

Mental Health and Wellbeing Flashcards

Learning objective: To understand the importance of mental health, recognize emotions, and identify strategies for support and resilience.

Use these flashcards to test your knowledge about mental health. Read the question on the front, think of your answer, then flip to read the definition provided.

What is Mental Health?

Mental health is how we think, feel, and act. It affects how we handle stress, relate to others, and make choices, just like our physical health affects our body.

What does 'Wellbeing' mean?

Wellbeing is the state of feeling comfortable, healthy, or happy. It involves taking care of your mind and body.

What is 'Resilience'?

Resilience is the ability to 'bounce back' after something difficult happens. It is like a muscle that gets stronger when we face challenges.

What is a 'Support Network'?

A support network is a group of trusted people—like family, friends, or teachers—who you can talk to when you are feeling worried or sad.

What is 'Empathy'?

Empathy is the ability to understand and share the feelings of another person by imagining how they might be feeling.

What does 'Self-esteem' mean?

Self-esteem is how much you value yourself and how you feel about your own worth and abilities.

What is 'Mindfulness'?

Mindfulness is a way of focusing on the present moment, noticing your thoughts and feelings without judging them, often using breathing techniques.

What is 'Stigma' in relation to mental health?

Stigma is when people feel ashamed or embarrassed to talk about mental health because they fear what others might think. It is important to break this by being open and kind.

Name one healthy way to manage big feelings.

Options include: talking to a trusted adult, writing in a journal, deep breathing, physical exercise, or engaging in a hobby you enjoy.

Why is it important to talk about our feelings?

Talking helps us process our emotions, reduces the feeling of being alone, and helps others understand how they can support us.