

Name \_\_\_\_\_

## Mental Health and Why It Is Important

### Multiple Choice Questions

1. What does mental health refer to?
  - A) Physical well-being
  - B) Social well-being
  - C) Emotional, psychological, and social well-being
  - D) Financial well-being
  
2. How does good mental health influence our physical health?
  - A) It has no impact on physical health.
  - B) It can lead to better sleep patterns.
  - C) It encourages excessive caffeine consumption.
  - D) It prevents us from making sound decisions.
  
3. Why is maintaining healthy relationships important for mental health?
  - A) It is not important for mental well-being.
  - B) It helps us communicate effectively.
  - C) It reduces the need for exercise.
  - D) It promotes isolation.
  
4. How can regular physical activity benefit mental health?
  - A) It has no effect on mental health.
  - B) It releases endorphins, which are natural mood lifters.
  - C) It impairs concentration and decision-making.
  - D) It increases stress levels.
  
5. What should you do if you're struggling with your mental health?
  - A) Keep your feelings to yourself.
  - B) Seek professional help from mental health professionals.
  - C) Isolate yourself from others.
  - D) Consume excessive caffeine.

