What are emotions? *Feelings created in response to thoughts, remarks, and events*
- What are some of those emotions *(Put on WB)*? *Fear, happiness, sadness, anger, love, empathy, sympathy, anxiety, jealousy, joy, anticipation*

- Do we all express our emotions in the same way?
- Are emotions good/bad or right/wrong?
- Can you choose when emotions will happen? (attitude is everything)
- The way you handle your emotions is a different matter. *(Behavior)*

**Steps for learning to express your emotions (3 steps)**
1. Identify the emotion
2. Understand the cause
3. Respond in a healthy way
Recognizing your emotions will help you deal w/ them

**Expressing Emotions**
- Overcoming anxiety and fear builds resilience
- Resilience: ability to adapt and recover from crisis
- Anger: Explain how you feel to deal w/ anger

**Exercise – Groups of 4**
- Using the steps for listed above; explain your emotions for your mom/dad not letting you go to a party at a senior’s house.

**Understanding your Emotional Needs**
People have physical needs (Maslow’s Hierarchy of Needs)
- We also have emotional needs
  - Need to feel worthwhile: Make a difference/contribution
  - Need to love and be loved: You are cared for
  - Need to belong

**Mental/Emotional Problems**
- Everyone has problems and most can deal w/ them. (help someone to fill your need)
- One of five people cannot deal w/ them and need treatment

**Three common disorders**
1. Anxiety Disorder – condition where fear and anxiety keeps a person from functioning normal (symptoms – shorter breath, faster heartbeat, and tense muscles)
2. Personality Disorder – psychological conditions keeps a person from getting along w/ others
3. Mood Disorder – Bipolar and clinical depression (a major mood disorder where people lose interest in life and can no longer find enjoyment in anything)
Suicide Prevention
- Suicide: Third Leading cause of death ages 15-24
- Warning signs
  - world better off w/o me
  - withdrawal
  - lack of energy
  - no interests
  - expressing thoughts (most talk about it beforehand)

Seeking help
- Therapy (talk/biological)
  - Talk (counseling: individual, group, family)
  - Biological (medication)

Sources of help
Psychologist – Mental health professional trained to provide counseling
Psychiatrist – Medical doctor who treats mental problems and can prescribe drugs

Violence
- Any act that causes physical or psychological harm to a person or damage to property
- Homicide: killing of another human being
- Bullying (Verbal, Social, Physical, Cyber)

Teen violence
- Gangs
- Weapons
- Drugs
- Violence in schools causes increased security (Tell school authorities)

Rape
- Over half the victims know their attackers