

## 8<sup>th</sup> Grade Unit 1 - Mental/Emotional Health Study Guide

### Key Concepts:

#### The Health Triangle

##### **Ways to care for your Physical Health:**

- ✓ Get regular exercise.
- ✓ Eat a well-balanced diet.
- ✓ Maintain your ideal weight.
- ✓ Avoid tobacco, alcohol, and drugs.
- ✓ Get at least eight hours of sleep each night.

##### **Ways to care for your Mental/Emotional Health:**

- ✓ Accept yourself and like who you are.
- ✓ Strive to learn new information.
- ✓ Learn how to handle stress.
- ✓ Express your feelings in a healthy way.
- ✓ Take responsibility for your actions.

##### **Ways to care for your Social Health:**

- ✓ Get along with family members.
- ✓ Making and keeping friends.
- ✓ Disagree with others without fighting.
- ✓ Give and get support when it is needed.
- ✓ Respecting, and tolerating the differences of others.

#### Rules for setting and achieving goals:

**S** - specific

**M** - measurable

**A** - achievable/attainable

**R** - reasonable/realistic

**T** - timely

#### **Guidelines for Decision Making:**

**H** - healthy (Will it help/hurt me/others?)

**E** - ethical (Does it follow your morals/values?) Follow gut instincts.

**L** - legal ( Is it against the law?)

**P** - parent approval (Would I say it or do it in front of my parents/guardians?)

#### Overcoming Life's Obstacles

Study the skills/strategies chart you created on stress, peer pressure, conflicts, and self-confidence.

#### Healthy Reminders:

\* Study any worksheets we have completed in class.

\* Do not memorize..... realize! Be sure you are able to explain and apply key concepts rather than just repeat them.