

Mental Health Habits

PHE 10
Ms. Steele



Big Idea: *The decisions we make involving physical activity, healthy eating, sleep routines and technology use have potential short-term and long-term consequences for our mental health.*

Effects of Exercise on Mental Health:

Healthy Habits & Recommendations:

- 1.
- 2.
- 3.

Effects of Nutrition on Mental Health:

Healthy Habits & Recommendations:

- 1.
- 2.
- 3.

Effects of Sleep on Mental Health:

Healthy Habits & Recommendations:

- 1.
- 2.
- 3.

Effects of Technology Use on Mental Health:

Healthy Habits & Recommendations:

- 1.
- 2.
- 3.

Walk & Talk Questions

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April 4th 2018

Instructions: Discuss the following three questions with a partner as do a brisk three lap-walk on the track.

Question #1: What are your exercise, eating, sleep and screen habits like?

Question #2: Do you think these habits are healthy or unhealthy and how so?

Question #3: What changes could you make or habits could you develop to improve your mental health?

