

Name _____

Mental Health and Why It Is Important

Open-Ended Response Questions

1. Define what mental health is and why it is considered an essential aspect of our overall well-being.
2. Describe some of the ways that mental health can impact our physical health, including specific examples.
3. Discuss the importance of seeking professional help when struggling with mental health issues, and explain how mental health professionals can provide support.
4. Provide examples of self-care practices that individuals can incorporate into their daily lives to promote and maintain good mental health.

