

Mental Health - Anxiety Presentation:  
Q&A Worksheet

Name: \_\_\_\_\_

Please answer the following questions! Hand into your teacher at the end.



**Question 1**

What percentage of mental health problems start in childhood/adolescence?  
(circle the correct percentage)

35%

58%

70%

87%

**Question 2**

What is mental health?

Mental health is our mental \_\_\_\_\_, realizing your \_\_\_\_\_,  
working \_\_\_\_\_, being able to cope with \_\_\_\_\_, and  
contributing to your \_\_\_\_\_.

**Question 3**

What have you done to volunteer/help out?

**Question 4**

The most common form of mental illness is depression. **True/False**

**Question 5**

What is anxiety? Provide the definition.

**Video Question**

Amygdala - a part of our brain that gets our body ready to react with the  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ response. Sometimes we are in uncomfortable  
situations and our brains misread the risk and over react. This is called \_\_\_\_\_.

**Question 6**

What are the two types of anxiety?

a)

b)

**Question 7**

What causes me anxiety?

- 
- 
- 

**Question 8**

How might I react when feeling anxious?

Head	Heart	Body

**Question 9**

Put a check mark beside the healthy coping strategies you would like to use and put an X the non-healthy coping strategies you sometimes use.

Healthy Coping Strategies	Non-Healthy coping Strategies
Exercise Reading or listening to music Set small goals Meditation/Mindfulness/yoga Healthy eating Proper sleeping habits Ask for help Make time for yourself	Bullying/harassing others Drinking or drugs Smoking/vaping Sleeping too much Binge gaming or movie watching Isolating yourself Eating too much or not enough Overdoing activities

**Question 10**

Place the statements from the presentation slide in the correct column for healthy or non-healthy outcomes. Write 3 statements in each column.

Healthy Outcomes	Non-Healthy Outcomes

**Question 11**

Do coping tools or treatments for mental health work? Yes/No

**Question 12**

What can we do to build positive mental health? Fill in the blank with the appropriate answer from the options provided on the slide:

- a) \_\_\_\_\_ - Take time to develop or maintain positive relationships.
- b) \_\_\_\_\_ - Thank someone. Smile, wave, or say 'hi'. Volunteer.
- c) \_\_\_\_\_ - Take a course. Fix a bike or a car. Learn an instrument.
- d) \_\_\_\_\_ - be mindful of the world around you.
- e) \_\_\_\_\_ - walk, run, cycle, dance, play a game. Remember to also eat well and get enough rest.

**Question 13**

List 3 strengths that YOU have.

- ♥
- ♥
- ♥

**Question 14**

What is one thing that you can do to help someone else with anxiety?

✓

**Question 15**

Circle people or resources you would be most comfortable using for support.

**Social Supports:**

Family    Friend    Teacher    Coach    Instructor    Neighbor

**Professional Supports:**

Doctor    Psychologist    Counsellor    Social worker    Elder  
Peer Support Worker    Religious Community    Youth Program worker

Question 15 (continued)

Websites:

Canadian Mental Health Association    Anxietycanada  
Kids Help Phone    CAMH    Bell Let's Talk  
Walk in our Shoes    Mind your Mind

Apps:

Mindshift    Balanced    Smiling Mind    BoosterBuddy  
ThinkFull    Calm    Headspace    Act Belong Commit  
Take a Break    Breathe2Relax

**BONUS:** Describe a situation when you or someone you know might appreciate help with their anxiety.

### Additional Information

#### Mental Health Resource List:

Canadian Mental Health Association	<a href="https://cmha.ca/">https://cmha.ca/</a> or use local phone number
Kids Help Phone	<a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a> or app or textline 686868
Anxiety Canada	<a href="https://anxietycanada.com/">https://anxietycanada.com/</a>
Centre for Addiction and Mental Health	<a href="https://www.camh.ca/">https://www.camh.ca/</a>
Bell Let's Talk	<a href="https://letstalk.bell.ca/en/">https://letstalk.bell.ca/en/</a>
Teen Mental Health	<a href="https://teenmentalhealth.org/">https://teenmentalhealth.org/</a>
Youth Space	<a href="https://youthspace.ca/">https://youthspace.ca/</a> or textline 778-783-0177
Mindshift	App - download from app store
Saskatchewan Healthline/Resource Info	Phone: 811 or 211
Mental Health and Addictions Services	Phone: 1-866-367-8743
First Nations and Inuit Hope for Wellness Hotline	Phone: 1-855-242-3310
Family Services Regina	Phone: 306-757-6675
Family Services Saskatoon	Phone: 306-244-0127
Emergency Help	Phone: 911