

Name _____

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

Open-Ended Response Questions

1. Reflect on the power of positivity in your surroundings. Imagine waking up in a room filled with positivity. How would that influence your mood and well-being throughout the day?
2. Consider Frida Kahlo's story and her supportive environment. How do you think her surroundings helped her cope with physical and mental health challenges, and what lessons can we learn from her example?
3. Discuss the significance of spending time in nature for mental health. How can connecting with the outdoors reduce stress and promote relaxation?
4. Share your thoughts on one way you can be more mindful of your online environment to protect your mental well-being, and explain why this choice is important.

