



Glossary of Mental Health Terms

Physical Health: The health and care of your body.

Mental/Emotional Health: Your ability to deal with the stresses and changes in daily life.

Social Health: Area of health that involves your ability to relate to others.

Wellness: Actively making choices for good health.

Fatigue: The feeling of being tired.

Physical Fatigue: Fatigue of the body.

Psychological Fatigue: Fatigue from mental stress.

Pathological Fatigue: Fatigue from overworking body's defenses by fighting disease.

Environment: The sum total of your surroundings.

Culture: Beliefs, customs, and traditions of a specific group of people.

Eustress: Positive stress.

Distress: Negative stress.

Stressor: Stimulus that produces stress.

Psychosomatic: An illness involving both the mind and body.

Defense Mechanism: Strategies to deal with stressful situations.

Heredity: The passing on of traits from one generation to the next.

Risky Behaviors: Actions or choices that may cause injury or harm to you or others.

Consequences: Results of your actions.

Prevention: Taking steps to ensure something doesn't happen.

Fight or Flight: Body response to stressors.

Adrenaline: A hormone that increases heart rate, constricts blood vessels, and dilates air passages.

Personality: The set of characteristics that make you unique.

Mental Illness: A medical disease or disorder which affects the mind.

Anxiety Disorder: Real or imagined fears that can prevent enjoyment of life when improperly treated or when unmanaged.

Phobia: An irrational fear.

Obsessive-Compulsive Disorder: Unreasonable need to think or act a certain way.

General Anxiety Disorder: Anxious, fearful, and/or upset for no specific reason.

Panic Disorder: A sudden attack of terror, trembling, difficulty breathing; usually connected to a certain situation.

Post-Traumatic Stress Disorder: Caused by a traumatic event with severe and long-lasting aftereffects.

Hypochondria: Fear of presumed disease.

Clinical Depression: Sadness or hopelessness, long-lasting, interferes with daily life.

Manic-Depressive Disorder: Severe mood swings for no apparent reasons.

Personality Disorder: No apparent distinct signs or symptoms, may respond inappropriately.

Anti-Social Personality Disorder: Constant conflict with society.

Passive-Aggressive Personality Disorder: Uncooperative, shows anger indirectly.

Schizophrenia: Split mind, abnormal emotional response.

Therapy: Treatment techniques.

Neurologist: A physician specializing in organic disorders of brain, nervous system.

Abstinence: Refusing to participate in unsafe behaviors.

Values: Guides for how you live and what you think is important.

Decision Making: Process of making choices to solve a problem.

Personality: A special mix of traits, feelings, attitudes and habits/
Factors that shape your health, heredity, environment and behavior.

Behavior: Area of health you have control over.

Self Concept: The view you have of yourself.

Self Esteem: The confidence and pride you have in yourself.

Communication: The exchange of thoughts, feelings, and beliefs amongst people.

Verbal and Non-Verbal: The forms of communication.

Body Language: Postures, gestures, and facial expressions.

Emotions: Feelings inside us like happiness and anger.

Emotional Needs: To love and be loved, to belong, and to feel worthwhile.

Peer Pressure: The influence or pressure of people your age or similar status.

Bullying: When a person is picked on over and over again by an individual or group with more power.

Clique: Tight groups that usually have a strict code of membership and ways to act.

Eustress: Positive stress that can help you to accomplish goals.

Fight or Flight: The body's reaction to extreme stress to either stay and fight or run.

Stressor: Anything that causes stress.

Adrenaline: Hormone produced during times of stress that increases the sugar in the blood and gives the body more energy.

Fatigue: Extreme tiredness.

Physical Fatigue: Extreme tiredness of the body.

Psychological Fatigue: Extreme tiredness due to a mental state.

Stress-Related Symptoms and Illnesses: Headaches, stomach problems including ulcers, sleeping problems, high blood pressure, heart attacks.

Eating Disorders: Extreme and damaging eating behaviors that can lead to sickness and even death. Reasons for eating disorders can be: distorted body image, poor self-concept, media messages, lack of positive role models, control issues, emotional distress.

Anorexia: An eating disorder that involves self-starvation due to an intense fear of being fat. Health problems associated with anorexia can be: abnormal weight loss, anemia, hair loss, brittle bones, sensitivity to cold, menstruation may stop, malnutrition, death.

Bulimia: An eating disorder that involves binge eating followed by a purge. Health problems associated with bulimia can be: swollen salivary glands, broken blood vessels around the eyes, discolored teeth, bad breath, irritated esophagus, stomach problems, heart problems, death.

Suicide: Taking of ones own life. Warning signs of suicide can be: talking about death or ways to die, withdrawal from family and friends, tiredness, low energy,

loss of interest in hobbies, sports or school, taking greater risks or drug use, giving away prized possessions, and/or a history of suicide attempts.

Depression: Extreme feeling of sadness, hopelessness and helplessness.

Anxiety Disorder: Disorder in which intense anxiety or fear keeps a person from functioning normally. Examples of anxiety disorder can be: phobias, obsessive compulsive disorder, some stress disorders.

Support System: Network of people in your life available to help you when you need them.

Self-Injury: Causing deliberate, intentional, repetitive harm to oneself.