

A Mentally Healthy Fill-in-the-Blanks!

Using the words from the list below, fill in the blanks to reveal some mentally healthy quotes. Each word can only be used once.

Being _____ helps you cope with stress, builds friendships and lifts the spirits. Be Mentally _____, Act Belong Commit.

_____ helps build friendships, creates opportunities, strengthens communities and feels good. Go on, feel _____, Act Belong Commit!

_____ creates opportunities for you and others, it creates a sense of belonging and it feels good. Commitment gives meaning to _____.

Doing things you _____ helps to keep you mentally healthy. Hanging out with friends, spending time with family, surfing down at the beach, rock climbing, painting, reading or learning to dance are all _____ that help us feel good about ourselves.

Being active, having a _____ of belonging, and having a _____ in life all contribute to _____ and good mental health. So do something for yourself and stay mentally healthy, Act Belong Commit.

Staying active; _____, physically or socially, are the basic building blocks for mental health. Being active in these ways keeps us alert, _____ and in _____ with others.

The more _____ healthy we are, the better we are able to resist physical _____ and diseases. In the same way, the more mentally healthy we are, the better we are able to _____ with life's problems.

Simply being active; physically, mentally or _____ is good for our mental health and happiness. Take a walk; read a book; visit or telephone a _____.

Active

Activities

Belonging

Commitment

Cope

Energetic

Enjoy

Friend

Good

Happiness

Healthy

Illnesses

Life

Mentally

Physically

Purpose

Sense

Socially

Touch



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Facilitation Notes

What to do with this Fill-in-the-Blanks?

- Photocopy this worksheet and distribute to students to complete.
- Facilitate a discussion about students' thoughts on the quotes and how it relates to their own experiences.



Tips...

- Keeping mentally healthy involves a range of behaviours that follow the Act-Belong-Commit message.
- **Act** - Stay physically, socially and mentally active. Plant a tree or go for a walk.
- **Belong** - Belonging to a club or a team has great benefits for mental health. Join a net ball or football team, start a book club or join a band.
- **Commit** - Put a little more effort in the things you do. Volunteer for a good cause or help someone less fortunate.

Answers:

In order of appearance: Active, Healthy, Belonging, Good, Commitment, Life, Enjoy, Activities, Sense, Purpose, Happiness, Mentally, Energetic, Touch, Physically, Cope, Socially, Friend.

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