

WHAT'S SO GOOD ABOUT MENTAL HEALTH?

Complete the following paragraph using the words or phrases listed below.

Good mental health helps you choose what you think, _____
_____ about yourself, the kinds of
_____ you make, how you _____, and how you
deal with _____ in your life. Good mental health _____
_____ to have a _____ life.

Words to Choose From

how you feel

friendships

act

problems

helps you

better

ANSWERS:

The correct words are

underlined.

Good mental health helps

you choose what you think,

how you feel about

yourself, the kinds of

friendships you make, how

you act, and how you deal

with problems in your life.

Good mental health helps

you to have a better life.