

## GEN 001: MODULE 14

### SKILL BUILDING 1

Mental Health refers to the condition of cognitive and behavioral to well-being. Sometimes the term "mental health" is used to determine the absence of a mental disorder. Mental health is crucial and integrates a components of health. Mental Health includes an individual c psychological active emotional and social well-being. Proper mental health results in the proper mental health that result in being in activities healthy and fulfilling relationships with other people and having the ability to cope adapt and to adversity. Proper mental health is essential in every stage of life from childhood and teenage to adulthood. Throughout a lifetime, an individual can experience mental health issue at any point. This effects not only their mood and behavior also changes their way of thinking of looking at life and facing challenges.

### SKILL BUILDING 2

1. increase blood pressure
2. trigger heart attacks
3. problem worse

### CHECK FOR UNDERSTANDING

1. T
2. T
3. F
4. F
5. F
6. T
7. F

# Module 14 Exercise 1 Ccdmd

**RM Cervero**



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