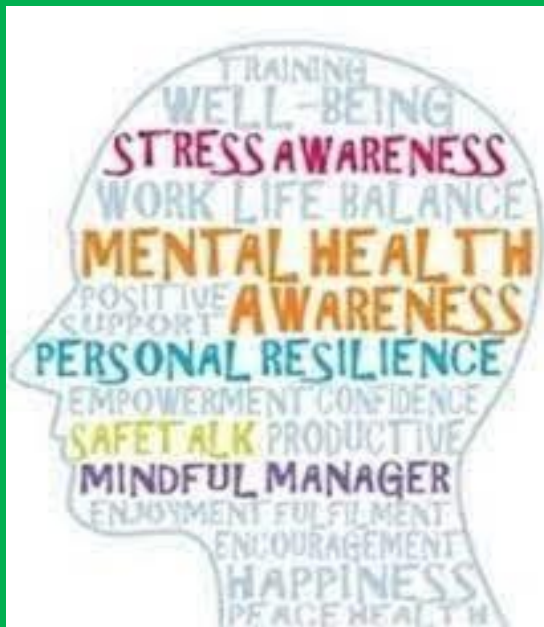


Year 8 Personal Development

Unit 4: Emotional Wellbeing.



What will I learn about this term?

This term you will learn about emotional well-being, the ability to be resilient, manage one's emotions and generate emotions that lead to good feelings. Well-being is the **experience of health and happiness**. It includes mental and physical health, physical and emotional safety, and a feeling of belonging, sense of purpose, achievement and success.

| Key Words | Meaning |
|------------------|---|
| Emotion | A strong feeling originating from one's circumstances, mood, or relationships with others. |
| Coping Mechanism | Coping mechanisms are the strategies people often use in the face of stress and/or trauma to help manage painful or difficult emotions. |
| Regulation | The action or process of regulating or being regulated. |
| Physical Health | Physical health can be defined as the normal functioning of the body. Representing one dimension of total well-being, it's about how your body grows, feels and moves, how you care for it, and what you put into it. |
| Mental Health | Mental health includes our emotional, psychological and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. |
| Stress | Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. |
| Self-Esteem | Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. |
| Mindfulness | Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. |