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Achieving Mental and Emotional Health

Chapter 3 Review

1. What is the importance of good character? Name 4 traits of good character.
2. What is self-esteem? Explain 4 things you can do to increase your self-esteem?
3. Name the Seven Hallmarks of good Mental Health.
4. How does Self-Actualization relate to Maslow’s Hierarchy of Needs?
5. Explain how understanding your emotions is related to good Mental Health?
6. Why is it important to be able to manage your emotions?
7. What are hormones? How do they affect a teen’s emotions?
8. Name the seven defense mechanisms and give a brief explanation of them.
9. What is the long term problem with using defense mechanisms?
10. What can you do if you are feeling guilty about something to make it better?
11. Name 3 ways to help manage your anger that would work for you.