

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 3, Lesson 1: Mental Illness

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

1. How do **you** differentiate between mental health and mental illness? (2 marks)

Unit 3, Lesson 2: Mental Illness

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

1. You hear the following at your school: "I can't believe they would say that about me! Ugh!! I'm so depressed now!" After examining the depressive cycle from the course, would you conclude that this person is sad or depressed? Explain your answer using examples from the depressive cycle. (3 marks)

Unit 3, Lesson 3: Mental Illness

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

1. Which of the five factors in mental health do you feel has affected you the most in the past three months? Explain your answer using examples. (3 marks)