Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_

**Chapter 5 Health Notes**

You will be put into groups to read your section and come up with bulleted notes about your topic. Select the person with the best spelling/handwriting to write the notes for your group. Since each group will have several pieces of info to look up split up the work accordingly. You do not have to write the information word for word, use your best judgment.

\*EVERYONE in the group should be working, if you’re not you’ll be sent to SAL to do it alone.

Group 1 (Pages 114-116)

What is *Anxiety*?

**When you feel uneasy or worried typically about something specific.**

**Symptoms- feelings of panic, sweating, worried, increased heart rate.**

What can you do to cope with anxiety?

**Stress Management Techniques that we discussed in ch. 4 (talk with trusted friend/family, write in a journal, exercise, etc), sometimes medication is needed.**

What is *Depression?*

**The prolonged feeling of helplessness, hopelessness, and sadness.**

What is depression caused by?

**Physical, Psychological or Social reasons. Ex Medical conditions, surviving a traumatic event, abuse, living in poverty, being bullied, losing a loved one, major life event (losing a job), clinical depression can run in families.**

List 5 warning signs/symptoms of depression:

**1. Constantly sad or irritable mood**

**2. Loss of interest in activities and friends**

**3. Change in sleep habits (no sleep or too much)**

**4. Difficulty concentrating**

**5. Thoughts of suicide**

What should you do if you or someone you know is showing signs of depression?

**Discuss concerns with a trusted adult, if they asked you not to tell anyone this is one of those cases when it needs to be told because they need help.**

Group 2: (page 118)

What are Mental Disorders?

**An illness of the mind that can affect the thoughts, feelings and behaviors of the person preventing them from living a normal life.**

How many people in the US are affected by mental disorders each year? **Approx. 57.7 million! 26.2%**

Why do many people not seek treatment? **They are embarrassed and there is a negative stigma associated with mental disorders.**

What is a *Stigma*? How can we take it away from mental disorders?

**A negative label associated with something that causes the person to be rejected by others. Learning as much as we can about mental disorders and getting people to seek treatment.**

Group 3: (pages 119)

What are *Anxiety Disorders*? (list definition and important facts)

**Condition in which real or imagined fears are difficult to control**.

For the following **Anxiety Disorders** list the symptoms and an example (if you can):

|  |  |
| --- | --- |
| **Phobia-**  **Strong irrational fear of something specific.**  **S- trouble breathing, rapid heart rate**  **C- Could be from a previous experience or an event/exposure at a young age**  **T- Cognitive therapy, psychotherapy**  **Ex: Arachnophobia- fear of spiders** | **Obsessive Compulsive Disorder (OCD)-**  **Constant thoughts, fears or urges that lead the person to repeat behaviors.**  **C- genetics, brain chemical imbalance**  **T-behavioral therapy, cognitive therapy**  **S- Wanting everything to be in a specific spot, constant hand washing for fear of germs, counting steps, checking doors. Repeating behaviors until it “feels right”.** |
| **Panic Disorder-**  **Sudden unexplained feelings of terror. S- Increase in heart rate, blood pressure, dizziness.**  **C- Usually triggered by something specific that stresses you out, can be chemical imbalance.**  **T- Therapy, meds** | **Post Traumatic Stress Disorder (PTSD)-**  **Nightmares and flashbacks after a traumatic event like sexual assault or war.**  **S-nightmares, flashbacks**  **C- a traumatic event**  **T- psychotherapy, group therapy, meds** |

What are *Impulse Control Disorders*? (list definition and important facts)

**Person cannot resist the urge to hurt themselves or hurt others (emotionally or physically).**

For the following **Impulse Control Disorders** list the symptoms and an example (if you can):

|  |  |
| --- | --- |
| **Kleptomania-**  **Constant urge to steal things, even if they have the money to buy it.**  **S- intense urge to steal, joy during and right after completion, shame and guilt after.**  **C- chemical imbalance**  **T- behavior therapy, cognitive therapy, relaxation techniques, meds** | **Cutting-**  **Repetitive cutting on the body, esp. in places that can be hidden.**  **S-fresh cuts or scars, wearing long sleeves to hide it, feeling worthless, emotionally instable.**  **C-need control of something in life, bullying, abuse**  **T- tell someone, counseling, therapy** |
| **Pyromania-**  **The urge to start fires for pleasure.**  **C- chemical imbalance/neurological issue**  **S- starting fires for pleasure, not for revenge, profit, cover up. Typically feel guilty afterward.**  **T- behavior therapy, group therapy, relaxation techniques, meds (SSRI’s)** | **Excessive Gambling-**  **Addiction to gambling to the point of losing everything.**  **S- the need/urge to keep doing it even though you’re already in debt**  **C- desperation for money, pleasure felt when winning, no ability to stop**  **T- therapy, 12 step program** |
| **Compulsive Shopping-**  **Buying items that you cannot afford and do not need for pleasure.**  **S- shopping when depressed, sad, to make up for a void in their life.**  **C- high they get from shopping, want it to stay.**  **T- behavior therapy, psychotherapy** |

*Eating Disorder* (give a description and important facts):

**An obsession with body image and food.**

**S-More common in girls, esp. teens. Can lead to unhealthy weight loss or gain and cause major health issues.**

**C- biological (genetic), psychological (self image issues), environmental (bullying)**

**T- group therapy, nutritional counseling, cognitive and behavior therapy, hospitalization**

What are *Mood Disorders*? (list definition and important facts)

**Illnesses that involve mood extremes that interfere with everyday living.**

**C- genetic, chemical imbalance S-high/low moods, relationship issues T-Therapy/meds**

For the following **Mood Disorders** list the symptoms and an example (if you can):

|  |  |
| --- | --- |
| **Conduct Disorder-**  **Patterns of behavior in which the rights of others and social rules are violated.**  **C- abuse, depression, parents drug use, inconsistent discipline, brain impairment, hyperactivity**  **S- Stealing, arson, cruelty, abuse/violence, vandalism, lying**  **T- behavior therapy, family therapy, meds** | **Schizophrenia-**  **Person loses contact with reality**  **S-delusions/hallucinations are common (seeing, hearing, touching, smelling things that aren’t there).**  **C-More common in men (teens or older), typically already in your genes but can be brought on by drug use.**  **T-Medication is needed**, **therapy** |
| **Personality Disorder-**  **Disorder that has 3 different types, person can be anti-social, overly self absorbed, suspicious, reckless**  **S-Person is unable to regulate emotions. They have trouble with relationships. Can seem like different people at times.**  **C- childhood abuse/trauma, genetics, chemical imbalance**  **T- Therapy/meds** | **Bipolar Disorder-**  **Drastic mood swings from highs to lows in a short amount of time. They usually say/do things they later regret and are constantly apologizing.**  **S- extreme highs and lows in moods**  **C- genetics, chemical imbalance**  **T- meds, therapy** |

Group 6: (pages 122-124)

What is *Alienation* and what is it caused by?

Feeling isolated and apart from everyone else. Can be caused by stress, a life situation, depression, a mental illness.

*Suicide*-

The act of taking ones own life intentionally. 3rd leading cause of death for 15-19 year olds.

What are the two common risk factors that are common among people who commit suicide?

1. More than 90% are suffering from depression or another mental disorder.

2. They have a history of abusing alcohol or other drugs.

What are *cluster suicides*?

A series of suicides in the same area involving people around the same age group in a short amount of time.

Suicide.

|  |  |  |
| --- | --- | --- |
| **Warning Signs:**  **-Direct “I want to die” or indirect statements “I can’t take it anymore”**  **-Substance Abuse**  **-Giving away personal possessions that mean a lot to them.**  **-Violent actions/rebellious behavior**  **-Dramatic change in personal appearance, hygiene,**  **-Withdrawal from friends and normal activities.** | **How to Help:**  **-Initiate a meaningful conversation with the person.**  **-Show support and ask questions.**  **-Try to persuade them to seek help.**  **-Tell a trusted family member or adult to get the person help.** | **How to prevent suicide:**  **-Don’t treat what they say as a joke**  **-Never agree to keep the info a secret if it involves suicidal thoughts, get them the help they need.** |

What are 4 signs that help is needed?

**1. Feeling trapped or worried all of the time**

**2. Feelings that affect sleep, eating habits, schoolwork, job performance and relationships**

**3. Becoming involved with alcohol or drugs**

**4. Becoming increasingly aggressive, violent, or reckless**

Who typically notices that teens are having problems? **Friends and Family Members**

**Treatment Methods**

|  |  |  |
| --- | --- | --- |
| **Psychotherapy:**  **One on one with a counselor or psychiatrist.** | **Behavior Therapy:**  **Treatment focuses on changing the unwanted behaviors through rewards and positive reinforcement.** | Cognitive Therapy:  **Focuses on changing unwanted/distorted thinking patterns** |
| **Family Therapy:**  **Every family member attends, it focuses on helping the family function through communication, provides support and education.** | **Group Therapy:**  **Group of people with similar problems meet with a health care professional together.** | **Drug/Biomedical Therapy:**  **Medications are prescribed** |