



Taking Care of our Mental Health

Name: _____

1. Use the words to complete the sentences.

important stressed gratitude OK stresses
calm down shuts down thoughts poor stressing

1. "It's OK not to be _____" Dr. Suess
2. It's important to take _____ day by day.
3. People who are _____ can be in hyperarousal or hypoarousal.
4. Hyperarousal is when you can't _____ and you are very excited and have unclear thoughts.
5. Hypoarousal is when your body _____ and you are tired and uninterested.
6. Taking care of our mental health is as _____ as taking care of our physical health.
7. Mindfulness and _____ are two helpful strategies.
8. _____ mental health can affect your sleeping and eating patterns.
9. Writing your _____ on paper can help.
10. The COVID-19 Pandemic is really _____ me out.





B. Choose the correct Word.

Ways to Manage Stress

1. Eat
2. Learn a new
3. Practice
4. Get 8-9 hours of
5. Practice
(Talk to yourself like a good friend)
6. Laugh
7. Be active by or biking
8. time with family and friends.



C. Read. Practice this exercise with your family.

Simple Grounding Exercise

Think about:
5 things you see
4 Things you feel
3 Things you hear
2 Things you smell
1 thing you taste

Grounding helps with fear, worry and anger.

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