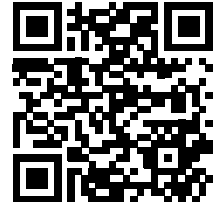


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Understanding Mental Health



Mental health is a crucial part of our overall _____. It involves our emotional, psychological, and social health. It affects how we think, feel, and act as we cope with _____. It also helps determine how we handle stress, relate to others, and make _____. Mental health is important at every stage of life, from childhood and adolescence through _____.

Throughout your life, if you experience mental health problems, your thinking, mood, and _____ could be affected. Many factors contribute to mental health problems, including biological factors, such as _____ or brain chemistry, life experiences, such as trauma or abuse, and family history of mental health _____.

Mental health and physical health are fundamentally linked. People with chronic health conditions such as heart _____ or diabetes are at higher risk for mental health issues such as depression and anxiety. Conversely, people with mental health _____ are at higher risk for certain physical health conditions.

Taking care of your mental health can preserve your _____ to enjoy life. To do this, it's important to practice strategies that can help maintain your mental health like staying positive, connecting with _____, being physically active, helping others, getting enough sleep, and developing coping skills.

Unfortunately, there's still a _____ attached to mental health issues, which can prevent people from seeking help. It's crucial to understand that mental health is an essential _____ of personal health and there's no shame in seeking help.

Educating oneself and others about mental _____ can break down barriers to a socially supportive, healthy community. Remember, asking for help is a sign of _____, not weakness.

- | | | | | | | | |
|----------|----------|------------|--------|-----------|----------|---------|-------|
| others | problems | health | part | adulthood | disease | stigma | genes |
| behavior | life | well-being | issues | choices | strength | ability | |