

Name _____

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

Short Answer Key

1. The passage explains that physical and mental health are connected, and when one is healthy, it positively influences the other.
2. Three self-care practices are: eating well, staying active, and getting enough sleep.
3. Self-care practices like deep breathing and meditation help manage stress by promoting relaxation and reducing anxiety.
4. One superpower of self-care mentioned is "Improved Focus," which enhances your ability to concentrate, solve problems, and excel in school.
5. Seeking help from trusted adults or professionals is important when facing overwhelming feelings or challenges because they can provide support and guidance, helping you overcome difficulties.

