

8th 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 (Is it safe?)

E - ethical (Does it follow your morals/values?)

L - legal (Is it against the law?)

P - parent approval (Would your parents approve?)

Warning Signs of Mental/Emotional Health Problems

Study the warning signs and sources of help.

Healthy Reminders:

* Study any worksheets we have completed in class.

* Look over the warm ups we have done throughout this unit.

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