

Name \_\_\_\_\_

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

### Short Answer

1. Explain the relationship between physical and mental health mentioned in the passage.
2. Name three self-care practices for nurturing physical and mental health.
3. How can self-care practices like deep breathing and meditation help manage stress?
4. Describe one superpower of self-care and how it can benefit you in daily life.
5. Why is seeking help from trusted adults or professionals important when facing overwhelming feelings or challenges?

