**Ch. 3 Vocab**

**Lesson 1**

1. **Mental/Emotional Health:** The ability to accept yourself & others, express & manage emotions, & deal with the demands & challenges you meet in your life.
2. **Resilient:** The ability to adapt effectively & recover from disappointment, difficulty, or crisis.
3. **Self Esteem:** How much you values, respect, & feel confident about yourself.
4. **Competence:** Having enough skills to do something.
5. **Hierarchy of Needs**: A ranked list of those needs essential to human growth & development, presented in ascending order, starting with basic needs & building towards the need to reach your highest potential.
6. **Self Actualization:** To strive to be the best you can.

**Lesson 2**

1. **Personal Identity:** Your sense of yourself as a unique individual.
2. **Role Model:** Someone whose success or behavior serves as an example for you.
3. **Personality:** A complex set of characteristics that make you unique.
4. **Character:** The distinctive qualities that describe how a person thinks, feels & behaves.
5. **Integrity:** A firm observance of core ethical values.
6. **Constructive Criticism:** Non hostile comments that point out problems & encourage improvement.

**Lesson 3**

1. **Emotions:** Signals that tell your mind & body how to react.
2. **Hormones:** Chemicals produced by your glands that regulate the activities of different body cells.
3. **Hostility:** The intentional use of unfriendly or offensive behavior.
4. **Empathy:** The ability to imagine & understand how someone else feels.
5. **Defense Mechanisms:** Mental process that protect individuals from strong or stressful emotions & situations.