What Is Mental Health? Lesson Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the What Is Mental Health? Lesson. Begin by saving the worksheet to your computer or by printing it. Then, write in your answers. If you open the worksheet and do not save it before typing you will lose all of your work.

1. List the four characteristics of a mentally healthy person.

    a. _____

    b. _____

    c. _____

    d. _____

2. List six things you can do to support or improve your mental health.

    a. _____

    b. _____

    c. _____

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d. _____

e. _____

f. _____

3. What is positive self-talk?

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