

Journal Question:

How would you describe your personality?....

Do you like your personality?

(Minimum of 3 sentences)

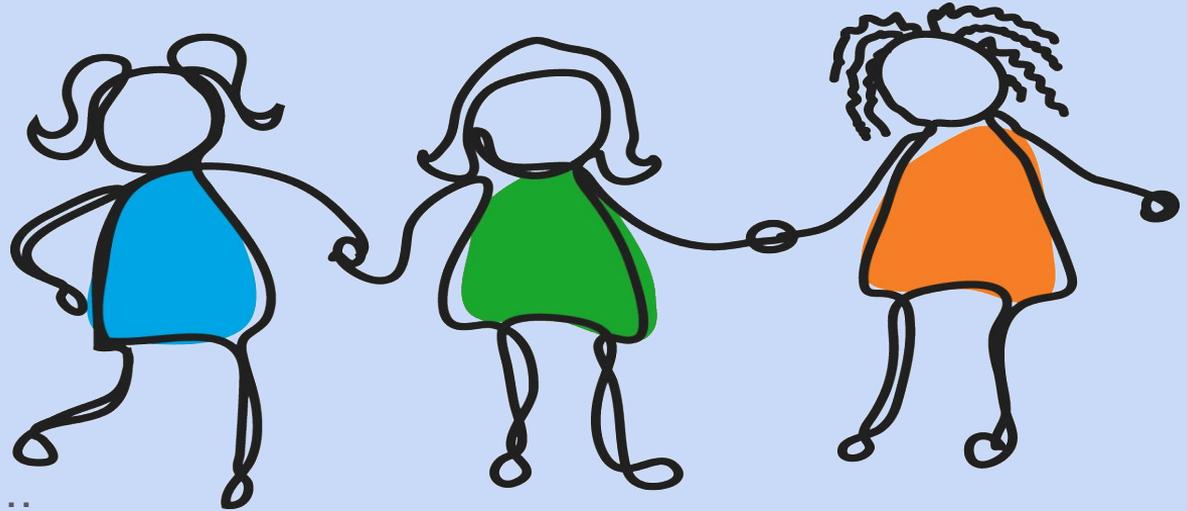


Chapter 2: Section 1

PERSONALITY AND MENTAL HEALTH

What is a Personality?

- Your personality is the unique set of characteristics that make you who you are.
- Your personality is what makes you act and socialize differently than other people and what makes you an individual.
- The characteristics can describe a personality are:
 - Your behaviors
 - Your attitudes
 - Your feelings
 - Your way of thinking.
- Describe a personality....



Types of Personality traits

- There are many different ways to describe a personality, are you loud or quite? angry or calm? happy or sad?
- Certain words and phrases help define and categorize your personality traits.

The ones you need to know are...

- Extrovert
- Introvert
- Optimist
- Pessimist
- Passive
- Aggressive
- Assertive



Different Personalities." *Borderline Personality Treatment*,

Extroverts

- The definition of an extrovert is someone who is “friendly and outgoing” (Health Textbook)
- Extroverts are usually friendly with others and can get along with new people
- Extroverts are also outgoing and are up for new experiences
- They mostly feel comfortable in a situation where they are surrounded by others
- Extroverts tend to enjoy working with other people and being in a populated environment

Real World Situation

At a meeting at work, you can spot an extrovert by seeing someone who is friendly, is comfortable talking, and takes control over problems and solutions.

Introverts

- The definition of an introvert is “Someone who is less outgoing and whose thoughts are directed inward” (Health textbook)
- Introverts are more quiet in conversation
- Introverts tend to prefer listening to talking
- Introverts tend to like staying home or being around a small group of people rather than being in a group with a lot of people.

Real World Situation

- You are at a friend's house and your friend introduces her sister to you. She quietly says hi and stays in her room for the rest of your visit. You notice throughout your visits that she tends not to talk a lot and doesn't have parties. Do you think that she is an introvert or an extrovert.

Optimists

- The definition of an optimist is “someone who focuses on the positive side of things” (Health Textbook)
- Optimists are usually described as looking at things like a glass half full.
- They look at things in a positive light and usually make the best of the outcome of most situations.
- Optimists usually have high expectations for many situations and decisions.



Pessimists

- A pessimist is “someone who looks at the negatives and expects the worst” (Health Textbook).
- Known as a glass half empty type of person
- Tends to think in a negatively manner
- Usually doesn't make light out of situations
- Usually doesn't see or acknowledge benefits and achievements, and sees cons rather than pros



“Pessimist Description.” / Stock, Getty Images,

[www.istockphoto.com/illustrations/pessimism?sort=mostpopular&mediatype=illustration&phrase=pessimism.](https://www.istockphoto.com/illustrations/pessimism?sort=mostpopular&mediatype=illustration&phrase=pessimism)

Being Assertive

- The definition of being assertive is to be “able to stand up for yourself and express in your feelings in a non threatening way.” (Health Textbook)
- Reacting in a peaceful, non-aggressive manner
- Staying calm in a stressful or angering situation
- Being respectful of other people's rights and opinions
- Being able to communicate your ideas, opinions and feelings successfully



Being Passive

- The definition of passive is “holding back your feelings and yielding to others”
- Express feelings through actions more than words
- Not able to express their feelings successfully or at all
- Does not stand up for themselves



Passive



Assertive



Aggressive

Being Aggressive

- The definition of aggressive is “Communicating your ideas and feelings in a forceful or threatening way”
- Showing anger through words and actions
- Not expressing feelings appropriately
- Not able to stay calm in stressful or angering situations
- Not respecting people rights or opinions



What is a Healthy Personality?

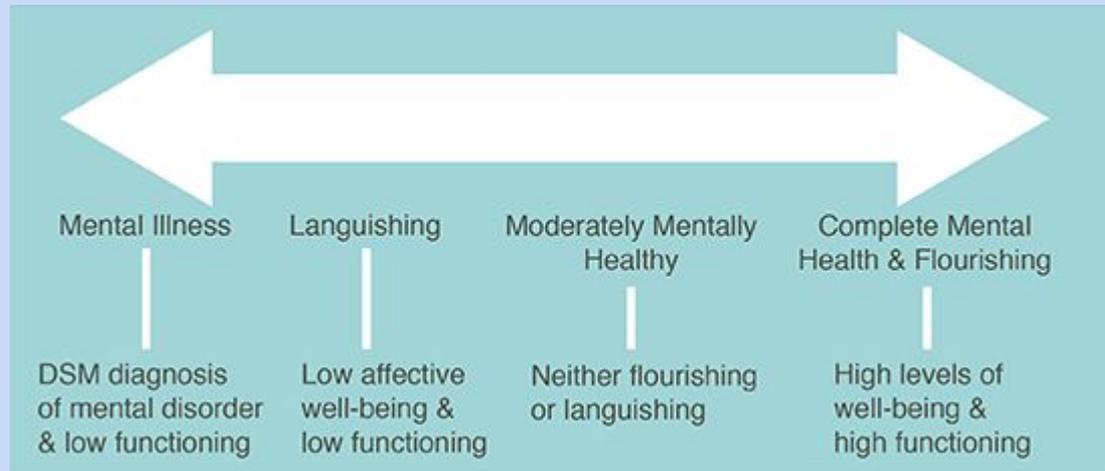
A healthy personality Can be Described as...

- Someone who tends to be friendly
- Someone who has the ability to adapt to their social environment
- A healthy person has the ability to express themselves successfully
- Someone who tends to be caring and loving towards others
- Someone who strives to be the best they can be
- Assertive traits
- An extrovert
- And optimist



Mental Health Continuum

We learned about the illness-wellness continuum in the last chapter where there is a neutral point and a never ending extension of the two extremes. In this section we are introduced to the mental health continuum. In this continuum the two extremes are being mentally ill and being mentally well.



"Mental Health Continuum." *Every Moment Counts*, everymomentcounts.org/view.php?nav_id=33.

The Forming of a Personality

- The forming of a personality is ultimately up to the person to enhance and change to match their values and preferences.
- The forming a personality is in part due to who they spend their time with and their surroundings (your social and physical environment)
- Heredity also impacts your personality.



Hereditary impacts on Personality

- Heredity does have an impact on personality traits despite some beliefs that personality is completely environmental.
- Since personality traits start to pop up at a young age, that means that some traits are inherited from parents.
- These inherited traits can be changed or developed over time, depending on if you choose to change it or enhance certain traits.

Environmental impacts on Personality

- Some traits are developed by the person's environment, both social and environmental
- Personality traits start to develop at a young age and the people around them like family, strongly influence whether traits will be healthy or not.
- Children model behaviors that they observe from others, meaning that they copy actions that they see
- Peer groups, a group of similar friends, influence personality in teenage and adult years
- When a personality is developed, it is possible to change it like you can change behavior, with awareness, knowledge, decision making, and applying skills.

Group Activity:

This activity is to practice your knowledge on personality traits in people and how to identify them in the real world.

You will be grouped with three people that are decided for you for this activity.