

Health Education Today Preview:

-Mental Health Unit -

MENTAL HEALTH



High School Health Unit

**National Board-Certified Teachers
with Masters of Education Degrees
and 60+ years of experience** teaching
K-12 PE & Health, with collegiate
athletic and coaching experience!

Experience
is the best
teacher!

Created by
Master Teachers!



A family of
educators,
for educators.



Health Education Today

WHY CHOOSE HEALTH EDUCATION TODAY?

Skills

- To help your teens acquire skills and wisdom to be above unhealthy influences.

Content

- To have relevant, inspiring, standards-based and medically accurate lessons.

Ease of Use

- For an editable program where you can choose to print or work online; using step-by-step directions and PowerPoints for visual student lessons!

The Program Meets Health Standards:

Aligned to National, Common Core, and State Standards!

Common Core State Standards for English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects ELA College and Career Anchor Standards https://learning.ccsso.org/common-core-state-standards-initiative		
	Writing Grades 9/10	ELA College and Career Anchor Standards for Writing
1	Write arguments focused on discipline-specific content.	Write arguments to support claims in an analysis of substantive topics or texts using valid reasoning and relevant and sufficient evidence.
2	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.	Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.
3	Incorporate narrative elements effectively into arguments and informative/ explanatory texts. <i>Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. In science and technical subjects, students must be able to write precise enough descriptions of the step-by-step procedures they use in their investigations or technical work that others can replicate them and (possibly) reach the same results.</i>	Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details and well-structured event sequences.

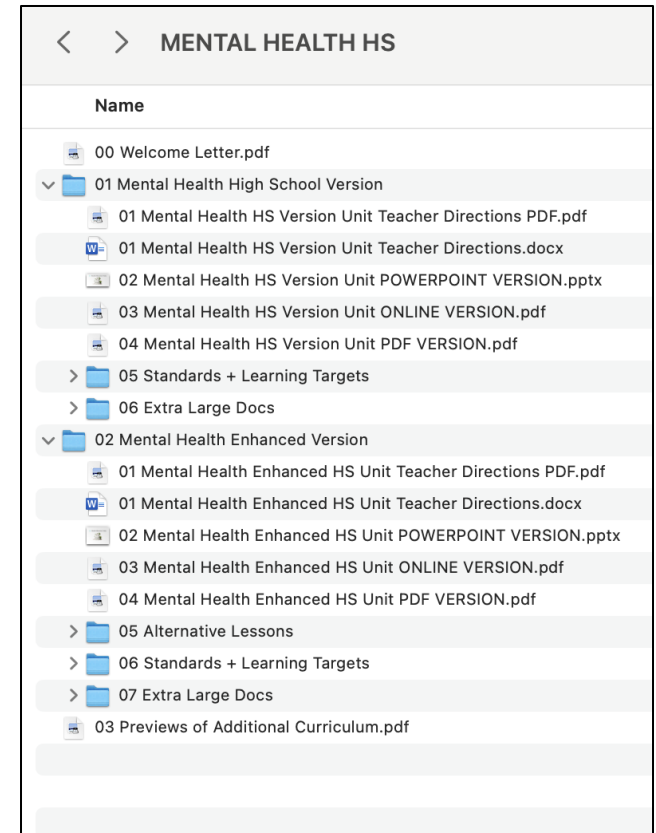
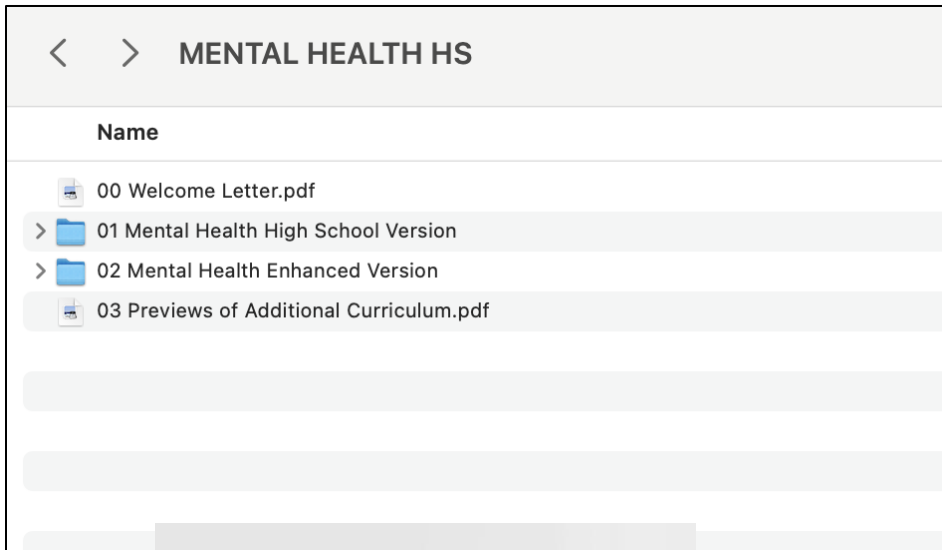


Real Teachers' Reviews endorse This program:

- ❖ *"What a lifesaver!" "Everything you need is provided!"*
- ❖ *"My students enjoy(ed) the activities and the power points are interactive and have stimulate(d) a lot of discussion."*
- ❖ *"Extremely satisfied: This product was organized so completely! It was precise and covered so many areas in the field of mental health. Thanks."*
- ❖ *"Awesome." "Amazing." "Thorough."*
- ❖ *"Easy to Follow." "Creative."*



File Organization:



***Editable in Word and Google Slides!**

Standards: Beginning each lesson

**Washington
State
Standards**

WA State Standards Met:

-Analyze interrelationships of personal dimensions of health. H1.W1.8
-Identify valid and reliable emotional and mental and behavioral health supports and services available to youth age 13 and older. H3.So6.8
-Analyze how personal choices contribute to communicable and non-communicable diseases. H7.W2.8a

My State Standards Met:

National Standards Met: 1, 2, 4, 5, 6, 7, 8

**Common
Core
Standards**

Common Core Standards Met: Reading 2, 3, 6 / Writing 4, 10

Materials Needed:

PowerPoint

-Mental Health PowerPoint

-It's in the PowerPoint folder

Printed Materials

-“Five Dimensions Worksheet”
-“Street Signs PowerPoint”

*-Print 1 for each student.
-It's in the “Docs” Folder. You will need to decide how you want to use this. See #7 below.*

Other Materials

-If doing “Street Signs Art” by hand, need markers, construction paper, scissors, glue
-Scissors-one for each pair if possible

Optional:

Video

Optional

See below for more information

Learning Target

Content: I will learn what the 5 dimensions of health are.

Behavioral: I will work on keeping a healthy balance of each dimension in my life .

Assessment

-The “Mental Health Road Signs Art Project” will be turned in and graded. See art grading rubric below.

**Your
Own State
Standards**

**National
Health
Standards**

**Materials
Needed**

**Content
Learning
Target**

**Behavioral
Learning
Target**

**Optional:
Lesson
Assessment**

Step-by-step Teacher Directions



Your Lesson Planning is Done!

PRINT & ONLINE.

GOOGLE + MICROSOFT + ADOBE +
YOUTUBE + MORE!



PowerPoints
walk you through
the lessons



Teacher Directions: Lead You Through the Lessons PowerPoint.

20+21. DR. M SCOTT PECK and NEXT SLIDE: This is very interesting and shocking if you have your students ponder this for a minute. He says avoiding problems is the basis for (all) or at least most mental illnesses!!¹

It should be a simple process that you (and your students) can automatically work through when any problem arises!

22. PROBLEMS VERSUS CONFLICT RESOLUTION: Introduce the video by explaining to students that "Conflict Resolution" and "Problem-Solving" are very similar concepts, but they also have some clear differences.

To make it simple, in this "Health Education Today" curriculum, "Problem-solving" involves an **ISSUE/PROBLEM** that needs solving. (There are 4 steps similar to the video today)

"Conflict Resolution" in this curriculum has 6 steps that involve a **CONFLICT** with a person. (Resolving a conflict while trying to keep the relationship healthy.)

Here is a good article that points out the difference fairly well:

<http://www.examiner.com/article/life-skills-problem-solving-verses-conflict-resolution>

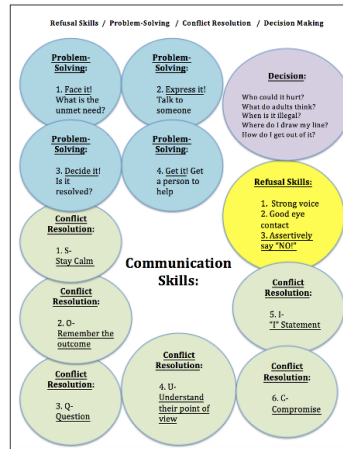
I point all this out to say that the video is called "Conflict Resolution" but it's really a better example of "Problem-solving" for this program!! So you can even skip this slide if you think it will confuse students, but I wanted you as the teacher to be aware that although the video title says "Conflict Resolution" it's more similar to my "Problem-Solving" and my "Conflict Resolution" model in a later unit looks very different!!

23. VIDEO: "Conflict Resolution" (4:00 min.)

<https://www.youtube.com/watch?v=KY5TWVzSZDU>

24. DENIAL: Discuss the problems the video pointed out if a person doesn't deal with their conflict/problems. It usually gets worse. If you've already done the "Stress Unit," you can remind students, "Stress makes us sick!" Tell them this fact, and read them the quote from the C.D.C.!!

Discuss. The steps seem so simplistic, but I hope it will do for this for students: First it can help them remember they have to face the problem. How many people do you know in your own life who don't want to confront an issue and it simmers under the



6. Your little 14-year old brother has been getting into trouble with the wrong group of kids lately. You've seen him smoking marijuana with them and you know they have been stealing stuff from the mall. You have a close relationship with him and you don't want to lose that and it'd be so mad if you told. Should you tell your parents?
FACE IT: Discuss what the unmet need is.
EXPRESS IT: Think of at least 2 ways you could express your frustration.
DECIDE IT: Assume your need has not been met.
GET IT: Think of 3 people you could go to (At least 1 must be a professional - teacher, school counselor, nurse, teacher, doctor, counselor, psychiatrist, psychologist, probation office, pastor...)

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We should have a simple process that you automatically work through when any problem arises.

Our very mental health is at stake!



A problem is the difference between what is and what should be. If it involves an issue, solve it.

A conflict, on the other hand, is when people don't agree. If it involves people, try to resolve it and keep the relationship.



Video:



Pair | Share:

The Center for Disease Control has found that "Up to 90% of illness is stress-related!"

Think of a problem you recently had:

1. Discuss with your table partner what you usually do to try to solve a problem?
2. Ask each other if you do any of these when fearing the pain of a problem. Do you:

- It doesn't exist.
- Attempt to avoid it?
- Procrastinate (I won't face it yet...).
- Try to forget about it.
- Take drugs to escape from it.
- Blame someone else / gossip / backstab.
- Get someone else to deal with it instead of you.

Scenario Practice with Your Partner:

Your name and the title "How to Problem-Solve".

Face it. What is the unmet need?

Express it. (Talk to someone, journal, text...)

Decide it. Decide if the need is being met to your satisfaction.

Get it. If it's not being met, get a person to help (Get a professional if needed).

F - E - D - G

Daily PowerPoint Slides:



Health Education Today



1

Mental Health Unit

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★

2

Day 1:

Five Dimensions of Health/Wellness

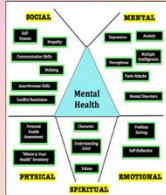
3

The 5 Dimensions of Health and Wellness:

The Five Dimensions of Health



4



5

Our United States Department of Health and Human Services describes mental health the way:

"Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood."

<https://www.samhsa.gov/hsa/what-is-mental-health/>

6

"There are five main aspects of personal health: physical, emotional, social, spiritual, and intellectual. In order to be considered "well," it is imperative for none of these areas to be neglected."

<http://www.healtheducationtoday.com/health-education-program/dimensions-website/>

7



8

The 5 Dimensions of Health and Wellness Worksheet:

Name: _____ Date: _____

Directions: Read the following information and then answer the questions on the worksheet. You will be asked to write your answers in the spaces provided.

Physical

Physical health is the state of your body. It is the ability of your body to function properly. Physical health is the foundation of good health. It is the ability of your body to resist disease and to recover from illness.

Intellectual

Intellectual health is the state of your mind. It is the ability of your mind to think, learn, and solve problems. Intellectual health is the foundation of good health. It is the ability of your mind to resist confusion and to recover from stress.

Social

Social health is the state of your relationships with others. It is the ability of your relationships to provide support, love, and companionship. Social health is the foundation of good health. It is the ability of your relationships to resist conflict and to recover from loss.

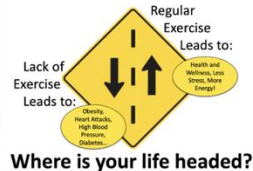
Emotional

Emotional health is the state of your feelings. It is the ability of your feelings to be positive, stable, and controlled. Emotional health is the foundation of good health. It is the ability of your feelings to resist negative emotions and to recover from stress.

Spiritual

Spiritual health is the state of your beliefs and values. It is the ability of your beliefs and values to provide meaning, purpose, and direction. Spiritual health is the foundation of good health. It is the ability of your beliefs and values to resist doubt and to recover from crisis.

Example:



Where a bad attitude begins!

Mental Health Street Signs:



Speaker Notes:

Guides you through each PowerPoint/Google Slide.

What is “Mental Illness?”: Technical Definition



30. WHAT IS MENTAL ILLNESS?: Explain to students that today we are going to be defining what mental illnesses are and looking in more detail at several illnesses. On the next slide is a “technical” definition quoted from the C.D.C. (The Center for Disease Control and Prevention).

Engaging Lessons
walk you through
with activities



“The 5 dimensions of health shape
who we are as a person and
affect the way we think and make decisions.”

This unit is so powerful for teens!



Presentations + Student Documents:

Available on Google Drive/Google Slides

Name: _____

Period: _____

Date: _____

Title: Multiple Intelligences Inventory

M.I. is a set of 9 different skills that make it possible for a person to solve problems in life.



Human beings have all of the intelligences, but each person has a unique combination, or profile.

Part I

Place a "1" next to each statement you feel accurately describes you. If you do not identify with a statement, leave the space provided blank. Then total the column in each section.

Section 1

- ☐ I enjoy categorizing things by common traits.
- ☐ Ecological issues are important to me.
- ☐ Classification helps me make sense of new data.
- ☐ I enjoy working in a garden.
- ☐ I believe preserving our National Parks is important.
- ☐ Putting things in hierarchies makes sense to me.
- ☐ Animals are important in my life.
- ☐ My home has a recycling system in place.
- ☐ I enjoy studying biology, botany and/or zoology.
- ☐ I pick up on subtle differences in meaning.

____ Total for Section 1

Section 2

- ☐ I easily pick up on patterns.
- ☐ I focus in on noise and sounds.
- ☐ Moving to a beat is easy for me.
- ☐ I enjoy making music.
- ☐ I respond to the cadence of poetry.
- ☐ I remember things by putting them in a rhyme.
- ☐ Concentration is difficult for me if there is background noise.
- ☐ Listening to sounds in nature can be very relaxing.
- ☐ Musicals are more engaging to me than dramatic plays.
- ☐ Remembering song lyrics is easy for me.

____ Total for Section 2

Section 3

- ☐ I am known for being neat and orderly.
- ☐ Step-by-step directions are a big help.
- ☐ Problem solving comes easily to me.

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Name: _____

Period: _____

Date: _____

Title: Practicing Positive Self-Talk

Imagine you are a person who is really thinking the negative thoughts written below and write a positive statement instead:



Rules: 1. You cannot just say "I am not . . ." Instead, you should make your message a positive one so your sub-conscious doesn't still hear the word "Not.")

2. You cannot just say the opposite like "I'm Stupid"- "I'm smart". Try to be realistic and creative, like "I can try harder and do better."

1. I'm stupid. _____
2. I hate school. _____
3. Bad things always happen to me. _____
4. No matter how hard I try, something always goes wrong. _____
5. There's no way I can pass that test. _____
6. I'm always late, I just can't help it. _____
7. I'm always tired in the mornings. _____
8. I'm just bad at science. _____
9. I'll never look as good as them. _____
10. My sister and I can't get along. _____
11. I can't control my temper. _____
12. My brother is always annoying. _____
13. I don't ever agree with my dad. _____
14. I hate Mondays. _____

You may have found this exercise difficult. It's easier to be negative than to think positive thoughts. But, keep working on thinking positive thoughts about yourself, and good self-esteem will follow.

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Mental Health Unit Google Slides & Forms:

Name: _____ Per: _____ Date: _____

Causes Of Mental Disorders/Illness:

Organic <Mental Illness of the Brain>	Functional <Mental Disorder of the Mind>
Alzheimer's Disease	Somatoform (Hypochondria + Conversion Disorder)
Obsessive Compulsive Disorder*	Phobias
Schizophrenia	Multiple Personalities
A.D.H.D.	Anxiety/Panic Attacks
Prenatal damage	Neglect
Illness/Infections	Childhood loss, such as a parent
Brain defects or damage	P.T.S.D.
Bi-Polar Disorder	Eating Disorders
Autism Spectrum Disorder	Personality Disorders
Clinical Depression*	Family Dysfunction
Injury	



<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2536546/>
<http://www.cdc.gov/mentalhealth/basics.htm>

* Many of these illnesses can have both Organic and Functional causes

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Art Rubric

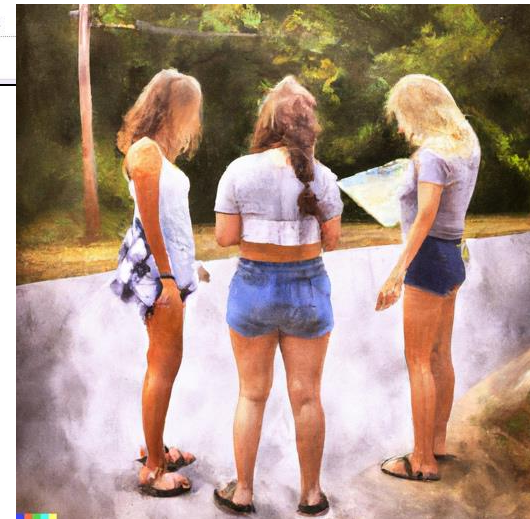
Give yourself an HONEST score for each of the following parts to your art project:

Image title



Name: *

Short answer text



Do you want the teens you work with to:

- ◆ Maintain healthy, supportive relationships with family, friends and peers? *(Social Health)*
- ◆ Manage their feelings and behaviors, cope effectively with stress, and adapt to change? *(Emotional Health)*
- ◆ Have an inner peace and contentment with who they are and their current situation? *(Spiritual Health)*
- ◆ Develop skills and knowledge to be used later in life, while stimulating creativity and improving decision-making ability? *(Mental Health)*
- ◆ Participate in physical activity, one of the most effective ways to improve and maintain health? *(Physical Health)*

Then this unit is for you!

You chose.

You chose to give away your love.
You chose to have a broken heart.
You chose to give up.
You chose to hang on.

You chose to react.
You chose to feel insecure.
You chose to feel anger, or
You chose to fight back.
You chose to have hope.

You chose to be naïve.
You chose to ignore your intuition.
You chose to ignore advice.
You chose to look the other way.
You chose to not listen.
You chose to be stuck in the past.

You chose your perspective.
You chose to blame.
You chose to be right.
You chose your pride.
You chose your games.
You chose your ego.
You chose your paranoia.
You chose to compete.
You chose your enemies.
You chose your consequences.

You chose.
You chose.
You chose.
You chose.

However, you are not alone. Generations of women (and men) in your family have chosen. Women around the world have chosen. We all have chosen at one time in our lives. We stand behind you now screaming:

Choose to let go.
Choose dignity.
Choose to forgive yourself.
Choose to forgive others.
Choose to see your value.
Choose to show the world you're not a victim.
Choose to make us proud."

— Sha
Photo b



WHAT MAKES ME ME

Name: _____ Date: _____ Per: _____

1. List one thing you like about your family.

2. What was one of your favorite toys as a child?

3. If you could only choose to take two objects with you from your house, what would they be?

1.

2.

4. Name something that annoys you.

5. What is one thing that was hard for you, but you finally got it

6. Name one thing you are good at.

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Impacting Activities!

Parent-Teen Communicator

Dear Parents or Guardians:
This is our first "Parent-Teen Communicator!" My goal for these assignments is that you enjoy talking with your teen while helping them get class credit! I hope this current communicator on VALUES will give you a chance to reinforce your own family's values.
Here is your assignment to do together. (Nothing discussed needs to be written down, only the confirmation sheet needs to be turned in.)

1. **Parent:** Please circle the 2 values that you feel are the most important values to possess.

joyful	kind	honest
hard-working	polite	mature
spiritual	committed	peaceful
responsible	helpful	unique
trustworthy	sensitive	patient
sense of humor	self-controlled	respectful
loving	giving	forgiving

2. **Teen:** Please do the same for the list on the back of this page.

3. **Parent:** Read out loud to your teen the top 7 words you circled. As you are saying your words, if you and your teen both circled these same values, both you and

___ I enjoy troubleshooting something that isn't working properly
___ Things have to make sense to me or I am dissatisfied

___ TOTAL for Section 3

Section 4

___ It is important to see my role in the "big picture" of things
___ I enjoy discussing questions about life
___ Religion is important to me
___ I enjoy viewing art work
___ Relaxation and meditation exercises are rewarding to me
___ I like traveling to visit inspiring places
___ I enjoy reading philosophers
___ Learning new things is easier when I see their real world application
___ I wonder if there are other forms of intelligent life in the universe
___ It is important for me to feel connected to people, ideas and beliefs

___ TOTAL for Section 4

Section 5

___ I learn best interacting with others
___ I enjoy informal chat and serious discussion
___ The more the merrier
___ I often serve as a leader among peers and colleagues
___ I value relationships more than ideas or accomplishments
___ Study groups are very productive for me
___ I am a "team player"
___ Friends are important to me
___ I belong to more than three clubs or organizations
___ I dislike working alone

___ TOTAL for Section 5

Section 6

___ I learn by doing
___ I enjoy making things with my hands
___ Sports are a part of my life
___ I use gestures and non-verbal cues when I communicate
___ Demonstrating is better than explaining
___ I love to dance
___ I like working with tools
___ Inactivity can make me more tired than being very busy
___ Hands-on activities are fun
___ I live an active lifestyle

___ TOTAL for Section 6



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Social

___ Get involved. There are a variety of clubs/groups/teams on campus; find something that interests you.
___ Know who your best friends are.
___ Be kind to everyone, even if they are different from you! Value everyone!
___ Recognize when you are in an unhealthy relationship.
___ Balance your social life with your academic responsibility.
___ Live in harmony with the environment and others.
___ Consider the common welfare of the community over your own needs.

Spiritual

___ Be a thinker! Reflect often on your feelings, thoughts, interactions with others. Express it all in a journal!
___ Find a quiet place and spend time every day.
___ Apply your values to your actions and decisions.
___ Accept the views of others.
___ Contemplate the meaning of your life.
___ If you have a religion, ask, ponder, read, study, and practice it.
___ Make time for prayer or meditation.
___ Spend time appreciating the natural world around you.

Intellectual (Mental)

___ Take your school work seriously and spend time doing homework.
___ Seek academic help if you need it.
___ Become a life-long learner. Engage in the exploration and understanding of new ideas.
___ Keep on top of current affairs. Get involved in cultural and intellectual activities.

Adapted from:
<http://www.nhl.health.com/Dimensions-Of-Health.html>
<http://www.edu.computo.life/health-essentials/health-education-program/dimensions-wellness>
Photo by: <https://www.slideshare.net/teshrubdy/the-five-dimensions-of-health>

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HELEN REDDY LYRICS² "Best Friend"

Would you take better care of yourself
Would you be kinder to yourself
Would you be more forgiving of your human imperfections
If you realized your best friend was yourself

Who is always with you everywhere
Who is on your side when others are unfair
And tell me, who will never let you down in any situation
Who will always see you get your share

And that's why I am a best friend to myself
And I take me out whenever I feel low
And I make my life as happy as a best friend would
I'm as nice to me as anyone I know

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— Shannon L. Alder
Photo by: <https://pixabay.com>



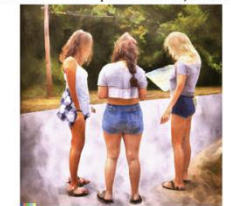
Social

- ___ Get involved. There are a variety of clubs/groups/teams on campus; find something that interests you.
- ___ Know who your best friends are.
- ___ Be kind to everyone, even if they are different from you! Value everyone!
- ___ Recognize when you are in an unhealthy relationship.
- ___ Balance your social life with your academic responsibility.
- ___ Live in harmony with the environment and others.
- ___ Consider the common welfare of the community over your own needs.



Spiritual

- ___ Be a thinker! Reflect often on your feelings, thoughts, interactions with others. Express it all in a journal!
- ___ Find a quiet place and spend time every day.
- ___ Apply your values to your actions and decisions.
- ___ Accept the views of others.
- ___ Contemplate the meaning of your life.
- ___ If you have a religion, ask, ponder, read, study, and practice it.
- ___ Make time for prayer or meditation.
- ___ Spend time appreciating the natural world around you.



Intellectual (Mental)

- ___ Take your school work seriously and spend time doing homework.
- ___ Seek academic help if you need it.
- ___ Become a life-long learner. Engage in the exploration and understanding of new ideas.
- ___ Keep on top of current affairs. Get involved in cultural and intellectual activities.

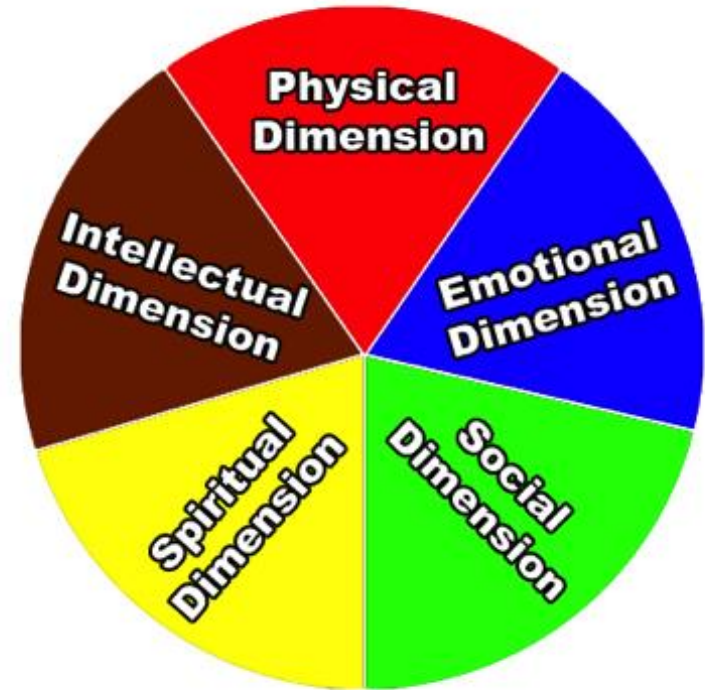


Adapted From:
-<http://www.md-health.com/Dimensions-Of-Health.html>
-<http://www.edu/campus-life/health-counseling/health-education-program/dimensions-wellness>
Photo by: <https://www.slideshare.net/lexcbruhhh/the-five-dimensions-of-health>

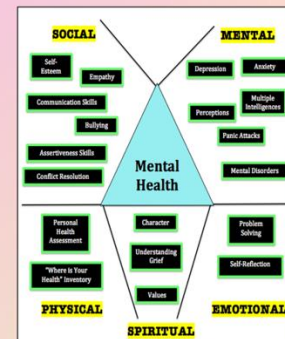
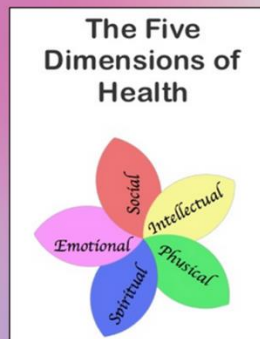
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5 Dimensions of Health:

“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.”¹



The 5 Dimensions of Health and Wellness:



Examples of Daily Lessons:

Day 1 & 2 introduce the unit with a **fun** Mental Health Street Signs” art project!

Name: _____ Per: _____ Date: _____

The Five Dimensions of Health Tips and Traits

Put an “x” in front of any tip or trait that you feel **you** need to work on in your own life. Then circle the top 3 you feel you need and want to work on. **Last, you will choose one of your 3 circled tips or traits and choose a street sign to use to design your own street sign that states the message of your tip/trait in a creative way.**

Physical

___ Exercise! Even walking 30 minutes a day three times a week will greatly improve your health.

___ Eat Healthy. Avoid fried foods, soft drinks, processed meats, and sweets. Try to include 5 servings of fruits and vegetables in your diet everyday.

___ Monitor warning signs so you understand when your body is not getting the nutrition it needs or establishing an unhealthy state. Get an annual physical exam.

___ Know the ideal health numbers for conditions such as calories per day, fat grams per day, sugar per day, weight, cholesterol, blood pressure, or blood sugar

___ Keep on top of your physical health-improve deter

___ Don't skip meals. Especially breakfast, it slows down

___ Avoid tobacco,, alcohol and drug use. Don't play al

___ Get at least 6-8 hours of sleep every night.

Emotional

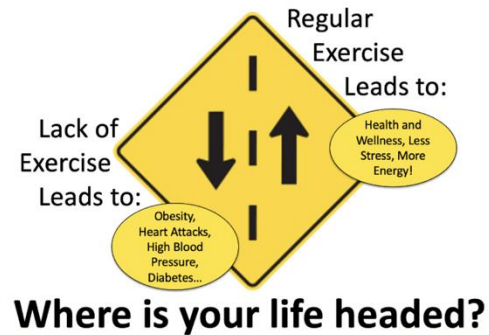
___ Try to maintain a positive attitude even when prob

___ Discover your personal stress reliever. Manage you

___ Find someone that you trust who you can openly sh

___ Don't hesitate or feel self-conscious to seek profess adult, parent, counselor or pastor.

Example:



Mental Health Street Signs:



60 street signs included!

Social Emotional Learning Doodle Art:

To Relieve Stress, fill out these "5 Dimensions Health" doodles



1

When working with this Google Slides Document, here are some directions:

You will see a red "x" anywhere you need to fill in an answer. Simply with your cursor select the "x" and start typing. If you ever need to add any additional answers you can copy and paste any red "x" and write what you need to write!

If the worksheet is asking a "yes" or "no" type question a circle will be provided for you to move on top of your answer.

You might also see a worksheet section that asks you to copy the "x" and move it to the answer line and write in your answer. For example this sheet is asking you to help the food group you ate first, so you need to copy the "x" and move it to the left.

You may need to go to "View" and "Zoom" and make the slide bigger to more easily fill in your answers!

You will need to ask your teacher how they want you to turn in this sheet if it is in paper, documents, and if they want you to take the final Unit Test.

2

Time Out:
List 4 things YOU like to do for time out.

Emotional Health

3

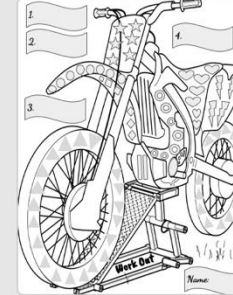


4

Work Out:
List 4 things YOU like to do for exercise or activities.

Physical Health

5



6

Reach Out:
List 4 people or 4 group activities that help you reach out to others.

Social Health

7



8



9

Self Out
Write a letter to yourself about goals you have for the future.

Spiritual Health

10

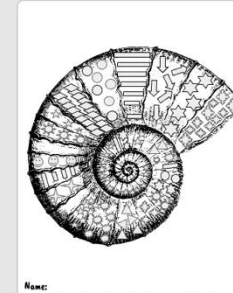


11

Come Out of Your Shell

Spiritual Health

12

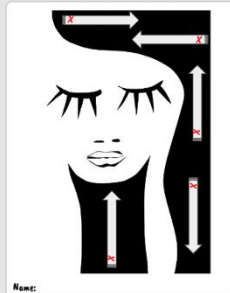


13

Don't Tap Out
List 5 ways you can get help if you are depressed or needing help in any way.

Emotional Health

14

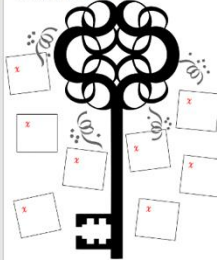


NAME:

Throw Out the Words "I Can't"

Spiritual Health

List 8 things you "CAN" do well!



NAME:

Figure Out Your Yin and Yang

Generally speaking, yin (black) is characterized as the inward energy that is feminine, still, dark, and negative.

On the other hand, yang (white) is characterized as outward energy, masculine, hot, bright, and positive.

1) List your weaknesses that can be negative on the black side

2) List ways to overcome and change those negative behaviors to positive ones on the white side

Intellectual Health



NAME:

Set Out to find Peace

List all the different ways you like to relax and be restful!

Spiritual Health



NAME:

Social Health:



Pair | Share:

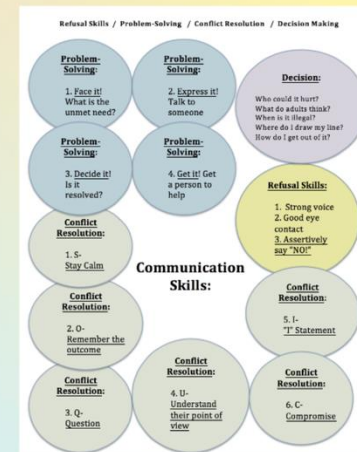
1. Think of a problem you recently had.
2. Discuss with your table partner what you usually do to try to solve a problem?
3. Ask each other if you do any of these when fearing the pain of a problem. Do you:

- Pretend it doesn't exist.
- Attempt to avoid it?
- Procrastinate (I won't face it yet...).
- Try to forget about it.
- Take drugs to escape from it.
- Blame someone else / gossip / backstab.
- get someone else to deal with it instead of you!



A problem is the difference between what is and what should be. **If it involves an issue, solve it.**

A conflict, on the other hand, is when people don't agree. **If it involves people, try to resolve it and keep the relationship.**



[illegible]

Period: _____ Date: _____

1. List one thing you like about your family.

2. What was one of your favorite toys a

3. If you could only choose to take two be?

- 2.

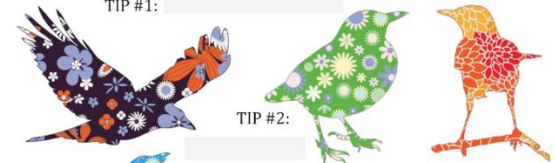
4. Name something that annoys you.

5. What is one thing that was hard for y

6. Name one thing you are good at.

Period: _____ Date: _____

TIP #1:



TIP #2:



TIP #3:

Spiritual HEALTH:

Values Survey: (no name)

What character qualities do you value?

Circle those qualities you feel are very important.

Underline the ones you feel are somewhat important.

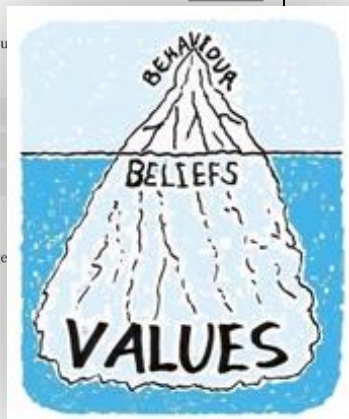


☐ joyful	☐ kind	☐ honest	☐ hard-working
☐ polite	☐ mature	☐ patriotic	☐ committed
☐ peaceful	☐ responsible	☐ helpful	☐ unique
☐ trustworthy	☐ sensitive	☐ patient	☐ sense of humor
☐ respectful	☐ loving	☐ giving	☐ forgiving
☐ confident	☐ spiritual	☐ self-controlled	

From your circled words, choose your top 3. These are the 3 most important traits to demonstrate in your life:

1.
2.
3.

Next - Take the anonymous survey on the backside of this page



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“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”



— [Mahatma Gandhi](#)



What's Your Biggest Regret? (Nobody Wants To Admit The Worst One Of All)

Physical HEALTH:

[illegible]

Name: _____
Date: _____

The following lists are compiled from a number of sources cited at the end of this resource.

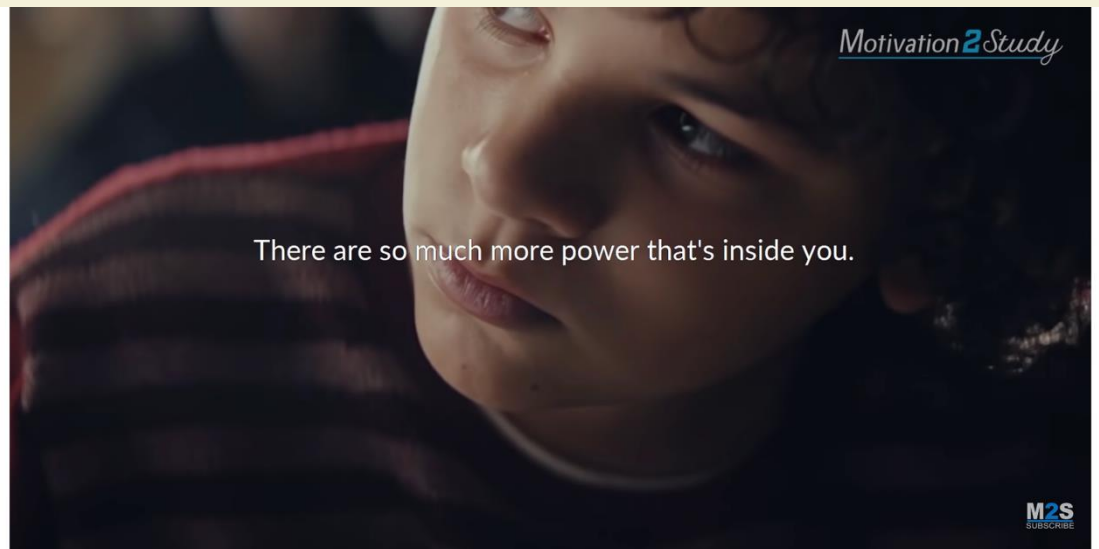
1.

Eat Less

Take the 60-Question Survey: Put an "x" by **ANYTHING** you feel is a problem for you:

Mark "x" if a problem for you	Eat Less:	Explanation:
1.	Sugar	Get More Directions: Put an "x" by ANYTHING you
2.	White flour	
3.	Other white stuff	
4.	Saturated fats	
5.	Cured pork	
6.	Red meats	

Mark "x" if want to add or get more of this:	Get More:	Explanation:
1.	Activity	When you engage in physical activity, you burn calories, increase high density lipoprotein (HDL), or "good," cholesterol and decrease low density lipoprotein (LDL), or "bad," cholesterol. In fact, regular physical activity can help you prevent or manage many chronic diseases, including heart disease, type 2 diabetes, depression, certain types of cancer, and osteoporosis. Physical activity also stimulates various brain chemicals that may help improve your muscle strength and boost your endurance. Find a physical activity you enjoy, and just do it. If you don't know what to do, ask your doctor. You can also find many resources online to help you set goals and have fun meeting those goals!



Every young person NEEDS to hear this! (2020)

Mental HEALTH:

2. Your best friend all of a sudden won't talk to you. He/she has been hanging out with other people at school and it seems like they're talking about you behind your back.

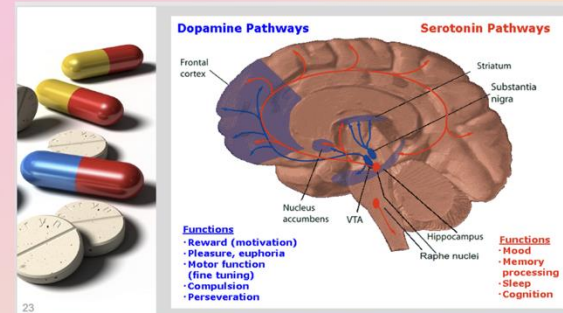
-Discuss some wrong/unhealthy responses to this?

FACE IT: Discuss what the unmet need is.

EXPRESS IT: Think of at least 2 ways you could express your hurt and confusion.

DECIDE IT: Assume your need has **not** been met.

GET IT: Think of 3 people you could go to (At least 1 must be a professional - teacher, school counselor, nurse, teacher, doctor, counselor, psychiatrist, psychologist, probation office, pastor...)



Psychological disorders are physical illnesses...^{*4}

- Brain injury
- Infection
- Neurotransmitters
- Genetics

} Think BING !

For all the slides in this presentation go to:
<http://www.slideshare.net/jamespsychology/psychological-treatments-for-mental-illness>

Mental HEALTH:

Degenerative Disease

Alzheimer's disease is perhaps the most common form of dementia, although several others exist. Alzheimer's disease is a progressive disease of the brain. In the early stages, people experience some memory loss which progresses to marked memory loss, then to a decrease in thinking ability such as decision making. Later the disease leads to the loss in the ability to perform activities of daily living or recognize loved ones. The changes in the brain that often mirror the decline in thinking are the development of plaques and tangles in the brain. These changes may begin in areas of the brain associated with memory, but later spread more widely throughout the brain. The plaques and tangles can lead to a gradual loss of connections between brain cells and eventually cell death.¹⁵

Symptoms of Anorexia include

1. Resistance to maintaining healthy body weight.

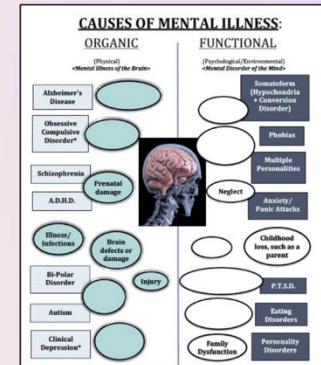
An **OBSESSION WITH BEING THIN** and **self-discipline to not eat!**

2. An intense **fear** of gaining weight or becoming fat, even though underweight.
3. Distorted **PERCEPTION** of their body shape and size.

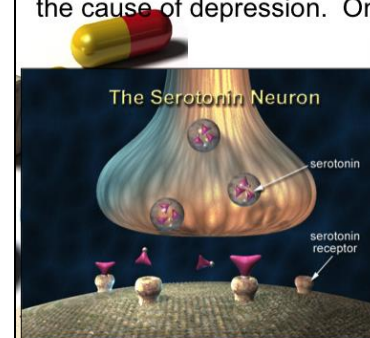
If you have 5 or more (for longer than 2 wks.) = Clinical Depression³:

- depressed or **sad mood** most of the day
- diminished interest or pleasure in daily activities
- substantial increase or decrease in **appetite**
- insomnia or excessive **sleeping**
- restlessness or slowness of movement
- **fatigue** or loss of energy
- feelings of worthlessness or excessive or inappropriate guilt
- difficulty concentrating, thinking or making decisions
- recurrent thoughts of death or **suicide**

Mental illnesses are often physical as well as emotional and psychological.



Most researchers believe serotonin is involved in the cause of depression. One theory is:

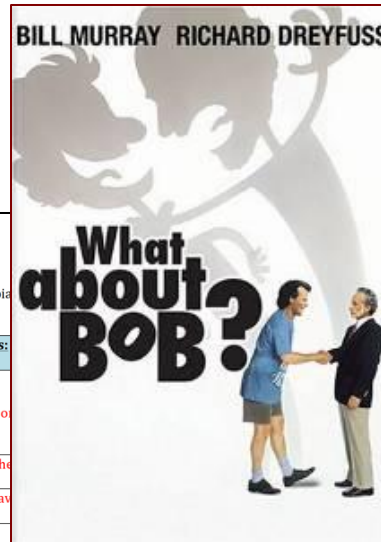


"Of the 40 million brain cells, most are affected by Serotonin. This especially includes: mood, sexual desire, appetite, sleep, memory and learning, temperature regulation, and some social behavior."¹²

There is a Chemical imbalance with **serotonin**:

- Not enough serotonin is produced
- Not enough receptor sites to receive serotonin
- Serotonin is being taken back up too quickly before it can reach receptor sites and more...

Mental HEALTH:



Name: _____ **KEY**
"What About Bob" Video Review

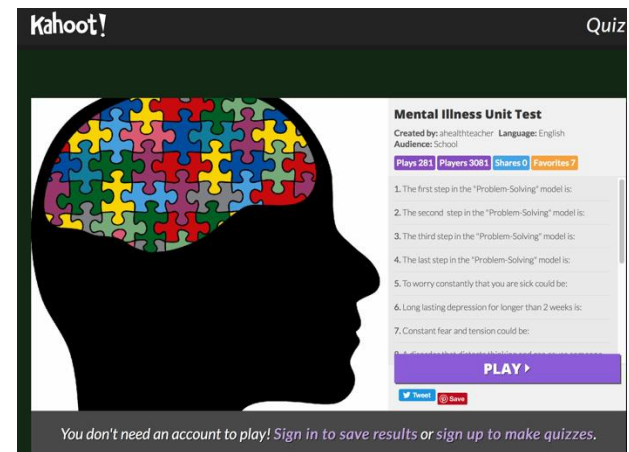
Per: _____

1. Bob has a multi-phobic personality (several phobias). Name 3 of his phobia behavior he displays for each:

Phobias:	Behaviors:
1. Bob has all the fears below so any work! EXAMPLE: Microphobia – fear of germs	He won't touch any door knobs or telephone, or car door handles
2. Claustrophobia – fear of closed spaces	He won't get in the elevator at the
3. Monophobia – fear of being alone	He gets this when Dr. Marvin leaves

Choose from these phobias:

Agoraphobia – fear of being in open spaces
Microphobia – fear of germs
Hydrophobia – fear of water
Anglophobia – fear of pain
Claustrophobia – fear of closed spaces
Astraphobia – fear of lightening and thunder
Monophobia – fear of being alone
Thanatophobia – fear of death and dying

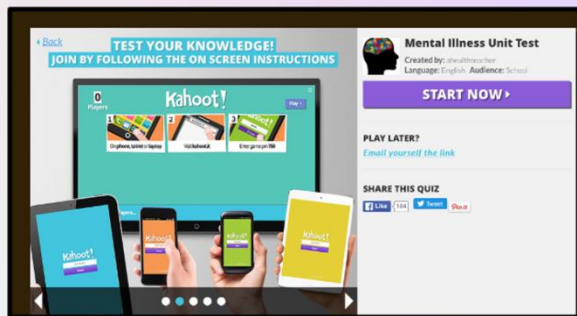


Name: _____ Per: _____ Date: _____
Mental Disorders/Illnesses/Disabilities Research Project

Choose one of the following mental disorder/illnesses/disabilities. Using the Internet, answer the following questions about the illness you picked. YOU MUST CITE YOUR SOURCES.

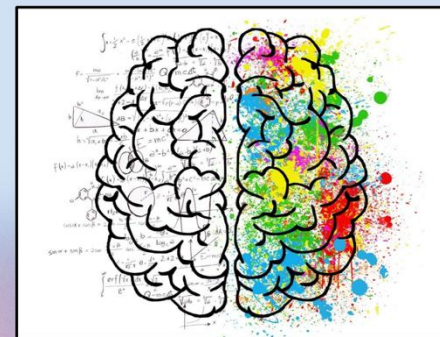
Alzheimer's Disease	Somatoform (Hypochondria or Conversion Disorder)
Obsessive Compulsive Disorder	Any type of Phobias
Schizophrenia	Multiple Personalities
A.D.H.D.	Anxiety/Panic Attacks
Bi-Polar Disorder	P.T.S.D.
Autism Spectrum Disorder	Eating Disorders
Clinical Depression	Any Personality Disorders

1. Name the mental disorder/illness/disability you will research:
2. List the symptoms of this disorder/illness/disability (signs you would see in their behaviors and their life)



<https://play.kahoot.it/#/k/e5605b89-dd1d-4807-ac2b-10b961d4c227>

Optional: Mental Illness Research Project



This Program is all about the Students:

- ◆ Classroom “**kid-tested**,” teacher-approved, and full of real student examples and responses.
- ◆ Promotes **high student engagement and interaction**.
- ◆ **Challenges and impacts the mental, emotional, social life of teens.**

Buy it Today, Teach it Tomorrow!



What makes this program unique?

- ◆ This program features highly organized step-by-step teacher directions that follow daily PowerPoints, providing talking points for each slide.
- ◆ **Documents and PowerPoints are editable** to cater to you and your students needs. Documents are included in both **Word and PDF** formats.
- ◆ PowerPoints are full of trending topics, photos, and video links that teens will appreciate.

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Works Cited:

Yosemite Photo by the author:

WA Standards From: <http://www.k12.wa.us/healthfitness/Standards.aspx>

NYC Standards From:

<http://www.p12.nysed.gov/ssss/schoolhealth/schoolhealtheducation/healthPE>

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