

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

# Match Me - Mental Health

- |   |              |
|---|--------------|
| 1. what is your physical being                  | A. mind      |
| 2. what is being happy                          | B. body      |
| 3. the part of the body where u think and react | C. help      |
| 4. when someone has a terrible experience       | D. brain     |
| 5. a disease affecting your mind and body       | E. trauma    |
| 6. the centre of your interests or activity     | F. focus     |
| 7. when someone is in need                      | G. illness   |
| 8. the state of being healthy                   | H. anxiety   |
| 9. a feeling of worry, nervousness, or unease   | I. health    |
| 10. what controls your thoughts and actions     | J. happiness |