



## Grade 9 Sample Lesson Plan: Unit 29 –Mental Health PPT and Notes

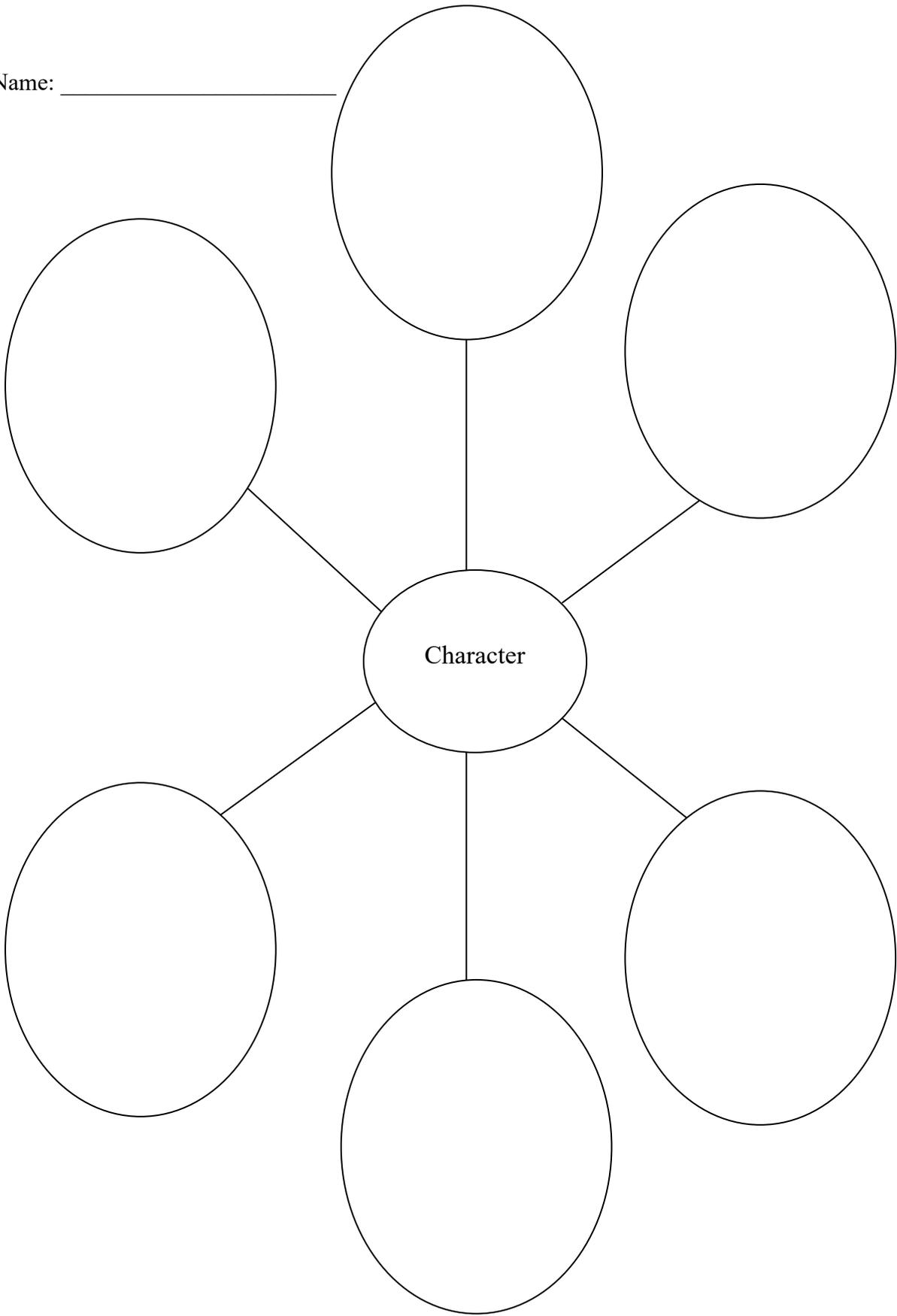
### **Description**

Please see attached handout for a lesson submitted by a Virginia teacher

### **Handout**

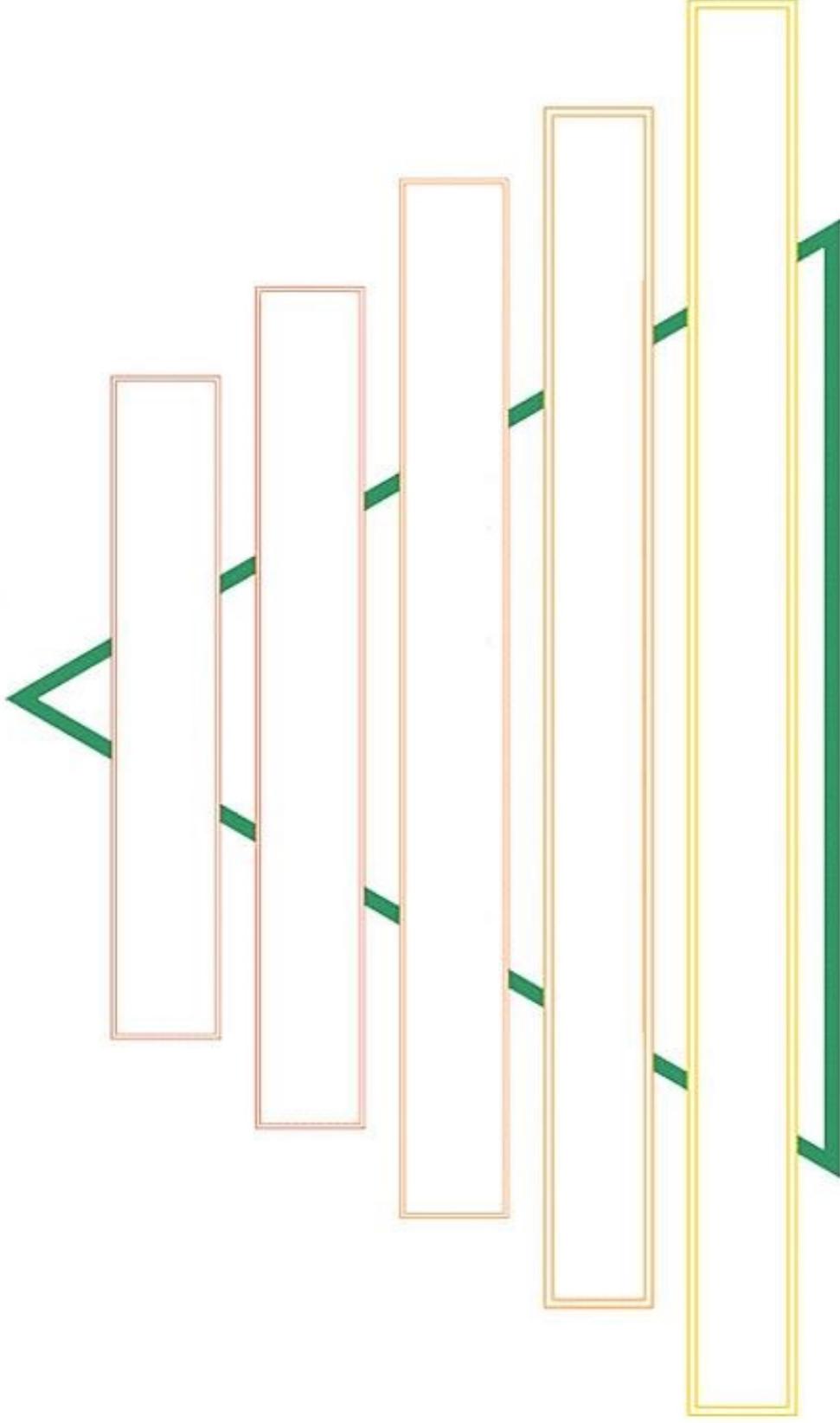
The next page includes a handout for the lesson. The handout is designed for print use only.

Name: \_\_\_\_\_



Name:  
Period:

## Maslow's Hierarchy of Needs



## Characteristics of Good Mental and Emotional Health

- Sense of \_\_\_\_\_
- Sense of \_\_\_\_\_
- Positive \_\_\_\_\_
- Self-\_\_\_\_\_
- Healthy \_\_\_\_\_

## Improving your Self Esteem

- 
- 
- 
- 
- 
- 
- 
- 

## Creating a Positive Identity

- Recognize your \_\_\_\_\_ and \_\_\_\_\_
- Surround yourself with \_\_\_\_\_, \_\_\_\_\_ people
- Find a \_\_\_\_\_ or something that you love to do and do it frequently
- Stop making life a \_\_\_\_\_
- \_\_\_\_\_ someone else

## **Defense Mechanisms:**

Repression

Regression

Denial

Projection

Suppression

Rationalization

Compensation

**Managing Anger:**

1. Do something to
2. Channel your
3. Talk with someone you

**Stressor:** Anything that causes \_\_\_\_\_

<b>Life Situation</b>	<b>Environmental</b>	<b>Biological</b>	<b>Cognitive (Thinking)</b>	<b>Personal Behavior</b>

**Your Body's Response to Stressors:**

Stage 1: Alarm –

Physical Symptoms

- 
- 
- 
- 
- 
- 

Stage 2: Resistance –

Stage 3: Fatigue –

**Psychosomatic Responses**

- 
-

- 
- 
- 

**The Grieving Process:** each person may go through these stages in a different order and may skip some of them completely – this is just a basic outline of the steps

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

Step 7:

Step 8:

### Stress Management Techniques

1. Refusal Skills:
2. Plan Ahead:
3. Think Positively:
4. Avoid Tobacco, Alcohol, and other Drugs:
5. Practice Relaxation Techniques:
6. Redirect Your Energy:
7. Seek Support:
8. Stay Healthy:

\_\_\_\_\_ is a feeling of uneasiness or worrying about what may happen. Occasional anxiety is natural. Brief feelings of worry, insecurity, \_\_\_\_\_, self-consciousness, or even panic are common responses to \_\_\_\_\_. Usually the \_\_\_\_\_ goes away when the stressful event ends.

A prolonged feeling of helplessness, hopelessness, and sadness is known as \_\_\_\_\_. Sadness affects everyone, but depression usually lasts \_\_\_\_\_ and may produce symptoms that do not go away over time. It is one of the most common mental health concerns among \_\_\_\_\_.

Some warning signs of depression include:

- 
- 
- 
- 
- 

As teens reach puberty, body changes and media changes may cause some teens to put pressure on themselves to look a certain way which may lead to an \_\_\_\_\_ disorder. On the other hand, a \_\_\_\_\_ disorder deals with extreme highs and lows and changes in moods. This could include depression and bipolar disorder.

\_\_\_\_\_ is a mental disorder in which a person becomes delusional and loses contact with reality. A \_\_\_\_\_ disorder includes stealing, cruelty, lying, aggression, violence, and vandalism. Teens who have a \_\_\_\_\_ disorder are unable to regulate their emotions.

How can a stress ball help manage or relieve your stress?

List two other ways that have not already been stated that you could relieve stress