

Directed Reading

Lesson: Kinds of Emotions

1. What is the definition of *mental health*?

TEEN EMOTIONS

2. A(n) _____ is a feeling produced in response to a life event.
3. What causes emotions?

4. What is a *hormone*?

FROM SADNESS TO HAPPINESS

5. How does *emotional health* help a person deal with everyday situations?

6. Emotions become unhealthy when they get in the way of _____.

7. A range of emotions organized by how pleasant they are is called a(n) _____.

LOVE AND HATE

- _____ 8. The emotions that range from love to hate
- a. help us to understand how much we value objects, events, or relationships.
 - b. let us know when we don't value things.
 - c. sometimes are based on prejudice.
 - d. All of the above

Directed Reading *continued*

WHAT'S USEFUL ABOUT ANGER?

9. Define *anger*, and explain how it can be helpful.

10. Explain how anger can be used in a healthy way.

PHYSICAL EFFECTS OF EMOTIONS

11. Identify three physical changes that happen when a person gets scared.

12. List three physical responses that stress can bring on.

Lesson: Expressing Emotions

COMMUNICATING EMOTIONS

13. _____ is expressing and understanding thoughts and emotions by talking.

14. _____ is not only hearing but also showing that you understand what a person is saying.

15. List two ways you can express your emotions through body language.

Directed Reading *continued*

EXPRESSION AS RELEASE

16. Creative expression is using an art to express an emotion. List seven types of arts that can show creative expression.

Lesson: Managing Your Emotions

DEALING WITH UNPLEASANT EMOTIONS

17. Describe one way that you can deal with unpleasant emotions.

18. Give one example of positive self-talk.

COPING WITH STRESS

19. Define *stress*.

20. Write an example of when a person might use *devaluation* in a situation.

FINDING YOUR TRIGGERS

- _____ **21.** A trigger is a person, situation, or event that influences
- a.** who your friends are.
 - b.** emotions.
 - c.** the way you treat your parents.
 - d.** your decisions.

Directed Reading *continued*

INFLUENCES YOU CAN CONTROL

- 22.** Filling your life with _____, _____, and healthy habits can improve social and physical health.
- 23.** What are two other ways you can improve the way you feel about yourself?

Lesson: Mental Illness

WHAT IS MENTAL ILLNESS?

- 24.** Define *mental illness*.

- 25.** Therapy can be a helpful way to treat mental illness. What is therapy?

DEPRESSION

- _____ **26.** Depression can be identified by the following sign:
- a.** talk of suicide.
 - b.** feeling tired or lacking energy.
 - c.** being unable to enjoy daily activities.
 - d.** All of the above

- 27.** If you think you or someone you know is depressed you should _____.

BIPOLAR MOOD DISORDER

- 28.** Describe bipolar mood disorder.

- 29.** _____ is an excited mood that is associated with a lot of energy or irritation.

Directed Reading *continued*

30. Give one example of a *hallucination* and one example of a *delusion*.

SCHIZOPHRENIA

_____ **31.** _____ affects thoughts and behaviors more than it affects mood.

- a.** Bipolar mood disorder
- b.** Depression
- c.** Schizophrenia
- d.** An anxiety disorder

ANXIETY DISORDERS

_____ **32.** An anxiety disorder causes

- a.** extreme nervousness, worry, or panic.
- b.** happiness, elation, or laughter.
- c.** anger, aggravation, or violence.
- d.** All of the above

33. Feelings of anxiety that happen in brief spurts without trigger or warning can be signs of _____ disorder.

34. A _____ is a strong, abnormal fear of something.

35. Give an example of a phobia.

36. A(n) _____ is when people feel anxiety about thoughts they have over and over again.

37. Sometimes people develop repeating behaviors in response to obsessions.

This disorder is called _____.

38. List two ways that anxiety disorders can be treated.

Directed Reading *continued*

Lesson: Getting Help

KNOWING WHEN TO GET HELP

39. What are some ways you can tell if you need help dealing with unpleasant feelings?

FRIENDS AND FAMILY

40. Name three community resources that could help you with your problems.

41. People in your community can offer help that is, _____ without prejudice, or when you need help with a personal problem.

PROFESSIONALS

42. A _____ is a professional who is trained to treat emotional problems by talking about them.

43. _____ are doctors who understand how the brain and body affect emotions and behavior.

FINDING HELP FOR OTHERS

44. When a person has a mental illness, he or she may be unaware of the problem. Give some examples of how you can help a friend in this situation.

Answer Key

Directed Reading

LESSON: KINDS OF EMOTIONS

1. Mental health is the way people think about and respond to events in their lives
2. emotion
3. Answers may vary. Sample answer: chemical changes in the brain that affect how the body feels
4. A hormone is a chemical that helps control how the body grows and functions.
5. Answers may vary. Sample answer: Emotional health is the way a person experiences and deals with feelings.
6. relationships and responsibilities
7. emotional spectrum
8. d
9. Sample answer: Anger is an emotion of strong disappointment and displeasure that forms when hopes are not met. It can be helpful if it is dealt with in healthy ways.
10. Answers may vary. Sample answer: Managing anger in a healthy way can help you find another way to fulfill desires that were not met.
11. Answers may vary. Sample answer: light headedness, sweating, trembling, or shaking
12. Answers may vary. Sample answer: increases in heart rate, blood pressure, and muscle tension

LESSON: EXPRESSING EMOTIONS

13. Verbal communication
14. Active listening
15. Answers may vary. Sample answer: smile, frown, slouched body
16. Answers may vary. Sample answer: dance, painting, sculpting, playing music, writing a poem, acting, keeping a journal

LESSON: MANAGING YOUR EMOTIONS

17. Answers may vary. Sample answer: positive self-talk

18. Answers may vary. Sample answer: "This situation won't last forever."
19. Answers may vary. Sample answer: Stress is the body's response to new or unpleasant situations.
20. Answers may vary. Sample answer: If I get bad grades, I complain about the teacher and say that the class is boring
21. b
22. Answers may vary. Sample answer: people, activities
23. Answers may vary. Sample answer: exercising and eating right

LESSON: MENTAL ILLNESS

24. Answers may vary. Sample answer: A mental illness is a disorder that affects a person's thoughts, emotions, and behaviors.
25. Answers may vary. Sample answer: Therapy is talking with people about thoughts and changing behaviors.
26. d
27. find help immediately
28. Answers may vary. Sample answer: Bipolar mood disorder is a disorder in which a person has depression sometimes and mania other times.
29. Mania
30. Answers may vary. Sample answer: One could hallucinate by hearing voices that do not really exist. One could have the delusion that he or she was close friends with a famous person.
31. c
32. a
33. panic
34. phobia
35. Answers may vary. Sample answers: fear of snakes, animals, situations, or flying
36. obsession
37. obsessive-compulsive disorder (OCD)
38. Answers may vary. Sample answer: They can be treated with medicines and therapy.