**PHE Health Questions: Mental Well-Being**

Name: Div.: Date:

Use the result of classroom discussions and the PHE section of the website <https://mrclhowe.weebly.com/mental-wellbeing.html> to answer the following questions:

1. What is stress?
2. What are some ways to help improve how you deal with stress?
3. From the video, how can you make stress your friend? What did you find interesting and will try to implement from that video?
4. Based on the stress management strategies from the CDC, Health Canada, and Mayo Clinic links list a few strategies you think you would want to try, and try them out.
5. After a few weeks of trying the strategies, which do you feel worked the best for you and you might continue to utilize?
6. What is anxiety (from Anxiety Information sheet and CMHA)?
7. From the Links, what are some ways to help improve how you deal with issues around anxiety?
8. From the Links, what are some ways to help others who deal with anxiety?
9. What are some signs and symptoms of anxiety and depression from the CDC link?
10. How can you help treat, manage, and avoid depression?