Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_

Senior High Health

Mental Health Essential Questions

1. Explain four ways in which prolonged stress can negatively affect one’s health.

2. Describe five stressors in your life. For each stressor, describe five healthy ways you can manage the

 stressors in your life.

3. Describe four warning signs of depression in teenagers.

4. Write your own definition of the word “hope”. How do you think hope impacts a person’s attitude and ability to deal with their feelings?

5. Describe three ways that you can be resilient to life’s challenges.

6. Explain how the social and emotional climate of school impacts a student’s ability to succeed.

7. Identify three ways that you can help someone who may be contemplating suicide.

8. Think of someone close to you who has died. Describe how you experienced the stages of grief:

 denial, anger, bargaining, depression, acceptance. If you have not experienced this loss, ask someone

 who has.

9. Describe five things that you are grateful for.

10. Explain three different ways that you can promote positive mental health for yourself.