

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: _____

- | | |
|--|--|
| <p>Q1.1 What is mental health?</p> <p> <input type="checkbox"/> Mental health is about how we think, feel, and act.
 <input type="checkbox"/> Mental health is about how we look.
 <input type="checkbox"/> Mental health is about how we spend.
 <input type="checkbox"/> Mental health is about how we learn. </p> | <p>Q1.2 Are you and others in life a mental thing?</p> <p> <input type="checkbox"/> Yes, it's important.
 <input type="checkbox"/> No, it's not important. </p> |
| <p>Q1.3 What can help keep our minds healthy?</p> <p> <input type="checkbox"/> Getting enough sleep.
 <input type="checkbox"/> Eating healthy foods.
 <input type="checkbox"/> Being active.
 <input type="checkbox"/> All of the above. </p> | <p>Q1.4 Why is it important to talk about our feelings?</p> <p> <input type="checkbox"/> To avoid problems.
 <input type="checkbox"/> To make problems worse.
 <input type="checkbox"/> To make problems even worse.
 <input type="checkbox"/> To feel embarrassed. </p> |
| <p>Q1.5 Which of the following would be best for our mental health?</p> <p> <input type="checkbox"/> Eating junk foods.
 <input type="checkbox"/> Being inactive.
 <input type="checkbox"/> Getting enough sleep.
 <input type="checkbox"/> Both a and b. </p> | <p>Q1.6 Why is it important to remember that everyone's mental health is different?</p> <p> <input type="checkbox"/> To see how different.
 <input type="checkbox"/> To see how similar.
 <input type="checkbox"/> To see how different and understand differences.
 <input type="checkbox"/> To see how similar. </p> |
| <p>Q1.7 Is it important to seek help when you or someone you know is struggling with their mental health?</p> <p> <input type="checkbox"/> Yes, it's very important.
 <input type="checkbox"/> No, it's not important. </p> | <p>Q1.8 Seeking help is a sign of:</p> <p> <input type="checkbox"/> weakness.
 <input type="checkbox"/> strength.
 <input type="checkbox"/> sadness.
 <input type="checkbox"/> embarrassment. </p> |
| <p>Q1.9 What does it mean to seek help and ask for help?</p> <p> <input type="checkbox"/> To have someone else.
 <input type="checkbox"/> To have someone else.
 <input type="checkbox"/> To have an emotional need in life.
 <input type="checkbox"/> To have someone else. </p> | <p>Q1.10 What should you do if you or someone you know is struggling with their mental health?</p> <p> <input type="checkbox"/> Ignore it.
 <input type="checkbox"/> Talk to a trusted adult or a professional.
 <input type="checkbox"/> Talk to a friend.
 <input type="checkbox"/> Stay it to yourself. </p> |

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Reading Comprehension Passage

Reading Comprehension Mental Health Tips Review

D Keegan



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California English Journal ,1965

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 - Chapter 2: Essential Elements of Reading Comprehension Mental Health Tips Review
 - Chapter 3: Reading Comprehension Mental Health Tips Review in Everyday Life
 - Chapter 4: Reading Comprehension Mental Health Tips Review in Specific Contexts
 - Chapter 5: Conclusion
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