

# Mental and Emotional Health

## 7<sup>TH</sup> GRADE

# STRESS-PROVOKING SCENARIOS

Review Step

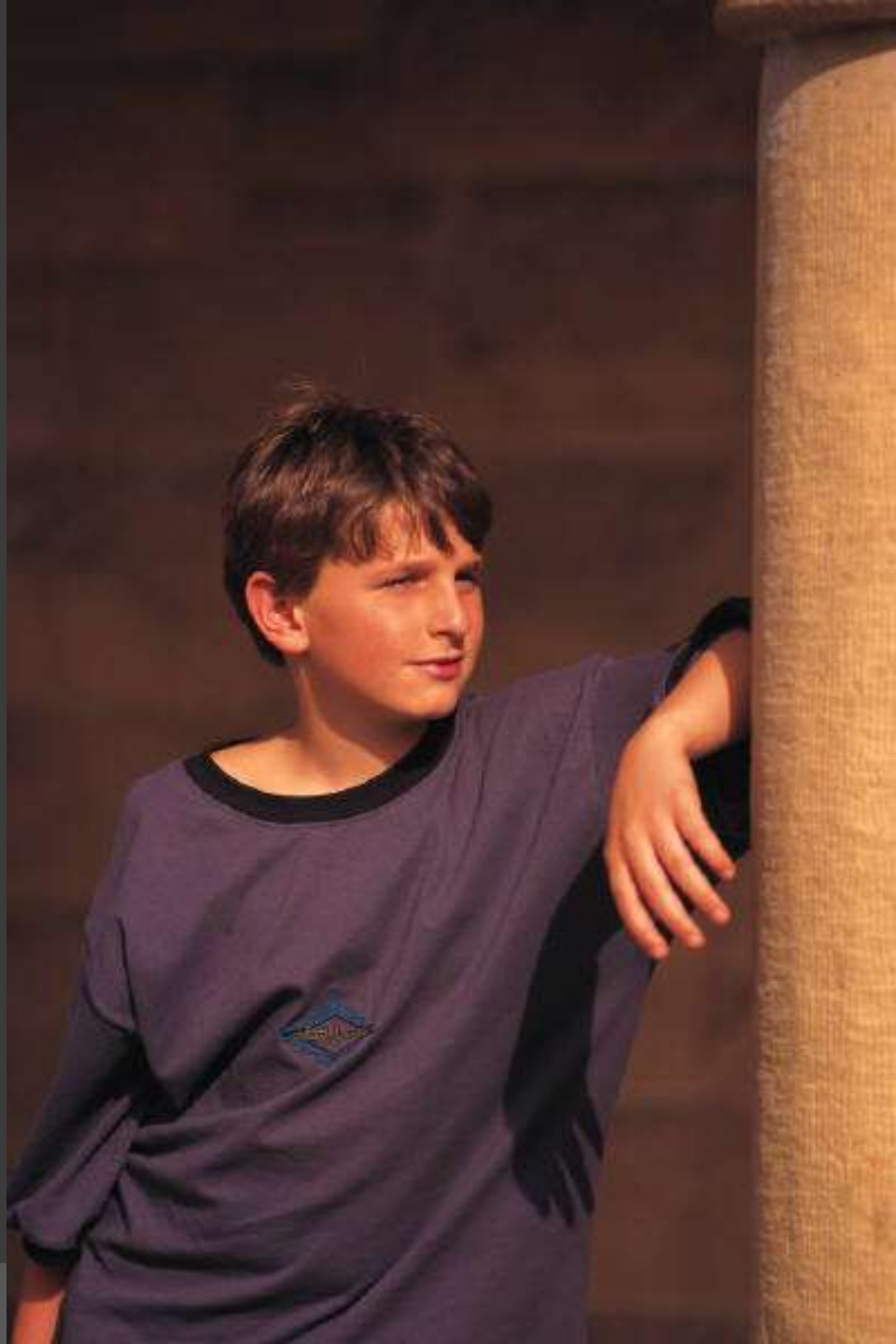
7.MEH.1.1 Evaluate stress management strategies based on personal experience.

# Scenarios

- You do not need to copy the scenarios.
- You will read them out loud and discuss them as a class.

# Instructions

- ① Have a student read the following scenarios aloud.
- ② Discuss as a class if the teens' response is appropriate for the situation or inappropriate.
- ③ If it is not useful, why not?



# Scenario 1

Tom worked very hard on a project for school. Danny waited until the last minute to do his project and then asked to copy from Tom. Danny implied that if Tom did not let him copy, Danny would no longer be his friend. Tom decides to allow Danny to copy his work.

## Scenario 2

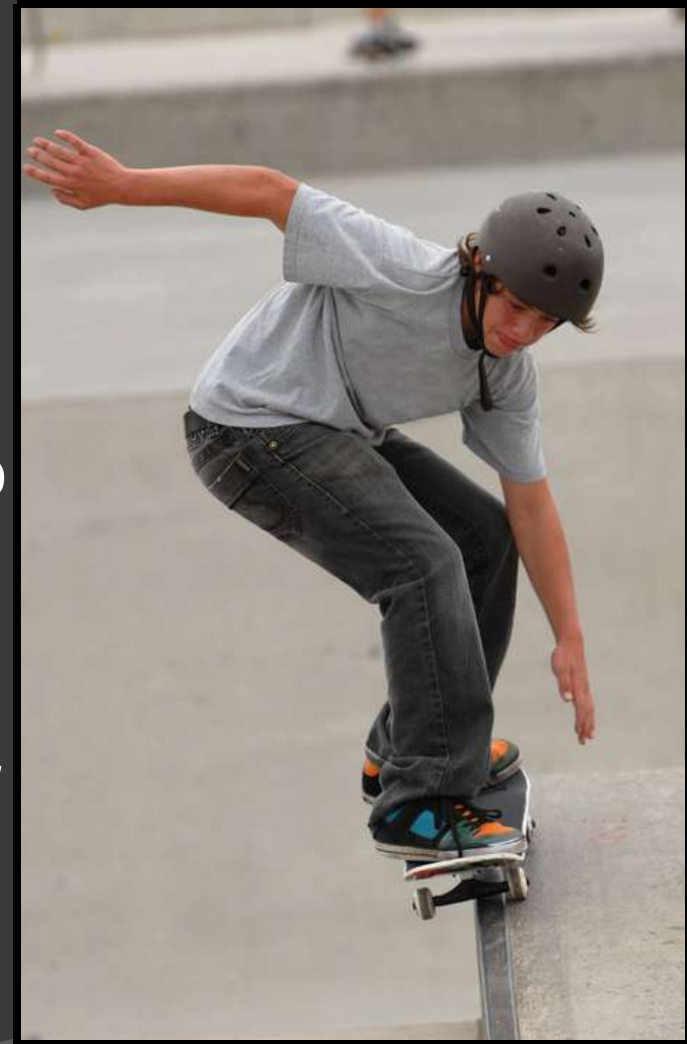
Farah's teacher gave the class unclear directions about a project. Farah worked harder than most of her classmates on her project, only to find that she had done the project all wrong.

Farah approaches her teacher and explains her confusion and asks for an opportunity to redo the assignment.



# Scenario 3

Mike has grown up in the southern part of the United States. Recently, he moved to the northern part of the country. Some students make fun of the way Mike talks. Mike decides to tell students that they sound different to him, as well, but he bets they have more in common than they might think. He asks if anyone wants to go to the skate park after school.



# Scenario 4

Molly's parents are getting divorced and she feels overwhelmed and unable to think. She knows that her mom has some medicine in the bathroom that she sometimes takes for her “nerves”. Molly decides to take one to help her anxiety.



# Scenario 5

Sally invites Ann to go shopping. When they get to the store, Sally finds she has enough money to buy clothes, but not enough to buy a pair of earrings she wants. She asks Ann to slip the earrings in her pocket while she pays for the clothes. Ann thinks stealing is wrong, but she really wants to be friends with Sally. Ann drops the earrings in her backpack and walks out of the store.

# Scenario 6

Owen feels overwhelmed with all of the stuff he needs to do everyday. He loves to play his guitar, he likes school (especially his Visual Arts class) and wants to do well. He also enjoys playing sports and walking dogs at the local animal shelter. Owen decides to create a “Things To Do Today/Week List” to help prioritize all of his activities.



## Scenario 7



Kim is preparing to give a speech tomorrow. She is nervous and fidgety and is afraid she won't be able to sleep. She decides to ask her mom if she can practice on her when she is finished writing her speech, then do the progressive muscular exercises she was taught in school.

# Scenario 8

Allen believes a friend of his is depressed, maybe even thinking about suicide. Allen decides to tell his friend that he is worried about her and persuades her to speak with their teacher.



# Copy ALL the following notes

- ◎ **Mental health** - The way people think about and respond to events in their daily lives.
- ◎ **Emotion** – a feeling produced in response to a life event.
- ◎ **Emotional health** – the way a person experiences and deals with feelings

# Continued...

- ⦿ **Hormones** – chemicals that helps control how the body grows and functions.

# Physical Responses to Fear

- ⦿ Increased heart rate, blood pressure, and breathing rate
- ⦿ Hair stands on end
- ⦿ Lightheadedness
- ⦿ Trembling, shaking, and chills or hot flashes
- ⦿ Sweating

# Emotions

- ① ALL emotions – even unpleasant ones – can be a healthy part of life.
- ① Expressing emotions in healthy ways allows you to communicate them to other people.
- ① Emotions can be expressed without words.



# Emotions continued

- ① **Body Language** – is expressing emotions with the face, hands, and posture.
- ② **Active Listening** – is not only hearing but also showing that you understand what a person is saying.
- ③ **Verbal Communication** – expressing and understanding thoughts and emotions by talking.

- ◎ **Creative expression** – using an art to express emotion.
- ◎ Example: dance, writing, playing music

# 6 steps to making a good decision

- ① 1. Identify the problem
- ② 2. Consider the values
- ③ 3. List the options
- ④ 4. Weigh the consequences
- ⑤ 5. Decide and act
- ⑥ 6. Evaluate your choice

# Worksheet

- ⦿ Complete the worksheet.
- ⦿ You may use your book and notes to complete the worksheet.
- ⦿ Do not work with other students.
- ⦿ This is a grade.

# MENTAL AND EMOTIONAL HEALTH

Watch Prezi

# MENTAL DISORDERS & RESOURCES FOR HELP

7.MEH.3.1

Jacob is part of the local all-star baseball team. He just finished a long practice and decided to go to the batting cages for a few more rounds of batting practice. Just as he started really hitting the ball well, he felt something snap in his right shoulder. His right arm and his hand went numb and when he tried to lift his arm he felt excruciating pain. It was impossible to continue practicing, it was hard to drive home, he could not eat or sleep because he was in so much pain.

# Jacob



# What are the signs and symptoms that Jacob has a problem?

- ⦿ He felt something snap in his right shoulder
- ⦿ His right arm and his hand went numb
- ⦿ When he tried to lift his arm he felt excruciating pain.
- ⦿ It was impossible to continue practicing, it was hard to drive home, he could not eat or sleep because he was in so much pain.



# What Should Jacob Do?

- ① Will Jacob most likely be able to find medical treatment for his shoulder and arm pain?
- ② Do you think Jacob will feel ashamed to seek medical help for his shoulder and arm pain? Why or Why not?
- ③ Do you think Jacob is less of a man or less of a person if he seeks help for his shoulder or arm pain?

# Marcus

Marcus has noticed that his moods have been changing somewhat erratically lately. For a few days he feels like he is on top of the world and nothing can stop him. He is able to do twice the work he can normally do, run longer distances without effort, and has found that he needs very little sleep at night. He has also noticed days when he sleeps for 10 hours and still finds it hard to get out of bed in the morning. When he feels tired, he also feels sad, and hopeless for many days. He has missed several occasions to hang out with his friends, he does not want to go on dates anymore, and he has missed several days of school. He used to be an avid runner but now he just cannot find the energy to finish a short run.



# What are the signs and symptoms that Marcus has a problem?

- ⦿ For a few days he feels like he is on top of the world and nothing can stop him. He is able to do twice the work he can normally do, run longer distances without effort, and has found that he needs very little sleep at night.
- ⦿ He has days when he sleeps for 10 hours and still finds it hard to get out of bed in the morning.
- ⦿ When he feels tired, he also feels sad, and hopeless for many days.
- ⦿ He has missed several occasions to hang out with his friends, he does not want to go on dates anymore, and he has missed several days of school.
- ⦿ He used to be an avid runner but now he just cannot find the energy to finish a short run.

# What Should Marcus Do?

- ① Will Marcus most likely be able to find medical treatment for mental disorders?
- ② Do you think Marcus will feel ashamed to seek medical help for his mental disorder? Why or Why not?
- ③ Do you think Marcus is less of a man or less of a person if he seeks help for his mental health problems?
- ④ Is there a stigma associated with seeking help for one's mental health? If so, why?

# Mental Health



- ⦿ Mental Health is how we think, feel, and act as we cope with life. It also determines how we handle stress, relate to others, and make choices.

# Mental Disorders

- ⦿ An estimated 1 in 4 adults over the age of 18 suffers from a diagnosable mental disorder.
- ⦿ Mental disorders are the leading cause of disability in the United States.
- ⦿ Many people suffer from more than one mental disorder at a given time.

Source – National Institute of Mental Health

# Causes Associated With Mental Disorders

- ⦿ There are many causes of mental disorders.
- ⦿ Family history and genetics may play a role in the development of mental disorders.
- ⦿ Life experiences (stress, abuse, trauma) may be related to the development of mental disorders.
- ⦿ A brain injury or illness can lead to mental disorder development.

# Treatment for Mental Disorders

- ⦿ Treatment depends on the particular mental disorder, the level of severity, and an individual's life situation
- ⦿ Many patients see improvements when working with a team of health care providers and support systems that can include:
  - Family doctor
  - Psychiatrist (medical doctor who diagnoses and treats mental disorders)
  - Psychotherapist (psychologist or licensed counselor)
  - Pharmacists
  - Social workers
  - Family members



# Crisis Services

- ⦿ Can include a 24-hour hotline for anyone experiencing a mental health crisis.
- ⦿ Provide crisis counseling, suicide prevention, support, information and referrals.
- ⦿ Provide access links to local support systems and health services if needed.
- ⦿ Outreach visits from professional counselors or social workers for face-to-face assessment and evaluation.

# Screening and Referral



Primary care centers, hospitals, emergency rooms, trauma centers, and other community settings may provide screenings and referrals to appropriate treatment centers for those who might be experiencing signs or symptoms of a mental disorder.

# Medication

- ⦿ Psychiatric medications do not “cure” a patient from a mental disorder but they can improve the symptoms.
- ⦿ Psychiatric medications can help make other treatments more effective.



# Examples of Medication



- Antidepressants – can improve symptoms such as sadness, hopelessness, lack of energy, difficulty concentrating and lack of interest in activities. They are grouped by how they affect brain chemistry.
- Mood-stabilizing medications – most commonly used to treat bipolar disorder. Some mood-stabilizing medications are added to antidepressants to treat depression.

# Examples of Medication



- Anti-anxiety medications – treat anxiety disorders and may be useful to reduce agitation and insomnia. They are fast acting but may cause dependency.
- Antipsychotic medications – used to treat psychotic disorders such as schizophrenia. They may also be used to treat bipolar disorder and depression.

# Psychotherapy



- ⦿ General term used to refer to the process of treating mental disorders by talking about the condition and related issues.
- ⦿ During psychotherapy, patients learn about the condition, their moods, thoughts, feelings, and behaviors and strategies for coping with stress and other contributing factors.

# Psychotherapy



- ⦿ Therapy can be completed within a few months, yet some cases require more long-term treatment.
- ⦿ Therapy can take place one-on-one or in a group setting.

# Inpatient Treatment Services

- ⦿ Severe cases of mental disorders may require psychiatric hospitalization.
- ⦿ Can be a 24-hour inpatient care, partial day hospitalization, or residential treatment offering temporary living arrangements.
- ⦿ Can include substance abuse treatment (counseling, medications, support groups)



# Mental Disorder Treatment Options

There are numerous treatment options for mental disorders. Only trained professionals are capable of diagnosing mental disorders and prescribing the appropriate regimen of treatment.

The key to getting help is to recognize signs and symptoms of mental disorders and contact available resources for help without hesitation.

Once a treatment is prescribed, it is critical to follow through with the necessary steps provided in the treatment plan.

Day 3

# 5 Clues to Help a Friend

1. Connect – notice his or her pain and reach out
2. Listen – take time to pay attention
3. Understand – show that you care
4. Express Concern – say you want to be helpful
5. Seek Help – enlist an adult



## Remember CLUES – Five Action Steps to Help a Troubled Person

**C**

***Connect.*** Make contact. Reach out, talk to him or her. Notice the pain.

**L**

***Listen.*** Take the time and really pay attention. You don't have to have all the answers. Just listen.

**U**

***Understand.*** Nod, pay attention, let him or her know you appreciate what he or she is going through.

**E**

***Express Concern.*** Say that you care, you are worried, and you want to be helpful.

**S**

***Seek Help.*** Say you want to go with him or her to talk to a third person, preferably an adult with experience and the ability to help. Don't agree to be secretive. Enlarge the circle of support.