

Mental Health - Activity 1, Worksheet 1 - CLB 2-3**Vocabulary**

Match the word with its definition by writing the letter of the definition next to the word.

| <u>Word</u> | <u>Definition</u> |
|-------------------------|---|
| <u>h</u> stressed | a difficulty understanding a different culture |
| <u>f</u> resources | b missing home, thinks about home |
| <u>d</u> mental health | c know what can actually be achieved |
| <u>g</u> culture shock | d you feel well, are able to enjoy life, and deal with stress in a positive way |
| <u>i</u> mental illness | e a book where you can write your thoughts |
| <u>e</u> relax | f sources of information or help |
| <u>b</u> journal | g health condition that causes negative changes in feelings, thinking and behaviour |
| <u>c</u> homesick | h feel worried or uncomfortable about something |
| <u>a</u> realistic | i become less stressed |

Mental Health - Activity 1, Worksheet 2 - CLB 2-3**Vocabulary**

With a partner, fill in the blanks with a vocabulary word in the box. You can use Activity 1, Worksheet 1 to help you

Word Bank

| | | |
|---------------|----------------|-----------|
| culture shock | mental health | resources |
| homesick | mental illness | relax |
| journal | realistic | stressed |










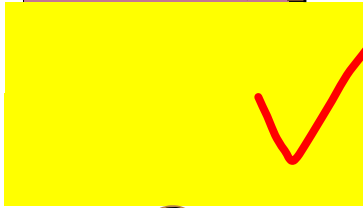




- I write my thoughts in a JOURNAL.
- HOMESICK is when I miss my home.
- When I feel I have too much to do, I feel STRESSED.
- When I know what I can actually do, I am REALISTIC.
- Before I was happy, now I am sad all the time. My feelings and behaviour have changed, I may have a MENTAL ILLNESS.
- I find it difficult to live in my new country because everything is different. I have CULTURE SHOCK.
- RESOURCES are where to find information.
- I am happy, able to manage stress and be active because I have good MENTAL HEALTH.
- When I RELAX, I forget about my problems.

Mental Health - Activity 2, Worksheet 1 - CLB 2-3

Mental Health

What do you think is important for meant health?

With a partner, put a check ✓ next to what you think is important and an X for what is not important.

| | | | |
|---|----------------------|--|-----------------------------------|
| —  | read | ✓  | relax |
| —  | write in a journal | —  | socialize with friends |
| —  | listen to music | —  | sleep well |
| ✓  | eat well | —  | understand that no one is perfect |
| —  | be realistic | —  | talk with friends |
| —  | be physically active | —  | laugh |

Mental Health - Activity 2, Worksheet 2 - CLB 2-3

Mental Health

Read the questions and circle the correct answers.

1 An example of good mental health is...?

crying a lot

angry all the time

you are able to enjoy life

2 Your mental health...?

is always the same

may change

is not important

3 What can change your mental health negatively?

moving to a new country

physical activity

eating well

4 What can help you?

many services

smoking

eating a lot of candy

5 If you need help, please ...?

feel scared

do not be embarrassed

don't tell anyone

