**Mental Wellness**

1. Using the internet come up with a definition for mental emotional health
2. What factors influence a person mental health (list and explain 5)
3. How do healthy lifestyle practices affect a person’s mental health (ex. exercise, diet, etc…)
4. What is the definition of mental illness?
5. What stereotypes are associated with mental emotional problems?
6. What are some risk factors for mental health issues?
7. What can you do if you suspect a friend has a mental health issue?

**Body Image, Stress, Anxiety, and Depression**

1. What affect does media have on a person’s body image? What implications does this have on teenagers?
2. How is a person’s self- image/self-concept, affected by one’s peers?
3. What is anxiety?
4. What is depression?
5. What are some important signs for anxiety and depression?
6. List names and contact information for local community agencies that deal with anxiety and depression. (Use NEHA website link to help you)
7. List at least 5 positive health strategies to deal with stress, anxiety, depression, and eating disorders.
8. What are 10 healthy lifestyle practices? How do they support mental emotional health and reduce stress?