



JHU HEAT Corps Workshop

Mental Health & Wellness

Digital Workbook



Workshop Vocabulary:

Use the space below to define terms used in workshop.

> Mental Health

> Stress

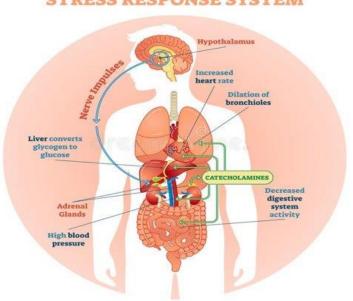
> Stigma





What is mental health?

STRESS RESPONSE SYSTEM



What is stress?



What are healthy ways to stop feeling stress?					
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>					
>					
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Why is mental health important? Describe below!



What can you do for your community? Be a leader!

Our goal is to increase health literacy skills across the world, so more people feel confident in making informed decisions about their health!

We want you to share what you have learned through this workshop with your community!

