



Co-funded by
the European Union



CC BY-NC-SA 4.0 DEED

Attribution-NonCommercial-ShareAlike 4.0 International

Fundamentals of Psychological Literacy

UNIT 1



OLEKTIA



MAVİ PENCERE
Special Education Association



APB



SignWell Academy
Psychological Literacy for the
Deaf Community

2025-1-F901-BA210-ADU-000357492



THEME 1:

Fundamentals of

Psychological Literacy

Psychological literacy means understanding the mind. It means understanding your emotions, your thoughts and your behaviour. It also means understanding the behaviour and emotional signals of other people. Psychological literacy is a simple but very important skill. It helps you move through daily life with more confidence. It helps you stay calm. It helps you make better choices. People use psychological literacy every day, often without realising it:

- You use it when you notice how you feel.
- You use it when you understand that someone else feels sad or angry.
- You use it when you decide to think before reacting.
- You use it when you try to calm down in a stressful moment.

These small moments show that you are aware of your inner world. They show that you understand your emotions and the emotions of others. We use psychological literacy in many daily situations. For example:

- When you notice that you are stressed and your body feels tense.
- When you decide to take a break because you feel tired or overwhelmed.
- When you understand that another person is upset and needs space or silence.
- When you think before reacting, so you do not say or do something hurtful.
- When you recognise that you need support and choose to ask for help.
- When you prepare yourself emotionally before a difficult conversation.





For deaf adults, psychological literacy is especially important. Communication for deaf individuals can sometimes be more complex. It often depends on visual signals, facial expressions, gestures, signing, body language and eye contact. Hearing people do not always understand these visual signals. They sometimes speak without facing you. They may speak too fast. They may not know how to communicate in a clear and accessible way. This can create confusion and emotional stress. It can also create misunderstandings. These misunderstandings can lead to tension, frustration, disappointment or even conflict. Because of this, deaf adults often need to be even more aware of emotions (their own and those of the people around them).

Psychological literacy helps in these situations. It helps you recognise how you feel in the moment. It helps you understand emotional reactions, both yours and others'. It helps you stay calm when communication becomes difficult. It helps you choose a healthy and helpful response instead of reacting quickly out of anger or stress. It helps you observe the situation with more clarity. It helps you think before you respond. It helps you understand why someone behaves in a certain way, even when communication is limited. This emotional awareness protects your mental well-being. It also improves the quality of your relationships.

Psychological literacy is also important because it helps you express your emotions more clearly. When you understand what you feel, it becomes easier to communicate it. Even when words are not used, emotions can be shown using clear signs, gestures and expressions. Understanding your emotions helps you explain your needs to others. It helps you set boundaries. It helps you ask for help in a healthy and confident way. It also helps you avoid misunderstandings during conversations. When you understand your emotional state, you can communicate it in a calm and clear way, which helps the other person understand you better.

Psychological literacy also helps you understand other people more deeply. When you pay attention to:

- their body language;
- their facial expressions;
- their gestures or their signing style.





**Co-funded by
the European Union**

You can notice when they feel sad, nervous, confused or happy. You can respond with patience and empathy. You can avoid taking things personally. You can create a safer and more positive atmosphere during conversations. This makes communication smoother and relationships stronger.

Psychological literacy is not complicated. You do not need to be a psychologist to understand your emotions. You do not need special training. You do not need difficult theories. Psychological literacy is about simple awareness. It is about paying attention to what is happening inside you. It is about paying attention to how others feel. It is about using small tools to support your emotional health. It is about slowing down when needed. It is about thinking before reacting. It is about choosing calmness instead of conflict. It is about understanding your needs and respecting the needs of others.

In daily life, psychological literacy supports you in many situations. It helps you communicate clearly. It helps you avoid misunderstandings. It helps you handle stress more easily. It helps you protect your mental health. It helps you build stronger and healthier relationships. It helps you understand challenges better. Most importantly, it helps you feel more in control of your emotional world. With small steps and small practices, psychological literacy becomes stronger over time. Every moment of awareness helps you grow. Every calm reaction makes life easier. Every understanding gesture brings more connection with others. Psychological literacy is a simple tool, but it has a powerful impact on your well-being and your relationships.



OLEKTIA



MAVİ PENCERE
Special Education Association



APB



SignWell Academy
Psychological Literacy for the
Deaf Community

2025-I-F101-KA210-ADU-000357452



Topic 1: What Is Psychological Literacy?

Psychological literacy has three main parts. These parts work together. They help you understand yourself. They help you understand other people. They help you choose healthy actions. When these skills work together, daily life becomes easier. You feel calmer. You feel more confident. You feel more in control of your emotions.

1. Understanding yourself

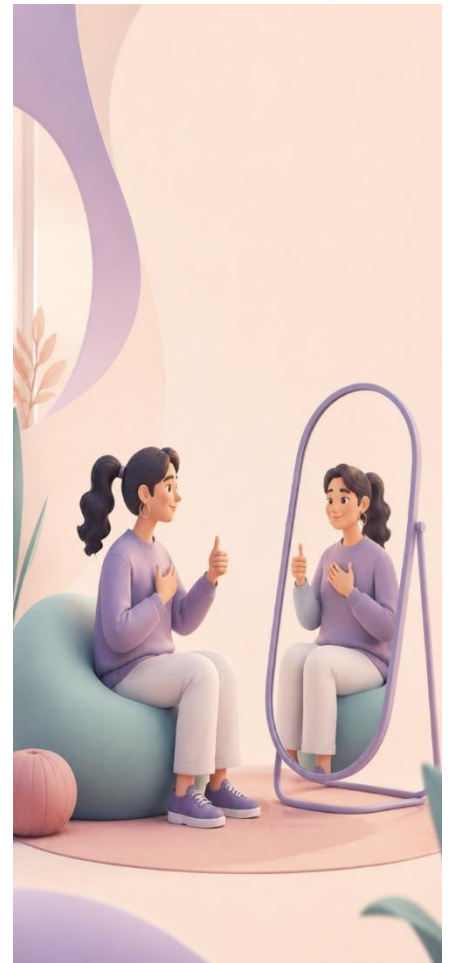
Understanding yourself means looking inside. It means paying attention to your body and your feelings. Emotions often show themselves through the body. Your body gives you signs. These signs help you understand what you feel. This includes:

- recognising emotions in your body (tight chest, fast heartbeat, muscle tension);
- knowing why you feel a certain way;
- knowing what you need during stress or sadness;
- noticing when you need rest or a break;
- understanding when a situation makes you anxious or uncomfortable;
- realising when your emotions come from past experiences.

Short example:

You feel nervous before meeting new people. Your stomach feels tight. Your hands feel cold. You understand that this emotion is normal. You take a deep breath. You prepare yourself. You tell yourself: “I can handle this.”

This is psychological literacy. Understanding yourself helps you react better. It helps you take care of your needs. It helps you stay calm in difficult moments.





2. Understanding others

Understanding others means paying attention to their emotional signals. People show emotions even without words. They show emotions with their face. They show emotions with their hands. They show emotions with their body. They show emotions with their signing style. You learn how to read:

- facial expressions;
- gestures;
- body posture;
- emotional signals;
- signing speed and intensity;
- changes in eye contact.

When you understand these signals, you connect better with people. You respond more gently. You avoid misunderstandings. You show respect. You show empathy. You make communication smoother and safer.



Example:

Someone signs very fast. Their movements look sharp. Their face looks tense. You understand they may be stressed or upset. You decide to respond calmly. You give them space or ask if they are okay.

Understanding others helps you build stronger relationships. It helps you reduce conflict. It helps you communicate more clearly.



3. Acting in a healthy way

Acting in a healthy way means choosing helpful actions. It means not reacting too fast. It means stopping for a moment. It means thinking before responding. Healthy actions protect your emotions. They protect your relationships.

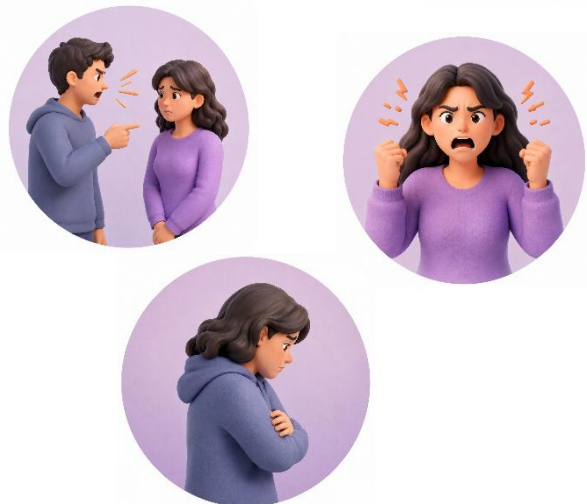
Examples of healthy actions:

- pausing before reacting;
- taking a break when you feel overwhelmed;
- asking for help when you need support;
- choosing calm instead of anger;
- breathing slowly when stressed;
- expressing your needs clearly;
- writing your feelings if communication is hard.



Examples of unhealthy actions:

- yelling;
- shutting down completely;
- blaming others;
- reacting impulsively;
- using aggressive gestures;
- letting emotions explode.



Unhealthy reactions can make a situation worse. They can hurt you. They can hurt others. They can damage communication. Healthy reactions make life easier. They help you solve problems. They help you stay in control. They help you protect your emotional well-being.

When you understand yourself, understand others and choose healthy actions, you build strong psychological literacy. This skill helps you stay balanced. It helps you communicate well. It helps you handle stress. It supports you in daily life. It grows with practice. Every small step makes you stronger.



Topic 2: Why Psychological Literacy Matters

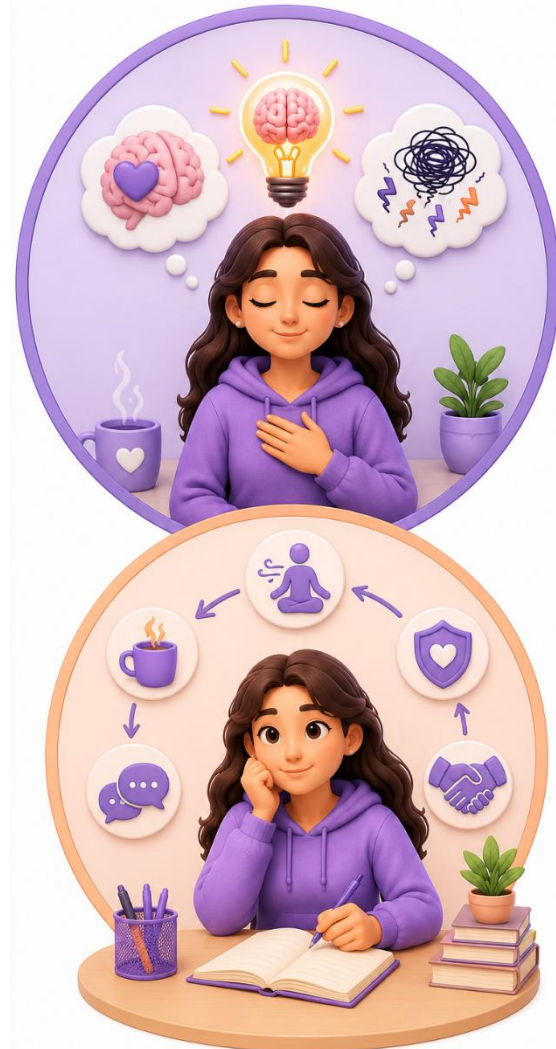
Psychological literacy is important because emotions guide behaviour. Emotions influence how you think, how you act and how you react. When you understand emotions, you understand your own reactions more clearly. You understand why you feel a certain way. You understand what your body and mind are trying to tell you. This awareness helps you stay calm, make better choices and avoid unnecessary stress. It also helps you understand other people and respond with more patience and empathy. Psychological literacy helps you in many areas of daily life:

✓ Manage stress

You notice early signs of stress. You feel tension in your body. You feel pressure in your mind. When you notice these signs early, you can take action before stress becomes too strong. You can breathe deeply. You can take a short break. You can change your environment. Simple actions help you stay balanced.

✓ Avoid emotional overload

You do not wait until emotions explode. You do not allow feelings to build up until you lose control. When you recognise emotions early, you can take care of yourself. You can rest. You can ask for help. You can express your feelings in a safe way. This prevents emotional exhaustion.





✓ **Improve communication**

Communication is not only words. Communication also includes facial expressions, gestures, signs and body language. Even when communication is visual, emotions are still present. When you understand emotions (your own and others'), you stay calmer during conversations. You express your needs more clearly. You listen with more attention. You avoid reacting too quickly. This makes communication more open and more respectful.

✓ **Make better decisions**

Emotions influence choices. When you understand your emotions, you understand your needs. You can think more clearly. You can choose actions that are helpful for you. You can avoid decisions based only on fear, anger or stress. You can take time to reflect. This helps you make wiser decisions in daily life.

✓ **Understand others more deeply**

People show their emotions through small signals. They show emotions with their face. They show emotions with their hands. They show emotions with the way they move. When you understand emotional signals, you understand people better. You notice when someone feels uncomfortable. You notice when someone is sad or stressed. You notice when someone feels happy or calm. This helps you respond with compassion.

✓ **Build healthy relationships**

Understanding emotions helps you connect with others. It helps you communicate more honestly. It helps you avoid unnecessary conflict. It helps you show empathy and patience. These skills create stronger relationships with family, friends, partners and colleagues. Healthy relationships support your mental well-being and bring more stability to your daily life.

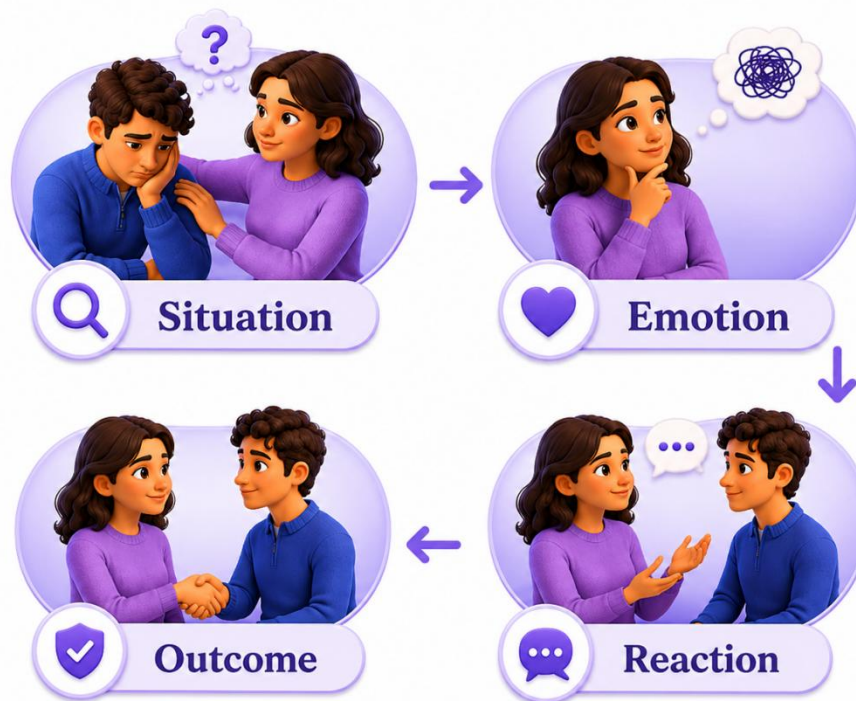




Example:

You notice that someone is avoiding eye contact. Their shoulders look tense. Their movements are slow. You understand that they may feel worried or uncomfortable. Instead of getting upset, you ask gently if everything is okay. Or you give them a moment of quiet space. This small action shows care. It prevents conflict. It builds trust. It shows psychological literacy in practice.

Psychological literacy matters because it helps you understand yourself and others. It helps you stay calm, communicate clearly and build healthy connections. It makes daily life more manageable and less stressful. It is a simple skill with a powerful impact.





Topic 3: Psychological Literacy in Daily Life

Psychological literacy appears in many simple moments of everyday life. It is not something you use only in big or difficult situations. You use it in small decisions, small reactions and small conversations. These small moments shape your emotional well-being. They shape your relationships. They shape how you feel during the day. Psychological literacy helps you notice these moments and use them in a positive way.

You use psychological literacy when you notice your limits. You notice when you are tired. You notice when you are overwhelmed. You notice when your body feels heavy or tense. These signs tell you that you need rest. They tell you to pause. They tell you to take care of yourself. Listening to these signs prevents burnout and protects your energy. You also use psychological literacy when you prepare for communication. Before talking or signing with someone, you check your emotional state. You ask yourself how you feel. If you feel upset or stressed, you take a moment to calm down. You breathe slowly. You relax your shoulders. You clear your mind. This helps you communicate more clearly. It helps you avoid misunderstandings. It helps you stay respectful and calm.

Psychological literacy helps you handle conflict. Conflict is a normal part of life. It happens with family. It happens with friends. It happens at work. When conflict appears, emotions become strong. You might feel anger. You might feel hurt. You might feel confused. Psychological literacy helps you pause. It helps you reflect. It helps you think before reacting. You choose words or signs more carefully. You choose actions that calm the situation instead of making it worse. You also use psychological literacy when reading emotional signals from others. People communicate emotions through many small signs. They show feelings through their face. They show feelings through their hands. They show feelings through their posture. They show feelings through the speed and intensity of their signing. When you pay attention to these signals, you understand others more deeply. You notice when someone is tired, stressed, sad or uncomfortable. This helps you show empathy. It helps you respond kindly.



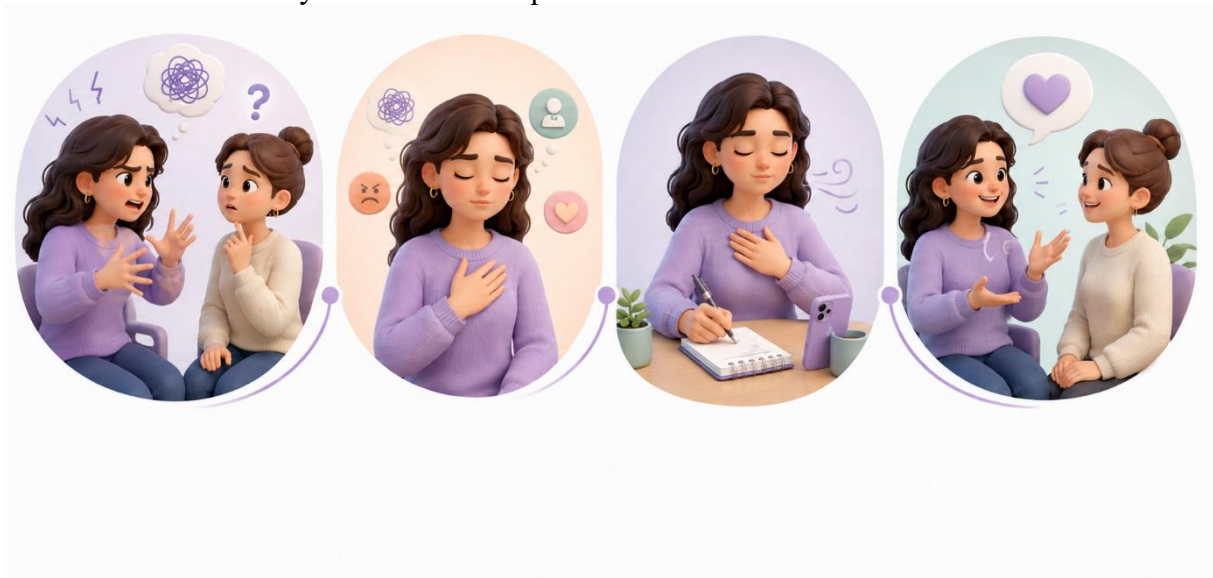


**Co-funded by
the European Union**

Psychological literacy is helpful when making decisions. Emotional awareness helps you understand why a decision feels difficult. It helps you slow down. It helps you think about your needs. It helps you choose what is best for you. Sometimes emotions push you to act quickly. Psychological literacy helps you pause and reflect before acting.

Example:

You become frustrated because a person did not understand your sign. Your feelings become strong. You feel pressure in your chest. Your hands move faster. You want to react quickly. But psychological literacy helps you stop. You notice your frustration. You breathe slowly. You decide to sign again more calmly. You write your message if needed. You try a different way. This reduces stress for you and the other person.



OLEKTIA



MAVİ PENCERE
Special Education Association



APB



SignWell Academy
Psychological Literacy for the
Deaf Community

2025-I-F101-KA210-ADU-000357452



**Co-funded by
the European Union**

Psychological literacy also supports your safety. When you understand your emotions, you know when something feels wrong. You know when you need space. You know when you need support. You know when a situation is too much. This awareness helps you protect yourself emotionally and physically.

Psychological literacy is used in many small daily actions:

- when you choose a calm reaction instead of anger;
- when you take a break to clear your mind;
- when you explain your feelings clearly;
- when you give someone space during stress;
- when you recognise that someone needs comfort;
- when you stop yourself from reacting too fast;
- when you focus on solving a problem with respect.

These everyday examples show that psychological literacy is not something difficult or distant. It is a simple skill that grows through practice. It helps you live with more peace. It helps you communicate with more clarity. It helps you feel more stable and confident in your daily life.



OLEKTIA



MAVİ PENCERE
Special Education Association



APB



SignWell Academy
Psychological Literacy for the
Deaf Community

2025-I-F101-KA210-ADU-000357452



★ Learning Notes

These learning notes show the key ideas from Theme 1. They make the information easier to understand. They help learners remember the most important points.

1. Psychological literacy is the skill of understanding emotions.

It means knowing what you feel. It means knowing why you feel that way. It means noticing emotional signs in your body. It means listening to emotional signals before they become too strong.

2. Psychological literacy helps you understand yourself.

You notice changes in your body. You notice when you feel stress, fear, anger or sadness. You recognise your personal needs. You understand what helps you calm down. Self-awareness makes emotions easier to manage.

3. Psychological literacy helps you understand others.

People express emotions through their eyes, face, hands and posture. People show feelings through signing speed, strength and rhythm. You can learn to read these signals. Understanding these signals improves communication. It helps you respond with patience, respect and empathy.

4. Psychological literacy helps you act in a healthy way.

You pause before reacting. You choose calmness instead of anger. You take breaks when overwhelmed. You ask for help when you need support. Healthy actions protect your mental health. They also protect your relationships.

5. Emotions guide behaviour.

Strong emotions can lead to quick reactions. Quick reactions can cause misunderstandings. When you understand your emotions, you choose better actions. You react more calmly. You avoid emotional overload.



OLEKTIA



MAVİ PENCERE
Special Education Association



APB



SignWell Academy
Psychological Literacy for the
Deaf Community
2025-I-FI01-KA210-ADU-000357452



**Co-funded by
the European Union**

6. Psychological literacy improves communication.

It helps you stay clear and focused. It helps you express your needs calmly. It helps you listen and observe more carefully. It reduces conflict. It makes communication smoother and safer.

7. Psychological literacy helps you make better decisions.

When emotions are strong, decisions feel harder. Awareness helps you slow down. It helps you think clearly. It helps you choose what is truly good for you.

8. Psychological literacy helps you build healthy relationships.

You show empathy. You show respect. You recognise when someone needs space. You recognise when someone needs comfort. You treat others with understanding. Healthy relationships support emotional well-being.

9. Psychological literacy supports daily life.

You use it in small moments. You use it during stress. You use it in communication. You use it in conflict. You use it when making decisions. It is a simple skill. It grows with practice. Every small step matters.



OLEKTIA



MAVİ PENCERE
Special Education Association



APB



SignWell Academy
Psychological Literacy for the
Deaf Community
2025-I-FI01-KA210-ADU-000357452



**Co-funded by
the European Union**

Assessment Test:

Theme 1 + Answer Key

Instructions:

Read each question carefully. Choose the correct answer from the options given. For True/False questions, select the correct statement. Select only one answer per question.

1. What does psychological literacy mean?

- a) Understanding people and emotions
- b) Reading books
- c) Making fast decisions

2. Why is psychological literacy useful in daily life?

- a) It helps with understanding and managing emotions
- b) It makes you taller
- c) It teaches math

3. Which option is an example of psychological literacy?

- a) Ignoring your emotions
- b) Noticing when you feel stressed and taking a break
- c) Shouting at someone when you are angry

4. True or False: Psychological literacy helps improve communication.

- a) True
- b) False



OLEKTIA



MAVİ PENCERE
Special Education Association



APB



SignWell Academy
Psychological Literacy for the
Deaf Community
2025-I-FI01-KA210-ADU-000357452



**Co-funded by
the European Union**

5. In which situation can psychological literacy help you?

- a) When choosing a new phone
- b) When you want to run faster
- c) When you are learning a new math formula
- d) When you need to understand your emotions before reacting

6. What is the first step when you feel a strong emotion?

- a) React immediately
- b) Identify the emotion
- c) Blame someone

7. Which skills are included in psychological literacy?

- a) Understanding feelings
- b) Understanding others
- c) Both a and b

Question	Correct answer
1.	A
2.	A
3.	B
4.	A
5.	D
6.	B
7.	C



OLEKTIA



MAVİ PENCERE
Special Education Association



APB



SignWell Academy
Psychological Literacy for the
Deaf Community
2025-I-FI01-KA210-ADU-000357452