



Social and Emotional Study Guide

What is Social, Emotional and Mental Health?

What is a conflict?

Name warning signs and risk factors of depression and suicide.

What does ACT stand for?

What do effective listeners do?

What does POWER stand for?

What is stress and what are signs, symptoms, and management techniques?

What are the 3 types of communication? Which is the healthiest?

What are the keys to healthy self esteem?

List characteristics of a healthy relationship and characteristics of an unhealthy relationship.

What is self esteem? How can one improve it?

Where can you get help?

List the steps to “Tell it like it is with tact”