Directions: Copy in notes and guess the missing word.

**MENTAL HEALTH DEFINITION**

**(3 PARTS)**

1. **Feeling comfortable about\_\_\_\_\_\_\_\_\_.**
2. **Feeling right about \_\_\_\_\_\_\_\_\_\_.**
3. **Meeting the \_\_\_\_\_\_\_\_\_ of life!**

**Mental Health Inventory: If the statement read applies to you most of the time put a checkmark. Add up all checkmarks. 26 total**

**Myself: 10 statements**

**Others: 9 statements**

**Demands: 7 statements**

Scale:

26-24: Excellent Mental Health

18-24: Good Mental Health

10-17: Fair Mental health, room for improvement

0-9: Poor Mental Health, need to work on area’s

**Your level of mental health varies. Most of us have some areas that need work.**