

HEALTH EDUCATION
Personal Wellness
PL-04-1.1.9

Common Social and Emotional Problems
DOK 2

Aggression

Forceful behavior that could harm someone's body or self-esteem.

For example:
*hitting someone
*saying mean things

Anxiety

A disorder in which real or imagined fears keep a person from working normally.

For example:
*dating
*test taking
*public speaking
*fear of heights

Depression

A mood disorder involving bad feelings that continue for periods of weeks or longer.

For example:
*guilt
*helpless
*hopeless
*worthless
*extreme sadness