

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 _____.