DESCRIBE THE 4 DIFFERENT PARTS OF A PERSON'S IDENTITY

SUMMARIZE HOW ETHNICITY INFLUENCES A PERSON'S IDENTITY
FOUR DIFFERENT PARTS OF A PERSON'S IDENTITY

PHYSICAL IDENTITY

- Gender
- Race
- Age
- Height
FOUR DIFFERENT PARTS OF A PERSON'S IDENTITY

ACTIVE IDENTITY

- Interests
- Sports
- Music
- Community
FOUR DIFFERENT PARTS OF A PERSON'S IDENTITY

SOCIAL IDENTITY

- Family
- Friends
- Groups
FOUR DIFFERENT PARTS OF A PERSON'S IDENTITY

PSYCHOLOGICAL IDENTITY

▸ Internal
▸ Thoughts
▸ Feelings

The Process Of Manifestation

On a Negative Note

Thought → Feeling → Action = Result

It's too hard to exercise

I don't really feel like it.

I am going to take a nap

I am not getting in shape
THREE STAGES OF ETHNIC IDENTITY

UNEXAMINED ETHNIC IDENTITY.
NO THOUGHT.
THREE STAGES OF ETHNIC IDENTITY

IDENTITY SEARCH

ACTIVELY SEARCH
ACHIEVEMENT. SECURE IN THEIR SENSE OF ETHNIC IDENTITY. IMPORTANT ASPECT OF WHO THEY ARE.
Objective:
Describe how to manage emotions and express feelings in a healthy way.
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Emotional intelligence
The skill of identifying one's own emotions and understanding emotions of others

Describe empathy, optimism, and Resilience.
Making sense of your emotions

Mental and emotional health is internal thoughts and feelings.

emotions are moods and feelings you experience.
There are many different emotions

Unpleasant

Pleasant
Learning to manage

Helps Teenagers
High Emotional Intelligence

- Self awareness
- Self regulation
- Ability to Express
- Positive Ways
- Motivation
- Healthy
High Emotional Intelligence

More successful in work
More successful in school
More successful in relationships
Empathy

The ability to imagine yourself in someone else's place.

"I know exactly how you feel."
Optimism

- The ability to keep a positive outlook

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

Helen Keller
Resilience

- The ability to recover from dramatic or stressful events

“Resilient people immediately look at the problem and say, ‘What’s the solution to that? What is this trying to teach me?’”
Managing emotions

• Identify what you are feeling
• Acknowledge your feelings
• Express your feelings
• Get relief from your feelings
• Develop coping skills
Common unpleasant Emotions

- Loneliness
- Anxiety
- Anger
- Jealousy
- Guilt
- Stress
- Depression
• People with good mental and emotional health spend time developing and maintaining close relationships. Discuss why this is true.

• People with good mental and emotional health never experience disappointments or failures. Discuss why this is false.

• Most teenagers regularly experience mood swings. Discuss why this is true.

• If you are experiencing unpleasant emotions, it is best to distract yourself and not think about what is causing them. Discuss why sometimes this is true.
Self image is your mental picture of yourself

Your look at:

Your skills, your abilities and your weaknesses.
High self-esteem

- Great decision-making skills
- Feel good about themselves
- Trust their own judgment
- Follow their own values
- Courage to make the choice that is right.
- Courage to take responsibility for a bad choice.
Low self-esteem

- Worry about what others think of them.
- Concerned about the opinion of others.
- Vulnerable to peer pressure.

I think high self-esteem is overrated. A little low self-esteem is actually quite good? Maybe you're not the best, so you should work a little harder.

Jay Leno
American Comedian
Born 1950
summarize Maslow's hierarchy of needs.
Learn through experience.

- Take charge.
- a positive outcome.
Five factors affecting self-esteem

- Social interactions with family members, friends, and others
- Home, school, community, and cultural environments
- Life events
- Media (TV, movies, Facebook)
- Body image
Self actualization is the feeling that you're striving towards and becoming the best person you can.

All needs have been filled to some degree.

Likely and respected.

Need for support assurance praise acceptance.

Need to feel safe.

Air, water, food, clothing, shelter.
Physical Needs
Air water food clothing shelter
Security

Need to feel safe
Love and acceptance

Need for support assurance praise acceptance
Esteem

Liked and respected
Self actualization

All needs have been filled to some degree
Accept self and others for who they are.
Feeling self-motivated instead of relying on other people to provide motivation.
Working actively to solve problems in the world, in the community. Taking responsibility for finding solutions. helping other people to resolve problems.
Viewing the world with a sense of appreciation, inspiration and pleasure.
Enjoy spending time with other people but also feeling a need for independence and time alone.
Feeling at peace with themselves and the world.
Philanthropy. Individuals who make donations to improve others lives and well-being.

Citizenship. The legal status of being entitled to the rights and duties of a community.

Rumination. The act of thinking repeatedly about something for a long period of time.
Identify characteristics of people with good mental health and emotional health.
Traits of good mental and emotional health.

Enthusiasm for life
Traits of good mental and emotional health.

Responsible
Traits of good mental and emotional health.

Balance
Traits of good mental and emotional health.

Trustworthy
Traits of good mental and emotional health.

Respectful
Traits of good mental and emotional health.

Compassionate
Traits of good mental and emotional health.

Good citizenship
Strategies: Spend time in nature.
Strategies: Ask people around you about their job.
about places they've lived.
about their interests.
about places they visited.
Strategies: View mistakes as valuable learning opportunities.
Strategies: Focus

on what is positive in your life.
Stop dwelling on events that are not going well.
Strategies: Read for pleasure.
Strategies: Play

Knowledge Games based games.
Strengthen creativity.
Puzzle solving
Strategies: Make time for relationships. Ensure that you stay connected to family. Ensure connection to friends.
Strategies: Join

a club, group. volunteer to work for a cause you find meaningful. meet people who have common interests
Strategies: Set goals develop plans to meet goals. Chart your progress.
Strategies: Determine strategies for reducing stress that work well for you.
Strategies: Designate some time each day to have fun and take a break from the demands of daily life
Get adequate sleep.
Practice good nutrition.
Get plenty of physical activity.
Avoid risky behavior.
Strategies for improving intellectual health.

Make good decisions.
Act on decision.
Review the outcome.
Learn from decisions.
Self reflection