

LESSON 6.1 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

Your Changing Emotions

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

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Emotional Intelligence

3. Emotional intelligence helps you to do what?

Manage _____

Build _____ and manage conflict

Keep emotions under _____

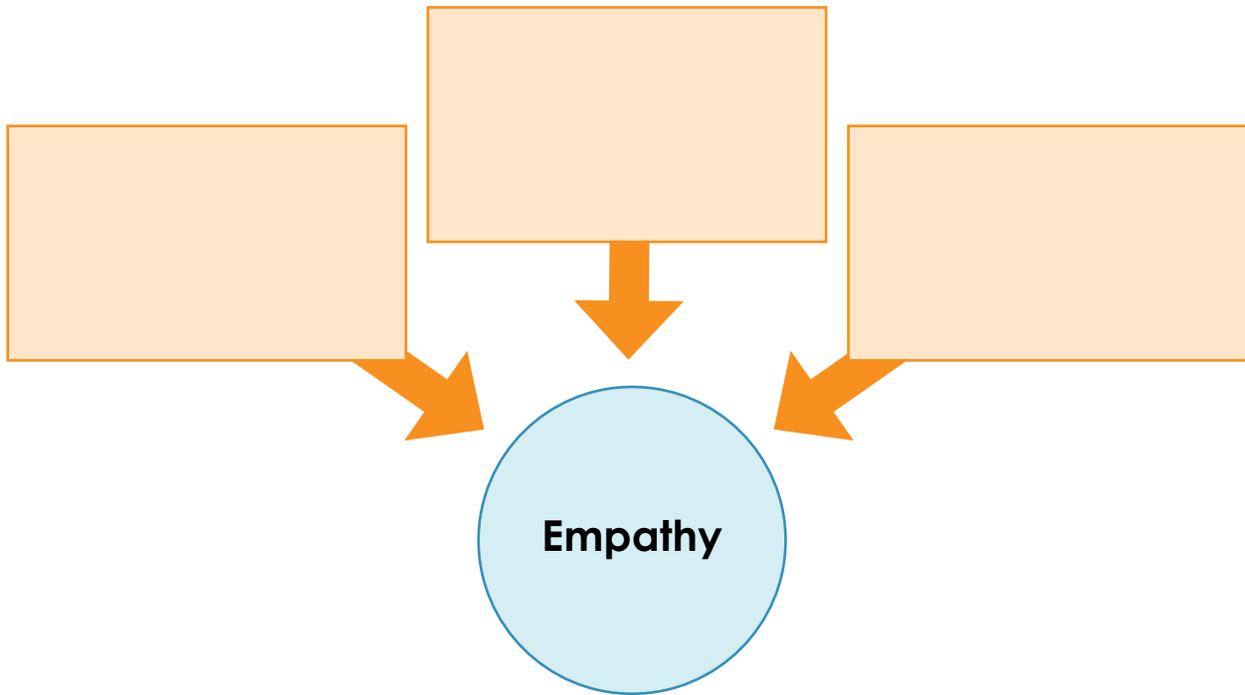
Have _____ and self-motivation

Be a good _____

Be successful in _____ and work life

Empathy

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



Optimism and Emotional Health

5. Compare and contrast optimism and pessimism. Include information on how each is related to health.

