



Question & Answer Guide for the Jeopardy-style Good Mental Health Game

	Mental Health	Stress	Coping Skills	Sleep	Nutrition
\$100	<p>Q: What does it mean to have good mental health?</p> <p>A: Feeling emotionally in balance, being able to get good grades, focus in school and manage the stress of everyday life without little things getting to you.</p>	<p>Q: True or False - stress is normal but too much stress increases the risk for health problems like depression.</p> <p>A: True.</p>	<p>Q: What is the definition of a healthy coping skill?</p> <p>A: Something safe that helps you to feel good.</p>	<p>Q: How many hours of sleep should a teen aim to get every night?</p> <p>A: 8-10 hours</p>	<p>Q: Why is eating a full bag of Taki's every day bad for you?</p> <p>A: Highly processed chips increase the amount of acid in your stomach and can lead to stomach pains and gastritis.</p>
\$200	<p>Q: Can you tell that someone has a mental illness just by looking at them?</p> <p>A: NO!</p>	<p>Q: Name 3 life circumstances that can cause someone to feel stressed.</p> <p>A: Many life circumstances that can cause stress, such as: being bullied, experiencing trauma, family problems, moving away, a breakup, an argument with a loved one, and even things like school and sports.</p>	<p>Q: Name two adults at this school you could reach out to for help if you are struggling with depression.</p> <p>A: Counselors, teachers, school support staff</p>	<p>Q: Why is it bad to use electronics like a phone, computer or tablet an hour before bed?</p> <p>A: Devices with backlit screens communicate to the brain to be alert and awake.</p>	<p>Q: What is an example of a healthy fat?</p> <p>A: Nuts, avocados, olive oil</p>
\$300	<p>Q: How many hours of exercise should a teen get in a day?</p> <p>A: 1 hr/day</p>	<p>Q: How do people know they are stressed? Give 2 examples of how one might feel stress in their body.</p> <p>A: Accelerated heart beat, shortness of breath, sweating, shaking, headaches, chest pain, irritability, difficulty</p>	<p>Q: What are 4 examples of healthy coping skills?</p> <p>A: Listening to music, taking deep breaths, splashing cold water on your face, going for a walk, squeezing a stress ball, watching something on Netflix, playing with</p>	<p>Q: Why do teens need more sleep than adults?</p> <p>A: The brain is still developing up until the age of 25.</p>	<p>Q: How much water should a teen be drinking in a day?</p> <p>A: Studies show about 50 ounces. (Suggestion: your weight divided by 2 = how many ounces you should be drinking to stay hydrated)</p>

\$400	<p>Q: Why is exercise good for our mental health?</p> <p>A: It helps improve our mood because when the heart rate increases the body releases endorphins, which are natural chemicals that make us feel good.</p>	<p>Q: True or False - panic attacks can be controlled.</p> <p>A: True. With the help of therapy and learning healthy coping skills, panic attacks can be controlled and avoided.</p>	<p>Q: What is the definition of an unhealthy coping skill and an example of one that should be avoided?</p> <p>A: This is something that helps you feel good in the moment but leaves people feeling worse later on and is potentially dangerous, such as using drugs or alcohol, or self-harm.</p>	<p>Q: What are two healthy ways to wind down for bed and get a restful night's sleep?</p> <p>A: Take a warm/hot shower, read a book, drink non-caffeinated tea, listen to calming music, meditate, journal....</p>	<p>Q: If you do not eat enough food, what happens?</p> <p>A: Your blood sugar drops. Eating healthy meals gives you the vitamins and minerals needed to promote healthy brain and body functioning and helps you to better manage stress.</p>
\$500	<p>Q: What is a stigma?</p> <p>A: A mark of shame associated with a particular circumstance, quality or person.</p>	<p>Q: What 4 factors contribute to someone's being able to manage stress?</p> <p>A: Nutrition, exercise, sleep, and coping skills</p>	<p>Q: Where do you want the air to go in your body when taking a deep breath? How many deep breaths should be taken to help you calm down?</p> <p>A: Your stomach. 3 or more deep breaths.</p>	<p>Q: How does not getting enough sleep impact wellness?</p> <p>A: You may have difficulty concentrating, be more tired, be more emotionally unstable, and lack energy.</p>	<p>Q: It is ideal to eat 3 balanced meals in a day with healthy snacks in between. What does a balanced meal consist of? (Hint - 6 things)</p> <p>A: Fruits, vegetables, lean protein (i.e. chicken, fish, beans), dairy (i.e. milk, yogurt), whole grains, and healthy fats.</p>