Changing Minds

Module One Handout

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

Affective Disorder: mood swings that interfere with everyday living

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