**MENTAL HEALTH**

*Using what you have learned from your research and the slideshow, complete the following* ***2*** *questions in long answer form i.e. complete sentences/paragraphs. You may also use appropriate strategies that you come up with. This assignment will be graded on the use of using the correct coping mechanisms, originality, and the clarity of the expression of ideas.*

It’s January and exams are right around the corner. You just received the official exam schedule and you realize that you have two exams on Wednesday and one exam Thursday morning. To make matters more complicated you are away at a basketball tournament in Ottawa the weekend before and your boss scheduled you to work Monday night. You are feeling very overwhelmed because your entrance to your first choice university/college depends on these grades. As this busy week approaches you are having trouble concentrating, your heart is racing, and you are constantly in a bad mood. What are some coping strategies that you can use to alleviate these feelings of unease? (T/C = /10)

Your best friend is going through a rough patch. They recently broke up with their girl/boyfriend, they failed their last biology test, and if they miss one more volleyball practice the coach is going to cut them from the team. You’ve started to notice that they are beginning to withdraw from social situations, seem to be tired all of the time, and have lost interest in everything that usually makes them happy. What strategies would you suggest to help them get back on track. (T/C = /10)