



A quick quiz to recap on everything you've learnt this week!

WHAT HAVE YOU LEARNT THIS WEEK?

1. WHAT 3 CATEGORIES DID PARFIT CLASSIFY WELL-BEING INTO?

A. What you need
What you prefer
How you feel

B. What you want
What you like
How you feel

B. What you experience
How people around you
make you feel
What you want

2. WHAT WAS THE FIRST MYTH MENTIONED IN THE ASSEMBLY?

A. Seeking help is a sign of weakness

B. Mental health conditions are just a "Phase" or "Mood" swings

C. Mental health issues are rare

3. WHAT IS STRESS?

A. Stress refers to your physical and psychological response to demands, difficulties, or challenges.

B. Stress is defined as a long lasting, or recurring low mood, that has been persisting and affecting your life for at least 2 weeks.

C. Stress is what we feel when we are worried, tense or afraid – especially about things that are yet to happen, or which we think could happen in the future.

4. HOW MANY PEOPLE IN THE UK REPORT DEPRESSION?

A. 1 in 10

B. 1 in 3

C. 1 in 6

5. WHAT ARE THE 5 MAJOR TYPES OF WELL-BEING?

A. - Emotional,
Physical,
Relationship,
Stress-free and
Societal

B. Emotional,
Workplace,
Social,
Physical and
General

B. Emotional,
Workplace,
Social,
Physical and
Societal

6. WHAT IS A LONG TERM & OVERWHELMING FEAR OF SOCIAL SITUATIONS?

A. Social Anxiety disorder

B. Societal anxiety disorder

C. Health anxiety disorder

7. WHAT WERE THE 2 GROUNDING TECHNIQUES MENTIONED?

8. WHAT ARE THE SYMPTOMS FOR DEPRESSION? (MENTIONED IN THE PPT)

A. Headache,
Memory
problems,
Muscle tension
and sadness

B. Feelings of fear,
dread,
worry and/or
discomfort,
Restlessness and
Confusion

C. long lasting
low mood, low self-
esteem, low motivation,
tired despite sleeping,
changes in appetite

9. WHAT IS THE % OF LIKELINESS FOR ONE TEEN TO EXPERIENCE PROBLEMS WITH MENTAL HEALTH?

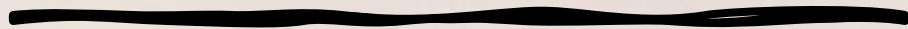
A. 70%

B. 10%

C. 50%

10. WHAT IS THIS TECHNIQUE KNOWN AS : CARDS WITH POSITIVE STATEMENTS?

ANSWERS



1. WHAT 3 CATEGORIES DID PARFIT CLASSIFY WELL-BEING INTO?



A. What you need
What you prefer
How you feel

B. What you want
What you like
How you feel

B. What you experience
How people around you
make you feel
What you want

2. WHAT WAS THE FIRST MYTH MENTIONED IN THE ASSEMBLY?

A. Seeking help is a sign of weakness

B. Mental health conditions are just "Phase" or "Mood" swings

C. Mental health issues are rare



3. WHAT IS STRESS?



A. Stress refers to your physical and psychological response to demands, difficulties, or challenges.

B. Stress is defined as a long lasting, or recurring low mood, that has been persisting and affecting your life for at least 2 weeks.

C. Stress is what we feel when we are worried, tense or afraid – especially about things that are yet to happen, or which we think could happen in the future.

4. HOW MANY PEOPLE IN THE UK REPORT DEPRESSION?

A. 1 in 10

B. 1 in 3

C. 1 in 6



5. WHAT ARE THE 5 MAJOR TYPES OF WELL-BEING?



A. - Emotional,
Physical,
Relationship,
Stress-free and
Societal

B. Emotional,
Workplace,
Social,
Physical and
General

C. Emotional,
Workplace,
Social,
Physical and
Societal

6. WHAT IS A LONG TERM & OVERWHELMING FEAR OF SOCIAL SITUATIONS?



A. Social Anxiety disorder

B. Societal anxiety disorder

C. Health anxiety disorder

7. WHAT WERE THE 2 GROUNDING TECHNIQUES MENTIONED?



*Box breathing and 5
senses exercise*

8. WHAT ARE THE SYMPTOMS FOR DEPRESSION? (MENTIONED IN THE PPT)

A. Headache,
Memory
problems,
Muscle tension
and sadness

B. Feelings of fear,
dread,
worry and/or
discomfort,
Restlessness and
Confusion

C. long lasting
low mood, low self-
esteem, low motivation,
tired despite sleeping,
changes in appetite



9. WHAT IS THE % OF LIKELINESS FOR ONE TEEN TO EXPERIENCE PROBLEMS WITH MENTAL HEALTH?

A. 70%

B. 10%

C. 50%



10. WHAT IS THIS TECHNIQUE KNOWN AS : CARDS WITH POSITIVE STATEMENTS?



*Affirmation
Cards*