

Mental Health Lesson 1 INTERACTIVE WORKSHEET

Directions: Fill in the blanks with the appropriate words to complete the sentences about Mental Health.

Word Bank: adapt, self-actualization, self-concept, self-esteem, extrovert, personality, resilience, mental health, introvert, emotional health

1. Striving to be the best you can is _____.
2. The ability to overcome disappointment is _____.
3. Shy, quiet, and reserved is an example of someone who is a(n) _____.
4. How we think and feel is _____.
5. The unique combination of feelings, thoughts and behaviors is _____.
6. The way we feel about ourselves is _____.
7. _____ includes our emotional, psychological, and social-well being.
8. Seeking out others is a person who is a(n) _____.
9. The view you have of yourself is _____.
10. The ability to adjust to new situations is being able to _____.