

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

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? _____
