

Name _____

Healthy Body, Happy Mind: The Importance of Self-Care

Multiple Choice Questions

1. What is the connection between physical and mental health?
 - a) They are unrelated and don't influence each other.
 - b) When one is healthy, it positively influences the other.
 - c) They both require completely different types of care.
 - d) Physical health has no impact on mental health.

2. Which of the following is a self-care practice for managing stress?
 - a) Eating junk food
 - b) Deep breathing and meditation
 - c) Avoiding sleep
 - d) Ignoring your feelings

3. What is one superpower of self-care mentioned in the passage?
 - a) The ability to fly
 - b) Improved focus
 - c) Invisibility
 - d) Time travel

4. Which self-care practice helps you express your feelings and build emotional resilience?
 - a) Journaling and talking to trusted friends or adults
 - b) Ignoring your feelings
 - c) Keeping everything to yourself
 - d) Pretending to be happy all the time

5. Why is seeking help important when facing overwhelming feelings?
 - a) It's unnecessary and a sign of weakness.
 - b) Trusted adults don't have the answers.
 - c) They can provide support and guidance.
 - d) Seeking help makes the situation worse.

