is how much you _____, admire, and _____ yourself.

Self-Esteem and Health

4. Explain how self-esteem is related to health.

Self-Esteem and Self-Confidence Boosters

5. Write down four boosters of self-esteem and self-confidence.

Boosters

LESSON 7.3 Developing Emotional Health and Mental Toughness
Note-Taking Guide

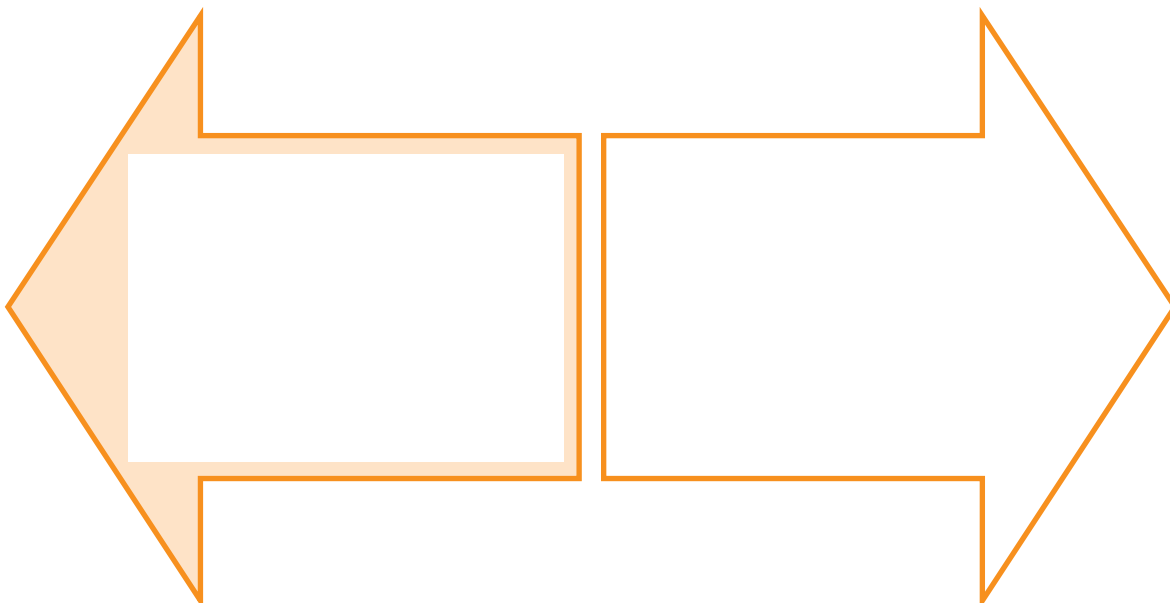
Mental Toughness

1. Mental toughness is the ability to resist, manage, and overcome doubts, worries, and concerns. What are five of the benefits of mental toughness?

1.
2.
3.
4.
5.

Optimism and Emotional Health

2. Compare and contrast optimism and pessimism. Include information on how each is related to health.



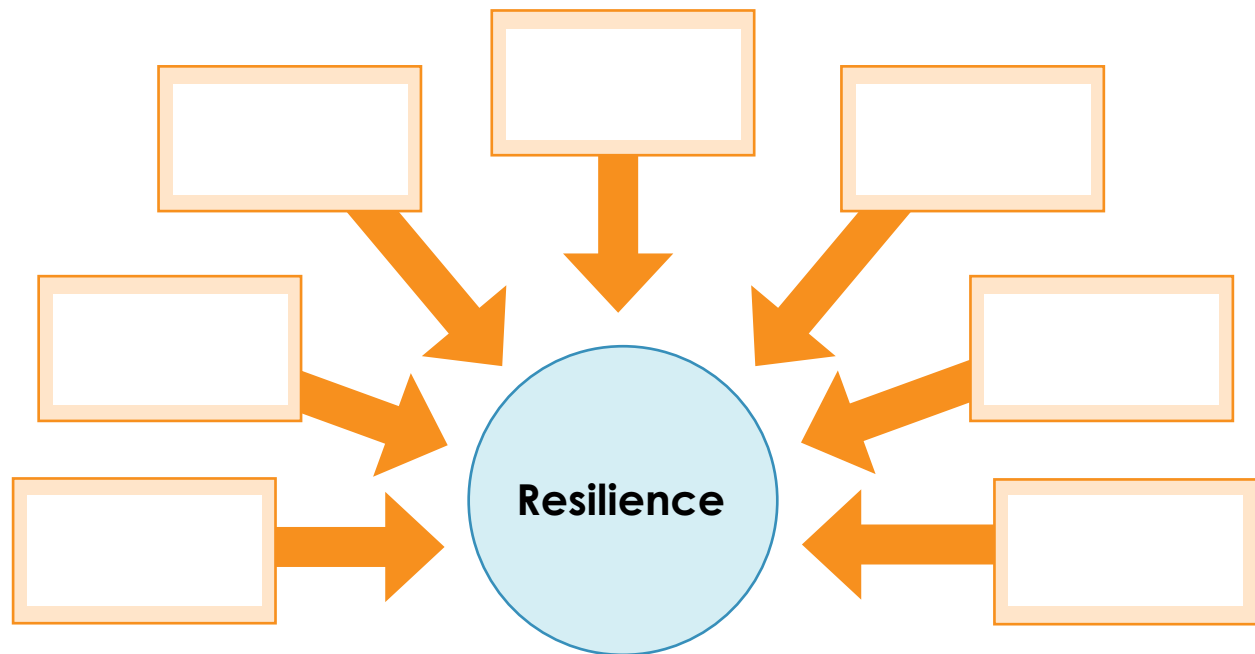
Growth Mindset

3. Compare a growth mindset to a fixed mindset by listing at least two comparisons.

Growth mindset	Fixed mindset

Becoming Resilient

4. Resilience is _____.
5. Fill in the seven Cs of resilience.



Grit

6. Grit is _____.

Self-Talk for Mental Toughness

7. Fill in the gaps in the following table. Use your own examples if you can.

Pattern	Description	Example
Jumping to conclusions	Failing to think things through and jumping to a quick, negative conclusion	
Making things your own fault		My friend did poorly on his exam because I wasn't able to study with him the night before the test.
	Making something far more significant or dramatic than it is (catastrophizing)	I got a B on my quiz. I'm totally going to fail now.
Making things smaller		Even though I got an A on the test, I missed the easiest question. I'm so dumb!
Making things bigger	Applying something specific to a bigger thing.	
Giving it a name		I am so fat and stupid.

LESSON 7.4 Recognizing and Managing Stress Note-Taking Guide

What Is Stress?

1. _____ is the body's reaction to a demanding or difficult situation.
2. A person will experience stress when the situation they are in demands _____ from them than they are able to handle.
3. Everyone feels stress, but the things that cause us to feel stress _____ from person to person.
4. The thing that triggers you to feel stressed is called a _____.
5. A stressor can be _____ from someone jumping out in front of you in a dark alley to having to speak in public.

How We Respond to Stress

6. Identify the three stages we go through when we are stressed.

1. _____: Your body and mind are on high alert, and you are physically prepared to fight or run (flee) for your life.



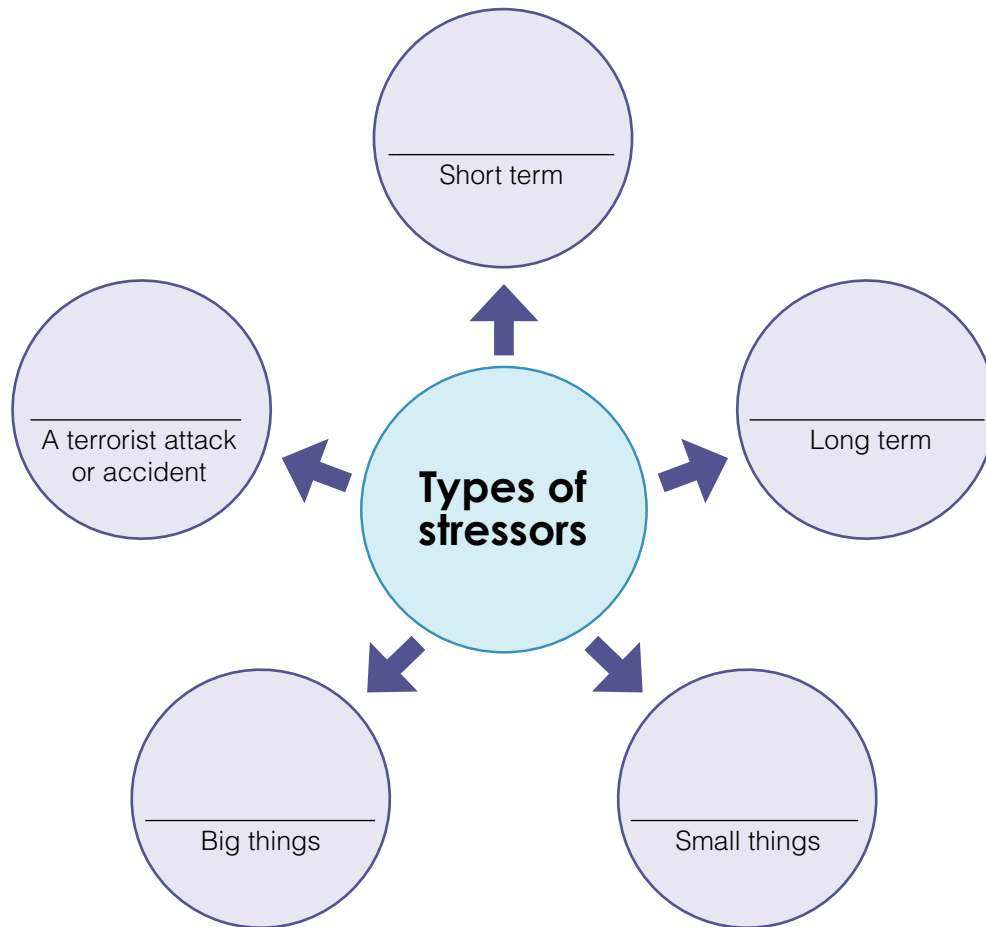
2. _____: As a stressful situation continues, your body works to return all of its systems to normal.



3. _____: Eventually, our bodies give in to the stress if we cannot successfully manage it.

Types of Stressors

7. On the following blank lines, identify the type of stressor that goes with each description.



Common Causes of Stress for Teens

8. Identify five common causes of stress for teens.

1. _____
2. _____
3. _____
4. _____
5. _____

Stress and the Body

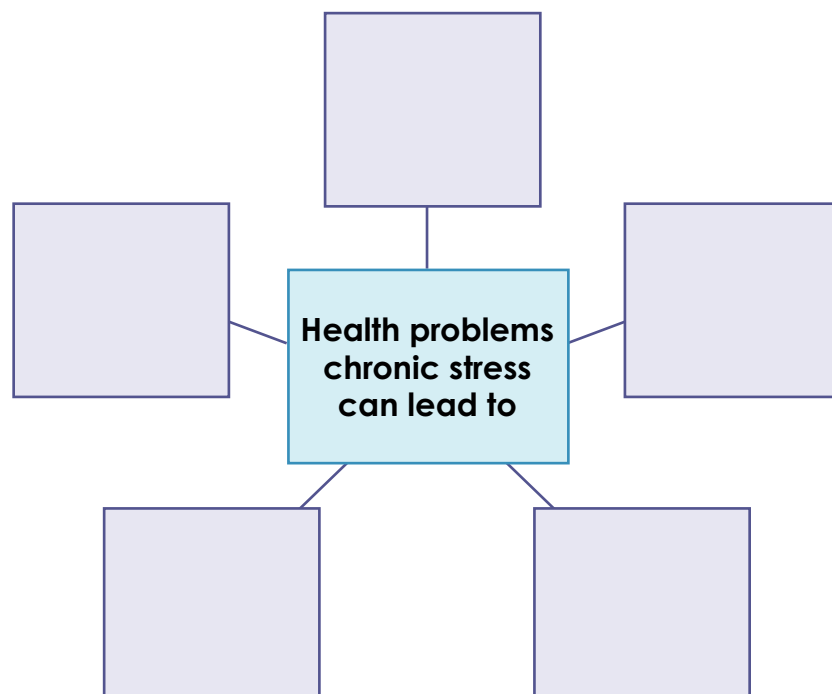
9. The human body is built to deal with _____ stressors, such as a bear on your path or someone chasing you.
10. Our bodies respond in a way that prepares us to react _____ by running or fighting.
11. In modern-day society, most of the stressors we encounter are _____ direct physical threats. Instead, they are psychological or emotional stressors.
12. This mismatch between the type of stressors we tend to experience and how our body responds is why stress can be so dangerous to health. When you have to sit there and solve the problem by working harder, all of the physiological changes you are experiencing have nowhere to go and nothing productive to do. We call this negative form of stress _____.

Stress and Performance

13. Your body is physiologically alert during stress, so the right amount of stress can _____ you perform at your best.
14. When your stress levels are not too high and not too low, your performance in athletics, acting, school, and music will _____. This level of stress is called _____ stress. When you have optimal levels of stress, it means that you are invested in what you are doing.

Stress and Health

15. Identify five health problems chronic stress can lead to.



Managing Stress

16. Managing your stress is similar to managing your _____.
17. People who are good at managing their stress are able to _____ with stressful situations quickly and return to normal functioning without too much disruption to their daily lives.
18. People who can't manage stress well will often be emotional, _____, and aggressive because they are often overwhelmed.
19. Stress _____ techniques refer to any strategy used to control how much stress affects you. Stress management can include things such as time management and positive self-talk.
20. _____ techniques are specific stress management strategies that reduce the intensity of the flight-or-fight response. People who are good at relaxation techniques are generally more able to keep themselves from overreacting to stressors.
21. Identify five stress management techniques.
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____

LESSON 7.5 Understanding Grief and Loss Note-Taking Guide

Understanding Death

1. Our ability to comprehend death is based on our understanding of four concepts. Fill in either the missing concept or the explanation of each concept.

Irreversibility

- All functioning stops with death.

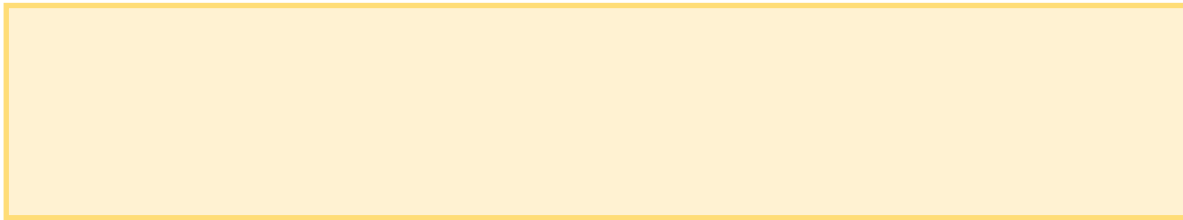
- Death happens to all living things.

Causality

2. Infants and toddlers are not yet developed enough to understand the concept of death, but they can react to others' _____.
3. Elementary-age children may not yet understand death as _____, and they may not grasp what causes death to occur.
4. Adolescents understand death in the same way that _____ do.
5. Older adults experience loss more frequently as peers die, and they also experience smaller losses around declining health or _____.

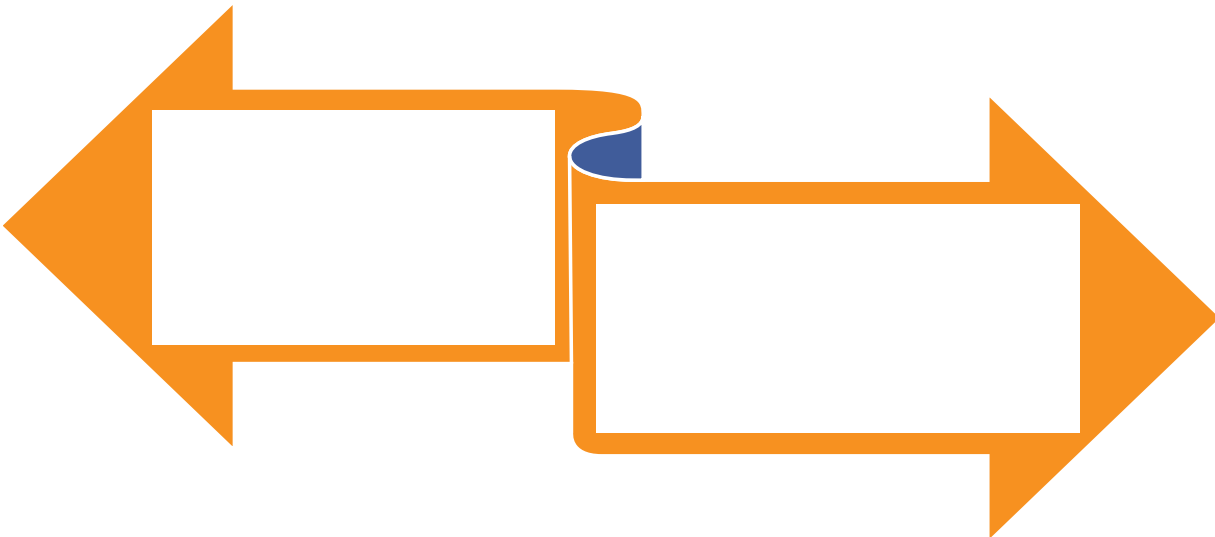
Experiencing Grief

6. In your own words, describe two different kinds of grief.



Mourning and Bereavement

7. Compare and contrast mourning and bereavement.



Cultural and Religious Influences on Mourning and Bereavement

8. Identify three ways culture and religion might influence how a person experiences mourning and bereavement.

1.

2.

3.

Communicating Support for Those in Grief

9. Suggestions for communicating support for those in grief include:

Simply share that you are _____ for their loss.

Do _____ things that are helpful to the person and that show support.

Be _____ and present.

Listen and _____.

Stay _____.