



## 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 \_\_\_\_\_ or hypoarousal. can be in hyperarousal
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 \_\_\_\_\_ help. on paper can
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 friend



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.

\*Heartfelt thank you to Lyndsay C. for the information

