

Name: _____ Date: _____

Answer Key: Mapping the Mind's Weather: A 7th Grade Mental Health Quiz

Middle schoolers identify how sleep, physical habits, and early warning signs influence emotional stability in everyday life.

1. Which term describes the ability to bounce back from a difficult situation or stay strong during times of stress?

Answer: B) Resilience

Resilience is a key part of mental health that involves using coping strategies to recover from setbacks.

2. Mental health and physical health are completely separate; what happens to the body does not affect the mind.

Answer: B) False

Mental and physical health are connected; for example, lack of sleep or poor nutrition can impact your mood and focus.

3. If a person feels extremely sad or loses interest in hobbies for a long time, they might be experiencing _____.

Answer: A) Depression

Depression is a mood disorder that goes beyond just feeling 'blue' for a day or two.

4. Which of these is a healthy way to manage stress before a big school presentation?

Answer: B) Practicing deep breathing exercises

Deep breathing signals the brain to calm the nervous system, helping to lower anxiety.

5. A person who experiences a very intense, sudden feeling of fear and a racing heart might be having a _____ attack.

Answer: C) Panic

A panic attack is a sudden episode of intense fear that triggers severe physical reactions.

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6. Stigma is a negative mark or unfair belief that can make people feel ashamed to ask for help with mental health.

Answer: A) True

Stigma often prevents people from seeking treatment because they worry about what others will think.

7. Who is a safe and professional person to talk to at school if you are concerned about your mental well-being?

Answer: A) A school counselor

School counselors are trained to support students' emotional and mental health needs.

8. Washing your hands 50 times a day because of an uncontrollable fear of germs is a common example of _____ behavior.

Answer: B) Compulsive

Compulsions are repetitive behaviors that a person feels the urge to perform in response to an obsession.

9. Everyone experiences some level of stress or sadness occasionally, and this is a normal part of life.

Answer: A) True

Occasional stress is normal; mental health disorders are defined when these feelings are extreme and long-lasting.

10. Which of these environmental factors can help protect a person's mental health?

Answer: B) Having a supportive circle of friends

Social support is a primary protective factor that helps individuals cope with life's challenges.