

Mr. Berment
US Health – Unit 2

Emotional and Mental Health



Mental/Emotional Health

- **What is Mental or Emotional Health?**
- **Mental or emotional health** refers to your overall **psychological** well-being. It includes the way you feel about yourself, the quality of your relationships, your ability to manage feelings and deal with difficulties, and how much meaning and joy you derive from life.
- **Is there a difference between the two?**

Mental/Emotional 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. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental/Emotional Health

- Over the course of your life, if you experience mental health problems, a few things can change:
 - Your thinking,
 - mood,
 - behavior could be affected.
- Many factors contribute to mental health problems, including:
- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems
- Mental health problems are common but [help is available](#). People with mental health problems can get better and many [recover](#) completely.

Mental/Emotional Health

- What is the main factor that can affect our emotional and mental health?
- STRESS!

Mental/Emotional Health STRESS!



- What is stress?
- Write in your own notes, **what stress is....**

STRESS

- **Stress** is your body's way of responding to any kind of demand or threat. It can be caused by both good and bad experiences.
- When people feel **stressed** by something going on around them, their bodies react by releasing chemicals into the blood.
- It can give you the added strength and energy you need to protect yourself, but it can also shut down your ability to think, feel and act and your body's ability to repair itself.

What Happens When You Are Stressed?

- When you feel threatened for any reason – realistic or not —your body's defenses kick into high gear in a rapid, automatic process known as the “fight or flight” response (in rarer, traumatic instances the body may even “freeze”).
- These responses are your body’s way of protecting you. When working properly, stress helps you stay focused, energetic, and alert. In emergency situations, these responses can save your life. For example, or spurring you to slam on the brakes to avoid an accident.
- Stress can also help you rise to meet challenges. Stress is what keeps you on your toes during a presentation at work, sharpens your concentration when you’re attempting the game-winning free throw, or drives you to study for an exam when you'd rather be watching TV.

- **When stress becomes a serious problem**
- Since your autonomic nervous system doesn't distinguish between daily stressors (something that stresses you) and life-threatening events, if you're stressed over an argument with a friend, a traffic jam, or a mountain of bills, your body can still react as if you're facing a life-or-death situation.
- When you repeatedly experience the fight or flight stress response in your daily life, it can raise blood pressure, suppress the immune system, increase the risk of heart attack and stroke, speed up the aging process and leave you vulnerable to a host of mental and emotional problems.

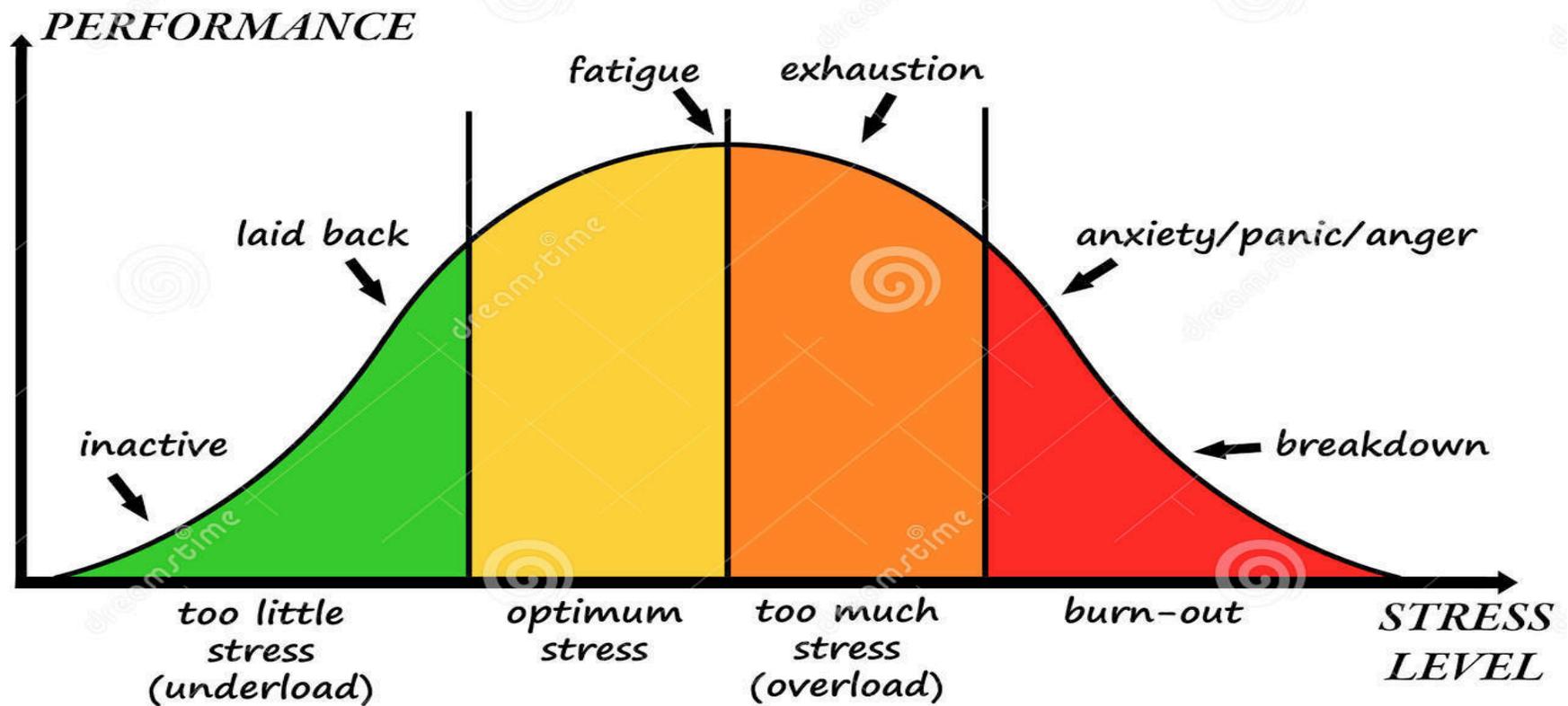
For me, my biggest stressor is...



What's your biggest stressor?
Write your top ten stressors!

STRESS

STRESS CURVE



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Mental/Emotional Health

- **Homework:** Write a paper on Mental/Emotional Health and answer the question below.
- What impact does stress have on your mental and emotional health?