Grade 9 Sample Lesson Plan:
Unit 29 – 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: _______________________

Character
Characteristics of Good Mental and Emotional Health

- Sense of _____________________
- Sense of _____________________
- Positive _____________________
- Self-________________________
- Healthy _________________________

Improving your Self Esteem

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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 ________________

<table>
<thead>
<tr>
<th>Life Situation</th>
<th>Environmental</th>
<th>Biological</th>
<th>Cognitive (Thinking)</th>
<th>Personal Behavior</th>
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Your Body’s Response to Stressors:
Stage 1: Alarm –

Physical Symptoms
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•
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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:
anxiety 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 effects 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:

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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