

Mental Health

Please use accurate terminology as suggested. Mark me the accuracy of the following words... your teacher will check with you.

1. Depression
2. Anxiety
3. Schizophrenia
4. Bipolar Depression
5. Early Onset Schizophrenia
6. Stress
7. Lack of Confidence

Exercise: Write mental health:

When people say words like they don't feel good

They might be using words like depression or anxiety. Depression is a feeling that lasts. The feeling is usually described as sad, hopeless, or empty. It can make it hard to do things you used to enjoy. Anxiety is a feeling of worry or fear. It can make it hard to concentrate or do things you need to do. Both depression and anxiety can be treated with medicine and therapy.

Some people think of it as a condition called schizophrenia and bipolarity.

Some of the best ways to help people with depression and anxiety is to get them to exercise. Exercise helps people feel better. It can help with the feelings of sadness and worry. People who exercise regularly feel better. They can also get help from a doctor or a therapist. There are many ways to help people with depression and anxiety.

The biggest benefit that people get from exercise is that it helps them feel better. Exercise helps people feel better. It can help with the feelings of sadness and worry. People who exercise regularly feel better. They can also get help from a doctor or a therapist. There are many ways to help people with depression and anxiety.