

Name _____

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

Multiple Choice Answer Key

1. b) It can boost your mental health.
2. b) Stress and overwhelm
3. b) It can make a significant difference by providing emotional support.
4. c) It reduces stress, improves mood, and promotes relaxation.
5. c) It is essential for mental health as it provides a place to unwind and recharge.

