

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

## 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. [What is Mental Health?](#)

## Unit 2

### Defense Mechanisms and Other Coping Strategies

Or What do we do when other people are weird?

**Stress** What Stresses us?

What do we do? --- Stress management.

Two Types: Distress - negative feelings - Please study these links!

[Distress](#)

Eustress - positive feelings

[Eustress-1](#)    [Eustress-2](#)

**GAS** - General Adaptation Syndrome

[GAS](#)

Hans Selye: [Hans Selye](#)

**Alarm** - Flight or Fight - List of Alarm Responses

Stories-Mr. Brown and HS math: eustress

Jack and the 10 million: distress

**Resistance**

**Homeostasis or Exhaustion**

Homeostasis – our body adjusts to a new level of activity.

Exhaustion- I can't take it anymore!

We can't solve the problem so what do we do?

## Coping Devices and Defense Mechanisms

DM video (movie scenes)

UTI - Noah in kitchen with Helen = denial

- Eddie and Noah in Bar = projection

- Terri and Helen after back to school night. = substitution

Fried Green Tomatoes-car smash in parking lot by Evelyn Couch (Kathy Bates) displacement

-Food fight between Ruth Jamison and Idgie Threadgoode = Sublimation

(Mary-Louise Parker and Mary Stuart Masterson)

### **Coping Devices:**

Conscious actions we take to deal with the stress in our life. [Defense & Coping Handout](#)

### **Defense Mechanisms**

Compensation: Making up for weakness in one area by working hard to achieve success in another area.

Conversion: Intolerable impulses or conflicts are converted into Physical Symptoms.

\*Denial: Negation or non-acceptance of important (stressful) aspects of reality.

\*Displacement: Shifting unacceptable impulses toward a more acceptable or less threatening object or person.

Identification: Individual assumes qualities of someone else so they can avoid the stress of thinking about their own shortcomings

\*Projection: An individual disguises their unacceptable impulses by believing others have those same qualities.

Rationalization: An individual offers self-justifying explanations for behavior in place of real more threatening explanations.

\*Reaction Formation: The individual behaves in the opposite manner of their unacceptable impulses or thoughts.

Regression: The individual retreats, when faced with anxiety, to a more immature psychological role.

\*Repression: The individual banishes anxiety arousing thoughts, feelings and memories from conscious thought.

\*Sublimation: The channeling of unacceptable impulses into socially acceptable actions (or goals).

\*-Must learn the marked defenses for Mr. Brown's test.

### **Defenses (synonymous words: Words we use when describing defense mechanism behavior)**

rationalizing, justifying, projecting, blaming, accusing judging, moralizing, analyzing, explaining, generalizing, debating, arguing, questioning, switching, denying, superior, minimizing, evading, defiance, attacking, withdrawing, silence, talking, shouting, laughing, joking, staring, sighing, agreeing, grinning, complying,, sexuality, inferior, fragile, cute, crying, hostile

### **Why do we use Defense Mechanisms:**

- reduce anxiety
- enhance self esteem
- protect the ego.

## **Eating Disorders:**

You must Study and Learn the information on the following link:

[Information From Web](#)

PDF of the Same Information: [Eating Disorders](#)

Mr Brown's story of the first time He used Photo Shop: Understand the message in that story!

Interesting Video: [Evolution](#)

## **Drug Education:**

We reviewed Mr. Brown's chart of psychoactive drugs.

[Mr. Brown's Old Drug Chart](#)

Lesson on Addictions: We read an article about opiate addiction and watched a video that said addiction was a choice.

From Mr. Brown's point of view: Addiction is an over used word in our culture!

Physical addiction is actual chemical changes in cells caused by overuse.

Emotional addiction is use or action to the point of distress or dysfunction.

Sometimes both conditions are present.

Are our "addictions" hard wired into our genes or are they choices? Mr. Brown thinks both are present and the wise person learns to tell the difference!

Placebo: We read two points of view and looked at some illusions. [Look at these Illusions!](#)