

## Mental Health Lesson 2 Interactive Worksheet

**Directions:** Fill in the blanks with the appropriate words to complete the sentences about Mental Health Lesson2.

**Word Bank:** anxiety, fear, reactive depression, joy, primary emotions, resiliency, guilt, learned emotions, emotions, coping strategy

1. \_\_\_\_\_ is an emotion that can help keep you safe from danger.
2. \_\_\_\_\_ causes a sense of warmth and well-being.
3. \_\_\_\_\_ are created in response to thoughts, remarks, and events.
4. People experience \_\_\_\_\_ because they feel responsible for hurting someone.
5. People will not do their best because of \_\_\_\_\_.
6. Emotions that are expressed the same in a culture are \_\_\_\_\_.
7. Emotions people develop as they age are \_\_\_\_\_.
8. A way to deal with an unpleasant situation is a \_\_\_\_\_.
9. \_\_\_\_\_ is the ability to adapt in a difficult situation.
10. A response to a stressful situation eventually goes away as the person finds a way to manage their response is \_\_\_\_\_.