

# Skills for Living

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# Topic 2-2

## Your Mental Health

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- In this topic, you will study the factors that affect mental health, as well as
  - ❖ **Maintaining a healthy mental state**
  - ❖ **Stress and your health**
  - ❖ **Depression**
  - ❖ **When people need help**

# Your Mental Health

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## **Objectives for Topic 2-2**

After studying this topic, you will be able to

- describe a healthy mental state
- demonstrate ways to cope with stress and depression
- identify warning signs of depression that indicate a need for help

# Topic 2-2 Terms

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- ❖ defense mechanism
- ❖ depression
- ❖ stress

# Maintaining a Healthy Mental State

- Mentally healthy people
  - ❖ look for and find the best in their surroundings
  - ❖ understand themselves
  - ❖ are self-confident
  - ❖ can deal with change
  - ❖ learn from experiences



# Using Defense Mechanisms

- *Defense mechanisms* are behavior patterns people use to protect their self-esteem
  - ❖ Positive
    - When people are aware they are using defense mechanisms to maintain a healthy mental state
  - ❖ Negative
    - When people fail to realize they are relying on defense mechanisms and lose touch with reality

# Using Defense Mechanisms

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- compensation
- conversion
- daydreaming
- direct attack
- displacement
- giving up
- idealization
- projection
- rationalization
- regression

# Stress and Your Health



- *Stress* is your body's reaction to the events of your life
- Causes of stress include
  - ❖ negative events
  - ❖ positive events
  - ❖ change



# Coping with Stress

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- When you experience stress, examine your lifestyle
  - ❖ Am I following good health practices?
  - ❖ Am I realistic about my goals?
  - ❖ Am I managing my time efficiently?
  - ❖ Are there many changes in my life right now?

# Coping with Stress

- To reduce stress
  - ❖ be physically active
  - ❖ be your own person
  - ❖ talk to someone about your concerns
  - ❖ manage your time
  - ❖ take care of your health



# Depression

- ***Depression*** is an emotional state that ranges from mild, short-lived feelings of sadness to a deep and depressing sense of dejection
- Symptoms may include
  - ❖ a lack of interest in pleasurable activities
  - ❖ sleeplessness or oversleeping
  - ❖ decreased appetite or overeating
  - ❖ difficulty concentrating, remembering, or making decisions
  - ❖ headaches, digestive disturbances, or chronic pain

# Did You Know...



- Almost 20 percent of Americans have some type of depression
- Many people don't realize they have depression
- The annual cost of depression in the U.S. is second only to cancer

# Activity

- John is in his senior year of high school. It is the end of the semester, and he is overloaded with schoolwork. He has not had much sleep or food in the last couple of weeks. He claims to be very stressed.
  - ❖ What specific events are causing John stress?
  - ❖ What are some guidelines that could help him work through the situations that are causing his stress?

# Overcoming Depression

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- A person must take an active role in his or her own recovery
- Clinical depression requires professional treatment
- Antidepressant drugs may be prescribed
- Patience and support from friends and family is necessary during recovery
- Becoming involved in a routine of tasks and leisure activities is helpful
- Volunteer work may be encouraged

# Suicide

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- Suicide attempts are often cries for help
- Reasons for an increase in teen suicide rates
  - ❖ A breakdown of the family support system
  - ❖ Competition with other teens
  - ❖ Relationship factors
  - ❖ A sense of failure resulting from destructive behavior
- Seek help if you suspect someone is suicidal

# Did You Know...

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- An estimated 790,000 suicide attempts are made in the United States each year
- One person commits suicide every 16.6 minutes in the United States

Source: National Center for Health Statistics



# When People Need Help

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- Steps for seeking help
  - ❖ Talk to family members or friends
  - ❖ Visit a family physician
  - ❖ Visit a mental health specialist or psychologist

# Summary for Topic 2-2

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- Your mental health as well as your physical health can affect your overall well-being
- Using defense mechanisms and learning to cope with stress can help you protect your mental health
- Clinical depression is one type of mental illness
- Severe depression can lead some people to thoughts of suicide