

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 uncomfortable and respect differences.</p> <p>d) To not feel good.</p> |
| <p>Q2.1 What does it mean to be kind to ourselves?</p> <p>a) To be happy.</p> <p>b) To be sad.</p> <p>c) To be angry.</p> <p>d) To be calm.</p> | <p>Q2.2 What does it mean to be kind to others?</p> <p>a) To be happy.</p> <p>b) To be sad.</p> <p>c) To be angry.</p> <p>d) To be calm.</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 sad.</p> <p>c) To be angry.</p> <p>d) To be calm.</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 sad.</p> <p>c) To be angry.</p> <p>d) To be calm.</p> |

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Psychiatric Nursing Skills Graham Dexter, Michael Wash, 2000-07 The most important feature of this book is the detailed insight into how the mentally ill might feel providing pointers to problems and needs and the appropriate nursing therapeutic response The text is divided into three equal parts each with clinical examples and exercises

Resources in Education, 1989 115

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dyslexia are delivered at both pre service and in service levels Contributors to this handbook also discuss and compare the services and tools available to identify individuals with dyslexia such as nationally standardized tests and tools for dyslexia assessment Students researchers teachers and other educational professionals who require highly relevant research informed guidance on dyslexia and its awareness identification training outreach and intervention around the globe will find this handbook an essential and timely resource Readers will also be able to identify shared experiences and good lessons from around the world as well as learn about better strategies to guide their journey in their own local community

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procedure answer all questions in your journals please 1 create four homologous chromosomes using the red beads for the paternal chromosome and the yellow beads for the maternal chromosome

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