

**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.

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