

Healthy Minds Lesson Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Healthy Minds Lesson.

1. List three characteristics people who are mentally healthy have.

a. _____

b. _____

c. _____

2. List two facts about mental illness.

a. _____

b. _____

3. List three common mental health challenges.

a. _____

b. _____

c. _____

4. What is the definition of an anxiety disorder?

5. What is the difference between being sad and having depression?

6. What are two things that kids and teens who have ADHD (Attention Deficit Hyperactivity Disorder) may struggle with?

a. _____

b. _____

7. What are three signs to look for if you think a friend may be struggling with a mental health concern?

a. _____

b. _____

c. _____

8. What are three things you can do to help a friend who may be struggling with a mental health concern?

a. _____

b. _____

c. _____

9. What are three everyday healthy habits that are good for your mind?

a. _____

b. _____

c. _____