

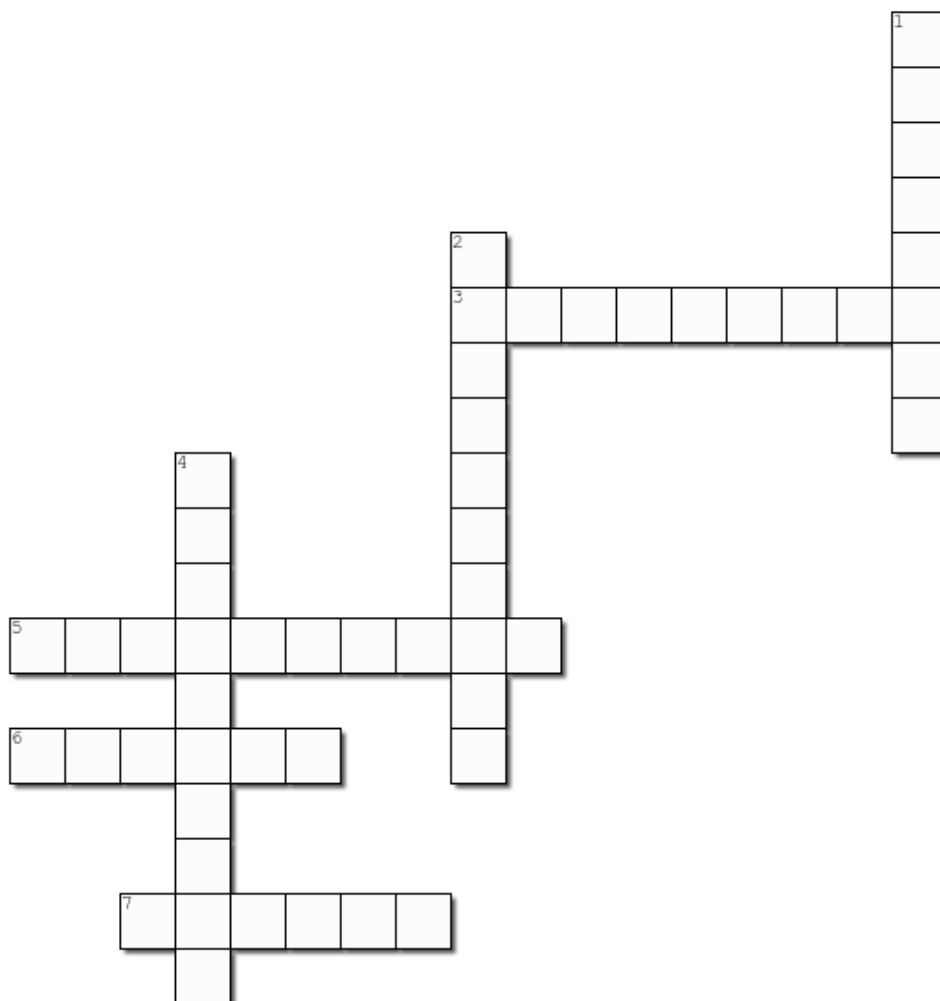
Mental Health Tasks Group 1

1. True or False?

- Our mental health includes emotional and social well-being. T
- Mental health doesn't determine how we handle stress. F
- Eating or sleeping too much or too little can be a sign of mental health problems. T
- Positive mental health allows people to yelling or fighting with family and friends. F
- One way to maintain positive mental health includes helping others. T

Name: _____

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 3. The practice of taking action to preserve or improve one's own health.
- 5. An exercise that helps to release stress.
- 6. A person who cannot stop doing or using something.
- 7. A great worry caused by a difficult situation.

Down

- 1. The knowledge or perception of a situation or fact.
- 2. A field of study in connection with mental health.
- 4. The opposite of negativity.

3. Fill in the gaps with the given words.

heart disease, components, mental, diabetes, depression

Mental and physical health are equally important of overall health. For example, increases the risk for many types of physical health problems, particularly long-lasting conditions like , , and stroke. Similarly, the presence of chronic conditions can increase the risk for illness.

Sources: [About Mental Health \(cdc.gov\)](https://www.cdc.gov/mentalhealth/about/index.html)

4. Select the number from 1 - 5 which is most suitable for your state?
(1 never and 5 always)

1. When someone raises their voice I also raise mine.

1 2 3 4 5

2. I can't stay calm in a stressful situation.

1 2 3 4 5

3. I get mental breakdowns.

1 2 3 4 5

4. I overthink every small situation.

1 2 3 4 5

5. I have extreme mood swings.

1 2 3 4 5

Evaluation:

- 5-11 Your mental health is stable.
- 12-18 You are fine, but theres place for improvement.
- 19-25 Get some help! ☺

5. Word search!

Mental Health

D	Y	T	E	I	X	N	A	E	L	F	I	S	N
T	E	E	T	R	E	E	T	M	E	N	T	L	O
H	I	E	E	T	E	O	P	B	C	R	N	S	U
E	H	C	T	S	L	N	O	N	G	O	C	N	A
R	A	O	E	I	G	T	H	O	U	H	S	A	Y
A	P	L	L	L	I	C	R	I	E	L	L	M	C
P	P	L	E	A	I	S	N	S	A	P	Y	E	A
Y	I	A	S	U	S	A	O	S	S	E	N	C	N
L	N	P	H	G	S	D	I	E	R	F	Y	N	U
E	E	S	P	H	R	N	I	R	E	P	H	A	L
E	S	E	I	E	I	E	N	P	L	C	E	L	Y
H	S	T	V	Y	E	L	A	E	A	E	B	A	X
N	O	O	E	S	A	E	Y	D	X	I	R	B	R
H	F	E	E	L	I	N	G	S	A	Y	H	I	T

DEPRESSION
OVERDOSE
RELAX
TREETMENT
BALANCE
HAPPINESS
FEELINGS
COLLAPSE
ANXIETY
LAUGH
LUNACY
THERAPY

Play this puzzle online at : <https://thewordsearch.com/puzzle/3903207/>

Solution:

D	Y	T	E	I	X	N	A	E	L	F	I	S	N
T	E	E	T	R	E	E	T	M	E	N	T	L	O
H	I	E	E	T	E	O	P	B	C	R	N	S	U
E	H	C	T	S	L	N	O	N	G	O	C	N	A
R	A	O	E	I	G	T	H	O	U	H	S	A	Y
A	P	L	L	L	I	C	R	I	E	L	L	M	C
P	P	L	E	A	I	S	N	S	A	P	Y	E	A
Y	I	A	S	U	S	A	O	S	S	E	N	C	N
L	N	P	H	G	S	D	I	E	R	F	Y	N	U
E	E	S	P	H	R	N	I	R	E	P	H	A	L
E	S	E	I	E	I	E	N	P	L	C	E	L	Y
H	S	T	V	Y	E	L	A	E	A	E	B	A	X
N	O	O	E	S	A	E	Y	D	X	I	R	B	R
H	F	E	E	L	I	N	G	S	A	Y	H	I	T