



Healthy Minds Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the *Healthy Minds* lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. How many hours of sleep does someone your age need?

2. List three things you can do to get better sleep.

a. _____

b. _____

c. _____

3. List the three ways electronics can interfere with sleep.

a. _____

b. _____

c. _____

4. What is the definition of stress?

5. List two things that could cause you stress.

a. _____

b. _____

6. What are three things you can do to keep your stress under control?

a. _____

b. _____

c. _____

7. List the five steps of the decision-making process.

a. _____

b. _____

c. _____

d. _____

e. _____