**Mental Health & Stress**

Psychologists have suggested the following indicators of mental health:

• Mentally healthy people generally what is going on around them.

• They judge their own reactions and capabilities .

• They are aware of their own and can control their .

• They may sometimes act without , but they can when necessary.

• While they may not always as society expects, they do so

 .

• They appreciate their own worth and in their lives.

• They are and of being .

Mental Health is/means:

Stress is a to circumstances in the environment that . It can be a response to such varying situations as an upcoming test, a job interview, a graduation, a first date or a family argument.

Can stress ever be a good thing? Explain.

What differentiates good stress from "toxic" stress?