

## Chapter 3 Psychological Health

Hlth 2 Health & Wellness  
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### Learning Objectives

1. Define the following terms: psychological health, self-esteem, self-concept, autonomy, defense mechanism, anxiety, phobia (simple, social), depression, obsessive-compulsive disorder.
2. Describe what it means to be psychologically healthy.
3. Explain how to develop and maintain a positive self-concept and self-esteem.
4. Describe common psychological disorders and list the warning signs of suicide.
5. Explain the different approaches and types of help available for psychological problems.

### Maslow's Hierarchy of Needs



### Psychologically Healthy People

1. Work toward self-actualization (?)
2. Realistic (difference between what is and what you want)
3. Accept themselves and others
4. Autonomous (inner-directed)
5. Capacity for intimacy (physical and emotional)
6. Creativity (fresh appreciation of what goes on around them)

### Meeting Life's Challenges

- Growing up psychologically healthy
- Achieving healthy self-esteem/self-concept
- Being less defensive
- Being optimistic
- Maintaining honest communication
- Dealing with loneliness
- Dealing with anger

### Being a Positive Person

There are people who are POSITIVE and those who are NEGATIVE.

1. Life sucks...
2. Always angry about something...
3. Rarely says anything nice about others...
4. Rarely wants to engage in anything new...
5. Sickness or ache of the month..

### Negative Self Talk

1. focusing on negatives
2. expecting the worst
3. over-generalizing
4. minimizing
5. blaming others
6. believing you're the cause of everything
7. expecting perfection
8. thinking in black and white
9. magnifying events

### Great To Be Alive

Say one thing why its great to be alive.

### Psychological Disorders

- Anxiety disorders
  - Simple phobia, social phobia, panic disorder, generalized anxiety disorder, obsessive-compulsive disorder, post-traumatic stress disorder
- Mood disorders
  - Depression, mania, bipolar disorder
- Schizophrenia

### Mood Disorders

- Depression
- Recognizing the warning signs of suicide
- Helping yourself or a friend
- Treating depression

### Symptoms of Depression

- Feelings of sadness and hopelessness
- Loss of pleasure in usual activities
- Poor appetite and weight loss, or overeating
- Insomnia or disturbed sleep
- Restlessness or fatigue
- Thoughts of worthlessness or guilt
- Trouble concentrating or making decisions
- Thoughts of death or suicide

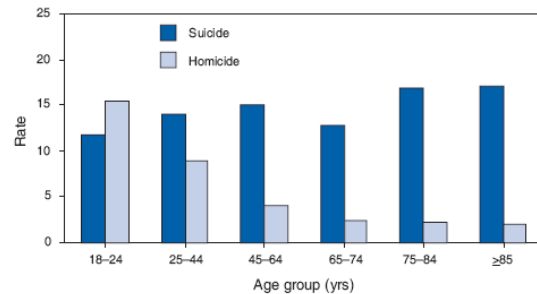
### Suicide Risk Factors

- Previous suicide attempt(s)
- History of mental disorders, particularly depression
- History of alcohol and substance abuse
- Family history of suicide
- Family history of child maltreatment
- Feelings of hopelessness
- Impulsive or aggressive tendencies
- Barriers to accessing mental health treatment
- Loss (relational, social, work, or financial)
- Physical illness
- Easy access to lethal methods
- Unwillingness to seek help
- Cultural and religious beliefs or instance, the belief that suicide is a noble resolution of a personal dilemma
- Local epidemics of suicide
- Isolation, a feeling of being cut off from other people

### Suicide Warning Signs & Risk Factors

- Discussing a death wish or suicide methods
- Increasing social withdrawal and isolation
- Sudden, inexplicable lightening of mood
- History of previous attempts
- Suicide by family member or friend
- Readily available means
- History of substance abuse or eating disorders
- Serious medical problems

### Suicide and Homicide Rates\* Among Adults Aged $\geq 18$ Years, by Age Group (2002-2004)



### Suicide Protective Factors

- Effective clinical care for mental, physical, and substance abuse disorders
- Easy access to a variety of clinical interventions and support for help seeking
- Family and community support
- Support from ongoing medical and mental health care relationships
- Skills in problem solving, conflict resolution, and nonviolent handling of disputes
- Cultural and religious beliefs that discourage suicide and support self-preservation instincts

### Getting Help

- Self-help
- Peer counseling and support groups
- Professional help