

National Institute of Open Schooling
Secondary
Lesson 19 – Mental Health and Hygiene
Worksheet-19

1. The term hygiene generally refers to keeping oneself and one's living and working areas neat and clean in order to prevent illness and disease. Explain the meaning of mental hygiene and its importance for us.
2. One of your friends is facing a very stressful situation. S/he is not able to sleep properly and consumed by anticipation of how things might go wrong. Suggest this friend some techniques to attain better mental health.
3. A questionnaire regarding mental health is given on Page no. 71. Administer this questionnaire on at least 3 different age groups (e.g. Adolescence, Adulthood, old age). Select 2 participants from each age group and write a report comparing the results.
4. In the given statements, identify the mentally healthy and mentally ill health statements:
 - a) A person locks the door and goes to bed _____
 - b) Niti has changed several rooms till now as she thinks that everyone is jealous of her and wants to kill her. _____
 - c) Majumdar is always angry and keeps on shouting at other people, sometimes for no apparent reasons and small errors. _____
 - d) Grace maintains a daily journal to write about her daily experiences and to keep record of important events. _____
5. Using any two examples from question no. 4, explain the terms – mental health and mental-ill health. Also enlist the signs of poor mental health.
6. In your area, identify any two facilities and organizations that are working in the field of mental health. Write a report explaining their objectives and running projects and programmes.
7. In your residential locality, a seminar is being organized to spread awareness on maintaining good health. You are invited to the seminar as the chief speaker. Prepare an insightful speech on the behaviors that promote good health in a human being.
8. Interview any one of your friends or family members about their daily routine. Based on the collected information, write a report analyzing their time management skills.
9. Reflect upon your daily routine and prepare a schedule that can help you in using your 24 hours more effectively.