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Learn about Your Mental Health Strengths and Needs

TRANSITION OBJECTIVE

Each student will assess personal progress toward becoming the person they want to be.

RELEVANCE TO SUCCESSFUL TRANSITION

Good mental health is closely associated with self-actualization. Students need opportunities to think about who they are and who they want to become. They need to recognize that they have strengths as well as areas they will want to change.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

I am healthy when . . .

❑ STEP 2: Convene Roundtable

"One thing I am happy about is ____."

❑ STEP 3: Advance Organizer

"Today you will examine your progress toward becoming a mentally healthy person."

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LIFE MANAGEMENT: Unit 1

LESSON 6

Good Mental Health

Mark "Y" for "yes" next to statements that describe you and your mental health. Mark "N" for "no" next to statements that are areas for growth. Review the "yes" answers and circle the one that is the best description of your mental health. Choose one goal to work on from the "no" statements.

People who are mentally healthy:

- ___ 1. Deal with their problems by finding a solution.
- ___ 2. Learn from their mistakes instead of making excuses.
- ___ 3. Know how and when to work and play.
- ___ 4. Can say "no" to situations that might be fun, but would hurt them in the long run.
- ___ 5. Will do work that may not be fun now, but will pay off later.
- ___ 6. Can handle frustration and pain when they cannot change the situation.
- ___ 7. Stick with a goal until it is achieved.
- ___ 8. Would rather accomplish things than wish for things.
- ___ 9. Assume responsibilities that are appropriate for their age.
- ___ 10. Go around obstacles that stand in the way of personal happiness.
- ___ 11. Are happy with themselves and who they are.
- ___ 12. Take the time to look at themselves honestly.

Take control of your thoughts and actions to become self-actualized!

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❑ STEP 4: Activity - 20 Minutes

Review the five human needs from the handout **Basic Human Needs**. Explain that when a person feels good about the person they have become, we say that they are self-actualized. Relate this concept to the

hierarchy of needs in Lesson 5. Remind them of several characteristics found in a self-actualized person. These traits include accepting their place in life, usually mentally healthy, understanding their potential, recognizing and accepting their weaknesses and strengths, liking themselves, accepting responsibility for their feelings, having a wide variety of interests, coping with problems in positive ways and taking responsibility for their own behavior. We usually enjoy being around such people and even think that we would like to be a little like them.

Look at the list of statements from the handout for other traits. Encourage students to name famous and familiar people from the media and from their home, neighborhood, church or school, who they feel are self-actualized. Discuss the characteristics that made them suggest these names.

❑ STEP 5: Activity - 25 Minutes

Tell students they will now assess their own mental health. To do this, have them write "yes" or "no" next to each statement on the handout **Good Mental Health**. Students determine which of the statements is an example of one of their strong skills and which is an example of an area that needs improvement. For the weaker area, they should develop a goal. Read the statements to the class or to individual students as needed. Circulate to offer encouragement

and assistance. Close the lesson by having each student share a strong area and the goal they have selected to develop.

❑ **STEP 6: Evaluate Outcomes**

One of my mental health strengths is “_____.”

❑ **STEP 7: Connecting Activity**

Students practice positive mental health by thinking 10 positive thoughts about themselves before the next class. Students record the date and time on paper, in a text message or on the computer.

KEY WORDS

potential

strength

ability

capability

MATERIALS AND PREPARATION

- Student Handouts: **Basic Human Needs**, page 22; **Good Mental Health**, page 23.
- Prepare to review self-actualization and basic human needs.
- Prepare to use the handout **Good Mental Health** and support goal setting.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Problem Solving, Listening
- Thinking Skills: Decision Making, Reasoning
- Personal Qualities: Self-Esteem, Integrity/Honesty