



Grade 9 Sample Lesson Plan: Mental Health PPT and Notes

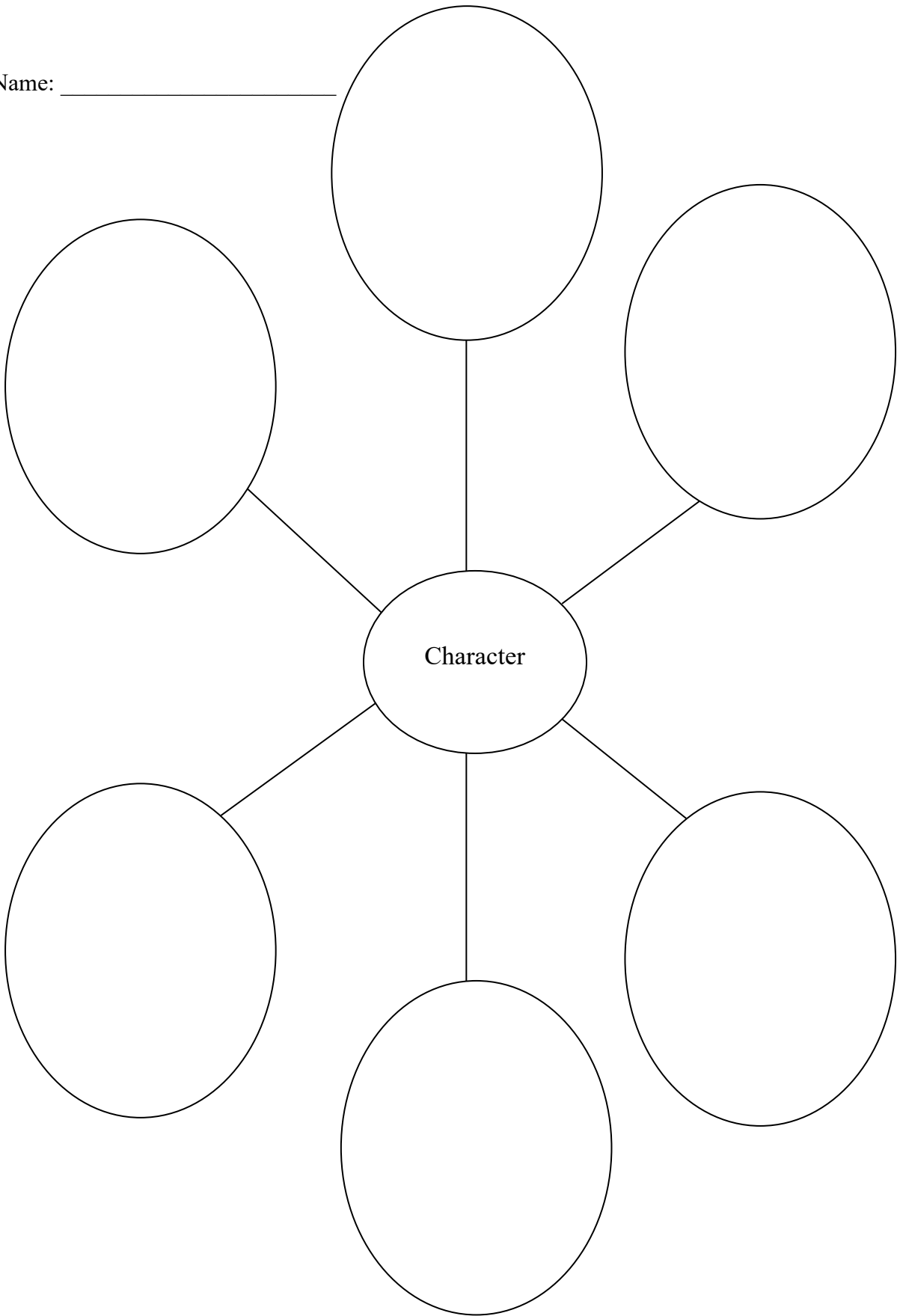
Description

Please see attached handout for a lesson submitted by a Virginia teacher

Handout

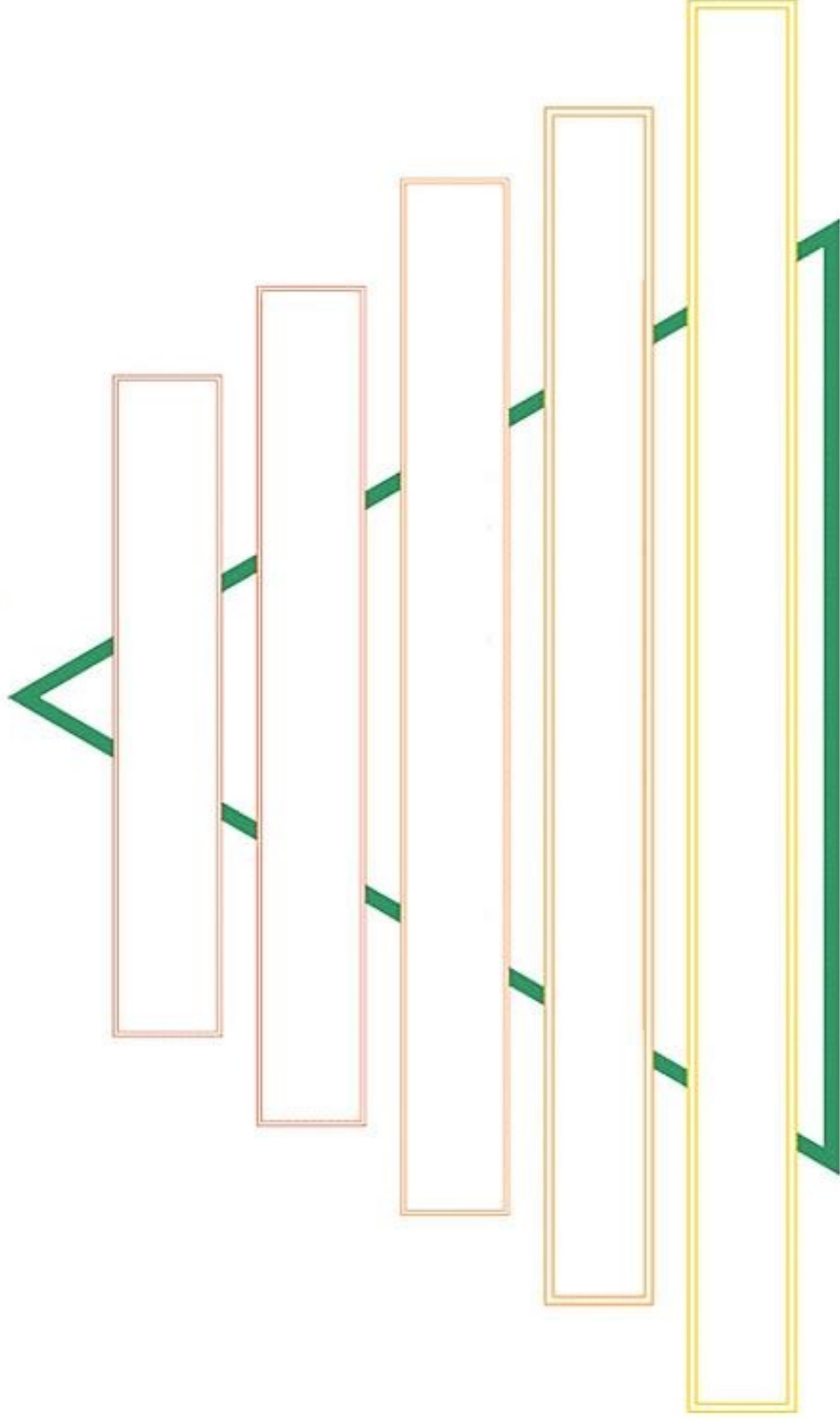
The next page includes a handout for the lesson. The handout is designed for print use only.

Name: _____



Name:
Period:

Maslow's Hierarchy of Needs



Characteristics of Good Mental and Emotional Health

- Sense of _____
- Sense of _____
- Positive _____
- Self-_____
- Healthy _____

Improving your Self Esteem

-
-
-
-
-
-
-
-

Creating a Positive Identity

- Recognize your _____ and _____
- Surround yourself with _____, _____ people
- Find a _____ or something that you love to do and do it frequently
- Stop making life a _____
- _____ someone else

Defense Mechanisms:

Repression

Regression

Denial

Projection

Suppression

Rationalization

Compensation

Managing Anger:

1. Do something to
2. Channel your
3. Talk with someone you

Stressor: Anything that causes _____

Life Situation	Environmental	Biological	Cognitive (Thinking)	Personal Behavior

Your Body's Response to Stressors:

Stage 1: Alarm –

Physical Symptoms

-
-
-
-
-
-

Stage 2: Resistance –

Stage 3: Fatigue –

Psychosomatic Responses

-
-

-
-
-

The Grieving Process: each person may go through these stages in a different order and may skip some of them completely – this is just a basic outline of the steps

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

Step 7:

Step 8:

Stress Management Techniques

1. Refusal Skills:
2. Plan Ahead:
3. Think Positively:
4. Avoid Tobacco, Alcohol, and other Drugs:
5. Practice Relaxation Techniques:
6. Redirect Your Energy:
7. Seek Support:
8. Stay Healthy:

_____ is a feeling of uneasiness or worrying about what may happen. Occasional anxiety is natural. Brief feelings of worry, insecurity, _____, self-consciousness, or even panic are common responses to _____. Usually the _____ goes away when the stressful event ends.

A prolonged feeling of helplessness, hopelessness, and sadness is known as _____. Sadness affects everyone, but depression usually lasts _____ and may produce symptoms that do not go away over time. It is one of the most common mental health concerns among _____.

Some warning signs of depression include:

-
-
-
-
-

As teens reach puberty, body changes and media changes may cause some teens to put pressure on themselves to look a certain way which may lead to an _____ disorder. On the other hand, a _____ disorder deals with extreme highs and lows and changes in moods. This could include depression and bipolar disorder.

_____ is a mental disorder in which a person becomes delusional and loses contact with reality. A _____ disorder includes stealing, cruelty, lying, aggression, violence, and vandalism. Teens who have a _____ disorder are unable to regulate their emotions.

How can a stress ball help manage or relieve your stress?

List two other ways that have not already been stated that you could relieve stress