

High School Health

Lesson #3: Exploring Emotional Health

Objectives:

- In this lesson you will...
 1. Analyze the characteristics of an emotionally healthy person
 2. Assess personal mental/emotional health practices and behaviors
 3. Analyze how mental/emotional health can affect other health-related behaviors
 4. Identify barriers to emotional health
 5. Describe ways to improve emotional health

Vocabulary

- Characteristic- _____

- Conflict- _____

- Continuum- _____

- Empathy- _____

- Equilibrium- _____

• Resilient- _____

• Self-esteem- _____

• Stress- _____

Student Journal

Lesson 2: Exploring Emotional Health

Health terms

characteristic
conflict
continuum
empathy
equilibrium
facilitator
optimistic
resilient
self-esteem
stress

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

(continued)

Student Journal

Lesson 2: Exploring Emotional Health *(continued)*

Characteristics of Emotionally Healthy People

(continued)

Ask for help when they need it

Skills for Improving Emotional Health

Skills for developing positive emotional health include:

Class discussion notes

(continued)

Taking Your Emotional Health Pulse

Directions: Complete this survey and assess your results.

	Most of the time	Sometimes	Not very often
1 I like who I am.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 I'm aware of my strengths and my limits.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 I can accept criticism.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 I can accept praise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 I feel comfortable being alone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 I'm able to get along with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 I share my feelings with others in honest and respectful ways.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 I have people in my life whom I care about and who care about me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 I believe I can affect what happens in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 I can usually handle my schoolwork load.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 I'm aware of the different things that can cause stress in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 When stress builds up, I have ways to help relieve it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 I can accept and respond positively to change.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14 I can resolve conflicts with others in safe and healthy ways.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 I'm able to resist pressure from others if they want me to do something risky or something I don't agree with.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16 In the end, my opinion of myself is more important than what others think of me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17 Talking with other people helps me to learn and work out problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Taking Your Emotional Health Pulse *(continued)*

	Most of the time	Sometimes	Not very often
18 I feel confident making decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19 I find my life and activities interesting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20 I can be patient when something I want will take time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21 I have a positive outlook.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22 I am able to handle disappointments or setbacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23 I can take responsibility for my choices and actions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24 I learn from my mistakes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25 I have people and places I can go to for help or support.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Risk Assessment Score:

Number of "Most of the Time" answers: _____ x 4 = _____

Number of "Sometimes" answers: _____ x 2 = _____

Number of "Not very often" answers: _____ x 1 = _____

Total: _____

How Did You Score?

75 to 100 Your emotional health is very good. You can learn how to keep it that way.

50 to 75 Your emotional health is good, and you have room to make it even better. Can you see any areas in which you could improve?

25 to 50 Your emotional health is OK, but you can definitely use what you'll be learning in this class to improve it.

My Emotional Health Balance

Directions: Think about the ups and downs in your life over the last month. Fill in the continuum balance with both the negative and positive things that have happened. Then think about how well you've coped with difficulties and how good or bad you've felt emotionally. Put a dot in the chart to represent each of the things that happened each week and how you felt about it. Then draw a line to connect the dots to create a picture of your emotional health this past month.



Negative Things



Positive Things



Good				
OK				
Bad				
	Week 1	Week 2	Week 3	Week 4