

Understanding Mental Health

Mental Health · Practice Test · 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.