

Name: _____

Date: _____



Key Takeaway

My mental health is an important part of my well-being. I can take steps to help improve my mental health.



Do Now:

What is one thing or action that helps improve your mood?

Activity:

Brainstorm external factors that might affect mental health.

Brainstorm behaviors you can carry out that promote positive mental health.



THINGS HAPPEN TO YOU

External Locus
of Control



YOU MAKE THINGS HAPPEN

Internal Locus
of Control