

Name _____

Creating a Brighter Tomorrow: Building a Positive and Supportive Environment for Mental Health

Multiple Choice Questions

1. How can a positive environment impact your mental health?
 - a) It has no effect on mental health.
 - b) It can boost your mental health.
 - c) It leads to clutter.
 - d) It causes stress.

2. What can cluttered surroundings lead to?
 - a) Feelings of accomplishment
 - b) Stress and overwhelm
 - c) Mental clarity
 - d) Uplifting emotions

3. How can a network of caring individuals affect your mental well-being?
 - a) It has no impact on mental well-being.
 - b) It can make a significant difference by providing emotional support.
 - c) It leads to isolation.
 - d) It increases stress.

4. Why is spending time in nature beneficial for mental health?
 - a) It has no impact on mental health.
 - b) It increases stress levels.
 - c) It reduces stress, improves mood, and promotes relaxation.
 - d) It causes anxiety.

5. What is the importance of having a designated space for self-care activities?
 - a) It has no importance.
 - b) It is valuable for mental health because it encourages clutter.
 - c) It is essential for mental health as it provides a place to unwind and recharge.
 - d) It doesn't impact mental health.

