

MENTAL HEALTH

Mental Health

Mental health is all about how we think, feel, and act. It's important to have good mental health so that we can be happy, feel good about ourselves, and enjoy life. Just like our bodies need good food, rest, and exercise, our minds need things too to keep them healthy.



Some of the things that can help keep our minds healthy include getting enough sleep, eating healthy foods, and being active. When our minds and bodies are healthy, we can think more clearly, learn better, and solve problems more easily.

It's also important to talk about our feelings and ask for help when we need it. Sometimes we might be going through difficult times, like a family problem or a fight with a friend. It's okay to feel upset or sad, but it's important to talk to someone we trust, like a parent, teacher, or counselor, about how we're feeling.

Another important thing to do is be kind to ourselves. We all make mistakes, and it's important to remember that it's okay. When we make mistakes, we can learn from them and do better next time. Being kind to ourselves also means being nice to our bodies. Eating healthy foods, getting enough sleep, and being active all help our bodies feel good.

It's also important to have fun and enjoy life. When we do things we enjoy, like playing sports, music or dance, reading, or spending time with friends, it helps our minds and bodies relax and feel good.

It's normal to have ups and downs in life, and it's okay to feel a wide range of emotions. It's important to remember that everyone's mental health is different, and what works for one person may not work for another. If you or someone you know is struggling with their mental health, it's important to seek help from a trusted adult or a professional.

It is also important to remember that seeking help and talking to someone is a strength, not a weakness. It takes a lot of courage to ask for help, and it's important to remember that everyone needs help at some point in their lives.

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Mental Health

Name: _____

Date: _____

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|--|---|---|---|
| <p>Q1.1 What is mental health?</p> <p>a) Mental health is about how we think, feel, and act.</p> <p>b) Mental health is about how we look.</p> <p>c) Mental health is about how we speak.</p> <p>d) Mental health is about how we hear.</p> | <p>Q1.2 What can help keep our minds healthy?</p> <p>a) Eating enough sleep.</p> <p>b) Eating healthy foods.</p> <p>c) Being active.</p> <p>d) All of the above.</p> | <p>Q1.3 Why is it important to talk about our feelings?</p> <p>a) To avoid problems.</p> <p>b) To make problems worse.</p> <p>c) To make problems easier to solve.</p> <p>d) To feel better.</p> | <p>Q1.4 Why is it important to remember that everyone's mental health is different?</p> <p>a) To not compare.</p> <p>b) To not feel bad.</p> <p>c) To not feel embarrassed or judged.</p> <p>d) To not feel alone.</p> |
| <p>Q2.1 What does it mean to be kind to ourselves?</p> <p>a) To be happy.</p> <p>b) To be healthy.</p> <p>c) To be successful.</p> <p>d) To be confident.</p> | <p>Q2.2 What does it mean to be kind to others?</p> <p>a) To be happy.</p> <p>b) To be healthy.</p> <p>c) To be successful.</p> <p>d) To be confident.</p> | <p>Q2.3 What does it mean to be kind to ourselves and others?</p> <p>a) To be happy.</p> <p>b) To be healthy.</p> <p>c) To be successful.</p> <p>d) To be confident.</p> | <p>Q2.4 What does it mean to be kind to ourselves and others?</p> <p>a) To be happy.</p> <p>b) To be healthy.</p> <p>c) To be successful.</p> <p>d) To be confident.</p> |

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Reading Comprehension Passage

Reading Comprehension Mental Health Tips Guide

Wolfgang Guggemos



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