

# 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. Kids don't have mental health challenges.	
3. You can tell if someone has a mental health challenge by going online (TikTok, YouTube, etc.).	
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 happy.	

**Part 2:** Match each mental health or wellness term to its definition by writing the correct letter on each line.

MENTAL HEALTH TERMS	DEFINITIONS
1. ____ "good" stress	A. Severe or ongoing feelings that we cannot meet demands or make it through a challenge. This can affect mental and physical health and can reduce quality of life.
2. ____ self-care	B. Pressure or stress we feel during challenging occasions or tasks (like playing a sport or singing in a concert) that motivates us to prepare and perform.
3. ____ "bad" stress	C. This practice involves thinking and talking about things you are thankful for. Building this habit can help boost your mood and remind you of the good things in your life.
4. ____ protective factors	D. Behavior that decreases the risk of mental illness, reduces the effects of worrying or improves mental health.
5. ____ gratitude	E. Behaviors that 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 improving your mental health. One way to do that is by thinking about things that make you feel good and that you're thankful for. Draw something that you're grateful for or something that symbolizes it. Ask yourself this question as you draw: *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.

