**Mental and Emotional Health Test Review**

1. Be able to recognize examples of good and poor mental health.
2. Understand Maslow’s hierarchy
3. Know the factors that make up your personality. Which can you

control and which are out of your control?

1. What makes up your personal identity?
2. What is empathy?
3. What is a defense mechanism? What are some examples?

7. What are environmental stressors?

8. What are causes of psychological fatigue?

**Mental and Emotional Health Test Review**

1. Be able to recognize examples of good and poor mental health.
2. Understand Maslow’s hierarchy
3. Know the factors that make up your personality. Which can you

control and which are out of your control?

4. What makes up your personal identity?

5. What is empathy?

6. What is a defense mechanism? What are some examples?

1. What are environmental stressors?
2. What are causes of psychological fatigue?
3. What is a psychosomatic response? What is the most common one?
4. List good ways to handle stress.
5. Understand the difference between depression and sadness.
6. What is resiliency? Name external and internal factors that may contribute to resiliency.
7. Know the 5 stages of grief
8. What does the acronym QPR stand for?

9. What is a psychosomatic response? What is the most common one?

10. List good ways to handle stress.

11. Understand the difference between depression and sadness.

12. What is resiliency? Name external and internal factors that may contribute to resiliency.

13. Know the 5 stages of grief

1. What does the acronym QPR stand for?