

## Notes for Mr. Brown's 11th grade Emotional Health class.

### Introduction

#### Health Knowledge vs Health Behavior

While knowledge is important, our behavior determines our health.

I used an Apple vs M&Ms choice to illustrate this point. The idea is that the apple is the better choice if you are using health knowledge but because the M&Ms tastes better our behavior is usually to eat the candy.

#### Health Definitions:

1. Health is total mental, physical, and social well being not just the absence of disease or infirmity. (notice this has the three parts of the health triangle)
2. Health is the ability to rally from insult.
3. Health is relative not absolute.

Mr. Brown finds the first (a World Health Organization definition) an ideal to strive for but not a realistic working definition. Mr. Brown likes the second one as it recognizes the reality of life. The third is important to keep in mind as we search for the best health options for ourselves.

Some use the word Wellness to describe this overall state of good health.

#### Put Down/Vulture/Validation

Putdown: Words, looks or actions that make someone feel bad about themselves.

Vulture: a self-putdown.

Validation: Words, looks or actions that make someone feel real.

Sarcasm: a cutting, hostile, or contemptuous remark. The use of caustic or ironic language.

It is usually opposite of your real feelings, mean spirited, and used in a way to hide true feelings.

Tone of voice is usually an integral element of sarcasm.

Mr. Brown feels that sarcastic interactions are not healthy. [Wikipedia Definition](#)

Pecking Order: (a story Mr. Brown tells about chickens)

[More About Pecking Order](#)

### What is Mental Health?

The National Association for Mental health defines mental health as

#1 being comfortable with yourself.

#2 feeling good about your relationships with others.

#3 being able to meet the demands of life.

We studied a list of 27 Characteristics of Positive Mental Health.

[Mental Health Characteristics](#)

# Unit 1

## Personality or Who are We?

### The Psychoanalytic Perspective

#### [Psychoanalytical Perspective](#)

(Are we controlled by hidden subconscious urges)

Freud [More on Freud](#)

Unconscious (subconscious)

Personality Structure (ego, id, superego) [More on Ego, SuperEgo, and Id](#)

### The Trait Perspective

#### [The Big 5](#) \*\*\* [More on the Big 5](#)

(Are we a series of traits that we inherit and/or learn)

Activity: Take images of ourselves and describe a trait to the class.

Public testimony of a trait makes it more important to us.

### The Human Potential Perspective

#### [Abraham Maslow](#)

(Do we have a need to be good and do well)

Maslow and Self-Actualization

#### [Maslows Hierarchy Pyramid](#)

Carl Rogers and Person Centered Perspective

Self and Self Esteem

### The Social-Cognitive Perspective

#### [More On Skinner](#)

(Do we just react to situations)

Personal behavior in situation

BF Skinner

Personal Control vs Learned Helplessness

Optimism