

# Module 19 – Mental Health

## Handout #1

### Key Terms and Definitions

**Affect** – feelings and emotions

**Anxiety** – a vague, uneasy feeling that occurs in response to stress

**Compulsion** – the uncontrolled performance of an act

**Conscious** – awareness of the environment and experiences; the person knows what is happening and can control thoughts and behaviors

**Defense Mechanism** – an unconscious reaction that blocks unpleasant or threatening feelings

**Delusion** – a false belief

**Delusion of grandeur** – an exaggerated belief about one's own importance, wealth, power, or talents

**Delusion of persecution** – a false belief that one is being mistreated, abused, or harassed

**Ego** – the part of the personality dealing with reality; deals with thoughts, feelings, good sense, and problem solving

**Emotional illness** – mental illness, mental disorder, mental health condition, psychiatric disorder

**Hallucination** – seeing, hearing, or feeling something that is not real

**Id** – the part of the personality at the unconscious level; concerned with pleasure

**Mental** – relating to the mind; something that exists in the mind or is performed by the mind

**Mental disorder** – mental illness; emotional disorder, mental health condition, psychiatric disorder

**Mental health** – a state of mind in which the person copes with and adjusts to the stresses of everyday living in ways acceptable to society

**Mental illness** – a disturbance in the person's ability to cope or adjust to stress; behavior and functioning are impaired; mental disorder, emotional illness, mental health condition, psychiatric disorder

**Obsession** – a persistent thought or idea

**Panic** – an intense and sudden feeling of fear, anxiety, terror, or dread

**Paranoia** – a disorder (para) of the mind (noia); false beliefs (delusions) and suspicion about a person or situation

**Personality** – the set of attitudes, values, behaviors, and characteristics of a specific person

**Phobia** – Fear, panic, or dread

**Psychiatric disorder** – mental illness, mental disorder, mental health condition, emotional disorder

**Psychosis** – a serious mental disorder; the person does not view or interpret reality accurately

**Stress** – the response or change in the body caused by any emotional, physical, social, or economic factor

**Stressor** – any emotional, physical, social, or economic factor that causes stress

**Subconscious** – memory, past experiences, and thoughts of which the person is not aware; they can be easily recalled

**Superego** – the part of the personality concerned with what is right and wrong

**Unconscious** – experiences and feelings that cannot be remembered

. Adapted from: *Mosby's Textbook for Nursing Assistants*, Mosby Lifeline, Fourth Edition

## Module 19 – Mental Health

### Activity #1 – WORDS ARE IMPORTANT

#### IT'S TIME TO STOP USING THESE PHRASES WHEN IT COMES TO MENTAL ILLNESS

Instead of:	Use preferred language:
She is a patient	
He is disabled or handicapped	
She is normal	
He is (a) bipolar	
She is mentally ill/emotionally disturbed/ psycho/insane/lunatic/ head case	
He is brain damaged	
He is psychotic	
She is mentally retarded	
He is autistic	
Mental health patient/case	
Unsuccessful suicide	
Committed suicide	
Special education student	
Addict, abuser, junkie	
Suffering with, or a victim of, a mental illness	

Source: American Psychiatric Association

THE HUFFINGTON POST

## Module 19 – Mental Health

### Activity #1 – WORDS ARE IMPORTANT

### SUGGESTED RESPONSES FOR FACULTY

#### IT'S TIME TO STOP USING THESE PHRASES WHEN IT COMES TO MENTAL ILLNESS

Instead of:	Use preferred language:
She is a patient	She is a person who receives help/treatment for mental health or substance use problem or a psychiatric disability
He is disabled or handicapped	He is a person with disability
She is normal	She is a child without disabilities
He is (a) bipolar	He has a diagnosis of bipolar disorder He is living with bipolar disorder
She is mentally ill/emotionally disturbed/psycho/insane/lunatic/head case	She has a mental health problem or challenge
	She is a person with lived experience of a mental health condition
He is brain damaged	He has a brain injury
He is psychotic	He experiences symptoms of psychosis/He hears voices
She is mentally retarded	She has an intellectual disability
He is autistic	He has autism
Mental health patient/case	Is receiving mental health services
Unsuccessful suicide	Attempted suicide
Committed suicide	Died by suicide
Special education student	A student receiving special education services
Addict, abuser, junkie	Person with substance use disorder
	Person experiencing alcohol/drug problem
Suffering with, or a victim of, a mental illness	Experiencing, or being treated for, or has a diagnosis of, or a history of, mental illness

Source: American Psychiatric Association

THE HUFFINGTON POST

## Module 19 – Mental Health

### Activity #2 – Common Phobias

- |                   |                |                |
|-------------------|----------------|----------------|
| a. Agoraphobia    | e. Gynephobia  | i. Photophobia |
| b. Algophobia     | f. Laliophobia | j. Pyrophobia  |
| c. Aquaphobia     | g. Mysophobia  | k. Xenophobia  |
| d. Claustrophobia | h. Nyctophobia |                |

- \_\_\_ 1. Fear of women
- \_\_\_ 2. Fear of light with the need to avoid light places
- \_\_\_ 3. Fear of night or darkness
- \_\_\_ 4. Fear of fire
- \_\_\_ 5. Fear of water
- \_\_\_ 6. Fear of the slightest uncleanness; fear of dirt or contamination
- \_\_\_ 7. Fear of strangers
- \_\_\_ 8. Fear of being in an open, crowded, or public place
- \_\_\_ 9. Fear of being in pain or seeing others in pain
- \_\_\_ 10. Fear of being in or being trapped in an enclosed or narrow space
- \_\_\_ 11. Fear or talking because of the fear of stuttering

Adapted from: *Mosby's Textbook for Nursing Assistants*, Mosby Lifeline, Fourth Edition.

## Module 19 – Mental Health

### **Activity #2 – Common Phobias Faculty Answer Guide**

- |                   |   |
|-------------------|---|
| e. Gynephobia     | 1. Fear of women  |
| i. Photophobia    | 2. Fear of light with the need to avoid light places                  |
| h. Nyctophobia    | 3. Fear of night or darkness  |
| j. Pyrophobia     | 4. Fear of fire   |
| c. Aquaphobia     | 5. Fear of water  |
| g. Mysophobia     | 6. Fear of the slightest uncleanliness; fear of dirt or contamination |
| k. Xenophobia     | 7. Fear of strangers  |
| a. Agoraphobia    | 8. Fear of being in an open, crowded, or public place                 |
| b. Algophobia     | 9. Fear of being in pain or seeing others in pain                     |
| d. Claustrophobia | 10. Fear of being in or being trapped in an enclosed or narrow space  |
| f. Laliophobia    | 11. Fear of talking because of the fear of stuttering                 |

# Module 19 – Mental Health

## Handout #2

### **Defense Mechanisms**

**Compensation** – to compensate means to make up for, replace, or substitute. Compensation means to make up for or substitute strength for a weakness.

**Conversion** – to convert means to change. Conversion is when an emotion is expressed or changed into a physical symptom (e.g., a stomach ache).

**Denial** – to deny means to refuse to accept or believe something that is true or correct. Denial is when the person refuses to face or accept something that is unpleasant or threatening.

**Displacement** – to displace means to move or take the place of. Displacement is when an individual moves his or her behavior or emotions from one person, place, or thing to another person, place or thing; the behavior or emotion is directed at a safe person, place, or thing.

**Identification** – to identify means to relate or recognize. Identification is when a person assumes the ideas, behaviors, and traits of another person.

**Projection** – to project means to blame or assign responsibility to another. Projection is blaming another person or object for one's own unacceptable behavior, emotions, ideas, or wishes.

**Rationalization** – rational means sensible, reasonable, or logical. To rationalize means to give some acceptable reason or excuse for one's behavior or actions. The real reason is not given.

**Reaction formation** – when a person acts in a way that is opposite of what he or she truly feels.

**Regression** – to regress means to move back or to retreat. Regression means to retreat or move back to an earlier time or condition.

**Repression** – to repress means to hold down or keep back. Repression is keeping unpleasant or painful thoughts or experiences from the conscious mind. Such thoughts and experiences are in the unconscious mind and cannot be recalled or remembered.

**Sublimation** – sublime means to cause the form of a substance to change to another form of the substance without changing its character. Sublimation is where people redirect their socially unacceptable impulses to do something socially acceptable.

Adapted from: *Mosby's Textbook for Nursing Assistants*, Mosby Lifeline, Fourth Edition.

## Module 19 – Mental Health

### **HANDOUT #3**

How do we stop stigma? Through conversation. Try these simple tips for talking to individuals who share concerns about their mental health.

<b>DON'T SAY</b>	<b>DO SAY</b>
<ul style="list-style-type: none"><li>• "Okay. I have to go now."</li></ul>	<ul style="list-style-type: none"><li>• "Thanks for opening up to me."</li></ul>
<ul style="list-style-type: none"><li>• "It could be worse."</li></ul>	<ul style="list-style-type: none"><li>• "Is there anything I can do to help?"</li></ul>
<ul style="list-style-type: none"><li>• "Just deal with it."</li></ul>	<ul style="list-style-type: none"><li>• "How can I help?"</li></ul>
<ul style="list-style-type: none"><li>• "Snap out of it."</li></ul>	<ul style="list-style-type: none"><li>• "Thanks for sharing."</li></ul>
<ul style="list-style-type: none"><li>• "Everyone feels that way sometimes."</li></ul>	<ul style="list-style-type: none"><li>• "I'm sorry to hear that. It must be tough."</li></ul>
<ul style="list-style-type: none"><li>• "You may have brought this on yourself."</li></ul>	<ul style="list-style-type: none"><li>• "I'm here for you when you need me."</li></ul>
<ul style="list-style-type: none"><li>• "We've all been there."</li></ul>	<ul style="list-style-type: none"><li>• "I can't imagine what you're going through."</li></ul>
<ul style="list-style-type: none"><li>• "You've got to pull yourself together."</li></ul>	<ul style="list-style-type: none"><li>• "People do get better."</li></ul>
<ul style="list-style-type: none"><li>• "Maybe try thinking happier thoughts."</li></ul>	<ul style="list-style-type: none"><li>• "Oh man, that sucks."</li></ul>
<ul style="list-style-type: none"><li>•</li></ul>	<ul style="list-style-type: none"><li>• "Can I drive you to an appointment?"</li></ul>
<ul style="list-style-type: none"><li>•</li></ul>	<ul style="list-style-type: none"><li>• "How are you feeling today?"</li></ul>
<ul style="list-style-type: none"><li>•</li></ul>	<ul style="list-style-type: none"><li>• "I love you."</li></ul>

Source: MakeltOK.org