

Mental Health Essentials

Mental Health · Answer Key · 20 Questions

1. What does the term 'mental health' primarily refer to?

- A) Only the absence of mental illness
- B) The state of emotional and psychological well-being**
- C) The ability to never feel sad
- D) A lack of stress in daily life

2. Which of the following is considered a healthy way to manage stress?

- A) Ignoring all responsibilities
- B) Regular physical exercise**
- C) Consuming excess sugar
- D) Avoiding all human interaction

3. Who is qualified to diagnose a mental health condition?

- A) A close friend
- B) A social media influencer
- C) A licensed medical professional**
- D) A life coach

4. What is the primary role of sleep in relation to mental health?

- A) It is a waste of time
- B) It allows the brain to recover and regulate emotions**
- C) It causes depression
- D) It is only necessary for physical growth

5. Which of these is a common symptom of chronic stress?

- A) Improved athletic performance
- B) Heightened focus on hobbies
- C) Persistent fatigue or headaches**
- D) Increased immune system efficiency

6. What does the term 'stigma' refer to in the context of mental health?

- A) A medical treatment for anxiety
- B) A formal diagnosis of a condition
- C) Negative attitudes or discrimination toward people with mental health issues**
- D) A type of therapy session

7. Which professional specializes in talk therapy to help individuals manage mental health?

- A) A dentist
- B) A psychologist or counselor**
- C) A pharmacist
- D) A surgeon

8. True or false: Mental health is an essential part of overall health.

- A) True**
- B) False
- C) Only for adults
- D) Only for children

9. What is one benefit of social support for mental well-being?

- A) It creates dependency
- B) It helps reduce feelings of isolation**
- C) It is unnecessary for adults
- D) It causes more stress

10. Which of these is a positive coping mechanism for sadness?

- A) Isolating oneself completely
- B) Engaging in creative hobbies or journaling**
- C) Suppressing all emotions
- D) Avoiding talking about feelings

11. How does physical activity impact mental health?

- A) It has no impact
- B) It can release chemicals in the brain that improve mood**
- C) It always makes stress worse
- D) It is only for physical strength

12. What is a common sign that someone might need professional mental health support?

- A) Feeling sad for a few minutes
- B) Changes in eating or sleeping habits that interfere with daily life**
- C) Having a hobby they enjoy
- D) Working a busy job

13. What does the World Health Organization define mental health as?

- A) A state of complete happiness
- B) A state of well-being where an individual realizes their own abilities**
- C) The ability to avoid all negative emotions
- D) A total lack of medical conditions

14. Which of these is a healthy boundary to set for mental wellness?

- A) Never saying no to requests
- B) Turning off work or school notifications during rest hours**
- C) Ignoring all personal needs
- D) Spending 24 hours a day online

15. What is the purpose of practicing mindfulness?

- A) To stop thinking entirely
- B) To focus on the present moment to reduce stress**
- C) To ignore past memories
- D) To sleep for more than 12 hours

16. Which of these is a widely recognized mental health condition?

- A) A common cold
- B) Anxiety disorders**
- C) A broken bone
- D) A sunburn

17. Why is hydration important for mental health?

- A) Dehydration can contribute to fatigue and difficulty concentrating**
- B) Water cures all mental illnesses
- C) It is not important for the brain
- D) It prevents physical injury only

18. What can 'self-care' involve?

- A) Activities that promote physical, mental, or emotional health**
- B) Only expensive spa treatments
- C) Ignoring medical advice
- D) Avoiding healthy food

19. Can mental health conditions affect anyone?

- A) No, only certain groups
- B) Yes, mental health conditions can affect people regardless of age or background**
- C) Only people with high-stress jobs
- D) Only people who are elderly

20. What is an effective way to support a friend struggling with their mental health?

- A) Telling them to 'just get over it'
- B) Listening without judgment and encouraging professional help**
- C) Avoiding them until they are better
- D) Taking over their life completely