**Grade 11- Module 3**

Mental/ Emotional Health

1. How is mental-emotional health different from mental illness?

2. How do active lifestyle practices affect mental-emotional health issues (e.g., anxiety, depression, stress, eating disorders) and vice versa?

3. How does exercise help reduce stress?

4. What are the connections between body image and mental health?

5. What are important signs and symptoms of anxiety and depression?

6. How does an active healthy lifestyle support positive mental-emotional health?

7. What health agencies support issues of mental health? You have to look this up on the internet.