# Teacher Guide Contents

**Welcome to HealthSmart®** .................................................. vii

## Lessons

- **Lesson 1:** Dimensions of Health ................................. 1
- **Lesson 2:** Exploring Emotional Health ......................... 15
- **Lesson 3:** Taking Responsibility ................................. 31
- **Lesson 4:** Optimism & Positive Self-Talk ...................... 45
- **Lesson 5:** Understanding Stress ................................. 57
- **Lesson 6:** Ways to Manage Stress ............................... 71
- **Lesson 7:** Responding to Emotions in Healthy Ways ........ 85
- **Lesson 8:** Skills for Effective Communication ................. 97
- **Lesson 9:** Building Healthy Relationships .................... 115
- **Lesson 10:** Dealing with Difficult Relationships .............. 129
- **Lesson 11:** Coping with Loss & Grief ........................... 149
- **Lesson 12:** Managing Anger ...................................... 161
- **Lesson 13:** Skills for Conflict Resolution ....................... 175
- **Lesson 14:** Goal Setting for Emotional Health ............... 189
- **Lesson 15:** Understanding Mental Health Disorders ......... 199
- **Lesson 16:** Getting Help for Mental Health Issues .......... 213

## Unit Assessment

- **Activity 1:** What I Know About Emotional & Mental Health 235
- **Activity 2:** Emotional Health Weather Report ................. 247

## Scoring Rubrics ................................................................. 253

## Health Terms Glossary ...................................................... 277