RM 1- MH: Influences on Mental-Emotional Health*

Mental Health
How people
- look at themselves, their lives, and the other people in their lives
- evaluate challenges and problems
- explore choices

Healthy Lifestyle Practices
- Adequate Sleep
- Personal Safety
- Physical Activity
- Dental Hygiene
- Avoiding Alcohol and Drugs
- No Smoking
- Managing Stress
- Healthy Eating
- Healthy Weight
- Healthy Relations

Mental Health Benefits


Continued
RM 1–MH: Influences on Mental-Emotional Health* *(Continued)*
(Answer Key)

**Mental Health**

How people
- look at themselves, their lives, and the other people in their lives
- evaluate challenges and problems
- explore choices

**Healthy Lifestyle Practices**

- Healthy Eating
- Managing Stress
- No Smoking
- Avoiding Alcohol and Drugs
- Physical Activity
- Dental Hygiene
- Personal Safety

**Mental Health Benefits**

- Increased Energy
- Improved Mood
- Improved Self-control
- Decreased Anxiety
- Reduced Depression
- Improved Resilience
- Positive Body Image
- Increased Self-confidence
- Increased Cognition
- Improved Self-esteem

---