

# Lesson 11: Behavioral/Mental Health

K-W-L Graphic Organizer

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<b>K (Know)</b> What do you know about Behavioral/Mental Health?	<b>W (Want)</b> What do you want to know about Behavioral/Mental Health?	<b>L (Learned)</b> What did you learn about Behavioral/Mental Health?

## Lesson 11: Behavioral/Mental Health

### Glossary

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1. **Acculturation:** The process of learning, adjusting and adapting to a new culture. Acculturation is often a big source of stress for those who are new to the U.S.
2. **Anxiety:** A general feeling of worry or fear that something bad will happen
3. **Behavioral Health/Mental Health:** The part of health that deals with our ability to do the activities (behaviors) of our daily lives, including how we act, feel and think about life
4. **Counselor/Counseling:** A counselor is a person who is trained to listen carefully and talk with others in helpful ways. Sometimes a counselor may give guidance or advice, but mostly a counselor wants to help you make your own choices. There are many types of counseling. For example, career counselors help people with educational goals and jobs.
5. **Coping:** Something a person does to deal with their responsibilities or problems. Examples of positive coping include laughing with friends, taking a walk, and eating healthy foods. Examples of negative coping include using drugs or alcohol to escape pain, yelling at others to release stress, and staying alone too much.
6. **Crisis:** A time of extreme difficulty, trouble, or danger: an emergency. There are crisis counseling phone numbers for people with mental health emergencies to call 24 hours a day, 7 days a week. You can also call 911 and say what your language is, to get an interpreter who can help you find mental health services.
7. **Emotions:** Feelings. Here are some examples: happiness, sadness, anger, excitement, boredom, fear.
8. **Mood:** A way of feeling that lasts longer than a few moments. Mood describes how you feel on most days, in general. Examples of moods include happy, sad, or anxious. Mood is like the overall climate of our mind; emotions are like the daily weather of our mind.
9. **Psychiatrist:** A medical doctor (M.D.) who specializes in treating behavioral health conditions and mental illnesses. Psychiatrists can prescribe medications to help people feel better, such as medications that help people's sleep or anxiety.
10. **Psychologist:** A person with a Ph.D. or Psy.D. degree who has training and expertise in behavioral health care. Psychologists diagnose and treat behavioral health problems. They also promote human growth, strength, and resiliency.
11. **Psychotherapy (or simply Therapy):** A type of counseling involving talking and practicing new behaviors over a period of weeks or months to improve a person's behavioral health. There are many different types of therapy, including group therapy (a small group of people and a therapist talk together at the same time) and individual therapy (a person meets with a therapist). Interpreters are used in therapy when the person and the therapist speak different languages.
12. **Relaxation:** Feeling calm and peaceful in one's body and mind. Relaxation skills can be learned.
13. **Resiliency:** The ability to survive, adapt, and recover after difficult situations involving stress, trauma or change.
14. **Social support:** Feeling and knowing that you have other people who care about you and can help you when you need it. Good social support is very helpful during times of stress, but it is also important at all times for behavioral health.
15. **Somatic symptoms:** Physical aches and pains, such as headaches, stomach aches, back pain, feeling weak all over, etc. Somatic symptoms can have physical causes, mental causes, or both. They can be influenced by stress, trauma, or thinking too much.
16. **Stress:** Pressure, tension, or worry caused by a difficult situation or a change. Stress can be felt in the body and mind.
17. **Substance Use:** Use of drugs or alcohol. Sometimes a person's use of drugs or alcohol causes health problems or other problems at work, school, or home. Substance use treatment and recovery programs are a special area of behavioral health.
18. **Support Group:** A group of people with similar experiences or concerns who meet regularly to give each other encouragement, comfort and advice.
19. **Trauma:** An overwhelming experience involving intense fear, helplessness, or threat to one's life. Examples of trauma include war, natural disasters, or being the victim of a violent crime.

# Lesson 11: Behavioral/Mental Health

## Reading Comprehension

In the United States, there are many areas of health care. Each area of health care has its own name and focuses on one part of our health. For example, dental health care is concerned with the health of the teeth and mouth, and a person visits a dentist for dental health care.

**Behavioral health** is our ability to do our usual activities or behaviors, such as going to work, attending school or taking care of our families. Our ability to do these behaviors every day is affected by how we think and feel, so behavioral health is also called **mental health** or **mental well-being**.

Many things contribute to good behavioral health, such as eating healthy foods and getting enough sleep and regular physical exercise. Physical health is often related to behavioral health, though they are not the same thing. The foods we eat affect our mood and energy. Physical exercise, such as walking, for at least 30 minutes a day can have a positive effect on mood, sleep, and other areas of behavioral health. Other factors that are important to mental health include spending time with others (we all need social support), having meaningful things to do each day, and taking time to relax. Engaging in cultural or religious activities is important to many people's mental well-being. Developing new skills and using our abilities to contribute to our community can also be good for our mental well-being. We can also learn to use positive coping strategies in times of stress, such as asking for help from others or taking deep breaths to calm down.

Some of our experiences, now or in the past, challenge our mental well-being. Experiences that make us afraid or very sad can affect our behavioral health for a long time. We may find it harder to cope with everyday stress because of our difficult experiences. Seeking behavioral health care does not mean you're "crazy." It is a normal, healthy response to experiences such as war, moving to a new country, separation from family, and other trauma or life changes. People who have somatic symptoms,

such as headaches or stomach aches from thinking too much, can also benefit from behavioral health care.

Behavioral health care is not only for people with problems. Behavioral health care may include services such as parenting programs, support groups, stress management and relaxation skills, substance use programs, different types of psychotherapy and counseling, and medications. Everyone, not only those who have experienced trauma, can benefit from seeking support and developing behavioral health skills.

Because mental health is an important part of everyone's health, some types of behavioral health care are covered by health insurance. Behavioral health care has helped many people improve the quality of their lives.

### Write a short answer based on the reading.

1. What are some things that contribute to good behavioral health?  
\_\_\_\_\_  
\_\_\_\_\_
2. Is behavioral health care only for people with problems? List some types of behavioral health care.  
\_\_\_\_\_  
\_\_\_\_\_
3. Why is behavioral health care covered by health insurance?  
\_\_\_\_\_  
\_\_\_\_\_

### Critical thinking skills:

1. Think about the question.
2. Talk about the answer with a partner.
3. Write a brief paragraph to answer the question.

What is an example of a situation someone could experience in which she or he could benefit from behavioral health care? How could behavioral health care help in this situation?

## Lesson 11: Behavioral/Mental Health

### Vocabulary Match and Complete the Sentence

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Read each item. Write the letter from the column on the right that gives the correct definition of the term on the left. Use the reading and glossary to help you.

- |                           |   |
|---------------------------|---|
| 1. _____ mood             | a. a type of counseling involving talking and practicing new behaviors over a period of time, to improve a person's behavioral health |
| 2. _____ crisis           | b. physical aches and pains, such as headaches, stomach aches, or back pain   |
| 3. _____ psychotherapy    | c. use of drugs or alcohol  |
| 4. _____ resiliency       | d. a time of extreme difficulty, trouble, or danger: an emergency   |
| 5. _____ somatic symptoms | e. a state of being calm and peaceful in one's body and mind  |
| 6. _____ substance use    | f. a general feeling of worry or fear that something bad will happen  |
| 7. _____ relaxation       | g. the ability to survive, adapt, and recover after difficult situations involving stress, trauma or change                           |
| 8. _____ anxiety          | h. the way you feel most days, in general   |

Use the words in the box to complete each sentence in the following passage.

social support	stress	mental health	coping	physical exercise	behavioral health
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\_\_\_\_\_ refers to our ability to do our usual activities or behaviors. The way we think and feel affects our behaviors, so behavioral health is also called \_\_\_\_\_. Many people find \_\_\_\_\_ with \_\_\_\_\_ difficult at times. It is important to get \_\_\_\_\_ to promote good behavioral health. Also, spending time with friends and family gives you \_\_\_\_\_, which is another way to cope with the stress of daily life.

# Lesson 11: Behavioral/Mental Health

## Vocabulary Card Match

acculturation	The process of learning, adjusting and adapting to a new culture. Acculturation is often a big source of stress for those who are new to the U.S.	counselor	A counselor is a person who is trained to listen carefully and talk with others in helpful ways
psychiatrist	A medical doctor (M.D.) who specializes in treating behavioral health conditions and mental illnesses. Psychiatrists can prescribe medications to help people feel better, such as medications that help people's sleep or anxiety	psychologist	A person with a Ph.D. or Psy.D. degree who has training and expertise in behavioral health care. Psychologists diagnose and treat behavioral health problems
emotions	Feelings. Here are some examples: happiness, sadness, anger, excitement, boredom, fear	mood	A way of feeling that lasts longer than a few moments. Mood describes how you feel on most days, in general
social support	Feeling and knowing that you have other people who care about you and can help you when you need it	trauma	An overwhelming experience involving intense fear, helplessness, or threat to one's life. Examples of trauma include war, natural disasters, or being the victim of a violent crime

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## Vocabulary Card Match

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Copy the words and their definitions after you match all of the cards.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

## Lesson 11: Behavioral/Mental Health

### Quiz

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Read the questions. Then circle A, B, C or D.

1. What is behavioral health?
  - A. going to work
  - B. taking care of family
  - C. hospitals
  - D. both A and B
2. Who needs behavioral health care?
  - A. immigrants
  - B. students
  - C. all people
  - D. teachers
3. Are some types of behavioral health care covered by insurance?
  - A. yes
  - B. no
4. How can someone promote good behavioral health?
  - A. eat healthy foods
  - B. get physical exercise
  - C. reduce stress and increase relaxation
  - D. all of the above
5. Who helps people with behavioral health?
  - A. a counselor
  - B. a support group
  - C. a psychologist
  - D. all of the above
6. Why would someone get behavioral health care?
  - A. because of stress related to acculturation
  - B. because of somatic symptoms
  - C. for allergies
  - D. both A and B
7. What word describes how a person feels, in general—lasting longer than a few moments?
  - A. mood
  - B. emotion
  - C. counselor
  - D. psychiatrist
8. How can you learn more about behavioral health?  
\_\_\_\_\_  
\_\_\_\_\_