

**RESPOND
TO A TOPIC:**

Mental Health Awareness Month (May)

Read about May as Mental Health Awareness Month, and then respond to the questions. Write your response on the lines.



May is Mental Health Awareness Month. Represented by a green ribbon, this month focuses on bringing tools, resources, and education about mental health to the public. Mental health involves one's social, emotional, and psychological well-being. Mental health affects a person's thoughts, feelings, and actions. Positive mental health allows for better mental clarity, stress management, and daily productivity. Mental Health Awareness Month aims to celebrate self-care and encourage people to discuss and prioritize mental health.

What are some things in your life that make you feel stressed, and how do you cope and find happiness? Who is someone you can talk to about mental health, and what makes them a good resource for you? What self-care activities help you take care of your mental health? Explain.
