Name _____

Mental Health and Why It Is Important

Short Answer

1. How does mental health influence our emotional well-being?

2. Explain the connection between mental health and physical health.

3. What are some self-care practices that can help improve mental health?

4. Why is staying connected with friends and loved ones important for mental well-being?

5. What should you do if you're experiencing mental health challenges that you can't manage on your own?

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