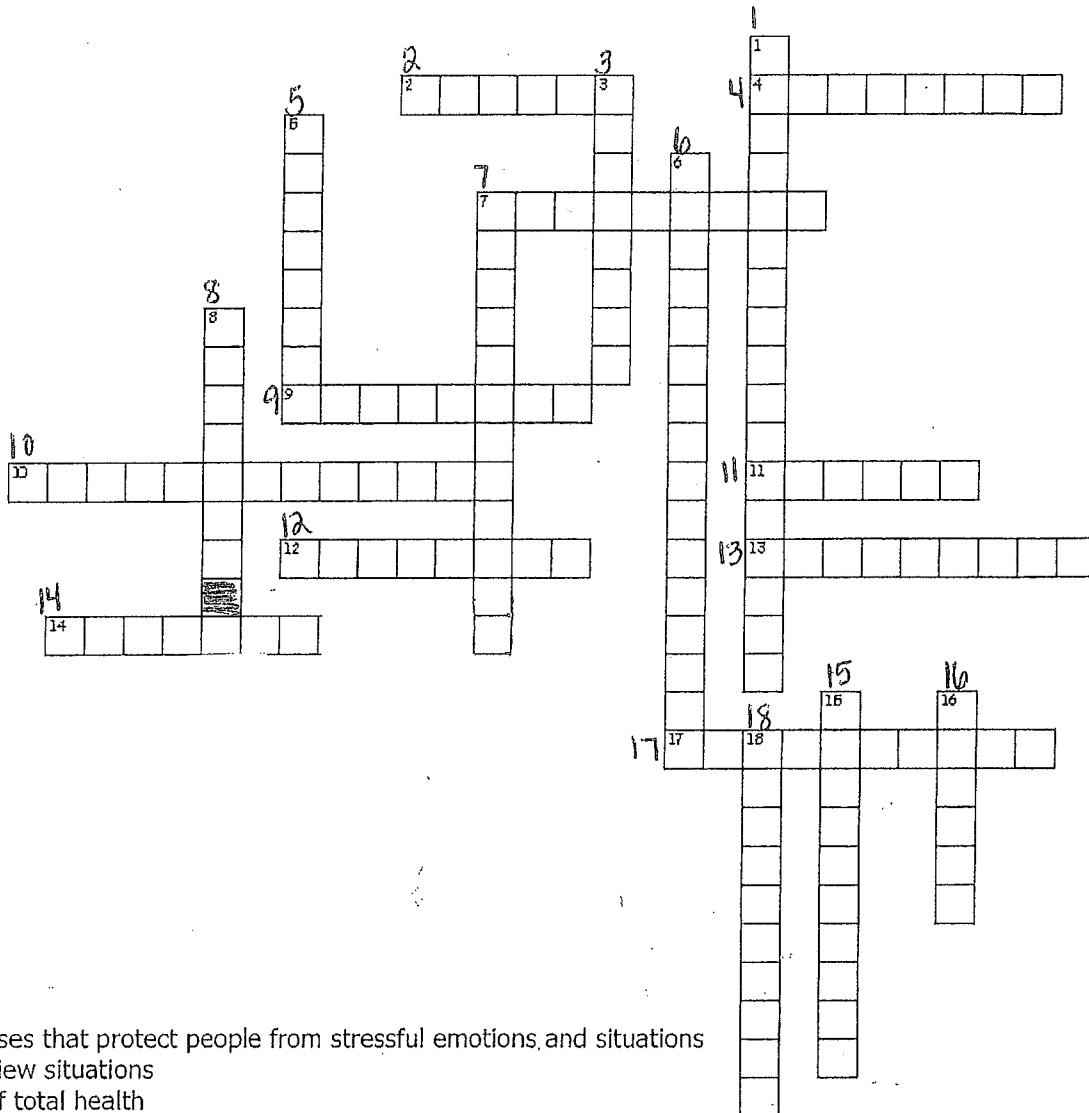


Glencoe Health - Chapters 1, 2, 3, 5

Mental and Emotional Health



Down

- 1. mental processes that protect people from stressful emotions and situations
- 3. the way you view situations
- 5. overall state of total health
- 6. personal habits or behaviors related to the way a person lives
- 7. can help you say no when you are asked to take part in behaviors that go against your values
- 8. condition of feeling uneasy or worried about what may happen
- 15. is a prolonged feeling of helplessness, hopelessness and sadness
- 16. combination of physical, mental, emotional and social well-being
- 18. specific tools and strategies to maintain, protect and improve all aspects of your health

Across

- 2. is a mark of disapproval that results in an individual being rejected by others
- 4. signals that tell your mind and body how to react; feelings
- 7. ability to adapt effectively and recover from disappointment, difficulty or crisis
- 9. encouragement or criticism that you give yourself
- 10. actions that can potentially threaten your health
- 11. a lack of strong feeling, interest, or concern
- 12. all the traits that were biologically passed to you from your parents
- 13. firm observance of core ethical values
- 14. to imagine and understand how someone else feels
- 17. how much you value, respect and feel confident about yourself

Name _____

DEFENSE MECHANISMS & POSITIVE STRATEGIES

1. Define defense mechanisms.

2. Defense mechanisms provide a way to:
 - A.
 - B.

3. Too much reliance on defense mechanisms is not healthy if they are used consistently to _____.

4. The road to mental health starts with _____, which means _____.

5. Define self-esteem.

6. Explain the difference between *external locus of control* and *internal locus of control*.

7. Identify 3 aspects over which you have some control.
 - 1.
 - 2.
 - 3.

8. Identify 3 aspects over which you have no control.
 - 1.
 - 2.
 - 3.

9. Do you typically work harder at the things you have more control over? Explain.

10. Identify 2 things you could do to change your outlook on the aspects of which you have no control. (#8)

Heart Transplant Activity

Only four heart transplants can be performed in the next three weeks. Twelve people have requested hearts. If they don't have heart transplants, they will more than likely die. However, as mentioned before, there are only four hearts available. Your group is to act as the hospital heart transplant team. You must make the decision of who will get another heart and a chance to live longer. As a group, you now have 20 minutes to decide which four persons will live. As a class, we must also reach a unanimous agreement on the four individuals. Here is a list of possible candidates:

1. A 16 year old girl, low IQ, H.S. dropout, pregnant.
2. A police officer thrown off the force for police brutality.
3. A clergy member (minister, preacher), 68 years old.
4. A 36-year-old female physician, unable to have children, recovering alcoholic.
5. A 46-year-old male violinist, served 7 years for pushing narcotics, has been out of jail for 6 months.
6. A 25-year-old female, pregnant, 2 previous abortions.
7. A 39-year-old former prostitute, "retired" for four years.
8. An architect, mid 30's, homosexual.
9. A 26-year-old male law student, alcoholic.
10. The law student's 25-year-old wife, spent the last 3 months in a mental hospital, still heavily sedated.
11. A 40-year-old marriage counselor, previously convicted of sexual abuse.
12. A young, male, professional athlete, recently diagnosed with the HIV virus.