Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Unit 1 Review – Mental/Emotional Health

1. What are the 3 aspects of health? (3)
2. What is the definition of personality? (30)
3. What are two things that influence your personality traits? (32-33)
4. What is self-esteem? (36)
5. What are 3 ways to improve your self-esteem (39):
6. What are the 5 things that Maslow used in his Hierarchy of Needs? (40-41):
7. What are primary emotions? What are the 3 examples? (44-45)
8. What are learned emotions? What are the 3 examples? (46-47)
9. What is a coping strategy? (48)
10. Describe the 6 defense mechanisms? (49):
    1. Denial -
    2. Compensation -
    3. Rationalization –
    4. Reaction Formation –
    5. Projection –
    6. Regression -
11. What are the two types of stress? Provide an example!! (56):
    1. Positive Stress - \_\_\_\_\_\_\_\_\_\_ Example –
    2. Negative Stress - \_\_\_\_\_\_\_\_\_\_ Example -
12. What is a stressor? (57)
13. What are the 3 stages of stress? (60-61)
14. Which stage does the Fight or Flight Response take place? (60)
15. How you react to a stressor depends on what? (65)
16. Define the following ways to respond to stress. (66-67)
    1. Optimism -
    2. Pessimism -
    3. Perfectionist -
    4. Resilience -
17. What are the two ways to cope with stress? (71)
18. What are 3 ways to reduce tension? Hint - BLUE HEADINGS! (72-73)
19. Find the disorder in the book that matches with it’s description. (82-97)
    1. Fear caused by a source you cannot identify or that doesn’t pose much threat as you think?
    2. Eating disorder in which a person eats a large quantity of food and then purges?
    3. Prolonged periods of sadness lasting more than 3 months is diagnosed as?
    4. Eating disorder where a person doesn’t eat enough to maintain a healthy body weight?
20. Who is a psychiatrist? (103)
21. What does a neurologist do? (103)
22. In what type of therapy do people meet others with similar disorders? (104)