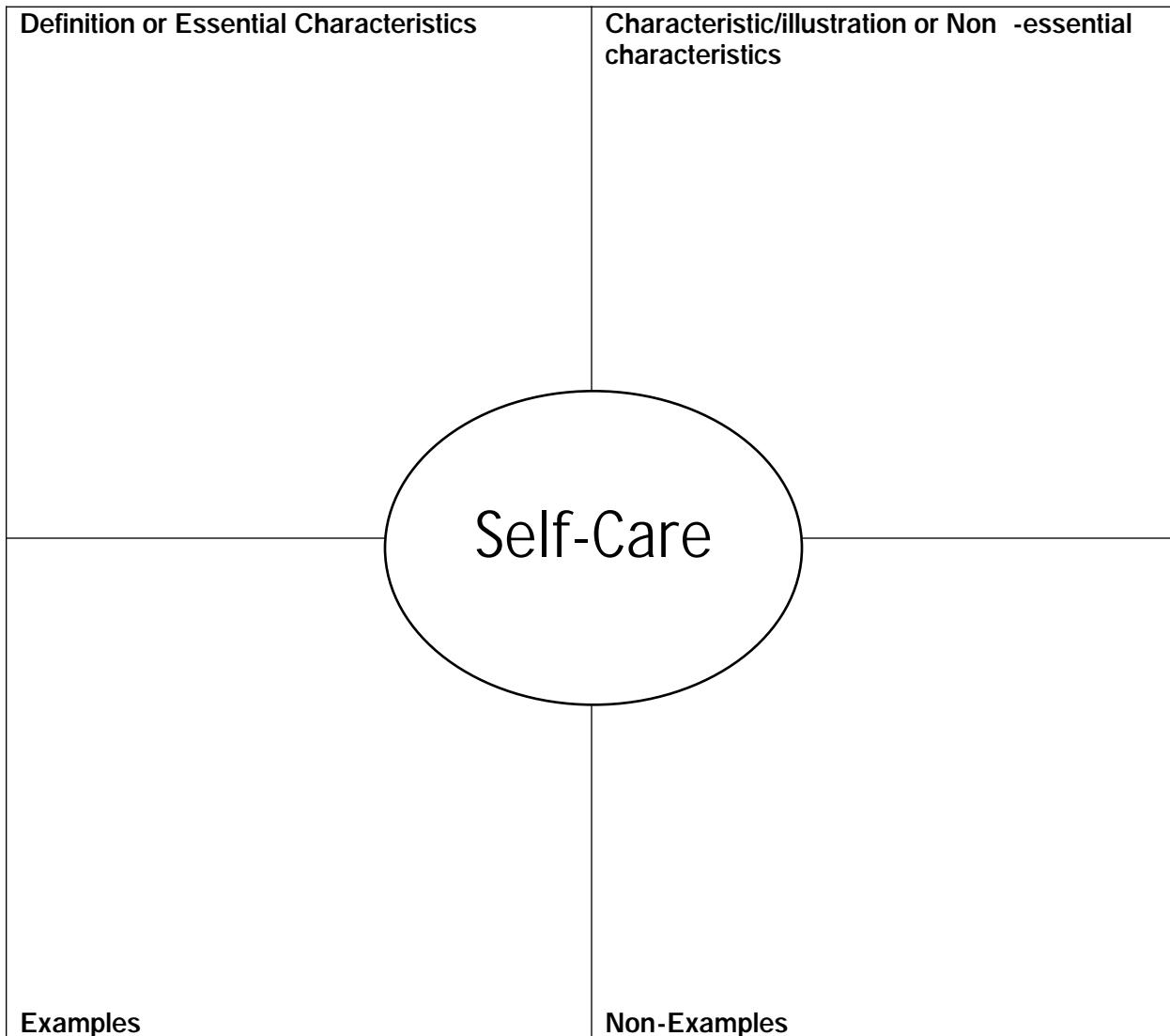


Self-Care Portfolio

Topic 1: Defining Self-Care

Directions: Use a minimum of 2 valid, reliable resources to research self-care. Then complete the chart below using the information you learned through your research.



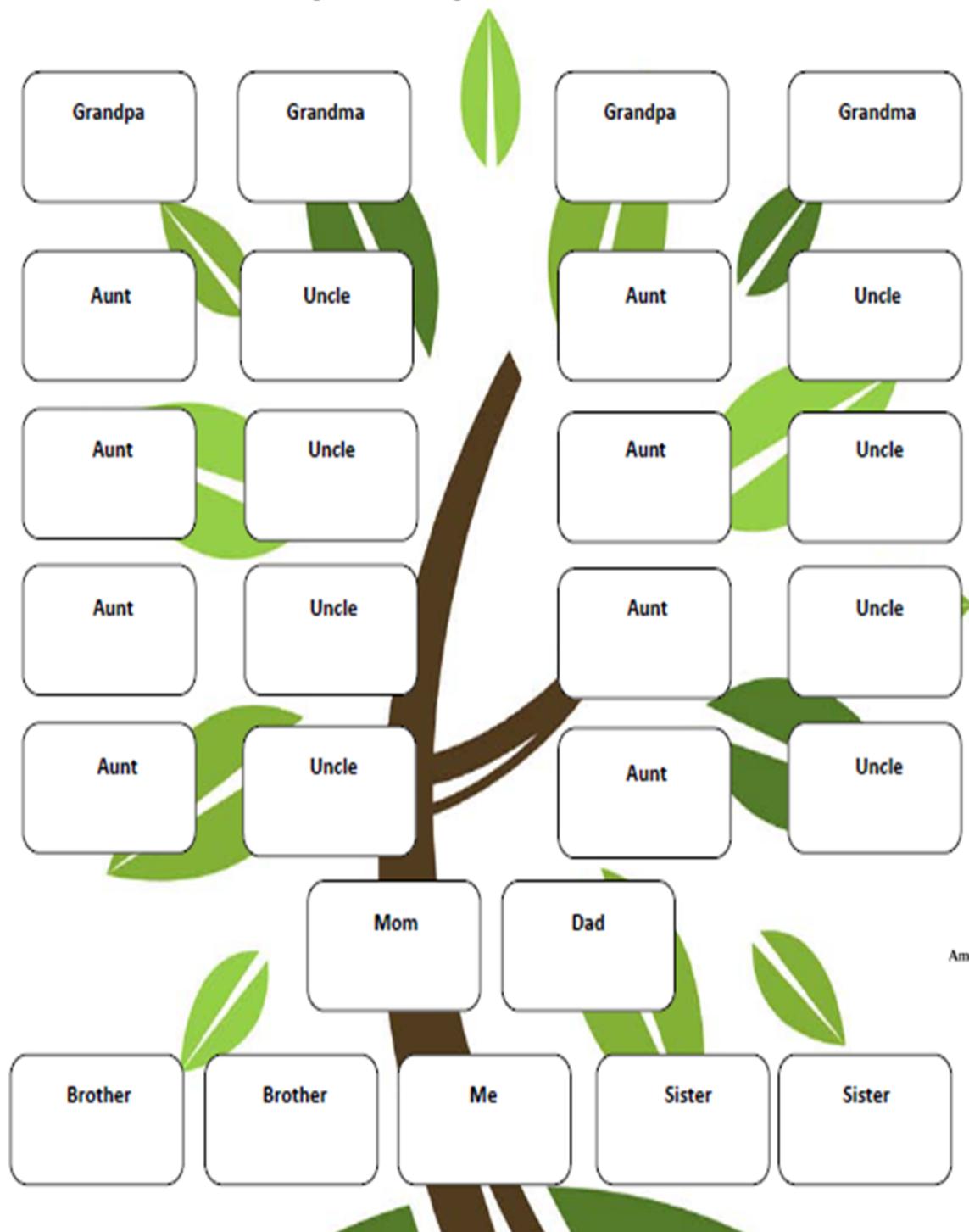
Topic 2: Historical Perspective of Stress and its Management

Option 1: Family Tree of Mental Health :

Directions:

1. Fill out any identified mental health concerns/issue that you are aware of that are in your genetic gene pool.
 - a. List below in the provided “tree” graphic organizer. If you are unable to find needed information about your family tree, please complete option 2.

My Family Health Tree



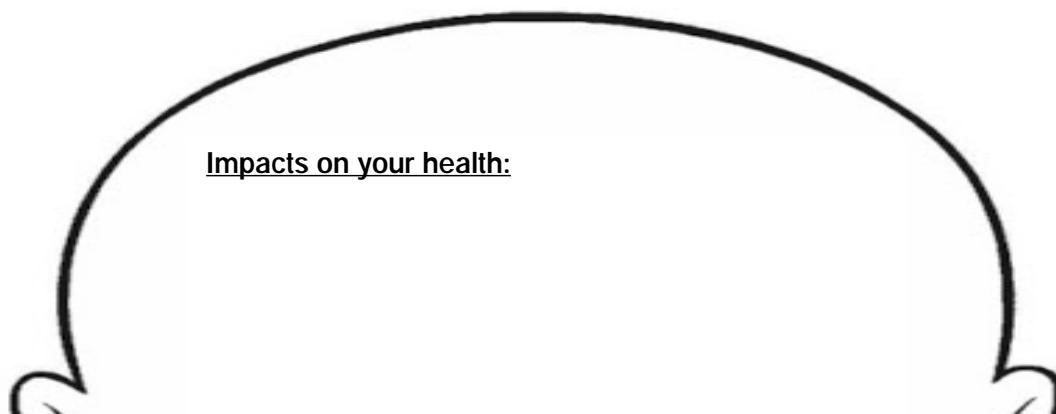
3. Long term consequences of stress - Describe the general effects stress has on each of the systems listed:

- Cardiovascular System
- Muscular system
- Digestive System
- Immune System

Criteria	Description	Points Possible	Points Earned
Causes of stress	1. Presentation includes a minimum of 5 causes of stress (stressor) and a description of each stressor		
Effects of stress	1. 5 Effects for each of the following components of health are thoroughly explained: <ol style="list-style-type: none"> Physical Emotional Spiritual Social 		
Consequences of Stress	1. Thorough explanation of the long-term consequences of stress on the following body systems: <ol style="list-style-type: none"> Cardiovascular Muscular Digestive Immune 		
Presentation and Organization	1. Reference/Citation page included 2. Information is organized in a clear, logical format <ol style="list-style-type: none"> Ex. Title slide, headings for individual slides, appropriate graphics/images, use of charts/etc. as appropriate 3. No spelling or grammatical errors		

Topic 3: Personal Awareness

Directions: Personal Experiences can trigger mental distress. In the image below, list any events or situations you have experienced that you feel may (or you know did) impact your mental health.



Topic 4: Stress Management: Self-Assessment

Directions: Read the following statements and fill in the appropriate number in each blank. Your answers should reflect what you do MOST of the time when dealing with stress.

1 = Never 2 = Rarely 3 = Sometimes 4 = All the time

1. _____ I acknowledge I am under some sort of stress.
2. _____ I know the physical signs and symptoms of my stress.
3. _____ I can recognize my triggers (what causes me stress).
4. _____ I can use helpful and healthy techniques to manage my stress.
5. _____ I DO NOT ignore my stress, as I understand it will NOT go away on its own.
6. _____ I can talk to people about my stress.
7. _____ I feel like I use good habits to lower stress (diet, exercise, etc.)
8. _____ I am focused on things that are important to me because I know and understand my priorities.
9. _____ I know how to recognize my emotional signs/symptoms of my stress.
10. _____ I ask for help from others when I know it will be helpful in lowering my stress.

Add all of your responses to get a final number: _____

Interpreting your FINAL NUMBER (score):

Scores closer to 40 represent a person who understands their stress and use effective means to help lower their stress.

Reflection: Using your score from the above assessment, provide a BCR (brief constructed response) to the following questions.

How well does your score match what you would have guessed was your score prior to taking the assessment? What does the score tell you about how well you handle stress?

Topic 5: STONES by Richard Carlson

Directions: Please read and answer the following questions.

A professor of business wanted to teach his students a lesson in time management that he feels they should really think about and take to heart. So he decided to create a demonstration for them that would drive home his point. He brought in one big see through plastic container and set it on the desk for all to see. He took out a bunch of fist size stones and began filling up the container. When he had filled it to the top with these stones he asked, "Is this container full?"

One eager student responded, "Most definitely." The professor replied, "Really." He then took out a bucket of gravel and began filling up the container and the gravel fell into the spots that the stones had left. When he had filled it to the top he asked again, "Is this container full?"

This time the whole class replied, "Probably not."

"Good," said the professor who then took out a bucket of sand and dumped the sand into the container and the sand filled all the spots not filled by the gravel and stones. Once the container was full he asked, "Is this container full, now?"

His entire class replied, "No."

"Great," said the professor, "what does this teach us about time management?" One student raised his hand and proudly stated, "If we try really hard we can always squeeze more into our day." And the professor sadly shook his head and said, "No, that is not at all the point. The point is if you do not get the stones in first, you will never get the stones in."

1. What are the stones representing in this story?

2. What are your stones in your life? (list a minimum of 6)

3. What things do you do to make sure you get them into your day (everyday)?

My Stones	My daily actions

Topic 6: Mental Health Owner 's Manual

Directions: Mental Health is an important element of one's health and happiness. As you have learned in class there are many factors that can add to or take away from your mental health. Things like stress, depression, and other mental illnesses are all factors that can erode one's health and happiness. Your task today will be to examine those factors that can cause mental health problems and identify the things you can do to correct those problems before it is too late. Once you have examined and identified mental health factors, you will create a personal owner's manual for your mental health which highlights those factors that can affect mental health.

Assignment Details & Grading Rubric:

The criteria for this assessment is outlined below. In order to receive the desired grade you must complete all of the criteria outlined for that grade.

Criteria	Description	Points Possible	Points Earned
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Factors with negative impact on mental health	1. Five factors that have a negative impact on mental health are included with a thorough explanation including: a. Short term effects on the body b. Long term effects on the body c. Management or treatment options d. Prevention tips		
Factors with positive impact on mental health	1. Five factors that have a positive impact on mental health are included with a thorough explanation including: a. Short term effects on the body b. Long term effects on the body c. Explain why/how this factor has a positive effect on one's mental health		
Presentation and Organization	1. Reference/Citation page included 2. Information is organized in a clear, logical format a. Ex. Title, headings for new topics, appropriate graphics/images 3. Appealing cover to attract target audience 4. No spelling or grammatical errors		

Helpful Suggestions:

1. Look through an owner's manual (of any kind) and get a feel for the layout and the wording used.
2. Use your class notes, textbook, or viable website for information.
3. Once completed, proofread and spell check your completed document.

Topic 7: Reflection BCRs

Directions: Pick one of the following BCR prompts and complete your answer below.

Option 1: It's your duty to help yourself. Please provide a reaction to this statement.

Option 2: How is helping yourself (mentally) a benefit to others?