



Mental Health Essentials: Feelings are Important

1. Emotional states are some of the most important aspects of life - rules everything else - give purpose, priority and focus to our thinking, motivate us
2. When we ignore feelings they grow stronger
3. US youth in bottom quarter among developed nations - have stress levels higher than adults
 - a. Teens are world leaders in violence, binge drinking, marijuana use and obesity
 - b. More than half of college students experience overwhelming anxiety
4. When emotionally skilled teacher present, students disrupt less, focus more and perform better
5. Are you balancing focus on
 - a. Achievement and obedience
 - b. With confidence, kindness, sense of purpose and wisdom to build healthy lasting relationships?

