

## Mental Health

### Study Guide

18 Points

1. Explain, from your notes, what having good mental & emotional health means?
2. Which very strong body secretion plays a role in our emotions?
3. What is the reaction of the body and mind to everyday challenges and demands?
4. Chronic stress can tax our *immune system* and lead to?
5. Our bodies fight or flight response prepares us to?
6. What is the emergency hormone called?
9. What is a prolonged feeling (at least 2 weeks) of helplessness, hopelessness or sadness?

10. What is severe mental disorder in which a person loses contact with reality, has delusions, hallucinations and thought disorders?

11. What is a disorder marked by extreme mood swings, energy levels changes and erratic behavior (also known as Manic Depressive Disorder)?

12. What is a condition that may develop after experiencing a terrifying event that threatened or cause physical harm?

13. What is a person that is trapped in a pattern of excessively repeated thoughts or behaviors that interferes with everyday life?

14. What is an extreme feeling of uneasy or being worried about what may happen?

15. What are two examples of positive risk taking behavior?

16. Observing and learning the behaviors around you is known as?

17. What is the emotion that is linked to a 4-7 times greater risk of having a heart attack?

18. List the 5 Stages of Grief in order

1.

2.

3.

4.

5.

19. List 3 Depression symptoms

1.

2.

3.

20. List 3 Warning Signs of Suicide (3 points)

1.

2.

3.

21. List 4 **POSITIVE** stress management techniques that you personally use.

1.

3.

2.

4.