

On Your Own

3.1 When you think about it, you control very little of what goes on in the world. Which conditions or circumstances in the following list can you say your mind has power over?

- | | |
|--------------------------------------|--|
| a. Your age | l. Your acceptance of others |
| b. Your attitude toward your age | m. Others' acceptance of you |
| c. Your emotional feelings | n. Your birth date |
| d. Your emotional expression | o. Where your parents choose to live |
| e. Gravity | p. What a dollar will buy |
| f. What people have to eat in India | q. How you spend your money |
| g. What you eat | r. The presence of temptation in your life |
| h. World peace | s. Whether or not your room is clean |
| i. Contentment with your situation | t. How fast time goes |
| j. Weather | u. How you spend your time |
| k. What you let your mind dwell upon | v. How much rain California gets |

3.2 You are probably very aware of habits of life that make you grumpy, sullen, or selfish. These emotions are some of the first signs of low brain reserve. What are some habits of life that might do this to you?

3.3 What habits of life strengthen your brain reserve?

Project 3.1: List of Self-Care Tips

As you get to each self-care tip in your textbook, copy it in your own words, making a list of all 21 of them. You might not understand why they are good advice until you complete a few more modules. But why wait? Starting today, try out a few of these tips to see if they help you deal with anxiety, worry, and stress.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____

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3.4 Some people advocate drinking a small glass of 100% fruit juice to enhance thinking ability and memory. This raises glucose levels in the blood. Why would you need to be careful not to drink too much juice on an empty stomach?

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3.5 Eating breakfast, rather than skipping it, has been proved to improve attention and learning. But what is wrong with a high-calorie, sugary breakfast?

3.6 Below are 3 scenarios in which decisions were made poorly. Which principle would have helped the person make a better decision? Match the principle (on the right) with the situation it would have helped (on the left).

_____ "I have failed the courses I took online several times because I didn't pay attention to when the work was due and I missed the deadlines." a. learning from the past

_____ "I spent the whole weekend watching reruns of old TV series and didn't get the lawn mowed." b. preparing for but not worrying about the future

_____ "I haven't been able to sleep because I keep wondering if I'll be able to find a job this summer." c. not wasting the present moment

Project 3.2: Decision-Making Practice

Every decision has consequences. When making a difficult decision, it is wise to list the pros and cons so you can clearly consider them. Let's practice making a good decision. What decision concerns you today? Perhaps you are trying to decide whether to take on an activity, a new responsibility, or a job. It doesn't have to be a big decision, but this project will show you how careful thought makes the decision easier.

Here is an example.

Example of a Decision-Making Chart

The blue words are added by the decision maker.

What needs to be decided: Whether I will go on the ski trip to Colorado (CO).			
Why I need to decide now: Aunt Ruth has invited me but she needs my answer soon to make arrangements.			
	OPTION 1	OPTION 2	OPTION 3
Choices open to me	Go.	Don't go.	Go, but don't ski.
What I have learned	CO is awesome for skiing. Aunt Ruth is fun and trustworthy and will pay for me once I'm there.	Expensive to get there. Dangerous for beginners like me.	CO is beautiful lots to do besides skiing.
People I could contact to discuss this	Mr. Smith, who has skied there lots of times.	Tom, who broke his leg skiing.	Megan, who goes and does photography.
Pros (reasons for this option)	Fun, adventure, learn something new. I have saved money to go.	Have lots to do at home, might not like skiing anyway, less expensive.	See Colorado, have no pressure to ski, enjoy time away.
Cons (reasons against this option)	Might get hurt.	Might never get this chance again.	Might be humiliated by not trying it.
Can I live with this?	Yes	No	No
Complicating emotions if I choose this option	Fear of skiing, pleasing Aunt Ruth	Regret not trying, anger with Tom for scaring me	Regret not trying, pleasing Megan
Best decision: Go.			
Thoughts: Fear is not a good excuse because the risk is not excessive. Pleasing people shouldn't play into this decision, but I might feel humiliation and regret if I don't at least try what Aunt Ruth has so generously offered me. I'll talk to Mr. Smith for tips on skiing for the first time.			

Fill in your own table. Spend time learning about each option and identify a person whom you could contact who has chosen that option in the past. Then consider pros and cons. In the pros section, answer this: "What will be the benefit to me if I choose this option over all the others?"

For the cons section, answer this: "What is the worst thing that could happen to me because I choose this option?" Staying in the cons section, answer this: "Can I live with that?" If you can live with it, then the con is not really a con.

Do you have any complicating emotions? Is fear, people-pleasing, pride, guilt, shame, or self-pity part of the decision? Come to a decision, and write out any further thoughts.

What needs to be decided:			
Why I need to decide now:			
	OPTION 1	OPTION 2	OPTION 3
Choices open to me			
What I have learned			
People I could contact to discuss this			
Pros (reasons for this option)			
Cons (reasons against this option)			
Can I live with this?			
Complicating emotions if I choose this option			
Best decision:			
Thoughts:			

Project 3.3: A Digital Media Fast

Experience a 1-day fast from digital media. This means not glancing at TV or listening to radio. If you have a cell phone, iPod, or other listening device, put it in a drawer. If you have a computer or a tablet device, don't use it for 24 hours.

Write a paragraph to reflect your experience. Were you disoriented? Did the silence trouble you? Did time pass more slowly? Could you think more deeply? Could you focus more clearly on schoolwork? What realistic limit could you put on your digital devices to improve your life? How many hours each day do you really need to be accessible through digital devices?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. On the left side, there is a vertical margin line, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet. There is no handwriting or other markings on the page.

Project 3.4: Caregiver Encouragement

1. Come up with some ways you might encourage the caregiver or family of someone who has dementia or a serious mental illness. If you don't know anyone, check with your pastor for someone in your church or contact a nursing home and ask the staff to introduce you to someone's family who could use encouragement. You might be able to visit or make a phone call and allow the caregivers to share old memories about when the patient was well. You might write a note of encouragement to recognize the difficult job they have and cheer them on. You could prepare food and take it to them after checking into any dietary needs. You could offer to do a task such as cleaning or gardening that is difficult for caregivers because of the demands of taking care of the patient.

My ideas: _____

2. Carry out your kind act for that family.

My kind act: _____

3. Write a paragraph on what you experienced.

What I experienced: _____

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- 3.7 Submission to authority, whether that authority is a teacher, parent, police officer, or pastor, is a blended emotion that can be difficult for young adults. Using the Wheel of Emotions to guide you, what 2 emotions do you need to submit to authority? Why do you think the absence of either one would keep you from submitting?

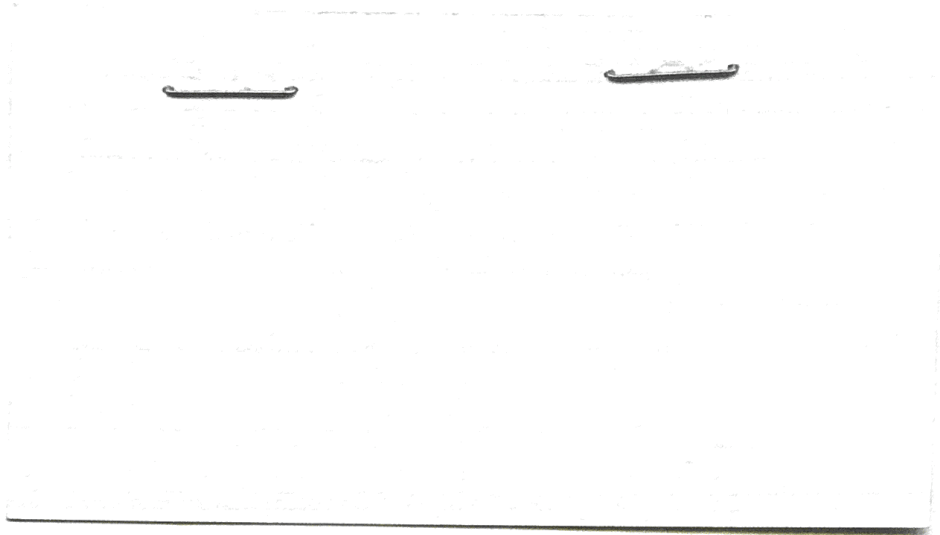
Project 3.5: Guilty of Emotional Manipulation?

Write a paragraph about the last time you used strong emotion to manipulate someone. Even if you got what you wanted, was it worth it? What could you do to improve your relationship with the person you manipulated? What could you do the next time you are tempted to manipulate?

Project 3.6: Compile an Emotions Word List

Many lists of emotions are available on the Internet. Find one you like. It doesn't have to be a huge list; 60 words will go a long way. Print a copy. The words will help you if you need to talk to a friend about an emotional subject. Staple your word list here.

3



Project 3.7: Avoiding Ruinous Rumination

What recurring thought traps you again and again? It may be something dissatisfying about your appearance, your family, your situation, your health, or your future. Thinking about it, criticizing yourself or someone else, or using it as an excuse only intensifies the pain.

Write a paragraph concerning this rumination. Describe the concern. Then answer these questions in another paragraph: What good does ruminating about this do? What harm does it do? Is there some truth I can tell myself (perhaps a scripture verse) when this thought comes back to mind that will free me from it?

For instance, if you fear you are not attractive enough to get married someday, write down Ecclesiastes 3:11: "He has made everything beautiful in its time."

If you struggle in a relationship with a relative, you might write down Psalm 27:10: “Though my father and mother forsake me, the LORD will receive me.”

If you think you are too evil for the Lord Jesus to save, write down the words of the apostle Paul in 1 Timothy 1:15–16, “Christ Jesus came into the world to save sinners—of whom I am the worst. But for that very reason I was shown mercy.”

Whatever that truth is, write it in big letters at the bottom of your paragraph.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. On the left side, there is a faint vertical margin line, creating a narrow left margin. The paper appears slightly aged or off-white. There is no handwriting or printed text on the page.

Project 3.8: Abundantly Blessed

Practice expressing contentment by counting your blessings. Take 15 minutes to list as many blessings as you can that you have received from the Lord. List big ones and little ones. This will be an emotional experience for you, as you recognize the outrageous love that the Father has poured into your life.

Now take 5 more minutes to reflect upon the blessings you wrote. You will have to agree that gratitude is the only appropriate response. Go ahead—write a short prayer of thanks below.

Counting My Blessings!

Thanksgiving Prayer:

Study Guide

Review Questions

1. Fill in the blanks with words from module 3.

_____ health is releasing the past and _____ from mistakes, realistically looking at _____ around you and making good _____, and having a _____ outlook for the future. The only things you can control are your _____, the _____ you admit into your mind and dwell on, and what _____ you will take.

Some of the ways we can tell people are thinking or have _____ are by measuring brain waves on an _____ and by observing problem-solving, language, or creativity.

_____ reserve is an extra measure of function that gives a person resiliency under _____. What you eat affects your brain. First your brain needs steady _____ levels. It also needs _____-3 fatty acids, essential _____ acids, vitamins, and _____. These are present in nutritious food and supplements. _____ food should be avoided, but don't _____ a meal. Sleep, _____, and appropriate _____ keep your brain functioning well. Prevent brain injury by wearing a protective _____ in activities with a risk of head injury and wear a _____ when you travel in a car.

Look to God as the beginning or source of _____ when you make decisions. Making good decisions is a hallmark of mental health and maturity. Decisions always involve _____. We _____ from the past. Two decision-making mistakes about the future occur when we allow _____ or worry to make the decision and we _____ doing a good work.

Some necessities in decision making are taking enough _____, thinking _____ enough, and not wasting the _____ moment. One way to make a decision is to list the _____ and _____ of each option you have. Cons are not a problem if you can answer yes to the question, "_____?"

It is impossible to _____ because your brain cannot think deeply about more than one thing at a time. _____ information has had the unintended consequence of people thinking _____ deeply.

The length of time a person can keep concentrating on one idea is _____. The thing that breaks attention is _____. A disability of attention is usually referred to by the initials _____ or _____. These may be confused with _____ behavior.

2. What 3 signs in a child point to possible autism?

1. _____

2. _____

3. _____

3. What is decompensation?

4. Fill in the blanks with words from module 3.

Mental illness is a medical condition in which the person loses the _____
to care for himself. It is not _____ thinking.

5. Name 3 kinds of depression and give a fact about each.

1. _____ **FACT:** _____

2. _____ **FACT:** _____

3. _____ **FACT:** _____

6. What are anxiety disorders? Name 3 kinds of anxiety and give a fact about each.

1. _____ **FACT:** _____

2. _____ **FACT:** _____

3. _____ **FACT:** _____

7. Define phobia and give an example of one.

EXAMPLE: _____

8. Define bipolar disorder. Why do people with this illness have trouble staying on their medications?

9. Why do people with borderline personality disorder have so few friends?

10. What do self-harm behaviors express? Is this a normal thought, or does it need treatment?

11. Define schizophrenia, including the terms *delusion* and *hallucination*.

12. What 4 signs in an older person point to possible dementia?

1. _____
2. _____
3. _____
4. _____

13. Why is anosognosia such a problem for individuals with mental illness and their families?

14. Fill in the blanks with words from module 3.

Emotional health is the state of being aware of how you _____ and _____ it appropriately. Emotions are _____ that help you evaluate _____. They cannot be trusted to make _____. The Wheel of Emotions places _____ intense emotions in the center of the diagram.

Adult communication is subtle. It is wrong to _____ with strong emotions. Relief from strong emotions will come with _____ them instead of distracting ourselves; identifying them by _____; and not making things worse with resentment, but _____ the offender. Forgiveness lets somebody off the hook, and you will find that person to be _____. Shock and terror should be _____, not ignored. Ordinary grief can be expressed but should be _____ in proportion to the size of the loss. Deep grief starts with _____. When the grieving person needs someone to stand beside him, offer your _____, not your words. Deep grief as well as ordinary grief should be _____. Thinking about something repeatedly without coming to a conclusion is _____.

Positive emotions can lift everyone's spirits. Choose to accept the seconds in life and be _____. _____ is the assurance that everything will be okay in the end. It is expressed by _____.



Answers to this Study Guide are found online on your book extras page. When you feel confident that you have mastered the materials in this module, you can find the exam at the back of this notebook. Your parent or teacher will grade your exam.