

Health: Module 3

MENTAL AND EMOTIONAL STABILITY

1. Mental health requires us to approach the past, present & future with a clear grasp of _____.
2. Our thinking (consciousness) takes place in the _____.
3. Our brain reserve will come from _____, _____ & _____.
4. Nutritionally speaking, the best way to build brain reserve is to eat foods that produce steady _____ levels.
5. Self care tips for nutrition:
 6. Sleep is important for clear, alert _____ making.
 7. More than _____ of the body's weight is water.
 8. Irritable, tired, headaches are all signs of _____.
 9. Exercise releases tension as well as circulates the _____.
 10. Wear a _____ to prevent brain injuries as most brain injuries are caused from accidents.
 11. _____ is gathering facts, fitting them into structures & choosing the best options from the structures.
 12. An unhealthy social group can confuse you & keep you from _____ clearly.
 13. When you regret something, concentrate on what you can _____ from it.
 14. Living in the present includes-living engaged, developing skills, cultivating good habits, training for a career & getting into a _____.
 15. _____ span is the length of time a person can focus on an idea.
 16. _____ pulls your attention away from the focus.
 17. List 3 characteristics of autism spectrum disorder (ASD). 1. _____
2. _____ 3. _____
 18. _____ is the emotional release that occurs with too much stress/anger.
 19. About _____% of Americans live with a serious mental illness-depression, dysthymia, seasonal affective disorder (SAD), Anxiety, Post traumatic stress disorder (PTSD), Panic attacks, Obsessive compulsive disorder (OCD), Phobias, bipolar disorder, borderline personality disorder, schizophrenia, dementia, etc
 20. Complications to mental illness are _____ & _____.
 21. Beware of _____ others.
 22. _____ health is the state of being aware of how you feel & appropriately expressing it.
 23. There are primary & secondary emotions. _____ acknowledging these emotions are healthy not only in the present but long term.
 24. Outbursts tend to reflect _____.
 25. _____ negative emotions, work through them, name the emotion, talk to a friend, family member, pastor or therapist.
 26. Deep grief may start with _____ then move to overwhelming grief. This may include tears, pain, darkness & even depression.
 27. Express positive emotions. Look for the good. Lay hold of personal contentment. Celebrate faith, joy, gratitude. Take care of yourself emotionally, mentally, physically & spiritually.