**Achieving Mental and Emotional Health**

**Mental/emotional Health-** is the ability to accept yourself and others, express and manage emotions and deal with the demands and challenges you meet in your life.

\*You will always have ups and downs in your life\*

* When you are mentally healthy you will be happy in general and enjoy life.
* You will feel confident and comfortable spending time alone/with others.

\*Good mental and emotional health influences your physical and social health\*

**Characteristics of Good Mental and Emotional Health**

* Sense of Belonging- You will feel close to important people in your life
* Sense of Purpose- Recognizing you have value and importance as a person
* Positive outlook- You see the bright side of life which reduces stress.
* Self Sufficiency- you have the confidence to make responsible decisions
* Healthy self-esteem- this well help you accept and recover from difficulties and failures

**Resilient**- have the ability to adapt effectively and recover from disappointment, difficulty or crisis.

**Self-esteem**- or how much you value, respect, and feel confident about yourself.

\*Taking healthful risks can raise your self-esteem\*

**Competence**- or having enough skills to do something

\*You can improve your self-esteem by avoiding criticizing yourself or spending time with people who criticize you\*

**Hierarchy of needs-** is a ranked list of those needs essential to human growth and development, presented in ascending order, starting with basic needs and building toward the need to reach your highest potential.

1. Physical- Need to satisfy basic needs of hunger, thirst, sleep, and shelter.
2. Safety- Need to be secure from danger
3. Belonging-Need to love and be loved, need to belong
4. Feeling Recognized- Need to achieve, need to be recognized
5. Reaching Potential- Need for self-actualization

**Self-actualization-** or to strive to be the best you can

**Developing Personal Identity and Character**

**Personal Identity-** your sense of yourself as a unique individual. This depends a lot on your age and circumstances.

**\***Identity is partly formed by recognizing your likes and dislikes, your relationships and experiences with family and friends also influence your identity\*

**Role Model-** someone whose success or behavior serves as an example for you.

**Personality-** a complex set of characteristics that make you unique, this sets you apart from other people and determines how you in certain situations.

**Character-** the distinctive qualities that describe how a person thinks, feels, and behaves.

**\*Good character is an outward expression of inner values and is vital in healthy identity\***

**Constructive criticism-** or non-hostile comments that point out problems and encourage improvement

**Expressing Emotions in Healthful Ways**

**Emotions-** signals that tell your mind and body how to react.

**Hormones-** chemicals produced by your glands that regulate the activities of different body cells.

**Hostility-** the intentional use of unfriendly or offensive behavior

**Empathy-** or the ability to imagine and understand how someone else feels, you can express this by helping out a friend who is going through a difficult time.

**Defense Mechanisms-** are mental processes that protect individuals from strong or stressful emotions and situations.

**\*Fear, Guilt and Anger can be hard to deal with\***