

Balancing Mental and Physical Health

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Let's Discuss These Interesting Questions!

- 1 How do you prioritize maintaining an active lifestyle in your daily routine?
- 2 Have you ever experienced the effects of sleep deprivation on your mental and body health?
- 3 What strategies do you use to make up for lost time when it comes to taking care of your mental and physical well-being?
- 4 Do you believe it is important to consult a specialist for advice on improving mental and body health?
- 5 In what ways can cutting down on certain habits positively impact your overall well-being?
- 6 Have you ever felt like you were choking on something, either physically or metaphorically? How did you handle it?
- 7 What are some challenges you face in transitioning from a sedentary lifestyle to a more active one?
- 8 How does a sedentary lifestyle affect mental health compared to an active lifestyle?
- 9 What steps do you take to ensure a balance between work demands and self-care needs?
- 10 Can you share any personal experiences where prioritizing mental and body health had a significant impact on your overall quality of life?

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Answer the Questions!



- 1 **What is the recommended treatment for some types of depression?**
 - a Yoga
 - b Physical activity
 - c Medication
 - d Therapy

2 **How can small changes in daily routines impact mental well-being?**

- a They have no impact
- b They can worsen mental health
- c They can improve mental well-being
- d They only affect physical health

3 **What is the purpose of the Active10 app mentioned in the video?**

- a Meditation guidance
- b Healthy recipe suggestions
- c Brisk walking encouragement
- d Fitness tracking

4 **Why is it important to minimize foods high in sugar, fat, and salt?**

- a They are too expensive
- b They have no impact on health
- c They can negatively affect mental health
- d They are hard to find

5 **What can alcohol, caffeine, tobacco, and drugs do to sleep patterns?**

- a Improve them
- b Have no effect
- c Complicate them
- d Make them consistent

6 **How can green spaces benefit mental well-being?**

- a They have no impact
- b They can worsen mental health
- c They can improve mental well-being
- d They only affect physical health

7 **What is the main role of endorphins released during physical activity?**

- a Cause drowsiness
- b Improve physical fitness
- c Increase stress levels
- d Decrease heart rate