Mental Health/Stress

Define the following terms:

1. Mental Health-
2. Mental Illness-
3. Stress-
4. Stressor-
5. Stigma-
6. Depression-
7. Suicide-

Describe the following disorders:

1. Anxiety-
2. Phobia-
3. Bi-polar-
4. OCD-
5. Schizophrenia-
6. Post-Traumatic Stress Disorder-
7. Personality Disorder-

Give examples of the following:

1. Biological Stressors-
2. Environmental Stressors-
3. Personal Demands-
4. Life Situations-

Name 3 causes of mental illness:

Describe the 2 types of depression:

List 5 symptoms of stress:

Name 5 warning signs of suicide:

List 3 ways to manage stress:

List the effects of stress on physical health:

The difference between eustress & distress: