

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 4, Lesson 1: Managing Mental Health

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. What are potential advantages and limitations to psychotherapy? You need to list at least one advantage and one limitation, as well as provide an explanation for each. (4 marks)
2. What are potential advantages and limitations to taking medication for mental illness? Explain your answer. (4 marks)
3. Which of the complementary lifestyle interventions fits your life right now? Explain using examples. (3 marks)