<u>Mental Health Tasks Group 1</u>

- 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

	Complete the crossword puzzle below	
	3	
4	1 H	
	-	
5		
6		
7		

<u>Across</u>

- **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.

<u>Down</u>

1. The knowledge or perception of a situation or fact.

Created using the Crossword Maker on TheTeachersCorner.net

Name:

- **2.** A field of study in connection with mental health.
- 4. The opposite of negativity.

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) 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	hear	t dised	ase, co	mpone	nts, m	ental, diabetes, depression
many types of physical health problems, particularly long-lasting conditions like	Mer	ıtal ar	nd phy	sical h	nealth :	are equally important of
conditions like	ovei	rall he	alth.	For ex	ample	e, increases the risk for
Similarly, the presence of chronic conditions can increase the risk for illness. Sources: About Mental Health (cdc.gov) 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.	man	y type	es of p	hysica	al heal	th problems, particularly long-lasting
illness. Sources: About Mental Health (cdc.gov) 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.	cond	ditions	s like			, and stroke.
Sources: About Mental Health (cdc.gov) 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.	Sim	ilarly,	the pr	esenc	e of ch	nronic conditions can increase the risk for
 4. Select the number from 1 - 5 which is most suitable for your state? (1 never and 5 always) When someone raises their voice I also raise mine. 2 3 4 5 I can't stay calm in a stressful situation. 2 3 4 5 I get mental breakdowns. 2 3 4 5 I overthink every small situation. 				lllne	ess.	
 (1 never and 5 always) When someone raises their voice I also raise mine. 1 2 3 4 5 I can't stay calm in a stressful situation. 1 2 3 4 5 I get mental breakdowns. 1 2 3 4 5 I overthink every small situation. 	Source	es: <u>Abo</u>	ut Men	tal Healt	th (cdc.g	<u>gov)</u>
 (1 never and 5 always) When someone raises their voice I also raise mine. 1 2 3 4 5 I can't stay calm in a stressful situation. 1 2 3 4 5 I get mental breakdowns. 1 2 3 4 5 I overthink every small situation. 						
 (1 never and 5 always) When someone raises their voice I also raise mine. 1 2 3 4 5 I can't stay calm in a stressful situation. 1 2 3 4 5 I get mental breakdowns. 1 2 3 4 5 I overthink every small situation. 	4. Se	elect tl	he nun	nber fr	om 1 -	- 5 which is most suitable for your state?
 1 2 3 4 5 I can't stay calm in a stressful situation. 1 2 3 4 5 I get mental breakdowns. 1 2 3 4 5 I overthink every small situation. 						
 1 2 3 4 5 I can't stay calm in a stressful situation. 1 2 3 4 5 I get mental breakdowns. 1 2 3 4 5 I overthink every small situation. 						
 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.	. Who	en son	neone	raises	their voice I also raise mine.
 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
 3. I get mental breakdowns. 1 2 3 4 5 4. I overthink every small situation. 	2.	. I ca	n't sta	y calm	in a s	tressful situation.
1 2 3 4 5 4. I overthink every small situation.		1	2	3	4	5
4. I overthink every small situation.	3.	. I ge	t ment	al brea	akdow	ns.
		1	2	3	4	5
1 2 3 4 5	4.	. I ov	erthin	k ever	y smal	1 situation.
		1	2	3	4	5
5. I have extreme mood swings.	5.	. I ha	ve ext	reme n	nood s	swings.
1 2 3 4 5		1	2	3	1	5

3. Fill in the gaps with the given words.

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	Υ	Т	Е	I	Χ	N	Α	Ε	L	F	I	S	N
T	Ε	E	T	R	Ε	Ε	Т	М	Ε	N	Т	L	0
Н	I	E	Ε	Т	Ε	0	Р	В	С	R	N	S	U
E	Н	С	T	S	L	N	0	N	G	0	С	N	Α
R	Α	0	Ε	I	G	Т	Н	0	U	Н	S	Α	Y
Α	Р	L	L	L	I	С	R	I	Е	L	L	М	С
Р	P	L	Ε	Α	I	S	N	S	Α	P	Υ	Ε	Α
Υ	I	Α	S	U	S	Α	0	S	S	Ε	N	C	N
L	N	Р	Н	G	S	D	I	Ε	R	F	Υ	N	U
E	E	S	Р	Н	R	N	I	R	Ε	Р	Н	Α	L
E	S	E	I	Ε	I	E	N	Р	L	С	E	L	Y
Н	S	T	٧	Y	Ε	L	Α	Ε	Α	Ε	В	Α	X
N	0	0	Ε	S	Α	Ε	Υ	D	X	I	R	В	R
Н	F	Ε	Ε	L	I	N	G	S	Α	Y	Н	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:

