

Mental Health and Wellness Journal

This journal is for you to write reflections and thoughts as you proceed through the course readings. Many of the leading questions in this booklet will assist you as you complete assignments for the sections in the course.

Responses must be written using polished, complete sentences unless otherwise directed. *Polished means as error-free as possible, using correct punctuation, capitalization, and spelling.

Mental Health and Wellness Overview

What do you hope to learn in this course?

Write about a time when you used stress as motivation.

[Bell Let's Talk Day](#) is traditionally at the end of January. If you were to write a social media post to promote it, what would you say? Remember to add hashtags if you are using Twitter.

Unit 1, Section 1: Mental Health

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1. Check your [Mental Health Meter](#), courtesy of the Canadian Mental Health Association. What results surprised you? Which results were you expecting? Explain both answers using complete sentences. (2 marks)
2. How would **you** define mental health? (2 marks)
3. Do you agree with the three determinants of mental health? If you were asked to add one more determinant, what would you add? Explain both of your answers in complete sentences. (4 marks)

Unit 1, Section 2: Mental Health

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1. What kind of impact do **you** think social media has on mental health? (2 marks)
2. How might using updated terminology in regards to mental health help to resist biases and stereotypes? (2 marks)
3. Pick **two** definitions from the “Key Terms” to explain in more detail from what is provided in the glossary. You will need to research the terms you choose in more depth. Remember to choose reputable websites when looking for your information. (6 marks)

Key Term One: _____

Key Term Two: _____