

Name _____

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

Open-Ended Response Answer Key

1. Answers may vary but could include: Waking up in a room filled with positivity would likely put me in a good mood and create a sense of optimism for the day. I'd feel more motivated and inspired to tackle challenges, and I'd carry that positivity with me throughout the day.
2. Answers may vary but could include: Frida Kahlo's surroundings helped her cope with physical and mental health challenges by providing her with a creative outlet and a sense of beauty and vibrancy in her daily life. We can learn from her example that creating a supportive environment, even in the face of adversity, can contribute to resilience and well-being.
3. Spending time in nature is significant for mental health because it allows us to disconnect from the stresses of daily life, connect with the natural world, and experience a sense of peace and tranquility. It reduces stress by providing a break from urban noise and digital screens, promoting relaxation and emotional well-being.
4. Answers may vary but could include: One way to be more mindful of my online environment is to unfollow accounts or groups that consistently post negative or triggering content. This choice is important because it protects my mental well-being by reducing exposure to harmful influences and fostering a more positive online experience.

