

Student Name: _____

Student's Journal

Part 1: Based on the video you just watched on *Exercise for Mental Health*, please answer the questions below:

1. What is the minimum recommended time to exercise per day 5 days a week in order to maintain good mental health and wellbeing?
a) 45 minutes b) 30 minutes c) 60 minutes
2. Name the chemical released by the body to fight pain & stress.
a) Melatonin b) Dopamine c) Endorphin
3. What does the binding activity of the opioid receptors lead to?
a) It elevates mood by reducing pain perception and hence triggering a positive feeling. b) It is a mere biological activity with no effect on a person's mood. c) It degrades mood leading to negative mental health.
4. _____ is a feeling of euphoria coupled with reduced anxiety and a lessened ability to feel pain.
a) Athletic High b) Runner's High c) Body High
5. The benefits of exercise include which of the following?
a) Reduce feelings of anxiety, depression and stress b) Improve self-esteem and promote positive mental health
c) Both

Part 2: In this section, consider your strengths, i.e. the skills, values and talents that you and your teammates will bring to your team:

Honesty	Computer Skills	Altruism	Music/Dance	Relationships	Time -Management	Compassion
Communication	Integrity	Games/Sports	Collaboration	Teamwork	Trustworthiness	Growth Mindset

Humility
Organised

Graphics
Fairness

Responsible
Entertaining

Leadership
Thoughtful

Happiness
Mature

Creativity
Funny

Goal Focused
Intelligent

You	
1	<p style="text-align: center;">Choose 3 from the above which best describe your strengths:</p> <p style="text-align: center;">1. _____</p> <p style="text-align: center;">2. _____</p> <p style="text-align: center;">3. _____</p>
2	<p style="text-align: center;">What do they mean to you?</p> <p style="text-align: center;">1. _____</p> <p style="text-align: center;">2. _____</p> <p style="text-align: center;">3. _____</p>
3	<p style="text-align: center;">Why are they important?</p> <p style="text-align: center;">1. _____</p> <p style="text-align: center;">2. _____</p> <p style="text-align: center;">3. _____</p>
4	<p>Give an example where you have applied or could apply each strength in your life.</p> <p style="text-align: center;">1. _____</p> <p style="text-align: center;">2. _____</p> <p style="text-align: center;">3. _____</p>