



Activity 9

The Mentally Healthy Quiz

Take this short true/false quiz to test your knowledge of keeping mentally healthy.

True/False: Regular physical activity, such as walking, cycling, and swimming helps keep you mentally healthy.

True/False: The effort we invest into our personal and professional pursuits does not influence the satisfaction we experience.

True/False: Three ways we can 'act' are socially, physically, and cognitively.

True/False: Being active lifts our minds and spirits.

True/False: Being a member of a group or friendship network satisfies our biological need to belong.

True/False: Committing to a worthwhile cause, such as volunteering for a charity, provides a sense of satisfaction and purpose in life.

True/False: Doing crosswords, puzzles and Sudoku do not contribute to mental wellbeing.

“Did you know there are things you can and should do to protect and promote your mental health?”