



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 are healthy ways to stop feeling stress?



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!**

