

Tasks & Worksheets (4): Mental Well-being –Healthy Mind

(I)

1. What is the difference between eustress and distress?
2. Give examples of (i) physiological reaction and (ii) behavioural reactions to stress.

(II) Mental problems sometimes are like an unexpected visitor who disturbs the life of an individual. What are the mental programs in the following scenarios?

(Website for reference: <https://www3.ha.org.hk/cph/imh/mhi/index.asp>)

| Scenario (1) |
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| <ul style="list-style-type: none"> ● Yan, 17 years old, S6 student ● Living with parents and an elder brother ● There are lots of assignments to be submitted and the public examination is coming ● The depressed mood exists for more than 2 months with marked loss of appetite leading to body weight loss: poor sleep with early morning awakening, impaired ability to think or concentrate and being indecisiveness. |
| 1. The mental problem is... |
| Scenario (2) |
| <ul style="list-style-type: none"> ● Wah, 24 years old, bank staff ● Living with parents ● Responsible for investment. He will be warned by the senior manager if the monthly performance in profit making does not meet the requirement. ● Recently he told his parents he heard the voices that persecuting him. His parents noticed that he starting talking to himself as well as someone who did not exist. |
| 2. The mental problem is... |
| Scenario (3) |
| <ul style="list-style-type: none"> ● Uncle Ho, 78 years old, retired ● Living with his wife ● Always goes to the district elderly community centre for participating in the activities ● Recently Uncle Ho always lost his way easily. He forgets about the time, date, month or year or even his own address or where he is located. He also forgets the food he just taken. |
| 3. The mental problem is... |

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(III) From the biological, social and psychological perspectives, elaborate the factors causing the major mental disorders. Analyse the problems and crisis of persons with mental problems.

(IV)

1. Suggest the reasons for hospitalizing people with major mental disorder.
2. Describe the main advantages of deinstitutionalization for people with mental disorder?

(V)

1. What are the problems faced by the care-givers when they need to take care of mental patients who stay in the community?
2. What types of formal care provide support to these care-givers?

(VI) How do the services for the persons-in-recovery help prevent the relapses? Illustrate with examples of services.

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