

Name _____ Period _____

Health Quiz 2: Emotions and Mental Health

1. Fight or flight is:

- a. A choice made at the airport.
- b. The name of the body's response to stress.
- c. Only found in lower animals.
- d. A way to slow down heart rate and relax.

2. We should not talk about suicide because it will increase the likelihood of suicide.

True _____ False _____

3. Possible causes of depression include (circle all that apply)

- a. An emotional loss.
- b. Loss of status.
- c. Relationship issues.
- d. Fear of failure.

4. Mental health issues can be treated with:

- a. Medication and/or counseling.
- b. Waiting for the problems to go away.
- c. Self-medication.
- d. Working until you are too exhausted to think about it.

5. What are five basic emotions?

1. _____ 2. _____

3. _____ 4. _____

5. _____