

Understanding Mental Health

Mental Health · Answer Key · 10 Questions

1. Which of the following is a common sign of experiencing stress?

- A) Feeling consistently tired and lacking energy.**
- B) Enjoying all social interactions with ease.
- C) Having a consistent appetite and good sleep patterns.
- D) Experiencing a sudden boost in concentration.

2. What is the primary purpose of 'mindfulness' in relation to mental well-being?

- A) To focus on the present moment without judgment.**
- B) To think about past regrets and learn from them.
- C) To plan extensively for future events.
- D) To avoid all negative thoughts and feelings.

3. Which of these is an example of a healthy coping mechanism for dealing with difficult emotions?

- A) Talking to a trusted friend or family member.**
- B) Isolating oneself and avoiding all contact.
- C) Engaging in excessive screen time to distract oneself.
- D) Suppressing feelings and pretending they don't exist.

4. What does 'emotional intelligence' refer to?

- A) The ability to understand and manage one's own emotions, and to recognise and influence the emotions of others.**
- B) The capacity to memorise large amounts of information.
- C) The skill of solving complex mathematical problems.
- D) The talent for excelling in physical sports.

5. Which of the following is a key component of good mental health?

- A) Having a sense of purpose and belonging.**
- B) Constantly seeking external validation from others.
- C) Avoiding all forms of social interaction.
- D) Experiencing a complete absence of any challenges.

6. When someone experiences an 'anxiety disorder', it typically involves:

- A) Persistent and excessive worry or fear.**
- B) A sudden and unexplained loss of appetite.
- C) An increased ability to concentrate on tasks.
- D) A complete lack of emotional response to situations.

7. What is a common characteristic of depression?

A) Persistent feelings of sadness or loss of interest.

B) An overwhelming sense of energy and motivation.

C) A significant increase in social engagement.

D) A reduced need for sleep.

8. Why is physical activity important for mental health?

A) It releases endorphins, which can improve mood.

B) It leads to increased fatigue and reduces concentration.

C) It causes a decline in self-esteem.

D) It makes it harder to fall asleep.

9. Seeking professional help for mental health challenges, such as talking to a counsellor or therapist, is:

A) A sign of strength and a proactive step towards well-being.

B) Something to be ashamed of.

C) Only for people with very serious problems.

D) A sign of weakness and inability to cope.

10. Which of the following is a behaviour that can positively impact self-esteem?

A) Setting achievable goals and celebrating successes.

B) Constantly comparing oneself to others.

C) Focusing only on perceived failures.

D) Avoiding any new challenges or learning opportunities.