Depression

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest.

span USA is an online organization that helps suicide prevention

psychologists are experts or specialists in psychology.

defense mechanism: denial, escape/fantasy, rationalization, projection, repression, displacements, regression, compensation, and sublimation

5 stages of greif: denial and isolation, anger, bargaining, depression, and acceptance

80% people who get help for depression, have higher quality for life

types: major depresion, dysthymia, bipolar disorder, adjust disorder with depressed mood

symptoms are empty and sleepiness (lethargic)

life events can lead to depression

teens commit to escape from situations, their impulsive, or overwhelmed

Warning signs: talking bout suicide, pulling away from family, giving personal items away

Stress

eustress: good stress

distress: bad stress

acute stress: most common; body's immediate response to new challenge

chronic stress: if acute stress doesn't go away chronic stress occurs

General adaptation syndrome is nonspecific (whole body is affected)

muscle tension, headache, increase heart rate are symptoms

stress is a major cause hypertension

healthy techniques for stress is refocusing and re channeling

stages of stress are alarm, resistance, and exhaustion

Stage 1) alarm: sympathetic nervous system activated during this stage to help body meet demands

stage 2) resistance: enters when person manage stress healthy

stage 3) exhaustion: someone who is under stress for long periods of time

Other

Hierarchy Needs

physiological needs: needs to satisfy hunger, thirst, sleep, and to have shelter

safety needs: need to belong, love, be love, be safe, secure and out of danger

achievement needs: need to achieve/ be good

aesthetic need: needs to know, explore, and understand

Self actualization: self fulfilled, independent, and creative

Mental health: a person’s condition with regard to their psychological and emotional well-being.

Decision making process: 1) state problem 2) list possible choices 3) consider consequences and your values 4) make decision and action it 5)evaluate your decision

being assertive means someone is bold, confident, has no doubt, and does not question what others think about them

By **jh89614**
cheatography.com/jh89614/

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