

Mental & Emotional Review

1. Mental and emotional health includes:
 - Who you believe you **are**
 - How you feel about **yourself** and others
 - How well you can **identify** and manage emotions
 2. People with positive mental health often:
 - Have a sense of **gratitude**
 - Show **compassion** and kindness
 - Maintain healthy **relationships**
 3. Personality traits describe people's:
 - **Thought** patterns
 - Emotional **responses**
 - **behaviors** and interests
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Self-Image & Self-Esteem

4. **Self-image** is the mental picture you have of your abilities, appearance, and personality.
 5. **Self-esteem** is how you feel about yourself and your sense of worth.
 6. People with healthy self-esteem:
 - Have **realistic** views of themselves
 - Feel **good** about themselves
 - Can cope with **mistakes** and disappointments
 7. People with low self-esteem often:
 - **Doubt** their worth
 - Feel **negative** about their abilities
 - Worry about what others **think**
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Improving Self-Esteem

8. A statement that recognizes your value and strengths is called an **affirmation**.
 9. **Self-care** is actively taking care of your physical, social, and emotional well-being.
 10. **Perfectionism** is having unrealistic expectations and rejecting anything less than perfect.
 11. One way to improve self-esteem is to avoid **comparing** yourself to others.
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Emotions & Adolescence

12. **Emotions** are strong feelings based on circumstances, relationships, or moods.
 13. Emotions can be:
 - Comfortable or **uncomfortable**
 - Simple or **complicated**
 14. Sudden shifts in emotions are called **mood swings**.
 15. These changes are a normal part of **adolescence** due to body changes
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Managing Emotions

16. The first step in managing emotions is to **identify** what you are feeling.
 17. The second step is to **accept** your feelings.
 18. The third step is to **express** your feelings
 19. One strategy to identify emotions is to keep a **journal**.
 20. No emotion is **wrong** — all emotions are part of life.
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Expressing Emotions

21. When expressing emotions, use **I-statements** (example: “I feel…”).
 22. You should wait until you **calm** down before addressing a situation.
 23. Avoid using **blame** or hurtful words when expressing emotions.
 24. Expressing emotions in a healthy way helps strengthen **relationships**.
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Defense Mechanisms

25. **Defense mechanisms** are mental strategies used to avoid difficult feelings.
 26. Refusing to accept reality is called **denial**.
 27. Taking feelings out on someone else is called **displacement**.
 28. Making excuses for behavior is called **rationalization**.
 29. Blaming others for your own problems is called **projection**.
 30. Acting the opposite of how you feel is called **reaction formation**.
 31. Reverting to childish behavior is called **regression**.
 32. Pushing painful thoughts out of awareness is called **repression**
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Emotional Intelligence

33. **Emotional intelligence** is the ability to understand and manage emotions.

34. People with high emotional intelligence show:

- Self-**awareness**
 - Self-**regulation**
 - **motivation**
 - Social **skills**
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Resilience

35. **Resilience** is the ability to adapt and recover from difficult situations.

36. Resilience is a skill that can be **developed** over time.

37.

After failing a test, Jordan says, “That test was unfair—no one could pass it,” even though they didn’t study.

Concept: **Projection** Why: **Blaming the teacher instead of taking responsibility for not studying.**

38.

Taylor gets yelled at by a coach during practice. When they get home, they snap at their younger sibling for no reason.

Concept: **Displacement**

Why: **Taking anger out on someone less threatening.**

39.

Morgan feels nervous about giving a presentation but keeps telling themselves, “I’m not nervous at all—I don’t even care.”

Concept: **Denial** Why: **Refusing to admit true feelings.**

40.

After losing a big game, Chris throws their equipment, refuses to talk, and pouts like a young child.

Concept: **Regression**

Why: **Reverting to childish behavior during stress.**

41.

Jamie feels overwhelmed and stressed about school. Instead of ignoring it, they talk to a trusted adult, journal their feelings, and come up with a plan.

Concept: Healthy emotional management / Emotional intelligence

Why: Identifying, expressing, and managing emotions in a healthy way.