

Lesson 6 Quiz

Keep track of your answers by clicking the bubbles next to your choice. At the end of the quiz, you will find an answer key so you can see how you did. Good luck!

1. A personalized mental health care plan can help:
 - a) motivate you to assess your mental health regularly**
 - b) navigate challenges in the short term and promote better mental health**
 - c) increase awareness of signs mental health may be declining**
 - d) equip you to play a more proactive role on your health care team**
 - e) All of the above**
2. An effective mental health plan should not require regular reassessment.
True False
3. Warning signs that mental health may be declining include which of the following?
 - a) Sleeping much more or much less than usual**
 - b) Withdrawing from friends and not engaging in activities you usually enjoy**
 - c) Feeling irritable and overwhelmed**
 - d) All of the above**
4. The reason for taking care of your mental well-being is:
 - a) Maintain resilience**
 - b) Build self-confidence**
 - c) Handle life's highs and lows**
 - d) Be a productive member of your community**
 - e) All of the above**

Answer Key

You can check your answers here.
Each question is worth one point.
Record your score by filling out the box on the bottom right.

1. e) All of the above
2. False
3. d) All of the above
4. e) All of the above

Score
/4