Chapter 4
Maintaining Emotional Wellness
Understanding Thoughts and Emotions

Learning Objectives

1. Explain Maslow's hierarchy of needs and the role it plays in emotional wellness.
2. Identify several strategies for coping with emotional distress.
3. Identify and explain fear and phobia.
4. Explain the characteristics of depression.
5. Discuss the importance of sleep for mental well-being.
6. Identify characteristics of schizophrenia.

• How we see the world is determined by the mental process called cognition.
• Cognition

Fears, Phobias and Anxiety

• Fear
• Anxiety
• A phobia

Phobias (do not memorize)

• Acrophobia:
• Agoraphobia:
• Mysophobia:
• Ophidiophobia:
• Zoophobia:
• Social phobia:

General Anxiety Disorder

Obsessive-Compulsive Disorder

Depression

• Bipolar disorder is characterized by major episodes of depression alternating with periods of excited euphoria (“mania”).
• (SAD)
• Dysthmia
Depression

• Overcoming depression
  – Movement (physical activity) restores fundamental breathing and other mind-body rhythms.
  – Increase interactions with other people who offer support.
  – Recreational activity.
  – Become aware of negative self-talk.

Understanding Dreams

• Four stages of sleep.
• Dreams occur during rapid eye movement (REM) sleep.
• Dreams usually occur between stage 4 (deep sleep) and the return to stage 1 (light sleep).
• Some researchers suggest that dreams may be necessary for brain growth, daily information processing, cellular rejuvenation, or processing and eliminating information and memories that are no longer useful.

Mental Disorders

• When brain injury or disease occurs thoughts, moods, and behaviors can be impaired.
• The brain, like other body organs, can be affected by:
  – Injury
  – Infectious disease
  – Chemical toxins
  – Inherited genetic disorders

Schizophrenia