

Maintaining Mental & Emotional Health

Unit 3: Chapter 3, Lesson 3 Understanding Your Emotions Independent Study Outline pages 73-77 Health 5 – Mrs. Maus

Name _____ Hour _____ Date Due _____

- 1. What are emotional needs?**
- 2. List the three basic emotional needs that everyone has.**
- 3. True or False The first group that most people belong to is their family.**
- 4. The urge to meet emotional needs is strong and constant. List five positive ways for a person to meet their emotional needs.**
- 5. What is the cause of the emotional shifts during the teen years that can cause a person to feel happy one minute and then suddenly sad the next?**
- 6. Everyone feels down sometimes. What are four “gloom busters” you can try the next time you feel down?**
- 7. Explain how the emotion Fear can be helpful.**
- 8. When can fear hold you back?**
- 9. What are the seven primary emotions?**
- 10. When you are angry, what steps are five steps you can take to deal with it?**
- 11. What are four tips for communicating effectively when resolving conflicts?**