Chapter 3 Section 1

Objectives

- **Define** self-esteem.
- **List** the benefits of high self-esteem.
- **Identify** factors that influence the development of self-esteem.
- **Describe** ways you can improve your self-esteem

What is Self-Esteem?

- **Self-esteem** is a measure of how much you value, respect, and feel confident about yourself.

- **Benefits of High Self Esteem**
  - Increased respect for yourself
  - Increased ability to reach goals
  - Increased willingness to try new things
  - Increased feelings of value

- **Risks of Low Self Esteem**
  - Vulnerable to peer pressure
  - More likely to make unhealthy decisions
  - More likely to be critical of self and others
  - Increased risk of depression and suicide
The Development of Self-Esteem

- **Self-concept** is a measure of how you view yourself.
- Your self-esteem affects the way you interpret messages from others.
- You can choose to view some negative messages as constructive criticism.
- Your self-esteem does not have to suffer from negative messages from others. You have the power to control your self-esteem.

Ten Tips for Building Self-Esteem

1. Volunteer at a soup kitchen or other community service.
2. Make a list of your strengths.
3. Speak positively about yourself and others.
4. Take care of your physical health.
5. Reward yourself when you do well.
6. Try something new.
7. Choose friends who support you and your positive choices.
8. Set a goal to improve a weakness.
9. Cheer yourself through hard times.
10. Have FUN!
Improving Your Self-Esteem

- **Use Positive Self-Talk** Send positive messages to yourself.

- **Act with Integrity** Integrity means doing what you know is right.

- **Choose Supportive Friends** Your friends should acknowledge your strengths and support your goals.

- **Accept Yourself** Focus on your strengths and let go of weaknesses that you cannot change.
Chapter 3 Section 2

Objectives

• **Summarize** why good communication is important.

• **Differentiate** between passive, assertive, and aggressive communication styles.

• **Name** five characteristics of good listening skills.

• **List** three examples of body language.

• **List** five ways to improve your speaking skills.

Good Communication is Important

• **Preventing Misunderstandings** Unclear communication can cause hurtful misunderstandings.

• **Building Healthy Relationships** Communication is a tool for building good relationships.

• **Expressing Yourself** Good communication skills allow you to let others know what you want and need.

Communication Styles

• **Passive** A passive communicator does not offer opposition when challenged or pressured.

• **Aggressive** An aggressive communicator is hostile and unfriendly.

• **Assertive** When you communicate assertively, you express yourself in a direct, respectful way.

<table>
<thead>
<tr>
<th>Situation</th>
<th>Passive response</th>
<th>Aggressive response</th>
<th>Assertive response</th>
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</thead>
<tbody>
<tr>
<td>Someone cuts in front of you in line.</td>
<td>You don’t say anything.</td>
<td>“Well, you must think you’re special!”</td>
<td>“Excuse me, but I believe I’m next in line.”</td>
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<td>Your best friend tells someone else one of your secrets.</td>
<td>You don’t say anything, but you vow never to tell her another secret.</td>
<td>“I hate you! I’m never going to trust you again!”</td>
<td>“It hurt me to find out you told my secret to someone else. Please don’t repeat my secrets again.”</td>
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<td>Your boss asks you to work late for the third night in a row.</td>
<td>You agree but feel worried about finishing your homework tonight.</td>
<td>“You are so inconsiderate! I quit!”</td>
<td>“Sorry, I can’t work tonight. I have a lot of homework to do.”</td>
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</tbody>
</table>
Speaking Skills

- **Voice Volume** Speaking too loudly or too softly can send a bad message.
- **Tone and Pitch** Your inflection conveys your attitude.
- **“I” Messages and “You” Messages** An “I” message explains how you feel. A “you” message can seem like blame.
- **Empathy** Empathy is the ability to understand another person’s feelings.

Listening Skills

- **Active Listening** means letting the speaker know you are listening and clarifying anything confusing.
- **Paraphrasing** means using your own words to restate what someone else says.

Body Language

- What do you think each of the following may be communicating?
  - Opening your eyes wide
  - Scratching your head
  - Opening your mouth wide
  - Snarling
  - Scrunching your eyebrows in a “V”
  - Standing straight and tall
  - Winking
Chapter 3 Section 3

Objectives

• **Describe** the characteristics of positive mental health.
• **Compare** the stages of Maslow’s hierarchy of needs.
• **Describe** how you can learn to express emotions in positive ways.
• **Identify** the limitations of defense mechanisms.
• **Describe** three positive strategies for managing your emotions.

Mental Health

• **Mental health** is a state of mental well-being in which you can cope with the demands of daily life.

• Characteristics of mentally and emotionally healthy people include:
  • A sense of control
  • Can endure failures and frustrations
  • Ability to see events positively
  • Can express emotions in a healthy way

Maslow’s Hierarchy of Needs

• **Self-actualization** is the achievement of the best that a person can be.

• Abraham Maslow believed that everyone has a drive to reach self-actualization.

• Maslow’s **hierarchy of needs** is a list of the basic needs one must achieve on the way to self-actualization.
Expressing Emotions

- An emotion is a feeling produced in response to life experiences.
- Expressing emotions in a healthy way is important for your mental and emotional health.
- You learn to express your emotions in part by observing others.
- You can relearn how to express emotions more constructively.

Managing Emotions

- Talk it out  Talk out the way you are feeling with a friend or in your own head
- Blow off steam  Physical activity, such as exercise or sports, can help you release energy.
- Be creative  Creative activities also help release tension.
  - Anger often results from frustration.
    - Anger can always be dealt with appropriately.
    - Learn to recognize when you feel angry.
    - When you do feel angry, try to calm down before taking action.
  - Fear can be debilitating or it can protect you from real danger.
    - Use self-talk to get over an unwanted fear.
• **Guilt** can alert you when you are acting against your values.
  
  - To deal with guilt, do your best to right the wrong.

• **Jealousy** is often caused by fear that someone or something you love will be lost.
  
  - Talking about your jealousy is often the best way to cope with it.

• **Loneliness** is a feeling of being emotionally isolated from others.
  
  - A good way to manage loneliness is to actively seek out other people.

• **A defense mechanism** is an unconscious thought or behavior used to avoid unpleasant emotions.
  
  - Some defense mechanisms can help you cope with difficult emotions temporarily.
  
  - Most defense mechanisms, however, just mask unwanted feelings.
  
  - It is usually better to manage your emotions more actively.

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<thead>
<tr>
<th>Defense Mechanisms</th>
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<tbody>
<tr>
<td>Mechanism</td>
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<td>Compensation</td>
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<td>Daydreaming</td>
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<td>Denial</td>
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<td>Displacement</td>
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<td>Mechanism</td>
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<td>Idealization</td>
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<td>Projection</td>
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<td>Repression</td>
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<td>Sublimation</td>
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Chapter 3 Section 4

Objectives

• Describe what mental disorders are.
• List seven signs of a mental disorder.
• Summarize causes of mental disorders.
• Identify community resources available for mental health problems.

What Are Mental Disorders?

• A mental disorder is an illness that affects a person’s thoughts, emotions, and behaviors.
• Mental disorders are often misunderstood.
• Many mental disorders are treatable.
• Knowing the symptoms can help you understand mental disorders.
• A symptom is a change in a person’s body or mind that is caused by a disease or disorder.

Types of Mental Disorders

• The following are common symptoms of many mental disorders:
  • Too much or too little sleep
  • Feelings of extreme sadness
  • Unexplained mood changes
  • Drug or alcohol abuse
• The following are common symptoms of many mental disorders:
  • Inability to concentrate
  • Extreme anxiety or irrational fear
  • Personality changes
  • False perceptions of reality
• **Depression** is sadness and hopelessness that keeps a person from carrying out everyday activities.

• The following are common symptoms of depression:
  - Lack of energy
  - Withdrawal from people
  - Loss of appetite or overeating
  - Too much or too little sleep
  - Feelings of helplessness and hopelessness

• If you are experiencing depression:
  1. **Face the problem** Seek professional help.
  2. **Identify the problem** Try to find out what is causing the depression. It could be loneliness, a loss, or a chemical imbalance.
  3. **Take action** Some ways to cope with depression include changing negative thinking, seeking support from others, and increasing physical activity.

• **Attention Deficit/Hyperactivity Disorder (ADHD)** is the most commonly diagnosed mental disorder in children. It is a lifelong disorder.
  - Symptoms of ADHD include being frequently inattentive or impulsively hyperactive.
  - The causes of ADHD are unknown.
  - ADHD can be treated.

• **Anxiety disorders** are fear-based disorders that can keep you from taking part in daily activities.

• **Panic disorder** is characterized by extreme terror and panic attacks.

• **Phobias** are anxiety disorders characterized by extreme fear of something that poses no real danger.

• **Obsessive-compulsive disorder** is characterized by uncomfortable thoughts called *obsessions* and repetitive behaviors called *compulsions*.
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<th>Mental Disorders</th>
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<tbody>
<tr>
<td>Disorder</td>
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| Major depression | ▶ feelings of hopeless and sadness that last for more than a few days  
▶ inability to take part in daily activities |
| Attention-deficit/hyperactivity disorder (ADHD) | ▶ difficulty concentrating  
▶ difficulty completing tasks  
▶ difficulty following instructions  
▶ impulsive and hyperactive |
| Panic disorder | ▶ sudden feelings of terror that strike without warning  
▶ putting oneself in danger by desperately trying to escape the situation |
| Phobias | ▶ irrational fear of something that causes no real danger, such as spiders, elevators, or giving a speech  
▶ possible panic attacks |

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<tr>
<th>Mental Disorders</th>
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<tbody>
<tr>
<td>Disorder</td>
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</tbody>
</table>
| Obsessive-compulsive disorder | ▶ repeated, disturbing, and unwanted thoughts  
▶ ritual behaviors that are perceived as impossible to control such as repeatedly washing one’s hands |
| Post-traumatic stress disorder | ▶ avoidance of experiences that could trigger memories of a traumatic experience such as wartime experiences or abuse |
| Eating disorders | ▶ obsessive behavior and thoughts about weight control  
▶ starvation of oneself such as anorexia nervosa  
▶ consumption of large amounts of food followed by vomiting |
| Hypochondria | ▶ belief of illness when none is present |
| Bipolar disorder | ▶ uncontrollable cycles of extreme happiness and then depression |
| Schizophrenia | ▶ false perceptions of reality  
▶ hallucinations and/or delusions |
Causes of Mental Disorders

• Some mental disorders develop from traumatic or stressful life experiences.

• Some mental disorders can be inherited.

• Some mental disorders are caused by physical disorders or injuries.

• Whatever the cause, many mental disorders can be treated or cured.

Help for Mental Disorders

• Psychotherapy is especially useful in treating mental disorders caused by traumatic experiences.

• In group therapy, a licensed therapist leads a group of people who may have a similar disorder.

• Medication can also help in the treatment of some mental disorders.