

Mental Health Quiz

Answer the following questions about your mental health and check the recommendations at the end of the quiz.

1. How often do you exercise?

- a) Regularly
- b) Sometimes
- c) Never

2. How often do you eat fruits and vegetables?

- a) Regularly
- b) Sometimes
- c) Never

3. How often do you sleep between 8 and 10 hours per night?

- a) Regularly
- b) Sometimes
- c) Never

4. How often do you feel happy?

- a) Regularly
- b) Sometimes
- c) Never

