



WHAT IS MENTAL HEALTH? ACTIVITY SHEET- UNSCRAMBLE THE WORDS

1. **AETMHL ANLEHT** _____
Clue: A state of wellbeing.
2. **OICGNP** _____
Clue: Efforts made to maintain mental health and wellbeing.
3. **ELMTAN NSILELS** _____
Clue: A condition that causes distress and is associated with distress in the ability to function.
4. **LTIEAOARXN** _____
Clue: The absence of stress/worry.
5. **FEYLESLIT** _____
Clue: The way in which a person prefers to live.
6. **ITPYISIVTO** _____
Clue: Thinking in an optimistic way.
7. **OTINOSME** _____
Clue: These are subjective states of feeling.
8. **STSERS** _____
Clue: The physiological or psychological response to internal or external stressors.
9. **CITUNMONU** _____
Clue: "Mental health exists on a _____?"
10. **PSPUROT** _____
Clue: To provide comfort, encouragement and assistance to someone.

HERE IS A
FUN WAY TO
REMEMBER
SOME FACTS
ABOUT
MENTAL
HEALTH.

READ THE
CLUES, THEN
TRY TO
UNSCRAMBLE
THE WORDS!