Mental and Emotional Health

Lesson 1

I. Understanding Mental and Emotional Health
   A. “Emotional Health is how you feel and express your feelings” (Merki & Merki, 2004).
      1. Characteristics of Good Emotional Health (Mental Health: Keeping…, 2002)
         a. Having a positive outlook on life.
         b. Having balanced relationships.
         c. Can stay in control of thoughts, feelings and behaviors.
         d. Learn ways to cope with stress and problems.
   B. Mental Health is "the successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and cope with adversity," according to the Surgeon General’s report (Helpguide, 2004, Online).
         a. Having a daily routine for many is key.
         b. Good communication with those around you.
         c. Having a balance between work, play, eating, and exercise.
         d. Coping with stress in a healthful way.
         e. Having a good attitude and behavior.
   C. Characteristics of Being Mentally and Emotionally Healthy (Merki & Merki, 2004).
      1. Positive Self-Esteem
      2. Sense of Belonging
      3. Sense of Purpose
      4. Positive Outlook
      5. Autonomy (confidence to make responsible and safe choices)
   D. Are we Mentally and Emotionally Healthy?
      1. One in two Americans has a diagnosable mental disorder each year, including 44 million adults and 13.7 million children (CDC, 2005).
      2. Suicide is the 8th leading cause of death in the U.S. (CDC, 2005).
      3. Depression and anxiety disorders the two most common mental illnesses each affect 19 million American adults annually (NMHA, 2005).
      4. Approximately 12 million women in the United States experience depression every year roughly twice the rate of men (NMHA, 2005).
      5. As many as one in every 33 children and one in eight adolescents may have depression (NMHA, 2005).
      6. One in five children have a diagnosable mental, emotional or behavioral disorder (NMHA, 2005).
E. Why are Americans Not Very Mentally and Emotionally Healthy?

1. Stress
   a. “Stress is a condition or feeling experienced when a person perceives that “demands exceed the personal and social resources the individual is able to mobilize”” (Mind Tools, unknown, Online)
   b. Impact on Mental and Emotional Health
      1) Negative Effects (Mind Tools, unknown)
         a) Physical symptoms such as sleep disturbance and muscle tension.
         b) Emotional symptoms such as nervousness and irritability.
         c) Relational symptoms such as increase number of arguments and disagreements.
      2) Positive Effects
         1) Help us strive to do our best (Mattair, 2005).

2. Unhealthy Habits
   a. Types Related to Mental and Emotional Health (Smart Women, Unknown, Online).
      1) Not getting enough sleep
      2) Not eating properly
      3) Not coping with stress properly
      4) Not exercising
      5) Not taking care of our bodies

Lesson 2

II. Other Reasons Americans are not Emotionally Healthy

A. Media
   1. Media and Advertisements
      a. “Media is various methods of communicating information” (Merki & Merki, 2004, 15).
      b. “Advertising is a written or spoken message designed to interest consumers in purchasing a product or service” (Merki & Merki, 2004, 49).
      1) Types of Media
         a) Radio
         b) Television
         c) Film
         d) Newspaper
         e) Magazines
         f) Books
         g) Internet
      c. Effect on Mental and Emotional Health
         1) Body Image (The Media’s Effect, Unknown, Online)
            a) How you picture yourself.
            b) How others perceive you.
         2) Can affect our consumer choices we make (Children, Health…., 2000, online).
a) “Children are extremely valuable to the food market: kids influence an estimated 72% of family food and beverage purchases. “
b) “Children ages 7 to 12 also spend $2.3 billion of their own money on snacks and beverages each year, while teenagers spend $13 billion at fast-food restaurants alone.”
d. What is the purpose of Media and Advertisement (Hisgen, 1996)?
   1) Provides information and entertainment.
   2) To sell a product or service.
   3) Shape public opinion.
   4) Persuade consumers to purchase and use a certain product or service.
e. We need to be Media Literate 
   1) “Media Literacy is the ability to sift through and analyze the messages that inform, entertain and sell to us every day” (Tallim, 2005).
f. Questions we should ask ourselves to become more media literate.
   1) What are they trying to sell (Hisgen, 1996)?
      a) Service
      b) Product
      c) Image
      d) Idea
   2) Who are they trying to sell it to (Hisgen, 1996)?
      a) Children
      b) Adults
      c) Athletes
      d) Musicians
   3) How are they trying to sell it (Merki & Merki, 2004)?
      a) Bandwagon: everyone is using it – you should too.
      b) Rich and Famous: It will make you feel rich and famous.
      c) Free gifts: It’s too good a deal to pass up.
      d) Great outdoors: If it’s associated with nature, it must be healthy.
      e) Good times: The product will add fun to your life.
      f) If worked for them, so it will work for you, too.
   4) How could this affect me (Hisgen, 1996)?
      a) Cost
      b) Enjoyment
      c) Frustration
      d) Poor Health

Lesson 3

III. Other Influence on Mental and Emotional Health.
   A. Decision Making
2. Why is decision making so critical (Meeks, Heit & Page, 2005)?
   a. Promote health
   b. Protect safety
   c. Obey laws
   d. Show respect for oneself and others
   e. Follow guidelines set by responsible adults such as parents and guardians
   f. Demonstrates character

3. Five Step Decision Making Model (Marazano, 1992)
   a. Identify decision to be made and state as a question
   b. Identify and describe options/choices
   c. Identify criteria for making decisions
   d. Weigh each option/choice against criteria
   e. Make decision and explain reasoning

B. Access to Health Care
   1. Why is health care difficult to have?
      a. People cannot afford health care.
      b. Some are not eligible to receive health care.

C. Personal Needs Affect Mental and Emotional Health
   1. Maslow’s Hierarchy of Needs is…
      a. Physical
         1) The need to satisfy basic needs of hunger, thirst, sleep and shelter.
      b. Safety
         1) The need to be secure from danger.
      c. Belonging
         1) The need to love and to be loved, need for belonging.
      d. Feeling Recognized
         1) The need to achieve, need to be recognize.
      e. Reaching Potential
         1) The need for self-actualization.
   3. How do we meet needs (Merki & Merki, 2004)?
      a. Join support groups
         1) Getting help with a group of people that support each other
      b. Ask for help
         1) Asking someone you know for help.
            a) Friends
            b) Adults
            c) Counseling
      c. Experiment with Choices
         1) Activities that are healthy
         2) Activities that are not healthy
            a) Join gangs
            b) Try drugs
Lesson 4

IV. Understanding Personality

A. “Personality is an individual’s unique pattern of characteristics” (Meeks, Heit & Page, 2005, 179).

B. Types (Personality Type, 2003, Online)
1. Extravert shows a preference for drawing energy from the outside world or people, activities and things
2. Introvert shows a preference for drawing energy from the internal world or ideas, emotions or impressions.
3. Sensors involve a preference for taking in information through the five senses.
4. Intuitive people have a preference for taking in information through a “sixth sense”.
5. Thinker preference for organizing and structuring information to make decisions in a logical, objective way.
6. Feeler preference for organizing and structuring information to make decisions in a personal, value-oriented way.
7. Judger preference for living a planned and organized life.
8. Perceiver preferences for a living a spontaneous and flexible life.

C. Positive Personality Traits (Merki & Merki, 2004, 181-2)
1. Recognize strengths and weaknesses
2. Demonstrate positive values
3. Develop a purpose in your life
4. Form meaningful relationships
5. Contribute to the community
6. Avoid unhealthy risk behaviors

D. What influences personality?
1. Genetic Predisposition
   a. Traits you inherit from your birth parents (Encyclopedia of …, 2000, Online)
   b. Personality Traits We Inherit (Meeks, Heit & Page, 2005)
      1) Physical Gestures
      2) Personal Preference
      3) Intellectual Abilities
      4) Temperament
      5) Talent
      6) Athletic Ability
      7) Artistic Capabilities
2. How do families affect personality?
   a. Ways (Personality Traits…, 2002, Online)
      1) How they raised you
      2) Family attitudes and actions affect your choices.
      3) Birth Order
         a) First Born
         b) Middle Child
         c) Last Born
         d) Only Child
   b. Positive Influences
      1) Have a positive attitude.
      2) Model good behaviors.
      3) Encourage you to like yourself and personality.
   c. Negative Influence
      1) Have a negative outlook.
      2) Do not encourage you.
      3) Do not care about what your interests are.

3. Other Influences on Personality
   a. Peers
   b. Mentors
   c. Teachers
   d. Coaches
   e. Media
   f. Environment

E. How does personality affect mental and emotional health (Meeks & Heit, 1999)?
   1. Attitude
   2. Ability
   3. Outlook on life.
   4. Energy
   5. Values

Lesson 5

V. Understanding Esteem
   A. “Esteem is the regard in which one is held” (Webster, 2005).
   B. Types of Esteem
      1. “Self Esteem is the confidence and worth you feel about yourself” (Merki & Merki, 2003, 30).
      2. “Self Concept is a conscious set of beliefs about oneself that influences behavior” (Krantzur, 1994, 89).
      3. “Self Efficacy is the belief in one’s capabilities to organize and execute the sources of action required to manage prospective situations” (Bandura, 1986, Online).
C. What influences esteem (Illness, Unknown, Online)?
   1. Peers
   2. Parents
   4. Family
   5. Your Self
   6. Environment
   7. Society
   8. Media
   9. Experiences

D. “Self Esteem is the confidence and worth you feel about yourself” (Merki & Merki, 2003, 30).
   1. Do students have high self esteem?
      a. Ten percent of ninth graders said that they don’t have much to be proud of (Self Esteem, 2004, Online).
      b. Ten percent of sixth grade students said they feel their lives are not very useful (Self - Esteem, 2004, Online).
      c. Eleven percent of sixth graders felt they couldn’t do anything right (Self - Esteem, 2004, Online).
   2. Characteristics of High Self Esteem (Self Esteem, 1999)
      a. Believe that you are important.
      b. Believe the world is a better place because you are in it.
      c. Have confidence in abilities.
      d. You trust your resources.

E. “Self Concept is a conscious set of beliefs about oneself that influences behavior” (Krantzur, 1994, 89).
   1. Why is self concept important?
      a. So you can stand up for what you believe in.
      b. It gives you your own identity.
      a. Positive mental images of yourself being successful.
      c. Stand up for your beliefs.
      d. Be proud of who you are.

F. “Self Efficacy is the belief in one’s capabilities to organize and execute the sources of action required to manage prospective situations” (Bandura, 1986, Online).
   1. Why is self efficacy important (The General Self…., 2001)?
      a. It demonstrates a lot about who you are.
      b. Helps you recover from a setback or stressful situation.
      c. Feel you have control of life.
   2. Characteristics of Positive Self Efficacy (Bandura, 1994)
      a. Have confidence in your abilities.
      b. Be persistence when obstacles are present.
      c. Stays calm in difficult situations.
      d. Works through problems.
   3. What does it do (Bandura, 1994)?
      a. It influences:
1) the choices we make.
2) the effort we put forth.
3) how long we persist.
4) how we feel.

D. How can we improve self esteem, self concept and self efficacy?
1. Ways to Improve Esteem (Teen Health, Unknown, Online)
   a. Recognize you can improve your esteem.
   b. Think about what you are good at and enjoy doing.
   c. Exercise
   d. Stop thinking negative thoughts.
   e. Take pride in your opinions and ideas.
   f. Set goals. Think of what you want to accomplish, then set goals to achieve
      them.
   g. Have fun!

Lesson 6

VI. Character and Values
   A. “Character refers to cognitive, emotional, and behavioral dispositions needed to
      achieve human excellence in performance environments” (Davidson, 2004, Online).
      a. Trustworthiness: honest, loyal, and reliable.
      b. Respect: considerate of others and tolerant of differences.
      d. Fairness: play by the rules, take turns and share.
      e. Caring: kind and compassionate.
      f. Citizenship: advocate for a safe and healthy school and community.
   2. Why is Character Important?
      a. It is a way to express your inner values.
      b. You character will affect your behavior and how you live your life (Meeks,
         Heit & Page, 2005).
   3. Ways to Build Character (Meeks, Heit, & Page, 2005)
      a. Pay attention to your appearance.
      b. Make a list of responsible actions and review the list often.
      c. Be a friend to yourself by enjoying activities, such as hobbies, by yourself.
      d. Write down your feelings.
      e. Make spending time with family members a priority.
      f. Care for other people in the way you would like to be treated.
      g. Care for other people.
      h. Let other people know what helps you feel special.
      i. Support the interests of family members and friends, and ask them to support
         your interests.
      j. Ask family members and friends to tell you examples of your actions that have
         shown character.
      k. Get plenty of exercise to generate feelings of well being.
B. “Values are beliefs of a person or social group in which they have an emotional investment” (Word Reference, 2003).

1. Types (Values, 2001)
   a. Personal Values
      1) Caring
      2) Courage
      3) Honesty
      4) Independence
   b. Cultural Values
      1) Ethnic Roots
      2) Faith
      3) Tradition
   c. Social Values
      1) Diversity
      2) Equality
      3) Family
   d. Work Values
      1) Dedication
      2) Loyalty
      3) Professionalism
      4) Punctuality

3. Why are values important (Meeks, Heit & Page, 2005)?
   a. Give a sense of purpose
   b. They guide the actions you take in life.
   c. They affect the decision making process.

4. Who/What Affects Values?
   a. Peers
   b. Family
   c. Role Models
   d. Media

C. How to Achieve a Healthy Identity (Merki & Merki, 2004)
   1. Recognize your strengths and weaknesses.
   2. Demonstrate positive values.
   3. Develop a purpose in your life.
   4. Form meaningful relationships.
   5. Contribute to others in your community.
   6. Avoid unhealthy risk behaviors.
Lesson 7

VII. Understanding the Effects of Stress on Mental and Emotional Health

A. “Stress is the reaction of the body and mind to everyday challenges and demands” (Merki & Merki, 2004, 198).
   1. Four in ten adults said that stress has had an impact on their health in the last year (CDC, 2005 Online).
   2. Kids are involved in more activities today than they have ever been which increases stress.
   3. High stress teens are twice as likely as low stress teens to smoke, drink, get drunk and use illegal drugs (CASA Survey, 2003, Online).

B. What are stressors?

C. Types of Stressors (Merki & Merki, 2004, 199)
   1. Biological stressors: illness, disabilities, or injury.
   2. Environmental stressors: poverty, pollution, crowding, noise, or natural disaster.
   3. Mental/ Academic: Cognitive or thinking stressors: ways you perceive a situation or how it affects you and the world around you, homework, goals.
   4. Spiritual Stressors
      a. When personal values or beliefs are questioned.
      b. When change in a person’s relationship with a higher being is challenged.
      c. Having a lack of goals.
   5. Social Stressors
      a. Problems in relationships.
      b. When work, school, church and community become overwhelming or troublesome.
      c. Poor conflict management.

D. Response to Stress
   1. Alarm Phase: initial reaction to the stressor (Romas & Sharma, 1995, 10)
      a. The endocrine glands become active, particularly the adrenal glands.
         1) The adrenal glands secreted adrenaline which:
            a) Increases blood pressure
            b) Increase heart beat
            c) Rapid, shallow breaths
      b. Also the lymphatic structures shrink.
         1) This decreases the blood volume and creates ulcers in the stomach.
   2. Resistance Phase: resistance to the stressor (Romas & Sharma, 1995, 10)
      a. This occurs when there is continued exposure to the stressor, which elicited the response.
      b. Cannot get away from the stressor, so they try and push it away or ignore it.
      c. Can learn to adapt or cope with stress, so it becomes less of a problem. There is a limit; if you reach it you risk illness or injury.
      d. There is an increase in blood volume, but the energy is quickly depleted.
3. Exhaustion Phase: burnout occurs (Merki & Merki, 2004)
   a. Physical: muscles have an overload of physical activity.
   b. Psychological: from constant worry or overload.
   c. Pathological: from fighting off pathogens.
   d. Death can occur if the agent causing stress is not removed.

E. Effects of Stress
1. Positive (Merki & Merki, 2004)
   a. Motivation to achieve can increase
   b. Set goals
   c. Accomplish tasks

2. Negative (Merki & Merki, 2004)
   a. Physical
      1) Headache
      2) Asthma
      3) High blood pressure
      4) Weakened immune system
   b. Mental/ Emotional and Social
      1) Difficulty concentrating
      2) Mood swings
      3) Risks of substance abuse
      4) Depression

F. Managing Stress
1. Identify Causes of Stress
   a. Life events
   b. Physical stressors
   c. Daily Hassles

2. Avoid Excessive Stress
   a. Learn time management skills.
   b. Learn how you like to relax.
   c. Find out who you can talk to when you are stressed.

3. Ways to Manage Stress (Romas & Sharma, 1995)
   a. Relaxation
   b. Effectively Communicate Feelings
   c. Managing Anger and Resolving Conflicts
   d. Deep Breathing: taking long breaths in and out can help relieve tension and anxiety.
   e. Balanced Diet and Appropriate Eating: using the food guide pyramid.
   f. Regular Exercise
   g. Progressive Muscle Relaxation: process of tensing, then relaxing muscles groups.
   h. Efficient Time Management
   i. Adequate Sleep: 8 hours for most people.
   j. Avoid Tobacco, Alcohol, and Other Drug Use
Lesson 8

VIII. Understanding Emotions

A. What are Emotions?

1. “Emotions are signals that tell your mind and body how to react” (Merki & Merki, 2004, 184).

2. Types of Emotions (Meeks, Heit & Page, 2005, 185)
   a. Afraid
   b. Lonely
   c. Angry
   d. Love
   e. Anxious
   f. Nervous
   g. Resentful
   h. Excited
   i. Sadness
   j. Frustrated
   k. Shy
   l. Guilty
   m. Stressed
   n. Happy
   o. Surprised
   p. Jealous
   q. Thrilled

B. What Happens When We Hide/ Deny Emotions (Effectively Coping …, 2003)?

1. They build up and cause sadness.
2. We avoid dealing with them and they don’t go away.
3. We don’t effectively express our emotions and they turn into rage.
4. We lose friends and become ill.

C. Healthy Ways to Express Emotion (Meeks, Heit & Page, 2005, 186).

1. Identify the emotion.
2. Identify the source of the emotion by asking “why do I feel this way?”
3. Decide whether or not there is the need to respond right away.
4. Choose a responsible and healthy response.
   a. Communicate needs and feelings without anger.
   b. Avoid defense mechanisms such as (Merki & Merki, 2004, 190):
      1) Repression: purposely avoid or don’t deal with an issue.
      2) Suppression: purposely excluding a thought or feeling.
      3) Rationalization: to make an excuse for your action.
      4) Regression: to do something of less quality to complete a task.
      5) Denial: to avoid by denying a problem or situation.
      6) Compensation: to do something else to make up for a situation.
      7) Projection: to put blame on another for your difficulty.
      8) Idealization: is trying to do something perfect and underestimating another
4. Protect your Health.
IX. Understanding Emotional Problems

A. Nearly one-fifth of the nation's teens are suffering from emotional disorders (Davis, 2003).

B. Emotional problems can come from an internal or external source.
   1. Internal
      a. Mental disorders such as (Types of Mental…, 2004):
         1) Anxiety disorders: people with anxiety disorders respond to certain objects or situations with fear or dread, as well as with physical signs of anxiety or nervousness, such as rapid heartbeat and sweating.
            a) Generalized Anxiety Disorder
            b) Panic Disorder
         2) Mood disorders: involve persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness.
            a) Depression
            b) Mania
         3) Psychotic disorders: involve distorted awareness and thinking.
            a) Schizophrenia
        4) Eating disorders: involve extreme emotions, attitudes and behaviors involving weight and food.
            a) Anorexia Nervosa
            b) Bulimia Nervosa
            c) Binge Eating
        5) Impulse control and addiction disorders: involve people who are unable to resist urges, or impulses, to perform acts that could be harmful to themselves or others.
           a) Pyromania
           b) Kleptomania
        6) Personality disorders: include people with personality disorders have extreme and inflexible personality traits that are distressing to the person and/or cause problems.
           a) Antisocial Personality Disorder
           b) Obsessive Compulsive Disorder
   b. Addiction to alcohol and other drugs.
   c. Depression

2. External (Symptoms, 2003)
   a. Social problems are difficulties relating to other people.
      1) Can be caused from mental or physical disorders.
      2) Can also be caused from personal problems.
   b. Family problems such as divorce, death, conflicts
   c. School problems are difficulties with learning:
      1) Learning Disabilities
d. Addiction is any of various addictions to substances or activities.
   1) Drug Addictions
   2) Gambling Addictions
   3) Nicotine Addictions
   4) Exercise Addictions
   5) Eating Disorders
   6) Perfectionism
   7) Alcoholism

Lesson 9

IX. Understanding Emotional Problems Continued

C. What kinds of emotional problems do we face?
1. Addictions (Symptoms, 2003)
   a. Drug Addictions
   b. Gambling Addictions
   c. Nicotine Addictions
d. Exercise Addictions
   e. Eating Disorders
   f. Perfectionism
g. Alcoholism

2. Codependence is a compulsion to control, take care of and rescue people by fixing their problems and minimizing their pain (Merki & Merki, 2004).

D. Treatment for Emotional Problems

1. Counseling
   a. It is a way to receive help through the guidance of a trained professional.
b. Types (Merki & Merki, 2003):
      1) School counselor is a person at your school that can help you home and school issues that may arise.
      2) Family counselor provides therapy to restore healthy relationships in a family.
      3) Psychiatrist is a medical doctor who specializes in diagnosing and treating mental disorders and can prescribe medications.
      4) Psychologist is a psychologist who diagnoses and treats emotional and behavioral disorders but cannot prescribe medications.
      5) Social Worker is one who has concentrated on psychiatric casework and provides treatment for clients with emotional problems.
c. Value
      1) Help you cope with problems by (Teen Health, 2005):
         a) Listening
         b) Helping you find solutions.
         c) Refer you to more advanced help.

2. Medication for depression or anxiety.
a. “In 2003, an estimated 124 million prescriptions were written for antidepressant medications” (HelpGuide, 2004, Online).
b. Types
   1) A physician or psychiatrist must prescribe all anti depressants and anti anxiety medication (HelpGuide, 2004).

c. Value
   1) Medications have taken depression and anxiety treatment to a whole new level.
   2) For most people medications have made treatment possible.
   3) Helps control mood and symptoms.

3. Hospital Care
   a. When is it needed?
      1) When you need help that you can’t provide yourself.
      2) Risk of Suicide
      3) Medication is not controlling symptoms.

Lesson 10

X. Communication
   A. Communication is a process by which information is exchanged between individuals (Webster Online, 2005).
   B. Why do we communicate (Unknown, 1999)?
      1. To let others know…
         a. to spread news.
         b. to warn of dangers.
         c. to pass on information.
         d. to ask for help.
   C. Ways to communicate
      1. Non-verbal
         a. Body language (Using Body…., Unknown)
            1) Facial expressions: using your face as another way to express how you feel.
            2) Gestures are movements with your body that can portray an expression.
            3) Posture is the way you hold your body. This can also express a feeling of emotion.
      2. Verbal Communication (Meeks, Heit & Page, 2005)
         a. Reading is taking in information through the sense of sight (Merriam , 2005).
            1) Books
            2) Newspapers
            3) Magazines
         b. Writing thoughts, feelings and questions down on paper.
         c. Speaking to express thoughts, opinions, or feelings orally (Merriam, 2005).
            1) Manner is your characteristic style or manner of expressing yourself orally.
            2) Tone of Voice is the assertiveness used when expressing yourself orally.
            3) Volume is the degree of loudness or intensity.
   a. A statement in which a person tells how he or she feels using the pronoun “I” and without using the pronoun “you”.
   1) Effective when trying to express your opinion.
   2) Help avoid blaming, name-calling, or antagonizing others.

4. Active Listening (Merki & Merki, 2004)
   a. Reflective listening allows you to rephrase or summarize what the other person said.
   b. Clarify involves asking the speaker what he or she thinks or feels about the situation.
   c. Encourage the speaker; it lets them know that you are interested and involved.
   d. Empathizing is when you are able to imagine and understand how one feels.

D. How to improve communication skills (Fowler & Manktelow, Unknown, Online).
   1. Practice
   2. Take a class
   3. Think through thoughts before responding.
   4. Be an active listener
   5. Be expressive

Lesson 11

XI. Anger Management
   A. Anger is a common reaction to being emotionally hurt or physically harmed. If not handled appropriately it can result in violence, physical and emotional harm to you and others.
   B. What causes anger (Teen Health, 2004)?
      1. Hormones that cause mood swings.
      2. Always being under stress can cause people to have short fuses.
      3. Family or relationship changes.
      4. A build up of a lot of little frustrations.
   C. Effects of Anger (Effects …, 2000)
      1. Creates mental damage by keeping our brains from focusing.
      2. Blocks external success by having less energy to direct toward thinking and seeing clearly.
      3. Destroys self esteem.
      4. Creates illness by putting an abnormal stress of the body.
   D. Ways to Manage Anger (Merki & Merki, 2004)
      1. Find and realize the source.
      2. Confront the source of anger.
      3. Cope with feelings by… (DelCampo & Herrera, 1993)
         a. Do something physical.
            1) Helps focus anger on something else and help them calm down.
               a) Stomp feet.
               b) Punch a pillow.
               c) Go for a run or bike ride.
b. Talk about feelings.
   1) Helps work through anger so they can work through the anger, or solve the problem in a positive way.
      a) Talk with parent, sibling, friends, other trusted person, or pet.

c. Drain anger from your body.
   1) Do an activity where you can get rid of your anger.
      a) Write down what is causing the anger, then throw it away.
      b) Draw a picture or scribble hard, then throw it away.

d. Remove yourself from the situation.
   1) Walk away and allow yourself to cool off.
   2) Count to ten, before reacting or when you feel a surge of anger.
   3) Think about how you will react and if it is health and appropriate.
   4) React in a calm, controlled manner.
References


Types of Mental Disorders. (2004). WebMD. Retrieved April 8, 2005, from http://my.webmd.com/content/article/60/67134.htm?z=2950_00000_0000_rl_03/


