

Name \_\_\_\_\_

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

### Short Answer Key

1. Decluttering your surroundings can improve mental clarity by reducing distractions and creating a more organized and peaceful space.
2. A positive and uplifting physical environment can improve mood by creating a sense of joy and inspiration, leading to increased happiness and emotional well-being.
3. Frida Kahlo's environment reflected her inner strength and resilience through vibrant colors and intricate designs, which allowed her to express herself and find solace in her art despite her physical and mental health challenges.
4. Being mindful of online interactions and social media consumption is important for mental well-being because it can protect against exposure to negative content, reduce comparison-induced stress, and promote healthier online habits.
5. One self-care activity is meditation. Having a designated space for meditation is valuable for mental health because it provides a quiet and peaceful place to practice mindfulness and reduce stress.

