

## RM 2–MH: Healthy Lifestyle Practices for Mental-Emotional Health

Complete the chart below by providing a description of how the healthy lifestyle practices (health habits) from the first column affect one of the selected mental-emotional health issues found along the top row (determined by the student).

- Place a plus sign (+) in the corner of the box for a description that represents a **positive** or **beneficial** effect.
- Place a minus sign (-) in the corner of the box for a description that represents a **negative** or **detrimental** effect.
- Place a zero (0) in the corner of the box for a description that could have **both a positive and a negative** effect.

Healthy Lifestyle Practices	Mental-Emotional Health Issues				
	Stress	Anxiety	Depression	Disordered Eating	Other ( )
Physical Activity					
Healthy Eating					
Quality Sleep					
Substance Use					
Stress Management					
Smoking					
Weight Management					
Personal Safety					
Dental Hygiene					
Healthy Relationships					