

**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
_____ 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