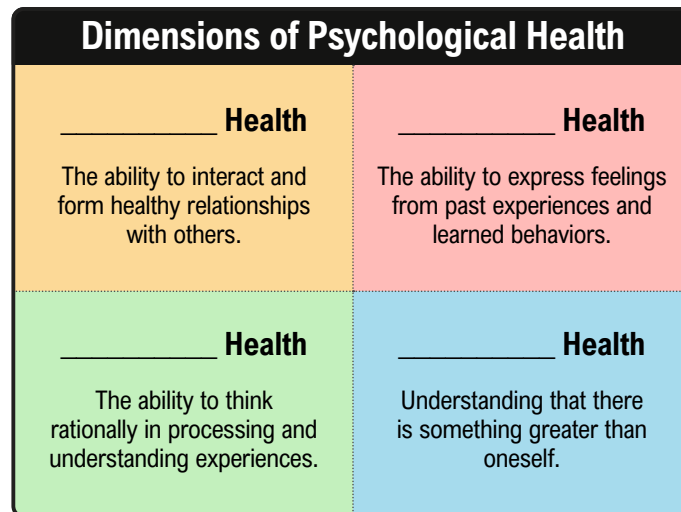


CONCEPT: INTRO TO PSYCHOLOGICAL HEALTH

What is Psychological Health?

- ◆ An active and adaptive concept that involves _____ an absence of mental illness.
 - Deals with a positive and stable mind state that leads to _____ and fulfillment.
 - Involves ____ dimensions that work in harmony to produce a psychologically _____ person.



EXAMPLE

Individuals who express feelings of high self-esteem, adapt to personal challenges, and show empathy to others are:

- a) Transactional in their relationships
- b) Psychologically healthy
- c) Capable and able
- d) Psychologically unhealthy

PRACTICE

Joe's decision to ask Adam for advice in how to study for his upcoming final best represents which of the following?

- a) Mental Health
- b) Social Health
- c) Emotional Health
- d) Spiritual Health
- e) Physical Health

CONCEPT: INTRO TO PSYCHOLOGICAL HEALTH

Influencing Your Psychological Health

- ◆ Psychological health is a product of societal influences such as *social supports*, family & communal environments.
 - **Social supports:** network of people who provide _____, _____ and/or physical help.
- ◆ The accumulation of our actions shapes our belief systems and perceived value.
 - These belief systems can eventually manifest into _____ influences.

Shaping Psychological Health		
Internal influence	Description	Outcome
Self-Efficacy	▸ A person's belief on whether they can _____ a specific task or desired _____.	<div>1 High Self-Efficacy</div> <div>▸ _____ Motivation, resilience, confidence.</div> <div>2 Low Self-Efficacy</div> <div>▸ _____ Motivation, resilience, confidence.</div>
Self-Esteem	▸ A person's realistic view of their own _____-worth and value.	<div>1 Learned Optimism</div> <div>▸ The ability to have a _____ outlook on life during moments of challenge.</div> <div>2 Learned Helplessness</div> <div>▸ A person's belief that problems are _____ to be minimized or resolved.</div>

EXAMPLE

Danielle wants to run her city's half marathon next year. To finish the race successfully she designs a workout program and running regimen. Her belief on whether she can finish it or not is tied to her level of:

- a) Self-motivation
- b) Self-efficacy
- c) Confidence
- d) Self-esteem

PRACTICE

Brian has tried multiple times to quit smoking and each time he has failed. Without a desired plan or support he eventually quits trying to give up the habit. This pattern of behavior represents which of the following?

- a) Acceptance
- b) High self-efficacy
- c) Resilience
- d) Learned Helplessness

CONCEPT: INTRO TO PSYCHOLOGICAL HEALTH

PRACTICE

Matthew has a strong sense of worth, is practical in his approach to challenges, knows his limitations, but doesn't allow them to override his desire to succeed. These are signs of having a high level of:

- a) Self-gratitude b) Self-doubt c) Self-esteem d) Self-depreciation

PRACTICE

Elena plans to attend her local university in the coming fall. She will be living in dorms and away from home for the first time. In the dorms she will experience new levels of freedom, but more exposure to new people, customs and ideas. She will be expected to craft her own daily schedules and maintain a high level of self-governance. For a person who is psychologically healthy like Elena, which of the following is an expected response:

- a) Self-isolation from family and old friends.
b) Acceptance that she will fail and be unable to function efficiently through this new experience.
c) Search for any person or student willing to accept her.
d) Acknowledge the levels of anxiety that may come from this new experience.