

LESSON 7.1 Your Emotional Health Note-Taking Guide

What Makes Me Emotionally Healthy?

1. Fill in the missing characteristics of good mental health.

✓ Feeling content or satisfied

✓ Having enthusiasm for life

✓ _____

✓ Having a sense of meaning and purpose

✓ Being adaptable or flexible

✓ _____

✓ _____

✓ Having high self-esteem and self-confidence

Emotional Intelligence

2. Emotional intelligence helps you to do what?

Manage _____

Build _____ and manage conflict

Keep emotions under _____

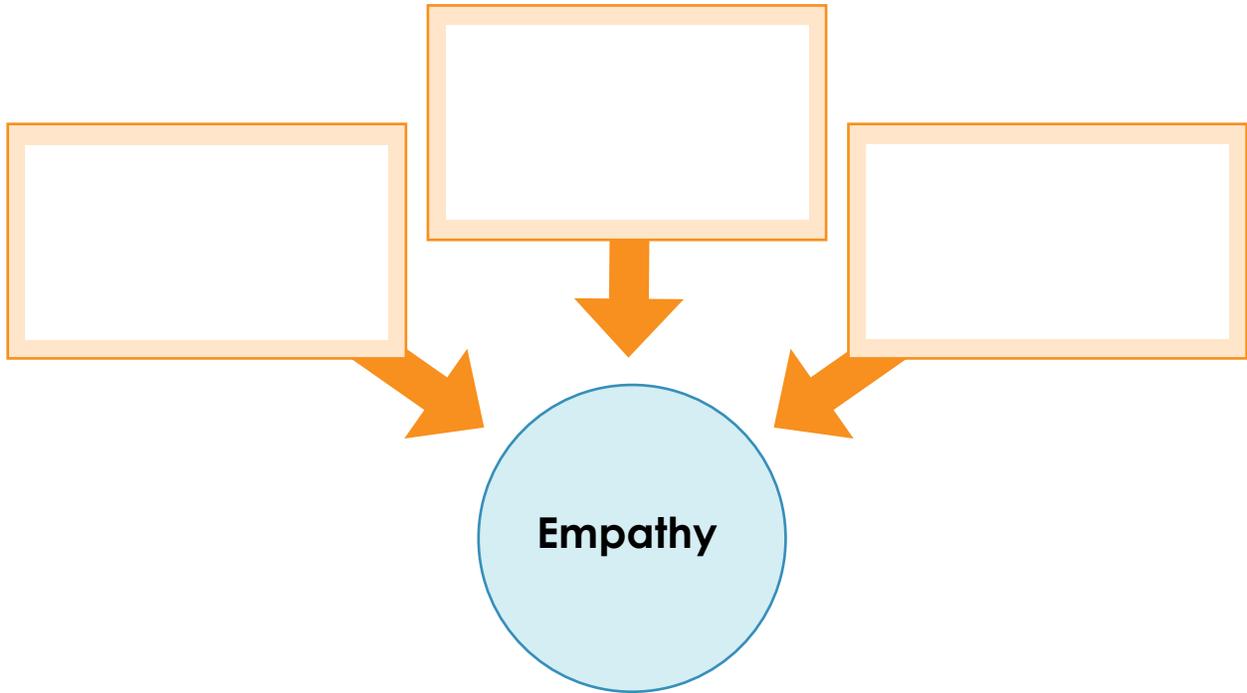
Have _____ and self-motivation

Be a good _____

Be successful in _____ and work life

Empathy

3. Use the following boxes to explain how you can develop empathy.



Influences on Emotions

4. Identify the four reasons you might struggle to manage emotions as a teen.

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Impulsive Behavior

5. Examples of impulsive behaviors include the following.

Healthy Ways to Manage Emotions

6. Fill in the graphic with an example or description or other interesting fact.

Breathe and pause	<ul style="list-style-type: none">• Take deep breaths and count to four each time.
Collect your thoughts	
Take time out	
Distract yourself	
Do regular physical activity	
Try to laugh about it	
Keep a journal	