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| **NAME:** | **EMAIL:** |
| **LESSON 1: THE IMPORTANCE OF MENTAL AND EMOTIONAL HEALTH** |
| **:::Screen Shot 2018-07-04 at 9.03.51 PM.png** | **Notes:**Physical Health – Occupational Health – Social Health – Spiritual Health – Mental (Intellectual) Health – Emotional Health –  |
| **Pie Chart****Activity:** | **Most Influential and Why?** |
| **Least Influential and Why?** |
| **1. Mental (Intellectual) Health:** **2. Emotional Health:** |
| **Positive MEH Behaviors**\_\_\_\_ Express Feelings\_\_\_\_ MEH Activities\_\_\_\_ Interpersonal Conflicts\_\_\_\_ Manage Stress\_\_\_\_ Self- & Impulse-Control\_\_\_\_ Help For Oneself/Others\_\_\_\_ Accept Differences\_\_\_\_ Healthy Relationships | **Explain Your #1:****Explain Your #8:** |
| **MEH Interview:**1. How do you expresses feelings?2. What activities do you do to maintain MEH? 3. How do you prevent/manage interpersonal conflicts? 4. How do you manage stress and anxiety?5. How do you control your emotions (e.g. anger, sadness):6. How do you get help for MEH-related issues?7. How do you show acceptance of others?8. How do you establish/maintain healthy relationships? |
| Interviewee’s Signature: |
| **Participation****Grade: \_\_\_\_ / 29** | **Teacher Comments:** |
| **LESSON 2: IMPROVING MENTAL AND EMOTIONAL HEALTH** |
| **I want to change and take more responsibility for how I…****I want to do this because…** |
| **Concepts:**1.2. | **Skills:**1.2. | **Resources:**1.2. |
| **Unhealthy Option:** | **Healthier Option #1:** | **Healthier Option #2:** |
| **⇓** | **⇓** | **⇓** |
| **If you continue to do this…**Short-Term Effects:1.2.Long-Term Effects:1.2. | **If you continue to do this…**Short-Term Effects:1.2.Long-Term Effects:1.2. | **If you continue to do this…**Short-Term Effects:1.2.Long-Term Effects:1.2. |
| **SMART Goal: Over the next five days,** |
| **Measurable steps to the goal:** | **Starting and completion dates:** | **What do I need?** | **Did I achieve it? If not, what is my solution?** |
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| **Step 1 Reflection:** Did you make the healthier decision? How difficult was it and why? |
| Signature Of The Witness: |
| **Project****Grade: \_\_\_\_ / 42** | **Teacher Comments:** |
| **LESSON 3: INTERPERSONAL CONFLICTS**  |
|  **RMC Defusing Conflict Model****Screen Shot 2018-09-16 at 11.52.43 PM.png** |
| **RMC Negotiation Model****Screen Shot 2018-09-16 at 11.53.39 PM.png** |
| **Six Tips for Resolving Conflict from Helpguide.org**1. Listening – 2. Making the Resolution the Priority –3. Focusing on the Present –4. Picking your Battles –5. Forgiving – 6. Letting Go – |
| **Best Strategy –** **Questionable Strategy –**  |
| **Role Play Checklist:** 1) Decided on a realistic situation. \_\_\_\_2) Decided on a person you are having a conflict with (i.e. family member, peer, or boyfriend/girlfriend).  **\_\_\_\_**3) Followed the Defusing Conflict/Negotiation Skills Models. \_\_\_\_4) Used the at least two of the six tips2 in your role play. \_\_\_\_ |
| **Best Strategy –** **Questionable Strategy –**  |
| **Participation****Grade: \_\_\_\_ / 14** | **Teacher Comments:** |
| **LESSON 4: COPING WITH GRIEF AND STRESS** |
| **Barrier #1:** | **Barrier #2:** | **Barrier #3:** |
| **⇓** | **⇓** | **⇓** |
| **Possible Solution:** | **Possible Solution:** | **Possible Solution:** |
| **Notes Outline:** Cope with Loss/Grief from Helpguide.org**Grief** is a natural response to loss.List three personally relevant situations that could cause grief.1. 2. 3.**The Five Stages of Grief:** Denial, anger, bargaining, depression, acceptance **Emotional Symptoms of Grief:** Shock/disbelief, sadness, guilt, anger, and fear**Physical Symptoms of Grief:** Fatigue, nausea, lower immunity, weight change, aches/pains, insomnia **Six Ways to Take Care of Yourself as You Grieve:**1.2.3.4.5.6.**What should you do if grief doesn’t go away?****When should you seek professional help?** |
| **Managing Stress:**What Are Some Negative Effects of Stress? Three Strategies For Managing Stress That I Could Use:1.2.3.Valid/Reliable Website(s):What did you try and how well did it work?  |
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| **Homework****Grade: \_\_\_\_ / 26** | **Teacher Comments:** |
| **LESSON 5: ASKING FOR AND OFFERING ASSISTANCE** |
| **Final Goal Reflection:** |
| **Self-Injury:****Suicide:** |
| **Warning Signs From Mentalhealth.gov:**1.2.3.4. |
| **What To Look For From Mentalhealth.gov:**Anxiety Disorders:Behavioral Disorders:Eating Disorders:Mental Health and Substance Abuse Disorders:Mood Disorders:Obsessive-Compulsive Disorder:Personality Disorders:Psychotic Disorders:Suicidal Behavior:Trauma and Stress-Related Disorders: |
| **When Would You Seek Help For Yourself About A MEH Problem?** |
| **When Would You Seek Help For Someone Else About A MEH Problem?** |
| **Participation****Grade: \_\_\_\_ / 24** | **Teacher Comments:** |