Name _____

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

Short Answer

1. How can decluttering your surroundings improve mental clarity?

2. Describe the impact of a positive and uplifting physical environment on your mood.

3. How did Frida Kahlo's environment reflect her inner strength and resilience?

4. Why is it important to be mindful of your online interactions and social media consumption for mental well-being?

5. Name one self-care activity and explain why having a designated space for it is valuable for mental health.

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