

# MENTAL HEALTH MYTHS & FACTS



Mental health is an important topic. If you're physically hurt or ill, it can be obvious and easy to see – and easier to describe in words. But because we don't wear our thoughts on our sleeves, mental health can be harder to understand and talk about.

**Part 1:** Below are some statements about mental health. Some of them are true (facts), and some are not (myths). On the right side of the table, write "True" or "False" based on what you know.

STATEMENT	TRUE OR FALSE?
1. Keeping your brain in shape is just as important as physical fitness.	
2. Mental health conditions are not really something kids struggle with.	
3. You can tell how someone is feeling or if they have a mental health condition just by looking at them or listening to what they are saying.	
4. Friends and family can make a big difference in supporting each other's mental health.	
5. Kids who have lots of friends, get good grades, and have lots of talents are always happy on the inside.	

**Part 2:** The terms below describe some mental health conditions and behaviors. Match each term to its definition by writing the correct letter on each line.

MENTAL HEALTH TERMS	DEFINITIONS
1. ____ Depression	A. People with this condition tend to have a high energy level and have trouble focusing on the task before them.
2. ____ Self-Care	B. This condition lasts longer and feels stronger or different from typical sadness. Sometimes it is a feeling of hopelessness.
3. ____ Attention Deficit Hyperactivity Disorder (ADHD)	C. This practice involves thinking and talking about things you are thankful for, in order to boost your mood and remind yourself of the good things in your life.
4. ____ Anxiety	D. People with this condition have a prolonged sense of worry and dread that can impact all aspects of their daily life.
5. ____ Gratitude	E. These behaviors include eating healthy, getting good sleep, moving a little bit every day, and creating positive relationships with family and friends to help keep the mind fit and healthy.

**Part 3: Take a Day Time Break!** Just as you practice a sport or activity to get better at it, you can also practice bettering your mental health. One way to do that is by thinking about things that make you feel good and that you're thankful for. Create your own "gratitude emoji" on the back of this sheet. Ask yourself this question as you create your emoji: **What does gratitude look like to me?**

**REMEMBER:** It's ok not to feel ok. If you're ever struggling, reach out to a trusted adult like a parent, family member, teacher, coach, or guidance counselor.

