Mental Health - Activity 1, Worksheet 1 - CLB 2-3

Vocabulary

Match the word with its definition by writing the letter of the definition next to the word.

	Word		Definition
___h__	stressed	a	difficulty understanding a different culture
_____	resources	b	missing home, thinks about home
_____	mental health	c	know what can actually be achieved
_____	culture shock	d	you feel well, are able to enjoy life, and deal with stress in a positive way
_____	mental illness	e	a book where you can write your thoughts
_____	relax	f	sources of information or help
_____	journal	g	health condition that causes negative changes in feelings, thinking and behaviour
_____	homesick	h	feel worried or uncomfortable about something
_____	realistic	i	become less stressed

LIVEWORKSHEETS