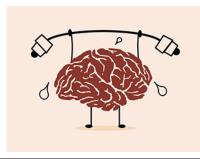
Mental Health Habits

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 <u>Exercise</u> on Mental Health:
Healthy Habits & Recommendations:
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2.
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3.
Effects of <u>Nutrition</u> on Mental Health:
Healthy Habits & Recommendations:
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Healthy Hat	its & Recommendations:	
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Healthy Hab	its & Recommendations:	
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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?