

Lesson #3

Exploring Emotional Health

Objectives

- Analyze the characteristics of an emotionally healthy person
- Assess personal emotional health practices and behaviors
- Analyze how mental/emotional health can affect other health-related behaviors
- Identify barriers to emotional health
- Describe ways to improve emotional health

Last class you learned about the different dimensions of health. Today we are going to focus on emotional health.

To start with with you are going to complete
“Taking your emotional Pulse”

Why is emotional health important?

How might a person be better because of having good emotional health?

What do people feel, have, do when they have good emotional health?

In groups of 4 we are going to create a list of personal character traits necessary for positive emotional health.

Think about the survey questions that you answered and the definition of mental/emotional health as you create your list.

List 5 characteristics on the index card provided. Make sure all group members names are on the card

Characteristics of Emotionally Healthy People

- **Accept who they are**
- **Express feelings in healthy ways**
- **Build healthy relationships**
- **Show care and concern for others**
- **Manage stress**
- **Cope with change**
- **Resolve conflict**
- **Are optimistic—choose the positive over negative**
- **Take responsibility for personal choices and actions**
- **Ask for help when they need it**

Characteristics of Emotionally Healthy People

- **Accept who they are-** They are realistic about their strengths and challenges. They like themselves, feel confident and understand their limits. They have high self esteem and value their unique qualities.

- **Express their feelings in healthy ways-**
They feel a wide range of emotions but they are not overwhelmed by them. They have ways to deal with difficult emotions such as anger, sadness and disappointment. They can share their feelings in helpful ways that don't hurt them selves or others.

- **Build healthy relationships-**They have a support system of close friends/family that they can depend on. They work to strengthen these relationships on a daily basis and value their importance.
- **Show care and concern for others-** They respect and accept other people. They try to be kind and help when they can. They are able to show empathy, or put themselves in another person's place.

- **Manage stress-** They find ways to avoid or deal with stress in ways that don't hurt themselves or others
- **Cope with change-** They can see the positive side of changes in their lives and manage stress these changes might bring.
- **Resolve conflicts-** They know how to manage their anger and work with others to resolve disagreements or problems

- **Are optimistic and tend to choose the positive over the negative.** They can replace negative thoughts with positive ones and overall have a good feeling about their lives and a belief that things will work out for the best

- **Take responsibility for their personal choices and actions.** They take credit for their success and learn from their mistakes. They don't blame others for their problems. They believe they can affect what happens in their lives and can change when they need to.

- **Ask for help when they need it-** They have people they can talk to about problems or difficult feelings. They are able to reach out to get support from others when they need it

Skills for Improving Emotional Health

Skills for developing positive emotional health include:

- **Accepting responsibility**
- **Managing stress**
- **Communicating emotions in healthy ways**
- **Building healthy, supportive relationships with others**
- **Managing anger and dealing with other difficult feelings**
- **Resolving conflicts**
- **Setting goals and taking action to achieve them**
- **Getting help when you need it**