Developing a Healthy Mind

- I will develop healthful personality characteristics.
- I will choose behaviors to promote a healthy mind.

You will face many challenges in your life. Some challenges will be more difficult than others. The way you respond to challenges in your life is important. Every challenge is an opportunity to learn about yourself and to develop your potential.

Writing About Addictions  Suppose a friend tells you that he thinks he is addicted to exercise. He says that he would rather exercise than spend time with his family or friends, and that he feels very anxious when he does not exercise. After you read the information about addictions on page 85, write a letter to your friend in your health journal about why you think he needs to get help.
What to Know About Personality

Heredit Any heredity helps determine your intellectual abilities, temperament, and talents. For example, your heredity influences your athletic ability and artistic capabilities. It influences the degree to which you are resilient.

Environment Your environment includes everything that is around you. Where you live and the people with whom you have contact influence your personality. Your environment influences the opportunities you have.

Attitudes The feeling or emotion a person has toward something or someone is an attitude. Your attitudes influence your personality.

Behaviors Your behavior is what you do. What you do influences your personality.

Personality Type

Your personality is different from your personality type. Personality type is a person’s usual way of focusing energy, gathering information, making decisions, and getting work done. It is important to know and understand your personality type because it helps you understand yourself. You get a better grasp of how you approach and respond to people and things.

An understanding of personality type also helps you understand the people with whom you interact. You recognize ways you are different and alike. You understand the preferences of others.

Lastly, an understanding of personality type helps you improve your chance of working effectively and successfully with others. Being aware of your preferences and those of others helps you work more efficiently. You are better able to assign tasks. You have a better grasp of what roles people will play within a group setting.

Check Your Personality Type

There are four dimensions to personality type, including styles of energy focusing, information gathering, decision making, and work mode.

- **How You Focus Energy**
  - (E) Extroverted: You are energized by people and things.
  - (I) Introverted: You are energized by ideas and images.

- **How You Gather Information**
  - (S) Sensing: You trust tangible information that you gather from your senses.
  - (N) Intuitive: You give more weight to information from your insight and imagination.

- **How You Make Decisions**
  - (T) Thinking: You base your decisions on objective principles and facts.
  - (F) Feeling: You trust your “gut” and weigh decisions against people issues and concerns.

- **How You Get Work Done**
  - (J) Judging: Your approach to doing things is structured and organized.
  - (P) Perceiving: Your approach to doing things is flexible. You adapt as you do things and prefer open-ended deadlines.

Source: Adapted from research by Carl Jung and the Myers-Briggs model of personality.
A compelling desire to use a drug or engage in a specific behavior, continued use despite negative consequences, and loss of control is an addiction. Some teens feel a compelling desire to drink alcohol or use other drugs when they have problems or feel bored, lonely, frustrated, or depressed. However, people can be addicted to things that are not substance-related, such as relationships, television, exercise, and shopping.

How Addictions Affect Health Status

An addiction can harm physical health. Using drugs, including nicotine and alcohol, can harm body organs or cause death. Exercising to extremes can cause injury or other health problems. Starving oneself can cause malnutrition and death.

An addiction can jeopardize safety. Teens who have a thrill-seeking addiction take unnecessary risks that might result in injury and death. Teens who use drugs might choose unsafe actions and have accidents. They might get into fights that result in injuries.

An addiction can harm relationships. Teens who have addictions focus their attention on drugs or on specific behaviors. This primary focus causes them to neglect other priorities. They neglect relationships. They deny and lie about their addictions.

An addiction can cause problems with the law. Drinking alcohol and gambling, including the purchase of lottery tickets, is illegal for minors. The use of marijuana, Ecstasy, and other drugs also is illegal. Teens might steal money to support their gambling addiction. All of these things can cause legal problems for teens.

An addiction can jeopardize financial health. Teens with shopping addiction might overspend, borrow credit cards, or steal to pay for purchases. Teens with drug addiction might spend large amounts of money on drugs. Teens with gambling addiction may continue betting when they do not have any more money. This can lead to large amounts of debt that will affect the teen’s ability to buy a car or get a loan from a bank for school in the future.

At Risk for Addictions

Teens who are at risk for developing addictions may have one or more of the following characteristics:

• depression or a negative self-esteem
• genetic vulnerability
• feelings of guilt or shame
• traumatic childhoods
• feelings of tension, anxiety, boredom, or loneliness
• difficulty expressing feelings
• trouble managing anger
• trouble accepting responsibility for their actions
• a constant need for approval
• a need to control others
• poor coping skills
• difficulty with authority figures
• difficulty delaying gratification
• personal problems that they deny
• poor coping skills
• difficulty with authority figures
• difficulty delaying gratification
• personal problems that they deny
A Teen’s Guide to Addictions

**Drug addiction** The compelling desire to use a drug even though it harms the body, mind, or relationships is **drug addiction**. Teens with drug addiction feel the need to drink alcohol or use other drugs when they are anxious, bored, frustrated, lonely, or depressed. They depend on alcohol or other drugs to change their moods. They drink alcohol or use other drugs to avoid facing problems and will usually deny that they drink alcohol or use other drugs for these reasons.

**Exercise addiction** The compelling desire to exercise is **exercise addiction**. Teens with exercise addiction make exercise the main focus of their lives. They exercise to relieve tension and to feel in control of their lives. They put their exercise routine ahead of family, friends, studying, and other responsibilities. They may push themselves to the limit and injure themselves. If they do not exercise, they are depressed, anxious, and unhappy and may have difficulty sleeping.

**Gambling addiction** The compelling desire to bet money or other things is called **gambling addiction**. Though you may think that a person with a gambling addiction spends much of his or her time in casinos, there are other ways of gambling that also can be addictive. Lotteries and sporting events are two other forms of gambling that can be addictive. Teens with gambling addiction often are bored and restless. They get a “high” when they place bets. Teens who develop gambling addiction can struggle to control the urge to gamble for the rest of their lives. More than one-third of teens with gambling addiction have other addictions as well.

**Nicotine addiction** The compelling desire for nicotine is **nicotine addiction** or **nicotine dependence**. Nicotine is a stimulant drug found in tobacco products, including cigarettes and chewing tobacco. Teens addicted to nicotine may develop their schedule around smoking or chewing tobacco. They may rely on nicotine to wake up in the morning. They may smoke or chew to relieve tension or boredom.

**Perfectionism** The compelling desire to be flawless is **perfectionism**. Perfectionists are overly critical of themselves and of others. Nothing is ever good enough for them. Perfectionism is the result of feeling inadequate and insecure. Some teens become perfectionists because adults had unrealistic expectations of them during their childhood.

**Relationship addiction** The compelling desire to be connected to another person is **relationship addiction**. Teens with relationship addiction use relationships like they would drugs. When they feel depressed or insecure, contact with a specific person gives them a quick fix. But they feel better only for a brief time. They need the other person to “fill up” their emptiness. They feel a constant need to be with this other person. Teens with relationship addiction often are described as being needy. The person with whom they have a relationship feels suffocated and drained of energy.
Shopping addiction The compelling desire to purchase things is called shopping addiction. Teens with shopping addiction may describe themselves as “born to shop” and may “shop ’til they drop.” These teens are insecure. Shopping gives them a quick fix for depressed feelings. Salespeople may give them special attention. They feel in control and powerful when they make purchases. After a shopping spree, they often feel guilty. Shopping addiction can lead to severe emotional and financial problems.

Television addiction and computer addiction Some teens are addicted to television or computers. Television addiction is the compelling desire to watch television. Computer addiction is the compelling desire to play computer games or engage in other computer activities. Teens with these addictions plan their schedules around television or computer use. They might watch television or be on the computer six to seven hours a day. When they become anxious, lonely, or bored, they turn on the TV or the computer. They get a quick fix. They are unable to manage their time and get other things done. As a result, they have less time to be involved in school activities.

Thrill-seeking addiction The compelling desire to take unnecessary risks is called thrill-seeking addiction. Teens with thrill-seeking addiction enjoy scary situations. They are willing to take dangerous dares. During risky experiences, there are biochemical changes in the brain that can produce a pleasurable sensation. Some teens get hooked on these sensations and constantly seek these changes. Thrill-seeking becomes a quick fix. Teens with this addiction may take unnecessary risks and injure themselves.

Workaholism The compelling desire to work to fill an emptiness is called workaholism. Teens who are workaholics may feel the need to work whenever they are not in school. This may include excessive studying. This does not mean that all teens who study and get good grades are workaholics. It is healthy to set goals and work hard to reach them.

Teens who have workaholism, however, do not enjoy themselves when they are not working or studying. Working long hours keeps them from dealing with other aspects of their lives, such as emotions and relationships. They need the constant praise they may get from work. They get a high from work that helps them overcome feelings of depression and are anxious, tense, and upset when they are not working.
**What to Do About Addictions**

Having one or more addictions is a serious threat to a person’s health. Be on the lookout for signs of addictions in yourself and in others. The following suggestions will help you recognize addictions and get appropriate treatment.

**Stay informed.** Review up-to-date information about addictions. Understand the causes and treatments of addictions.

**Review the list of characteristics of teens who are at risk for developing addictions.** Do any of these characteristics describe you, a friend, or a family member? If so, what can you do to protect yourself from addictions?

**Recognize addictions in yourself and others.** Seek help or encourage others to seek help to control their addictions.

**Get help for addictions.** Teens often deny addictions and refuse to get help. They may need to be confronted by parents, guardians, or other caring people.

A **formal intervention** is an action by people, such as family members, who want a person to get treatment. The people involved in a formal intervention prepare ahead of time. They might meet with a trained counselor. They are prepared to explain to the teen how his or her addiction affects them.

During a formal intervention, these people confront the teen by sharing their observations. They explain why treatment is needed.

Page 92 in this lesson discusses treatment for addictions.

Teens who have been treated for an addiction may have a relapse. A **relapse** is a return to a previous behavior or condition. These teens return to their addiction when they feel lonely, depressed, or anxious. To avoid relapse, teens must stick to their plan for recovery.

Part of any recovery plan for teens with addictions is to have a support network. The purpose of a support network is to allow teens to feel secure enough to share their feelings and needs. People in the support network also provide encouragement.

**Signs of Addiction**

Any of the following symptoms are signs of addiction:

- having a compelling desire to take a drug or engage in a behavior
- taking a drug or engaging in a behavior instead of dealing with feelings of anxiety, depression, boredom, or loneliness
- feeling bad about oneself after taking a drug or engaging in a behavior
- taking a drug or engaging in a behavior even when there are negative consequences
- trying to stop taking a drug or engaging in a behavior, but being unable to do so
Some people get very involved with someone who has an addiction, whether the person’s addiction is to alcohol, drugs, gambling, work, or another activity. They want to rescue the person and fix the person’s problems. They become a codependent. **Codependency** is a problem in which a person neglects himself or herself to care for, control, or try to “fix” someone else.

### What to Know About Codependency

People who are codependent are enablers. An **enabler** is a person who supports the harmful behavior of others. For example, an enabler might lend money to someone with a gambling addiction or make excuses for a friend who uses drugs. An enabler might praise someone who exercises to extremes.

These responses encourage people who have addictions to continue their addictions. People who are codependent are unable to share their feelings.

People with codependency may benefit from individual, family, or group therapy, which will be discussed later in this lesson. They also may benefit from being in a support group. A **support group** is a group of people who help one another recover from an addiction, a particular disease, or a difficult situation.

Recovery from codependency and codependent relationships involves developing a better sense of self, learning to share feelings, learning to stay focused on solving one’s own problems, allowing other people to be responsible for their own lives, and using honest talk to confront people with problems.

### Characteristics of Codependent People

People who are codependent usually:

- deny their feelings
- focus on fixing other people’s problems
- try to control other people
- feel responsible for what other people say or do
- seek the approval of others
- have difficulty having fun
- have difficulty allowing others to care for them
- try to protect others from the harmful consequences of their behavior
- do not meet their own needs
- avoid living their own lives by concentrating on other people

![Support groups can help teens with codependency.](image)
A behavioral or psychological syndrome or pattern that occurs in an individual and that is associated with distress or disability or with a significantly increased risk of suffering, death, pain, disability, or an important loss of freedom is a mental disorder. The causes of mental disorders can be biological, psychological, and/or behavioral. Biological influences on mental disorders are caused by genes, physical injuries, and illnesses that affect the brain. Some causes include strokes, brain tumors, automobile accidents, alcoholism, sexually transmitted diseases, and meningitis. Psychological influences on mental disorders include stress, traumatic experiences, and poor coping skills.

**A Guide to Mental Disorders**

**Anxiety disorders** A disorder in which real or imagined threats prevent a person from enjoying life is an anxiety disorder. There are several forms of anxiety disorder.

A chronic or long-lasting state of anxiety, fear, and tenseness is called general anxiety disorder (GAD). People with this disorder feel anxious most of the time even when there is little or nothing to worry about. People with GAD usually have physical symptoms, such as fatigue, headaches, muscle tension, muscle aches, difficulty swallowing, trembling, irritability, sweating, increased heart rate, and hot flashes.

A disorder in which a person has persistent, unwelcome thoughts or images and engages in certain rituals is called obsessive-compulsive disorder (OCD). The disturbing thoughts or images are called obsessions. The rituals performed to try to prevent them are called compulsions. The rituals relieve anxiety temporarily, but they do not cause pleasure. People with this disorder spend large amounts of time engaging in the rituals.

A disorder in which feelings of terror strike suddenly and repeatedly with no warning is called panic disorder. These feelings are accompanied by panic attacks. A panic attack is a period of intense fear accompanied by bodily changes. Bodily changes may include increased heart rate, weakness, faintness, and dizziness. People who have panic disorder can't predict when a panic attack will occur. Symptoms usually peak in 10 minutes, but they may last longer.

A specific phobia is a disorder in which there is excessive fear of certain objects, situations, or people that pose little or no actual danger. The fear feels very real to the person, even though it is not realistic. A panic attack may occur when the feared object, situation, or person is near. The causes of specific phobias are not well understood. Examples of common phobias are fear of spiders or closed spaces.

A disorder in which a person is overly anxious and self-conscious in everyday social situations is called social anxiety disorder, or social phobia.

**Mental Disorders in the U.S.** Each year, roughly 26 percent of the adult U.S. population has a diagnosable mental disorder.
Physical symptoms are similar to other anxiety disorders. People with social phobia irrationally fear they are being watched and judged by others at all times and are terrified of being embarrassed or humiliated by their actions. Social phobia can be limited to one situation, such as public speaking, or it might include all social situations.

A disorder in which aftereffects of a terrifying event keep a person from living in a normal way is called post-traumatic stress disorder (PTSD). People with PTSD often have frightening thoughts and memories of an event. They may have nightmares and disturbing thoughts during the day. They may feel emotionally numb. PTSD can result from any number of traumatic incidents including events, such as war or abuse, or other causes, such as natural disasters or witnessing a bombing. Seeking professional help, developing stress-management skills, and talking to a responsible adult are ways to cope with anxiety.

**Cognitive disorder** A disorder in which a person’s brain deteriorates in function is a cognitive disorder. A condition in which brain deterioration affects memory, language, and reasoning is dementia. Dementia differs from forgetfulness associated with aging, tiredness, and depression. Dementia progresses from mild through severe stages and is fatal. Alzheimer’s disease is a common cause of dementia.

**Conduct disorder** A disorder in which a person regularly violates the rights of others and breaks social rules is a conduct disorder. People with conduct disorder might bully others, start fights, or be cruel to animals. They might damage property, steal, or set fires. They might be deceitful. These people violate rules and may have little remorse for their wrong actions. They also may abuse alcohol and other drugs.

**Eating disorders** A mental disorder in which a person has a compelling need to starve, to binge, or to binge and purge, is an eating disorder. To binge is to eat large amounts of food over a short period of time. To purge is to rid the body of food by vomiting or by using laxatives or diuretics. People who have eating disorders are more at risk for depression, anxiety, and substance abuse.

An eating disorder in which a person starves his or her body and weighs 15 percent or more below the healthful weight for his or her age and gender is called anorexia nervosa. People with anorexia typically have a distorted body image, and see themselves as being overweight even though they are overly thin. They also may exercise to extremes, vomit, and use laxatives or diuretics.

An eating disorder in which a person binges and then purges is called bulimia. People with bulimia binge on foods or eat large quantities of food. They will then purge by vomiting or using laxatives or diuretics.

A disorder in which people binge on large quantities of food is binge eating disorder. This disorder can increase a person’s risk for obesity and chronic diseases.

**Mood disorders** A mental disorder involving moods that are extreme is a mood disorder. A mood disorder is sometimes called an affective disorder.
A mood disorder called **clinical depression** is characterized by long-lasting feelings of hopelessness, sadness, or helplessness. People are considered clinically depressed if they have not had a recent trauma and still experience five of nine general symptoms for two weeks or more. General symptoms include deep sadness, apathy, fatigue, agitation, sleep disturbances, weight or appetite changes, lack of concentration, feelings of worthlessness, and morbid thoughts.

A disorder in which a person’s moods vary from extreme happiness to extreme depression is called **bipolar disorder**. During the manic phase, the person may experience great joy for no reason and be very talkative and restless. During the depressive phase, the person is in a passive mood, has little energy, and may think of suicide. This phase ends when the person’s mood swings back to the manic phase.

A type of depression that occurs when a person has reduced exposure to sunlight is called **seasonal affective disorder** (SAD). People with this disorder usually experience symptoms during the months when there is reduced sunlight. Symptoms include increased appetite, decreased physical activity, irritability, and general depression. Special light therapy for short periods daily will relieve many of these symptoms.

**Personality disorders** A disorder in which a person’s patterns of thinking, feeling, and acting interfere with daily living is a **personality disorder**.

A personality disorder in which a person’s patterns of behavior are in conflict with society is called **antisocial personality disorder**. People who are antisocial are often hateful, aggressive, and irritable. They may be indifferent to others’ needs and feel no remorse for their actions.

A disorder in which a person has sudden changes in mood, relationships, and behaviors is called **borderline personality disorder** (BPD). People with borderline personality disorder are impulsive. Their feelings toward family and friends can shift suddenly from love to anger. They fear abandonment. Among people with BPD, there is a high rate of self-injury with or without suicidal intent.

**Schizophrenia** A disorder in which there is a breakdown in logical thought processes is called **schizophrenia** (skiht suh FREE nee uh). The breakdown results in unusual behaviors. People with this disorder tend to have hallucinations, delusions, and a distorted perception of reality. Actions, words, and emotions are confused and usually are inappropriate. Schizophrenia is not curable, but it can be treated with medication.

**Somatoform disorders** A disorder in which a person has symptoms of disease but no physical cause can be found is a **somatoform disorder** (so MA tuh form). A disorder in which a person is constantly worried about illness is called **hypochondria** (hy puh KAHN dree uh). People with hypochondria misinterpret aches, pains, and other symptoms, and worry about developing an illness or disease although they are assured they are healthy.

### Reading Review

1. What causes PTSD?
2. What are the symptoms of clinical depression?
3. How is schizophrenia treated?
Many people experience some anxiety and sometimes are apprehensive without any apparent cause. There are strategies for coping with this kind of anxiety. However, people who have anxiety disorders, other mental disorders, or addictions, benefit from treatment.

### Treatment for Mental Disorders and Addictions

**Formal intervention** A formal intervention may be needed to help people who deny their condition and refuse to get help.

**Evaluation** People who have mental disorders and addictions may need both a physical examination and a psychological or psychiatric evaluation. A physician can do the physical examination, discover or rule out physical causes for mental disorders, and prescribe medication, if necessary.

Other professionals, such as psychiatrists, psychologists, and social workers, also can help. A **psychiatrist** is a physician who specializes in the diagnosis and treatment of mental disorders and can prescribe medication. A **psychologist** is a professional who specializes in the diagnosis of and counseling for mental and emotional problems. This person cannot prescribe medications. A **psychiatric social worker** specializes in working with clients with mental and emotional problems.

**Medication** A physician or psychiatrist will determine if a person will benefit from taking prescription drugs. These drugs can take several weeks to become effective, and a person must be monitored for potential side effects while using them.

**Inpatient and outpatient treatment** Inpatient treatment involves staying at a hospital or other treatment facility during part or all of their treatment. Outpatient treatment involves living at home, but visiting a hospital, doctor’s office, or other facility for treatment.

**Therapy** After an evaluation, an approach to treatment is outlined. People who have mental disorders and addictions may benefit from individual, group, or family therapy, or a combination of these therapies.

**Support groups** People who have mental disorders and/or addictions may benefit from being in a support group. There also are support groups for family members and friends.

---

**Did You Know?**

The Homeless and Mental-Health Services  
An estimated 20 to 25 percent of homeless people suffer from mental illness. The Center for Mental Health Services (CMHS) supports programs to assist people who are homeless who suffer from mental illness.
Key Terms Review

Complete these fill-in-the-blank statements with the lesson Key Terms on the left. Do not write in this book.

1. A(n) _____ is an action by people, such as family members, who want a person to get treatment.
2. _____ is a disorder in which feelings of terror strike suddenly.
3. _____ is an individual’s unique pattern of characteristics.
4. _____ is a problem in which people neglect themselves to care for, control, or try to “fix” someone else.
5. A(n) _____ is a feeling or emotion toward someone or something.
6. A(n) _____ is when someone returns to a previous behavior or condition.
7. A(n) _____ is a compelling desire to use a drug or engage in a specific behavior, despite negative consequences.
8. The causes of _____ can be biological, psychological, and/or behavioral.
9. _____ is the compelling need to be flawless.
10. A(n) _____ is a group of people who help one another recover from an addiction, a particular disease, or a difficult situation.

Recalling the Facts

11. What influences personality?
12. How might addictions affect health status?
13. How might a person recover from codependence and having codependent relationships?
14. What is a cognitive disorder?
15. What are anxiety disorders?
16. What are five signs of an addiction?
17. What are types of treatment for mental disorders?
18. What are the main categories of mental disorders?

Critical Thinking

19. How do anxiety disorders and mood disorders differ? How are they the same?
20. Would a person in the northern or southern U.S. be more likely to suffer from seasonal affective disorder? Explain.
21. If a person looks of normal weight and has not lost weight, is it likely that he or she has anorexia nervosa? Explain.
22. Discuss why codependency is dangerous.

Real-Life Applications

23. Why do you think people with schizophrenia may have difficulty taking their medications regularly?
24. How do you think behaviors become addictive?
25. Why do you think so many people who have an addiction are in denial?
26. Why do you think a person with one addiction is at risk for other addictions?

Activities

Responsible Decision Making

27. Role-Play  A community has a lottery that has grown to over $25 million. A teen plays the lottery every week and is in debt. He asks you to lend him money. Pair up with another student to role-play this situation. Refer to the Responsible Decision-Making Model on page 61 for help.

Sharpen Your Life Skills

28. Advocate for Health  Choose one of the addictions described in this lesson. Prepare a collage of pictures that represents the addiction, including what the addiction focuses on, as well as possible health consequences of the addiction. Explain your collage to the class.