

**8.MEH.1.1 EVALUATE STRESS MANAGEMENT STRATEGIES BASED ON PERSONAL EXPERIENCE.**

- I. Pre-Test
  - A. What is self reflection and why is it important?
- II. Notes
  - A. What is self reflection? \_\_\_\_\_
  - B. What are the steps to self reflection?
    1. \_\_\_\_\_
    2. \_\_\_\_\_
    3. \_\_\_\_\_
    4. \_\_\_\_\_
    5. \_\_\_\_\_
    6. \_\_\_\_\_
    7. \_\_\_\_\_
    8. \_\_\_\_\_

**8.MEH.1.2 Design a plan to prevent stressors or manage the effects of stress.**

- I. Pre-Test
  - A. What does time management mean?
  - B. Why is it important?
- II. Notes
  - A. What is time management? \_\_\_\_\_
  - B. Poor time management = \_\_\_\_\_
  - C. Video: How to Manage Your Time Better
    1. Manage More Effectively
      - a) R- \_\_\_\_\_
      - b) A- \_\_\_\_\_
      - c) C- \_\_\_\_\_
    2. What are the 5 biggest time wasters?
      - a) \_\_\_\_\_
    3. What are 3 ways to become a better time manager?
      - a) \_\_\_\_\_
      - b) \_\_\_\_\_
      - c) \_\_\_\_\_
    4. What are some time management techniques?
      - a) \_\_\_\_\_
      - b) \_\_\_\_\_
      - c) \_\_\_\_\_

**8.MEH.1.3 - Design effective methods to deal with anxiety.**

- I. Pre-Test
  - A. How does anxiety affect your health?
  - B. List 5 ways that you can cope with anxiety.
- II. Notes
  - A. The Body and Brain on Anxiety
    1. Heart: \_\_\_\_\_
    2. Skin: \_\_\_\_\_
    3. Metabolism: \_\_\_\_\_
    4. Emotions: \_\_\_\_\_
    5. Digestion: \_\_\_\_\_
    6. Immune System: \_\_\_\_\_
    7. Pain: \_\_\_\_\_
  - B. How do you cope with anxiety? (Effective Coping)
    1. \_\_\_\_\_
    2. \_\_\_\_\_
    3. \_\_\_\_\_
    4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

**8.MEH.2.1 - Evaluate the uses of defense mechanisms in terms of whether they are healthy or unhealthy.**

I. Pre-Test

- A. What is a defense mechanism?
- B. List 5 defense mechanisms.
- C. Which defense mechanisms are the best and which are the worst?

II. Notes

- A. What is a defense mechanism? \_\_\_\_\_
- B.

Defense Mechanism	Definition	Example	When is it harmful?
Compensation			
Daydreaming			
Denial			
Displacement			
Humor			
Identification			
Projection			
Rationalization			
Regression			
Repression			
Sublimation			

Suppression			
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**8.MEH.2.2 - Critique personal use of structured thinking to enhance emotional well-being (based on appropriateness, effectiveness, and consistency).**

- I. Pre-Test
  - A. What are the 8 Steps to decision making?
- II. Notes
  - A. What are the 8 steps to Decision Making?
    1. \_\_\_\_\_
    2. \_\_\_\_\_
    3. \_\_\_\_\_
    4. \_\_\_\_\_
    5. \_\_\_\_\_
    6. \_\_\_\_\_
    7. \_\_\_\_\_
    8. \_\_\_\_\_

**8.MEH.3.1 - Recognize signs and symptoms of hurting self or others.**

- I. Pre-Test
  - A. List 5 warning signs or symptoms of someone that is thinking about hurting themselves or others.
  - B. What is the strongest risk factor for suicide?
  - C. What can you do to help someone that is hurting themselves or thinking about suicide?
- II. Notes
  - A. What is the strongest risk factor for suicide? \_\_\_\_\_
  - B. What is the 3rd leading cause of death for teenagers? \_\_\_\_\_
  - C. What is clinical depression?  
\_\_\_\_\_
  - D. What is self-injury?
    1. \_\_\_\_\_
    2. \_\_\_\_\_
    3. \_\_\_\_\_
  - E. Self Injury Symptoms
 

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____
  - F. Why do they hurt themselves?
 

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	
5. _____	
  - G. Signs of Self Injury
 

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____
  - H. What can you do to help?
    1. \_\_\_\_\_
    2. \_\_\_\_\_
    3. \_\_\_\_\_

**8.MEH.3.2 - Implement a plan for seeking adult help for peers who express symptoms of self-- injury or suicidal intent.**

- I. Pre-Test
  - A. What are some warning signs of someone that is thinking about suicide?
  - B. What can you do to help?

II. Notes

A. True or False

- 1. Suicide is the intentional ending of one's own life. \_\_\_\_\_
- 2. Suicide is the second leading cause of death among young people between ages 15-19.  
\_\_\_\_\_
- 3. If someone tells you that they are going to kill themselves, you shouldn't do anything.  
\_\_\_\_\_
- 4. All attempts to suicide result in a completed act. \_\_\_\_\_
- 5. Every year as many as a thousand teens and young adults attempt suicide. \_\_\_\_\_
- 6. More than 5,000 teens and young adults complete suicide yearly. \_\_\_\_\_
- 7. Only insane people attempt suicide. \_\_\_\_\_
- 8. People who attempt suicide want to die. \_\_\_\_\_
- 9. All kinds of people (rich, poor, female, male, young and old) attempt suicide. \_\_\_\_\_
- 10. Many, but not all, suicide attempts can be prevented with help. \_\_\_\_\_

B. Who should be involved if a classmate, friend or sibling is considering suicide or self-injury? Even if the person requests it be kept secret, it must be told. \_\_\_\_\_

C. What are some warning signs of suicide?

- |           |           |
|-----------|-----------|
| 1. _____  | 12. _____ |
| 2. _____  | 13. _____ |
| 3. _____  | 14. _____ |
| 4. _____  | 15. _____ |
| 5. _____  | 16. _____ |
| 6. _____  | 17. _____ |
| 7. _____  | 18. _____ |
| 8. _____  | 19. _____ |
| 9. _____  | 20. _____ |
| 10. _____ | 21. _____ |
| 11. _____ | 22. _____ |

D. Ways to help

- |          |          |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |