Name:_____ Block: _____

Mental/Emotional Health Pre-Assessment

How would you define mental health?

How would you define mental illness?

What are 3 examples of mental illnesses that you are familiar with, or have heard of?

What do you want to learn about mental and emotional health?

How can mental and emotional health affect relationships with other people?

What is a stressor?

What are 3 things that can cause people stress?

What is an effective way to deal with stress?

List some ideas that you have heard or know about eating disorders?