

DEFINITIONS: PSYCHOLOGICAL HEALTH:

1. **Psychological health:** Mental health defined negatively as the absence of illness or positively as the presence of wellness.
2. **Self-actualization:** The highest level of growth in Maslow's Hierarchy of needs.
3. **Self-concept:** The ideas, feelings and perception a person has about himself or herself. Also called self-image.
4. **Self-esteem:** Satisfaction and confidence in one's self, the valuing of oneself as a person.
5. **Autonomy:** Independence; the sense of being self-directed.
6. **Emotion:** A feeling state involving some combination of thoughts, physiological changes and an outward expression or behavior.
7. **Emotional intelligence:** The capacity to identify and manage one's own emotions and the emotions of other's.
8. **Identity crisis:** Internal confusion about who one is.
9. **Values:** Criteria for judging what is good and bad, which underlie an individual's moral decision and behavior.
10. **Cognitive distortion:** A pattern of negative thinking that makes events seem worse than they are.
11. **Self-talk:** The statements a person makes to himself or herself.
12. **Defense mechanism:** A mental mechanism for coping with conflict or anxiety.
13. **Pessimism:** The tendency to expect an unfavorable outcome.
14. **Optimism:** The tendency to expect a favorable outcome.
15. **Assertiveness:** Expression that is forceful but not hostile.
16. **Anxiety:** Fear that is not a response to any definite threat.
17. **Specific phobia:** A persistent and excessive fear of a specific object, activity or situation.
18. **Social phobia:** An excessive fear of being observed by others; speaking in public is the most common example.
19. **Panic disorder:** A syndrome of severe anxiety attacks accompanied by physical symptoms.

20. **Agoraphobia:** An anxiety disorder characterized by fear of being alone away from help and by avoidance of many different places and situations, in extreme cases, a fear of leaving home.
21. **Generalized Anxiety Disorder [GAD]:** An anxiety disorder characterized by excessive, uncontrollable worry about all kinds of things and anxiety in many situations.
22. **Obsessive-Compulsive Disorder [OCD]:** An anxiety disorder characterized by uncontrollable, recurring thoughts and the performance of senseless rituals.
23. **Obsession:** A recurrent, irrational unwanted thought or impulse.
24. **Compulsion:** An irrational, repetitive, forced action, usually associated with an obsession.
25. **Post-traumatic stress disorder:** An anxiety disorder characterized by reliving traumatic events through dreams, flashbacks and hallucinations.
26. **Mood Disorder:** An emotional disturbance that is intense and persistent enough to affect normal function. Two common mood disorders are depression and bipolar disorder.
27. **Depression:** A mood disorder characterized by loss of interest, sadness, hopelessness, loss of appetite, disturbed sleep and other physical symptoms.
28. **Electroconvulsive Therapy [ECT]:** The use of electric shock to induce brief, generalized seizures, used in the treatment of selected psychological disorders.
29. **Seasonal Affective Disorder [SAD]:** A mood disorder characterized by seasonal depression, usually occurring in winter when there is less daylight.
30. **Mania:** A mood disorder characterized by excessive elation, irritability, talkativeness, inflated self-esteem and expansiveness.
31. **Bipolar disorder:** A mental illness characterized by alternating periods of depression and mania.
32. **Schizophrenia:** A psychological disorder that involves a disturbance in thinking and perceiving reality.